



# J.W. HAYDEN RECREATION CENTRE:

## MARTIN LUTHER KING JR. DAY- JANUARY 19, 2026

**Building Hours:**

**Recreation Centre**  
8:00 AM - 4:00 PM

**Ice Facility Desk**  
8:00 AM - 7:00 PM

### YOUTH

### ADULT



#### Pool

#### Youth Free/Lap Swim Ages 4 - 21

*Swimmers must be able to stand comfortably and independently in 3 feet of water*

2:45 PM - 3:45 PM

#### Adult Swim Ages 21 & UP

8:15 AM - 10:30 AM  
11:30 AM - 1:45 PM

#### Senior Swim Ages 60 & UP

10:30 AM - 11:30 AM



#### Weight Room

#### Youth Weight Room Ages 12 - 21

8:15 AM - 3:45 PM

#### Adult Weight Room Ages 21 & UP

8:15 AM - 3:45 PM



#### Open Gym

#### Member/Guardian Open Gym

*Youth members must be accompanied in the gym by a parent or adult guardian*

**Ages 6mo - PreK**

10:00 AM - 10:45 AM

**Ages 5-11**

10:45 AM - 11:30 AM

#### Youth Open Gym Ages 12 - 21

1:30 PM - 2:45 PM



#### Pickleball

Registration Required

#### Pickleball Ages 16 and Up

Registration Required

*Beginner/*

*Advanced Beginner*

11:30 AM - 1:30 PM