

# New Year, New You!



# RECREATION GUIDE

December 2022

Registration opens Tuesdays at  
9:00 AM for the following week.

Register online at [leamington.ca/recreation](https://leamington.ca/recreation)

Register by phone: 519-322-2337

In person: 249 Sherk Street



Municipality of  
**Leamington**  
live | play | work

 **nature  
fresh  
farms**  
Recreation Centre

The Nature Fresh Farms Recreation Centre will be closed December 24 – January 1

# Aquatic Schedule

Monday		Tuesday		Wednesday		Thursday		Friday		Weekend
Lane & Leisure Swim 6:30AM—7:15AM		Lane & Leisure Swim 6:30AM—7:15AM		Lane & Leisure Swim 6:30AM—7:15AM		Lane & Leisure Swim 6:30AM—7:15AM		Lane & Leisure Swim 6:30AM—7:15AM		
Lane & Leisure Swim 7:15AM—8:00AM		Lane & Leisure Swim 7:15AM—8:00AM		Lane & Leisure Swim 7:15AM—8:00AM		Lane & Leisure Swim 7:15AM—8:00AM		Lane & Leisure Swim 7:15AM—8:00AM		Saturday
Lane & Leisure Swim 8:00AM—9:00AM		Lane & Leisure Swim 8:00AM—9:00AM		Lane & Leisure Swim 8:00AM—9:00AM		Lane & Leisure Swim 8:00AM—9:00AM		Lane & Leisure Swim 8:00AM—9:00AM		Lane & Leisure Swim 8:00AM—9:00AM
AquaFit 9:00AM—9:45AM		Aqua Therapy 9:00AM-9:45AM	Lane & Leisure Swim 9:00AM-10:00AM	AquaFit 9:00AM—9:45AM		Aqua Therapy 9:00AM-9:45AM	Lane & Leisure Swim 9:00AM-10:00AM	AquaFit 9:00AM—9:45AM		Open Swim 1:00PM—2:30PM +2 Lanes
Lane & Leisure Swim 10:00AM—11:00AM		Lane & Leisure Swim 10:00AM—11:00AM		Lane & Leisure Swim 10:00AM—11:00AM		Lane & Leisure Swim 10:00AM—11:00AM		Lane & Leisure Swim 10:00AM—11:00AM		
Aqua Therapy Plus 11:00AM—11:45AM	Lane Swim 11:00AM-12:00PM	Lane & Leisure Swim 11:00AM—12:00PM		Aqua Therapy Plus 11:00AM—11:45AM	Lane Swim 11:00AM-12:00PM	Lane & Leisure Swim 11:00AM—12:00PM		Lane & Leisure Swim 11:00AM—12:00PM		Sunday
Lane & Leisure Swim 12:00PM—1:00PM		Family Swim 12:00PM—1:00PM	Lane & Leisure Swim 12:00PM—1:00PM	Lane & Leisure Swim 12:00PM—1:00PM		Family Swim 12:00PM—1:00PM	Lane & Leisure Swim 12:00PM—1:00PM	Lane & Leisure Swim 12:00PM—1:00PM		Lane & Leisure Swim 9:00AM—10:00AM
AquaFit 1:00PM—1:45PM	Lane Swim 1:00PM-2:00PM			AquaFit 1:00PM—1:45PM	Lane Swim 1:00PM-2:00PM			AquaFit 1:00PM—1:45PM		Open Swim 1:30PM—3:00PM +2 Lanes

## Evening

		Lane Swim 6:15PM—7:00PM				Lane Swim 6:15PM—7:00PM			
AquaMats 8:00PM—9:00PM		AquaFit 8:00PM—8:45PM	Lane Swim 8:15PM-9:00PM	Lane Swim 8:00PM-9:00PM		Lane Swim 8:15PM-9:00PM			

**Registration Required for ALL Swims. Availability and capacity will vary to accommodate multiple uses of the pool.**

<b>Lane &amp; Leisure Swim</b>	Swimmers may use the lane for swimming laps or exercises. Circle swimming may be required.
<b>Open Swim</b>	Recreation swim for all ages. See website for age/supervision requirements.
<b>Family Swim</b>	Recreation swim for caregiver and child. Tot and Leisure Pools only.
<b>AquaFit</b>	A 45 minute moderate intensity aquatic fitness workout that will get you moving!
<b>AquaMats</b>	Utilizing aqua mats, this class will use classic exercises in an all new way! Participants must be able to swim in deep water.
<b>Aqua Therapy</b>	A 45 minute gentle exercise with a focus on range of motion, stretching, and low impact exercises.
<b>Aqua Therapy Plus</b>	A 45 minute lighter intensity aquatic class. Focus is on range of motion, stretching, and low impact exercises with light cardio.

