

Allandale Recreation Centre

DROP-IN SCHEDULE - SPRING 2024

April 1 - June 30

190 Bayview Drive L4N 4Y8 (705)728-5141

FITNESS CENTRE HOURS
Mon-Fri 6:00AM - 9:00PM
Sat & Sun 8:00AM - 5:00PM

SWIMMING POOL

Classes and instructors can be change without notice

FITNESS CLASSES SCHEDULE

MONDAY (April 8-June 24 - Excl. May 20)		
TOTAL BODY WORKOUT	9:00am-9:55am	Mary
TUESDAY (April 2-June 25)		
CYCLE & STRENGTH	9:00am-9:55am	Sandy
STRETCH OUT	10:15am-11:15am	Sandy
PUMPED UP EXPRESS	12:00pm-12:45pm	Sandy
TOTAL BODY WORKOUT	5:45pm-6:30pm	Wendy
WEDNESDAY (April 3-June 26)		
TOP GUNS/ROCK BOTTOMS	6:30am-7:15am	Mary
ZUMBA (Cond RM)	9:00am-9:55am	Cathy T
MOBILITY & STRETCH	10:15am-11:15am	Sandy
CYCLE & STRENGTH EXPRESS	12:00pm-12:45pm	Sandy
CIRCUIT TRAINING	5:30pm-6:30pm	Chris
THURSDAY (April 4-June 27)		
CARDIO & CORE	9:00am-9:55am	Sandy
PILATES	10:15am-11:15am	Sandy
BOOTCAMP EXPRESS	12:00pm-12:45pm	Sandy
PILOGA	5:30pm-6:30pm	Nene
FRIDAY (April 5-June 28)		
BOOTCAMP	6:30am-7:15am	Mary
YOGA FIT	9:00am-9:55am	Sandy
SATURDAY (April 6-June 29)		
PUMPED UP	9:15am-10:15am	Sandy
SUNDAY (April 7 - June 30)		
CARDIO DANCE (Cond RM)	10:15am-11:15am	Huguette

SKATING

WEDNESDAY (April 17-May 22)		
PUBLIC SKATE	3:00pm-4:50pm	
FRIDAY (April 5 - May 24)		
PUBLIC SKATE (ADULT)	1:15pm-3:05pm	
SATURDAY (MAY 18 - JUNE 29) EXCL. JUNE 22		
ADULT HOCKEY	4:15pm-5:05pm	
STICK & PUCK	5:15pm-6:05pm	
PUBLIC SKATE	6:15pm-7:05pm	
SUNDAY (JUNE 30)		
PUBLIC SKATE	2:15pm-3:05pm	
STICK & PUCK	3:15pm-4:05pm	
ADULT HOCKEY	4:15pm-5:05pm	

PLEASE NOTE: PRE-REGISTRATION REQUIRED FOR ADULT HOCKEY PROGRAMS

MONDAY (April 8 - June 24)

