

Drop In Schedule Fall

SEPTEMBER 29 - DECEMBER 20, 2025

SYLVANLAKE.CA/NEXSOURCECENTRE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM to 8:45 AM		Lane Swim					Available to Book
9:00 AM to 9:45 AM	Available to Book	Deep Aquafit	School Swim Lessons	Deep Aquafit	School Swim Lessons	Deep Aquafit	Swimming Lessons
10:00 AM to 10:45 AM		Shallow Aquafit		Shallow Aquafit		Shallow Aquafit	
11:00 AM to 12:00 PM		School Swim Lessons					
12:00 PM to 1:00 PM	Lane Swim & Parent and Tot (Kiddie Pool Only)						
1:00 PM to 2:00 PM	Public Swim	School & Public Swim Lessons 1:00 PM - 3:30 PM					Public Swim
2:00 PM to 3:00 PM							
3:00 PM to 5:00 PM		Swim Club & Swimming Lessons 3:30 PM - 6:00 PM					Available to Book
5:00 PM to 6:00 PM	Aquafit						
6:00 PM to 7:00 PM	Available to Book	Public Swim 6:30 PM - 8:30 PM					
7:00 PM to 8:30 PM							
8:30 PM to 9:30 PM		Lane Swim 8:30 PM - 9:30 PM					

*Drop In schedule is subject to change due to bookings. Please call to confirm times.

Drop-In Aquatic Programs

Deep & Shallow Aquafit

Get Fit!! A fun and energetic aerobic exercise class using the water for resistance. This 45 minute class can be done in deep water (zero impact) or shallow water for muscle, joint or mobility. Work at your own pace, no swimming skills are required.

Evening Aquafit

A 30-minute class combining cardio and power strength exercises. Use a variety of equipment to tone and strengthen your entire body.

Register now!
recreation.sylvanlake.ca