



J.W. HAYDEN RECREATION CENTRE: ADULT

Please note all facility offerings are subject to change by season, session and LPS schedules

BEGINS 9/8/25

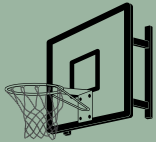
Pool



Adult Swim | Ages 21 and Up

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:
6:30 AM - 9:30 AM 11:30 AM - 1:45 PM	6:30 AM - 9:30 AM 11:30 AM - 1:45 PM 2:20 PM - 3:45 PM	6:30 AM - 9:30 AM 11:30 AM - 1:45 PM	6:30 AM - 9:30 AM 11:30 AM - 3:45 PM	6:30 AM - 9:30 AM 11:30 AM - 1:45 PM	8:15 AM - 9:15 AM

Open Gym



Senior Swim | Ages 60 and Up

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:
10:30 AM - 11:30 AM	9:30 AM - 10:30 AM	10:30 AM - 11:30 AM	9:30 AM - 10:30 AM	10:30 AM - 11:30 AM

Adult Open Gym | Ages 21 and Up

Monday:	Tuesday:	Wednesday:	Friday:
6:30 AM - 8:00 AM	12:15 PM - 2:00 PM	6:30 AM - 8:00 AM	12:15 PM - 2:00 PM

Weight Room



Adult Weight Room | Ages 21 and Up

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:
6:30 AM - 3:00 PM 7:15 PM - 8:15 PM	6:30 AM - 3:00 PM 7:15 PM - 8:15 PM	6:30 AM - 3:00 PM 7:15 PM - 8:15 PM	6:30 AM - 3:00 PM 7:15 PM - 8:15 PM	6:30 AM - 3:00 PM	8:00 AM - 10:00 AM

Pickleball



Registration Required

Pickleball | Ages 16 and Up

Registration Required

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:
<i>Beginner/</i> <i>Advanced Beginner</i> 12:15 PM - 2:30 PM	<i>All Levels</i> 6:30 AM - 8:00 AM	<i>Advanced</i> <i>Beginner/Intermediate</i> 12:15 PM - 2:30 PM	<i>All Levels</i> 6:30 AM - 8:00 AM <i>Advanced</i> <i>Beginner/Intermediate</i> 12:15 PM - 2:30 PM	<i>All Levels</i> 6:30 AM - 8:00 AM	<i>Advanced</i> <i>Beginner/Intermediate</i> 8:05 AM - 9:30 AM

Ice Skating



Registration Required

General Skate | Ages 4 and Up

Registration Required

\$8/Session

Wednesday:
1:00 PM - 2:00 PM

Friday:	Saturday:
1:00 PM - 2:00 PM	3:30 PM - 4:45 PM

Members: \$0
Non-Members: \$13/Session

Stick and Puck | Ages 18 and Up

Registration Required

Tuesday:
12:00 PM - 1:45 PM

Thursday:
12:00 PM - 1:45 PM