



# ARCHIE DILLON SPORTSPLEX POOL

## SPRING 2024—SWIM SCHEDULE

March 18—June 23



OPEN SWIMS		LAP SWIM	
MONDAY	9:15-10:30AM	MONDAY	10:45-11:45AM
	11:45-1:00PM	TUESDAY	7:45-8:45PM
	6:45-8:00PM	WEDNESDAY	10:45-11:45AM
TUESDAY	11:45-1:00PM		5:30-6:30PM
WEDNESDAY	9:15-10:30AM	THURSDAY	6:45-7:45am (Pass only)
	11:45-1:00PM		7:45-8:45PM
	6:45-8:00PM	FRIDAY	10:45-11:45AM
THURSDAY	11:45-1:00PM	SATURDAY	12:00-1:00PM
FRIDAY	9:15-10:30AM	ADULT SWIM	
	11:45-1:00PM	Wednesday	8:00-9:15pm
	6:45-8:00PM	FREE Senior Swimming 60+	
SATURDAY	1:15-2:30PM	March 18—May 31	
	6:45-8:00PM	Monday	9:15-10:30am
SUNDAY	9:15-10:30AM	Friday	11:45-1:00pm
	1:15-2:30PM		
	6:45-8:00PM		

Schedule subject to change without notice.

\*Fitness Classes until May 31\*



PRICING		
	DAILY	PASS
3 & UNDER	FREE	N/A
CHILD (4-17YRS) SENIOR (60+)	\$5.75	\$144.50 (30 SWIMS)
ADULT (18+)	\$6.50	\$170.75 (30 SWIMS)
SENIOR (80+)	FREE	N/A

Visit [www.timmins.ca](http://www.timmins.ca) for the schedule of our FREE open swims.

Thank you to our generous community sponsors!

FOR INQUIRIES CALL 360-2655 OR  
EMAIL [FACILITIESRECREATION@TIMMINS.CA](mailto:FACILITIESRECREATION@TIMMINS.CA)



# ARCHIE DILLON SPORTSPLEX POOL

## SPRING 2024—SWIM SCHEDULE

March 18—May 31



### FITNESS CLASSES

MONDAY	AQUA PILATES	10:45-11:30AM
	HYDROSPIN	5:30-6:30PM (With set-up time)
TUESDAY	AQUAFIT	11:00-11:45AM
WEDNESDAY	AQUA PILATES	10:45-11:30AM
	HYDROSPIN	5:30-6:30PM (With set-up time)
THURSDAY	AQUAFIT	11:00-11:45AM
	DEEP END AQUAFIT	7:45-8:30PM

### FITNESS PRICING

	DAILY	PASS (12 CLASSES)
SENIOR (60+)	\$7.75	\$76.50
ADULT	\$8.75	\$91.25

**CLEAN INDOOR RUNNING SHOES OR WATER SHOES ARE RECCOMENDED FOR ALL CLASSES BUT ARE MANDATORY FOR THE HYDROSPIN CLASSES**

**HYDROSPIN:** This is a high intensity class that focuses on building cardiovascular strength and endurance. The challenging routines of intervals and high intensity options are bound to get your heart pumping! Shoes are required for this class.

**AQUAFIT:** A high intensity class! It focuses on building cardiovascular strength and endurance through challenging routines of intervals and higher intensity options. Beginner? No problem! Our instructors give plenty of options to suit all fitness levels.

**AQUA PILATES:** Aqua Pilates converts mat-based exercises into pool-based exercises. The class will work to lengthen and increase abdominal and back strength. Aqua Pilates will help you be more mindful about your posture and will challenge your balance. Every class will end with 5 minutes of guided mindfulness in the warm pool.

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