

# Spring at the RECC

## Aquatics Programming

March 20 - April 19

Time      Monday      Tuesday      Wednesday      Thursday      Friday      Time      Saturday      Sunday

6:45 - 8:00	Lane Swim Family Swim	Lane Swim Family Swim	Lane Swim Family Swim	Lane Swim Family Swim	Lane Swim Family Swim	8:30 - 9:30	Lane Swim Swim Team Family Swim	Lane Swim Family Swim
8:00 - 9:00	HydroRider Lane Swim Family Swim	AquaZumba w. Heidi Lane Swim Family Swim	HydroRider Lane Swim Family Swim	AquaZumba w. Heidi Lane Swim Family Swim	Lane Swim Family Swim	9:30 - 10:30	Lane Swim Swim Team Family Swim	Lane Swim Family Swim
9:00 - 10:00	AquaFit w. Sylvie Lane Swim Parent & Tot Swim	Aquafit w. Tracey Lane Swim	AquaFit w. Sylvie Lane Swim Parent & Tot Swim	Aquafit w. Tracey Lane Swim	AquaFit w. Sylvie Lane Swim Parent & Tot Swim	10:30 - 11:30	Lane Swim Family Swim	Lane Swim Family Swim
10:00 - 11:00	Aqua Movement w. Laura Lane Swim	Aqua Movement w. Tracey Lane Swim	Aqua Movement w. Florence Lane Swim	Aqua Movement w. Tracey Lane Swim	Aqua Movement w. Florence Lane Swim	1:30 - 2:30	Lane Swim Open Swim w. Slide	Lane Swim Open Swim w. Slide
11:00 - 12:00	Lane Swim Family Swim	Lane Swim Family Swim	Lane Swim Family Swim	Lane Swim Family Swim	Lane Swim Family Swim	2:30 - 3:30	Lane Swim Open Swim w. Slide	Lane Swim Open Swim w. Slide
12:00 - 1:00	Lane Swim Family Swim	Lane Swim Family Swim	Lane Swim Family Swim	Lane Swim Family Swim	Lane Swim Family Swim	3:30 - 4:30	Lane Swim Open Swim w. Slide	Lane Swim Open Swim w. Slide
4:00 - 5:00	Lane Swim Swim Team Family Swim	Lane Swim Swim Team Family Swim	Lane Swim Swim Team Family Swim	Lane Swim Swim Team Family Swim	Lane Swim Swim Team Family Swim	4:30 - 5:30	Lane Swim Open Swim w. Slide	Lane Swim Open Swim w. Slide
5:00 - 6:00	Lane Swim Swim Team Family Swim	Lane Swim Swim Team Family Swim	Lane Swim Swim Team Family Swim	Lane Swim Swim Team Family Swim	Lane Swim Swim Team Family Swim	<p><b>AquaFitness</b> Take the stress off your joints. This class is low-to-no impact cardio &amp; strengthening that allows you to work at your own pace</p> <p><b>AquaZumba</b> A blend of the Zumba philosophy with water resistance, creating a pool party that you don't want to miss!</p> <p><b>AquaMovement</b> For those with knee/hip replacements, arthritis or other medical conditions. Designed to help balance, mobility, flexibility &amp; strength.</p> <p><b>HydroRiders</b> Pedal on a unique stationary bike while immersed up to your chest in water. Water shoes are mandatory. Ages 16+</p> <p><b>Masters</b> A drop-in swim club that provides coach guidance and training for non-competitive adult swimmers. Promotes fitness, health, fellowship, participation, leadership and fun</p>		
6:00 - 7:00	Aquafit w. Tracey Lane Swim Special Olympics	Aquafit w. Sylvie Lane Swim Open Swim w. Slide	Aquafit w. Tracey Lane Swim Special Olympics	AquaZumba w. Michelle Lane Swim Open Swim w. Slide	Lane Swim Open Swim w. Slide			
7:00 - 8:00	Lane Swim Open Swim w. Slide	HydroRider Lane Swim Open Swim w. Slide	Lane Swim Open Swim w. Slide	Lane Swim Open Swim w. Slide	Lane Swim Open Swim w. Slide			
8:00 - 9:00	Closed	Masters	Closed	Masters	Closed			

Online preregistration is required. Visit [THERECC.CA](http://THERECC.CA) to register

Schedule subject to change. Please visit [therecc.ca](http://therecc.ca) for updated schedules or contact us at (902)893-2224