SENIOR RAVENS SCHEDULE

FALL 2025 (SEPT 2 - DEC 20)

MONDAY

6:00 - 7:30 AM
FITNESS SWIM
SHALLOW ONLY

7:00 AM - 12:00 PM
TRACK & FITNESS CENTRE ACCESS

11:45 AM - 1:15 PM
REC SWIM
WHOLE POOL

9:30 - 10:45 AM
STRETCH & STRENGTH
CURT B. *MP ROOM + ONLINE*

12:05 - 12:55 PM
AQUAFIT
MEGAN S. *SHALLOW ONLY*

TUESDAY

7:30 - 9:00 AM
FITNESS SWIM
SHALLOW ONLY

7:00 AM - 12:00 PM
TRACK & FITNESS CENTRE ACCESS

11:45 AM - 1:15 PM
REC SWIM
WHOLE POOL

10:00 - 11:00 AM
MOVEMENT & MOBILITY
LACEY T. *YOGA STUDIO*

WEDNESDAY

6:00 - 7:30 AM
FITNESS SWIM
SHALLOW ONLY

7:00 AM - 12:00 PM
TRACK & FITNESS CENTRE ACCESS

11:45 AM - 1:15 PM
REC SWIM
WHOLE POOL

9:30 - 10:45 AM
STRETCH & STRENGTH
CURT B. *MP ROOM + ONLINE*

THURSDAY

7:30 - 9:00 AM
FITNESS SWIM
3 LANES + LONG COURSE

7:00 AM - 12:00 PM
TRACK & FITNESS CENTRE ACCESS

11:45 AM - 1:15 PM
REC SWIM
WHOLE POOL+ LONG COURSE

12:05 - 12:55 PM
INTRO PILATES*
PAM F. *YOGA STUDIO*

FRIDAY

6:00 - 7:30 AM
FITNESS SWIM
SHALLOW ONLY

7:00 AM - 12:00 PM
TRACK & FITNESS CENTRE ACCESS

11:45 AM - 1:15 PM
REC SWIM
WHOLE POOL

9:30 - 10:45 AM
STRETCH & STRENGTH
TOM S. *MP ROOM + ONLINE*

** SIGN UP REQUIRED*

REC.CARLETON.CA/BOOKING

Carleton RAVENS