## Fitness and Spin Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Upper Body Fit</b> with Candace 6:00AM-6:45AM	<b>Kettlebell Blast</b> with Candace 6:00AM-6:45AM	<b>Lower Body Fit</b> with Candace 6:00AM-6:45AM		<b>TRX</b> with Judy 8:00AM-8:45AM
<b>Triple Threat</b> with Rosie 9:15AM-10:00AM	<b>Total Body Reset</b> with Judy 9:00AM-9:45AM	<b>Spin Fit 1</b> with Dan 9:30AM-10:30AM Spin Studio	<b>Total Body Reset</b> with Judy 9:00AM-9:45AM	<b>Triple Threat</b> with Rosie 9:15AM-10:00AM	<b>Intermediate Pilates</b> with Mary Ann 9:00AM-10:00AM
<b>Beginner Spin</b> with Dan 9:30AM-10:30AM Spin Studio	<b>Health Track</b> with Jaye 10:00AM-11:30AM Aud B		<b>Fusion Yoga</b> with Liz 10:00AM-11:00AM	<b>Power Spin</b> with Dan 9:30AM-10:30AM Spin Studio	
<b>Strengthen &amp; Strut</b> with Jodi 11:00AM-11:45AM		<b>Strengthen &amp; Strut</b> with Jodi 11:00AM-11:45AM	<b>Health Track</b> with Jaye 10:00AM-11:30AM Aud B		<b>Yoga Flow</b> with Jesi 10:15AM-11:15AM
<b>Pilates CORE</b> with Mary Ann 12:15PM-12:45PM	<b>Fast Fit</b> with Rosie 12:15PM-12:45PM	<b>Pilates CORE</b> with Mary Ann 12:15PM-12:45PM	<b>Cardio Moves With Jodi</b> 11:15AM-12:00PM Track & Fitness Studio		
<b>Teens in Motion</b> with Julie 5:00PM-5:45PM	<b>Strong &amp; Fit</b> with Lianne 5:15PM-6:00PM	<b>Revolution Full Body Ride</b> with Rob 5:15PM-6:00PM Spin Studio	<b>Strong &amp; Fit</b> with Lianne 5:15PM-6:00PM		
<b>Everyday Lifting</b> with Scott 6:00PM-6:45PM					
<b>Yoga Flow</b> with Jesi 7:00PM-8:00PM	<b>Pilates</b> with Mary Ann 6:15PM-7:15PM	<b>Rhythm Fit</b> with Rita 6:00PM-7:00PM	<b>Pilates</b> with Mary Ann 6:15PM-7:15PM		

Cardio & Strength	Low Impact	Mind & Body	Spin
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All classes located in the Fitness Studio unless noted (Spin Studio/Gymnasium).



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**Recreation Centre**



# New Year Shape-up Special

Buy a three month membership for only \$125 +tx.  
On sale from January 2 – February 28.  
Visit the front desk for more details!

## Drop-In Skating Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Stick Time 55+</b> 9AM-10AM	<b>Parent &amp; Tot</b> 9AM-10AM	<b>Stick Time 55+</b> 9AM-10AM	<b>Parent &amp; Tot</b> 9AM-10AM		
	<b>Senior Skate</b> 10AM-11AM		<b>Senior Skate</b> 10AM-11AM			
	<b>Family Skate</b> 12PM-1PM				<b>Family Skate</b> 12PM-1PM	
<b>Public Skating</b> TBD	<b>Parent &amp; Tot</b> 1PM-2PM		<b>Parent &amp; Tot</b> 1PM-2PM			

Membership or Drop in fees apply. Public Skating sessions are for all levels of skaters, for your safety and the safety of others, no hockey sticks or pucks are allowed (except for Stick Time). No shoes or chairs are allowed on the ice at any time. It is strongly recommended that children under the age of 16 wear a helmet on the ice.

## Gymnasium Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Pickleball (18+)</b> 9:00AM-12:00PM	<b>Badminton (18+)</b> 9:00AM-11:00AM	<b>Pickleball (18+)</b> 9:00AM-12:00PM	<b>Badminton (18+)</b> 9:00AM-11:00AM	<b>Pickleball (18+)</b> 9:00AM-12:00PM	<b>Youth Karate</b> 9:00AM-10:00AM (Ages 6-13)
<b>Open Gym</b> 1:00PM-5:00PM		<b>Pickleball (18+)</b> 12:00PM-3:00PM		<b>Pickleball (18+)</b> 12:00PM-3:00PM		<b>Open Gym</b> 1:00PM-5:00PM
	<b>Open Gym</b> 3:00PM-5:30PM	<b>Open Gym</b> 3:00PM-5:00PM	<b>Open Gym</b> 3:00PM-6:00PM	<b>Open Gym</b> 3:00PM-5:30PM	<b>Open Gym</b> 3:00PM-9:00PM Gym B	
					<b>Pickleball (18+)</b> 6:00PM-8:00PM Gym A	

**Open Gymnasium** allows users to shoot hoops or play court sports.  
Schedules are subject to change due to Special Events and bookings.

## Weight Room Hours (14+)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9AM-5PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-9PM	8AM-5PM

## Walking Track (14+), Racquetball and Squash Court Hours

Court reservations recommended

9AM-6PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-9PM	8AM-8PM
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