



**Skating is  
back!**



# RECREATION GUIDE

Begins September 6

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

# Aquatic Schedule | Begins September 12

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
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			
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			
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			
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			
AquaFit 1:00PM—1:45PM	Lane Swim 1:00PM-2:00PM			AquaFit 1:00PM—1:45PM	Lane Swim 1:00PM-2:00PM			Lane & Leisure Swim 1:00PM—2:00PM			
								Open Swim 1:00PM—2:30PM +2 Lanes			
EVENING											
		Lane Swim 6:15PM—7:00PM		AquaFit 7:30PM—8:30PM	Lane Swim 7:30PM-	Lane Swim 6:15PM—7:00PM					
AquaMats 8:00PM—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>Triple Threat</b> with Rosie 9:15AM-10:00AM	<b>Total Body Reset</b> with Judy 9:00AM-9:45AM		<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>Spin Fit 1</b> with Dan 9:30AM-10:30AM Spin Studio	<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 11:15AM-12:00PM		<b>Strengthen &amp; Strut</b> with Jodi 11:15AM-12:00PM	<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>TRX</b> with Judy 5:00PM-6:00PM	<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>Everyday Lifting</b> with Scott 6:00PM-6:45PM	<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		
<b>Yoga Flow</b> with Jesi 7:00PM-8:00PM					

Cardio & Strength	Low Impact	Mind & Body	Spin
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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!

Drop-In Skating Schedule—Begins September 6						
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-9:00PM	<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						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9AM-6PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-9PM	8AM-8PM

Online registration [www.learnington.ca/recreation](http://www.learnington.ca/recreation)

Phone registration 519-322-2337

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

**MEMBERSHIP  
QUESTIONS?  
GIVE US A  
CALL OR  
VISIT THE  
FRONT DESK!**