FITNESS LANE SWIMS - 6L	7:00am- 8:55am	exclusion dates due
OPEN SWIMS - Small Pool	9:15am- 11:55am	to Swim to Survive
FITNESS LANE SWIMS - 6L	11:00am-11:55am	
FITNESS LANE SWIMS - 3L	12:00pm-2:55pm	
OPEN SWIMS - Small Pool	12:00pm-2:55pm	
FITNESS LANE SWIMS - 6L	8:05pm- 9:00pm	
OPEN SWIMS - Small Pool	8:05pm- 9:00pm	
TUESDAY (April 2 - June 25)		
FITNESS LANE SWIMS - 6L	7:00am- 8:55am	
OPEN SWIMS - Small Pool	9:15am- 11:55am	
FITNESS LANE SWIMS - 6L	11:00am-11:55am	
FITNESS LANE SWIMS - 3L	12:00pm-12:55pm	
OPEN SWIMS - Small Pool	12:00pm-12:55pm	
FITNESS LANE SWIMS - 3L	1:00pm-2:00pm	May 21, 28; Jun 4
OPEN SWIMS - Small Pool	1:00pm-2:00pm	May 21, 28; Jun 4
FITNESS LANE SWIMS - 3L	2:05pm-2:55pm	
OPEN SWIMS - Small Pool	2:05pm-2:55pm	
FITNESS LANE SWIMS - 6L	8:05pm- 9:00pm	
OPEN SWIMS - Small Pool	8:05pm- 9:00pm	
WEDNESDAY (April 3 - June 26)		
FITNESS LANE SWIMS - 6L	7:00am- 8:55am	
OPEN SWIMS - Small Pool	9:15am- 10:55am	
FITNESS LANE SWIMS - 3L	1:00pm-2:00pm	
OPEN SWIMS - Small Pool	1:00pm-2:00pm	
FITNESS LANE SWIMS - 3L	2:05pm-2:55pm	
OPEN SWIMS - Small Pool	2:05pm-2:55pm	
FITNESS LANE SWIMS - 6L	6:00pm-7:30pm	
OPEN SWIMS - Small Pool	6:00pm-7:30pm	
THURSDAY (April 4 - June 27)		
FITNESS LANE SWIMS - 6L	7:00am- 8:55am	
OPEN SWIMS - Small Pool	9:15am- 11:55am	
FITNESS LANE SWIMS - 6L	11:00am-11:55am	
FITNESS LANE SWIMS - 3L	12:00pm-12:55pm	
OPEN SWIMS - Small Pool	12:00pm-12:55pm	
FITNESS LANE SWIMS - 3L	1:00pm-2:00pm	May 23, 30; Jun 6
OPEN SWIMS - Small Pool	1:00pm-2:00pm	May 23, 30; Jun 6
FITNESS LANE SWIMS - 3L	2:05pm-2:55pm	
OPEN SWIMS - Small Pool	2:05pm-2:55pm	
FITNESS LANE SWIMS - 6L	8:05pm- 9:00pm	
OPEN SWIMS - Small Pool	8:05pm- 9:00pm	

FRIDAY (April 5 - June 28)

FITNESS LANE SWIMS - 6L	7:00am- 8:55am	
OPEN SWIMS - Small Pool	9:15am- 11:55am	
FITNESS LANE SWIMS - 6L	11:00am-11:55am	
FITNESS LANE SWIMS - 3L	12:00pm-2:55pm	
OPEN SWIMS - Small Pool	12:00pm-2:55pm	
OPEN SWIMS - Small Pool	3:00pm- 4:30pm	
FITNESS LANE SWIMS - 3L	6:05pm- 7:00pm	
OPEN SWIMS - Small Pool	6:05pm- 7:00pm	
OPEN SWIMS - Both Pools	7:05pm- 9:00pm	
SATURDAY (April 6 - June 29)		
FITNESS LANE SWIMS - 6L	12:05pm-1:00pm	
OPEN SWIMS	1:05pm- 2:35pm	
OPEN SWIMS	2:45pm- 4:15pm	
SUNDAY (April 7 - June 30)		
FITNESS LANE SWIMS - 6L	12:05pm-1:00pm	
OPEN SWIMS	1:05pm- 2:35pm	
OPEN SWIMS	2:45pm- 4:15pm	

AQUA FITNESS

SUNDAY (April 7 - June 30)	
AQUA FIT	7:45am- 8:30am as of Feb 25
MONDAY (April 8 - June 24)	
AQUA FIT	9:00am - 9:45am
AQUA FIT	10:00am-10:45am
TUESDAY (April 2 - June 25)	
AQUA FIT	9:00am- 9:45am
AQUA FIT	10:00am-10:45am
WEDNESDAY (April 3 - June 26)	
AQUA FIT	9:00am- 9:45am
AQUA FIT	10:00am-10:45am
THURSDAY (April 4 - June 27)	
AQUA FIT	9:00am- 9:45am
AQUA FIT	10:00am-10:45am
FRIDAY (April 5 - June 28)	
AQUA FIT	9:00am- 9:45am
AQUA FIT	10:00am-10:45am

**FOR UP TO DATE PROGRAM CANCELLATIONS
PLEASE VISIT
barrie.ca/RecCancellations**

**SCHEDULE SUBJECT TO CHANGE
FOR MOST UP TO DATE VERSION, PLEASE VISIT
play.barrie.ca**

