

Celebrate Family Day

with Recreation on February 20, 2023.

Drop-in gym and swim programs available at select locations

SWIM

Location	Program	Time
Bernie Morelli	Open Swim (Family)	11:00am - 12:45pm
	Open Swim	1:15pm - 3:00pm
Dalewood	Open Swim (Family)	11:00am - 12:45pm
	Open Swim	1:00pm - 2:30pm
Stoney Creek	Open Swim (18+)	11:30am - 12:30pm
	Open Swim	1:00pm - 3:00pm
Valley Park	Lengths/Open Swim (18+)	12:00pm - 1:30pm
	Open Swim	2:00pm - 4:00pm
Westmount	Open Swim (Parent and Tot)	11:00am - 12:00pm
	Open Swim (18+)	11:00am - 1:30pm
	Open Swim	1:30pm - 3:00pm
	Lengths	11:00am - 1:15pm

*regular admission rates apply

GYM

Location	Program	Time
Bernie Morelli	Open Gym (Parent and Tot)	11:00am - 1:00pm
	Open Gym (Family)	1:00pm - 3:00pm
Dundas Lions Memorial Community Centre	Open Gym (Family)	10:30am - 12:30pm
	Open Gym	12:30pm - 2:30pm
Valley Park	Family Gym	12:15pm - 1:45pm
	Open Gym	1:45pm - 4:00pm
Westmount	Open Gym (Parent and Tot)	11:00am - 1:00pm
	Open Gym (Family)	11:00am - 1:00pm
	Open Gym (12-17 yrs)	12:15pm - 3:00pm
	Family Time - Games Room (Yth Rm.)	12:00pm - 2:00pm

*regular admission rates apply