



RECREATION GUIDE

July 4 – September 4



Municipality of
Leamington
live | play | work

Register online at leamington.ca/recreation
Register by phone: 519-322-2337
In person: 249 Sherk Street, Leamington

Aquatic Schedule | July 4 — August 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane & Leisure Swim 6:30AM—7:30AM	Lane & Leisure Swim 6:30AM—7:30AM	Lane & Leisure Swim 6:30AM—7:30AM	Lane & Leisure Swim 6:30AM—7:30AM	Lane & Leisure Swim 6:30AM—7:30AM	
Lane & Leisure Swim 7:30AM—8:30AM	Lane & Leisure Swim 7:30AM—8:30AM	Lane & Leisure Swim 7:30AM—8:30AM	Lane & Leisure Swim 7:30AM—8:30AM	Lane & Leisure Swim 7:30AM—8:30AM	
Lane & Leisure Swim 8:30AM—9:15AM	Lane & Leisure Swim 8:30AM—9:15AM	Lane & Leisure Swim 8:30AM—9:15AM	Lane & Leisure Swim 8:30AM—9:15AM	Lane & Leisure Swim 8:30AM—9:15AM	
AquaFit 9:15AM—10:00AM	Aqua Therapy 9:15AM-10:00AM Lane & Leisure Swim 9:15AM-10:00AM	AquaFit 9:15AM—10:00AM	Aqua Therapy 9:15AM-10:00AM Lane & Leisure Swim 9:15AM-10:00AM	AquaFit 9:15AM—10:00AM	Lane & Leisure Swim 9:00AM-10:00AM
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	Lane & Leisure Swim 10:00AM—11:00AM	
Lane & Leisure Swim 11:00AM—12:00PM	Lane & Leisure Swim 11:00AM—12:00PM	Lane & Leisure Swim 11:00AM—12:00PM	Lane & Leisure Swim 11:00AM—12:00PM	Lane & Leisure Swim 11:00AM—12:00PM	
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	Family Swim 12:00PM-1:00PM Lane & Leisure Swim 12:00PM-1:00PM	Lane & Leisure Swim 12:00PM—1:00PM	Open Swim + Lane 1:00PM-2:30PM
Open Swim + Lane 3:00PM—4:30PM		Open Swim + Lane 3:00PM—4:30PM		Open Swim + Lane 3:00PM—4:30PM	
Evening Schedule					
		AquaFit 6:00PM—7:00PM			
AquaMats 7:00PM—8:00PM	Open Swim + Lane 7:00PM—8:00PM	Lane Swim 7:00PM—8:00PM	Open Swim + Lane 7:00PM—8:00PM		

Registration is required for all swims. Availability and capacity will vary to accommodate multiple uses of the pool.

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

Fitness and Spin Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Triple Threat with Rosie 9:15AM-10:00AM			Cardio Moves with Jodi 9:15AM-10:00AM Track/Studio	Triple Threat with Rosie 9:15AM-10:00AM	Intermediate Pilates with Mary Ann 9:15AM-10:15AM (July only)
Beginner Spin with Dan 9:00AM-10:00AM Spin Studio		Spin Fit 1 with Dan 9:00AM-10:00AM Spin Studio		Power Spin with Dan 9:00AM-10:00AM Spin Studio	Revolution Ride with Rob 9:15AM-10:00AM Spin Studio
	Health Track with Jaye 10:00AM-11:30AM				
Strengthen & Strut with Jodi 11:15AM-12:00PM		Strengthen & Strut with Jodi 11:15AM-12:00PM			
Pilates CORE with Mary Ann 12:15PM-12:45PM (July only)	Fast Fit with Rosie 12:15PM-12:45PM	Pilates CORE with Mary Ann 12:15PM-12:45PM (July only)			
	Strong & Fit with Lianne 5:15PM-6:00PM (Ends Aug 16)	Revolution Full Body Ride with Rob 5:15PM-6:00PM Spin Studio	Strong & Fit with Lianne 5:15PM-6:00PM (Ends Aug 18)		
Revolution Endurance Ride with Rob 5:15PM-6:00PM Spin Studio					
Everyday Lifting with Scott 6:00PM-6:45PM	Pilates with Mary Ann 6:15PM-7:15PM (July only)		Pilates with Mary Ann 6:15PM-7:15PM (July only)		
Cardio & Strength		Low Impact		Cardiac/Rehab Care	
			Spin		

All classes located in the Fitness Studio unless noted (Spin Studio/Gymnasium).



Updates and Reminders

We continue to add programming to bring back the activities you love and the hours that fit your schedule!

**MEMBERSHIP
QUESTIONS?
VISIT THE
FRONT DESK!**

Individual Memberships	12 Month	6 Month	3 Month
Individual (One Month \$62)	\$455	\$280	\$170
Senior (65+)	\$365	\$230	\$155
Memberships	12 Month		
Student	\$250		
Memberships	12 Month		
Youth (13 and under)	\$160		

Gymnasium Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 9:00AM- 12:00PM	Pickleball (18+) 10:30AM- 1:00PM	Badminton (18+) 10:30AM- 12:30PM	Pickleball (18+) 10:30AM- 1:00PM	Badminton (18+) 10:30AM- 12:30PM	Pickleball (18+) 10:30AM- 1:00PM	Open Gym 9:00AM- 12:00PM
	Open Gym 1:00PM- 3:00PM	Pickleball (18+) 1:00PM- 3:00PM	Open Gym 1:00PM- 3:00PM	Pickleball (18+) 1:00PM- 3:00PM	Open Gym 1:00PM- 3:00PM	
	Open Gym 5:00PM- 8:00PM	Open Gym 5:00PM- 8:00PM	Open Gym 5:00PM- 8:00PM	Open Gym 5:00PM- 8:00PM	Pickleball (18+) 6:00PM- 8:00PM	

Open Gymnasium allows users to shoot hoops or play court sports. Rentals may be booked during these time slots. Please call ahead to ensure availability.

Weight Room Hours (14+)

Sunday	Monday—Friday	Saturday
9:00AM-1:00PM	6:00AM-9:00PM	8:00AM-1:00PM

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

Court reservations recommended

9:00AM-3:00PM	6:00AM-9:00PM	8:00AM-3:00PM
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Registration opens Tuesdays at 9:00 AM for the following week.