

SENIOR RAVENS SCHEDULE

SPRING 2025 (APR 28 - JUNE 28)

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

DEEP ONLY

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

11:45 AM - 1:15 PM
REC SWIM

WHOLE POOL

12:05 - 12:55 PM
PILATES*

PAM F. 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

TOM S. MP ROOM/ONLINE

THURSDAY

7:30 - 9:00 AM
FITNESS SWIM

WHOLE POOL + LONG COURSE

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

11:45 AM - 1:15 PM
REC SWIM

WHOLE POOL

12:05 - 12:55 PM
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

DANIEL Z. MP ROOM/ONLINE

* SIGN UP REQUIRED

[REC.CARLETON.CA/BOOKING](https://rec.carleton.ca/booking)

