

Swimming Drop-In Activities



Cornell Community Centre: March Break (March 16 to 20, 2020)

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|-------------------------------------|
| Lane Swim | 6:30 to 8:30 AM Noon to 1:30 PM 8:00 to 10:00 PM | 6:30 to 8:30 AM Noon to 1:30 PM 9:00 to 10:00 PM | 6:30 to 8:30 AM Noon to 2:00 PM 9:00 to 10:00 PM | 6:30 to 8:30 AM Noon to 2:00 PM 9:00 to 10:00 PM | 6:30 to 8:30 AM Noon to 2:00 PM |
| Therapy Swim | 6:30 AM to 8:30 AM 12:30 PM to 1:30 PM 8:00 PM to 10:00 PM | 6:30 to 8:30 AM 12:30 to 1:30 PM 9:00 to 10:00 PM | 6:30 to 8:30 AM 1:00 to 2:00 PM 9:00 to 10:00 PM | 6:30 to 8:30 AM 1:00 to 2:00 PM 9:00 to 10:00 PM | 6:30 to 8:30 AM 1:00 to 2:00 PM |
| Parent & Tot | 11:30 to 12:30 PM | 11:30 to 12:30 PM | Noon to 1:00 PM | 11:15 AM to 1:00 PM | 11:45 to 1:00 PM |
| Rec Swim | 9:30 to 11:00 AM | | 7:30 to 9:00 PM Shallow End | | 9:30 to 11:00 AM 8:00 to 9:30 PM |
| Shallow Aquafit | 8:35 to 9:20 AM | 8:35 to 9:20 AM 8:00 to 8:45 PM | 8:35 to 9:20 AM | 8:35 to 9:20 AM 8:00 to 8:45 PM | 8:35 to 9:20 AM |
| Deep Aquafit | 11:00 to 11:45 AM | 10:30 to 11:15 AM | 11:00 to 11:45 AM | 10:30 to 11:15 AM | 11:00 to 11:45 AM |
| Older Adult Aquafit (55 years plus) | | 9:30 to 10:15 AM | | 9:30 to 10:15 AM | |
| Aqua Stretch | | 9:30 to 10:15 AM | 11:00 to 11:45 AM | 9:30 to 10:15 AM | |
| Hip and Knee | 11:00 to 11:45 AM | | | 10:30 to 11:15 AM | |
| Oh My Aching Body | | 10:30 to 11:15 AM | | | 11:00 to 11:45 AM |
| Aqua Cardio | | 11:15 AM to Noon | | 11:15 AM to Noon | |
| Specialty Aquafit | | | | | |

Cancellations: [Click or tap here to enter text.](#)

Notes: Specialty aquafit classes: specialty rates apply. Fitness Membership includes Lane, Swim, Therapy Swim, Shallow Aquafit, Deep Aquafit and Older Adult Aquafit

(Updated: 2/25/2020)