



Aquatic Schedule

Vollmer Centre Pool
January 5 to March 29, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
AQUA FITNESS	8:00a-8:30a 8:30a-9:00a 9:00a-9:30a 9:30a-10:00a 10:00a-10:30a 10:30a-11:00a 12:00p-12:45p 8:00p-8:45p	7:30a-8:00a 8:00a-8:30a 8:30a-9:00a 9:00a-9:30a 9:30a-10:00a 12:00p-12:45p	7:30a-8:00a 8:00a-8:30a 8:30a-9:00a 9:00a-9:30a 9:30a-10:00a 10:00a-10:30a 10:30a-11:00a 12:00p-12:45p 8:00p-8:45p	7:30a-8:00a 8:00a-8:30a 8:30a-9:00a 9:00a-9:30a 9:30a-10:00a 12:00p-12:45p	7:30a-8:00a 8:00a-8:30a 8:30a-9:00a 9:00a-9:30a 9:30a-10:00a 10:00a-10:30a 10:30a-11:00a 12:00p-12:45p	7:30a-8:00a 8:00a-8:30a 8:30a-9:00a 9:00a-9:30a 9:30a-10:00a 10:00a-10:30a 10:30a-11:00a 12:00p-12:45p	8:00a-8:45a	8:00a-8:45a
ADULT LENGTHS	6:30a-8:00a 1:00p-2:00p 9:00p-10:00p	6:30a-7:30a 1:00p-2:00p 9:00p-10:00p	6:30a-7:30a 1:00p-2:00p 9:00p-10:00p	6:30a-7:30a 1:00p-2:00p 9:00p-10:00p	6:30a-7:30a 1:00p-2:00p	7:00a-8:00a	7:00a-8:00a	
LEISURE SWIM	11:00a-12:00p 3:00p-4:30p	10:00a-12:00p 3:00p-4:30p	11:00a-12:00p 3:00p-4:30p	10:00a-11:00a 3:00p-4:30p	11:00a-12:00p 3:00p-4:30p		1:00p-2:00p	
RECREATIONAL					7:00p-8:30p	2:00p-3:30p		
ADAPTED OPEN SWIM					6:00p-7:00p			

Skating Schedule

Vollmer Centre
2121 Laurier Parkway, LaSalle
January 5 to March 29, 2025

ADULT SKATE	MON/TUES/THURS	RINK A	9:30a-10:50a
DROP-IN FIGURE SKATING	TUES	RINK B	6:30a-7:50a
HOME SCHOOL SKATE	THU	RINK A	12:00p-12:50p <i>*Not offered: Mar.13</i>
PARENT AND TOT SKATE	MON/TUES/THURS	RINK A	11:00a-11:50a
RECREATIONAL SKATE	FRI/SUN	RINK A	Fridays: 4:00p-4:50p <i>*Not offered: Jan.31</i> Sundays: 2:00p-2:50p <i>*Not offered: Feb.2, Feb.9, Mar.2</i>
STICKS AND PUCKS (ADULT)	WED/FRI	RINK A	10:00a-10:50a <i>*Not offered: Jan.31</i>

- **March Break Schedule for March 8-14, 2025 will be available in mid-February.**
- Aquatic and Skating schedule are subject to change. Please subscribe to our Cancellations and Changes page at www.lasalle.ca to receive last minute updates.
- Pre-registration for Recreational Swims, Skates, and Leisure swimming is recommended. To register, please go to www.lasalleactive.ca or call 519-969-7771, ext. 0. or 4116.