



# J.W. HAYDEN RECREATION CENTRE: YOUTH

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

**BEGINS 9/8/25**

## Pool



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

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

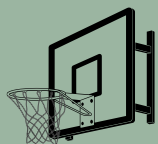
**Monday:**  
3:45 PM - 4:30 PM

**Thursday:**  
3:45 PM - 4:30 PM

**Friday:**  
1:45 PM - 2:45 PM

**Saturday:**  
1:45 PM - 2:45 PM

## Open Gym



### Member/Guardian Free Swim

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

**Friday:**  
6:30 PM - 7:15 PM

### Member/Guardian Open Gym

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

**Tuesday:**  
*Ages 6mo - PreK*  
9:30 AM - 10:30 AM

**Wednesday:**  
*Ages 5-11*  
6:45 PM - 7:30 PM

**Thursday:**  
*Ages 6mo - PreK*  
9:30 AM - 10:30 AM

**Friday:**  
*Ages 5-11*  
5:45 PM - 6:30 PM

**Saturday:**  
*Ages 6mo - PreK*  
9:30 AM - 10:30 AM  
*Ages 5-11*  
10:30 AM - 11:30 AM

## Weight Room



### Youth Open Gym | Ages 12 - 21

**Monday:**  
3:15 PM - 4:00 PM  
7:30 PM - 8:15 PM

**Tuesday:**  
3:15 PM - 4:00 PM  
6:45 PM - 8:15 PM

**Wednesday:**  
7:30 PM - 8:15 PM

**Thursday:**  
6:45 PM - 8:15 PM

**Friday:**  
6:30 PM - 7:15 PM

**Saturday:**  
1:15 PM - 2:45 PM

### Youth Weight Room | Ages 12 - 21

**Monday:**  
6:30 AM - 8:15 PM

**Tuesday:**  
6:30 AM - 8:15 PM

**Wednesday:**  
6:30 AM - 8:15 PM

**Thursday:**  
6:30 AM - 8:15 PM

**Friday:**  
6:30 AM - 7:15 PM

**Saturday:**  
8:00 AM - 2:45 PM

## Pickleball



Registration Required

### Pickleball | Ages 16 and Up

Registration Required

**Monday:**  
*Beginner/Advanced Beginner*  
12:15 PM - 2:30 PM

**Tuesday:**  
*All Levels*  
6:30 AM - 8:00 AM

**Wednesday:**  
*Advanced Beginner/Intermediate*  
12:15 PM - 2:30 PM

**Thursday:**  
*All Levels*  
6:30 AM - 8:00 AM  
*Advanced Beginner/Intermediate*  
12:15 PM - 2:30 PM

**Friday:**  
*All Levels*  
6:30 AM - 8:00 AM

**Saturday:**  
*Advanced Beginner/Intermediate*  
8:05 AM - 9:30 AM

## Ice Skating



Registration Required

\$8/Session

### General Skate | Ages 4 and Up

Registration Required

**Wednesday:**  
1:00 PM - 2:00 PM

**Friday:**  
1:00 PM - 2:00 PM

**Saturday:**  
3:30 PM - 4:45 PM