



FALL 2019

RECREATION CENTRE SCHEDULE

OCT & NOV



Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEIGHTROOM	5:30am-9:00pm	5:30am-9:00pm	5:30am-9:00pm	5:30am-9:00pm	5:30am-9:00pm	9:00am-8:00pm	11:00am-8:00pm
OPEN SWIM					9:30-11:00am 6:00-8:00pm	1:00-3:00pm 6:00-8:00pm	1:00-3:00pm
LENGTHS	5:30-7:00am 11:30am -1:00pm 7:00-8:00pm	11:30am -1:00pm	5:30-7:00am 11:30am -1:00pm	11:30am -1:00pm 7:00-8:00pm	5:30-7:00am 11:30am -1:00pm	3:30-5:00pm	
LESSONS		3:00-6:45pm	10:00-11:30am	3:00-6:45pm		9:30-11:30am	
SWIM CLUB						12:00-1:00pm	
AQUATOTS		5:00pm	10:30am	Drop-Ins always welcome for Aquatots - \$7.50			
FITNESS CLASSES	VIEW OUR FITNESS SCHEDULE FOR DATES AND TIMES OF OUR CLASSES.						
BOWLING ALLEY	Please call the pool front desk to reserve a lane 735-8914. Open until midnight by reservation.				6:00-8:00pm	1:00-4:00pm 6:00-8:00pm	



www.RLGMrecreation.com

Please contact the front desk for more information - 807-735-8914

Effective from October 1 to November 30, 2019 (Closed on Statutory Holidays)

Note: This schedule is subject to change. Please call ahead.

