



J.W. HAYDEN RECREATION CENTRE: YOUTH

Please note all facility offerings are subject to change by season, session and LPS schedules **BEGINS 9/14/26**

Pool



Youth Free/Lap Swim | Ages 4 - 21

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

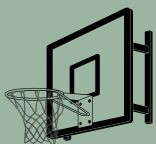
Monday:
3:45 PM - 4:30 PM

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

Monday:
Ages 6mo - PreK
9:30 AM - 10:30 AM

Tuesday:
Ages 6mo - PreK
10:00 AM - 11:00 AM

Wednesday:
Ages 6mo - PreK
9:30 AM - 10:30 AM
Ages 5-11
6:45 PM - 7:30 PM

Thursday:
Ages 6mo - PreK
10:00 AM - 11:00 AM
Ages 5-11
6:15 PM - 7:30 PM

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 - 8:45 PM

Tuesday:
7:30 PM - 8:45 PM

Wednesday:
3:15 PM - 4:15 PM
7:30 PM - 8:45 PM

Thursday:
3:15 PM - 4:15 PM
7:30 PM - 8:45 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 - 8:45 PM

Tuesday:
6:30 AM - 8:45 PM

Wednesday:
6:30 AM - 8:45 PM

Thursday:
6:30 AM - 8:45 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 - 1:45 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

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