



RUBEN YLI-JUUTI CENTRE SCHEDULE

705-848-2287 ext. 2500

Starting March 15th, 2021

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Distance	8:00 - 9:00am 12:30 - 1:30pm 6:30-7:30pm 8:00 - 8:45pm	6:30 - 7:30am 8:00 - 9:00am 12:30 - 1:30pm 2:00 - 3:00pm 7:30 - 8:30pm	8:00 - 9:00am 12:30 - 1:30pm 6:30-7:30 8:00 - 8:45pm	6:30 - 7:30am 8:00 - 9:00am 12:30 - 1:30pm 2:00 - 3:00pm 7:30 - 8:30pm	8:00 - 9:00am 12:30 - 1:30pm 7:30 - 8:30pm	3:30 - 4:30pm	12:00 - 1:00pm 1:30 - 2:30pm 3:00 - 4:00pm
Silver Dolphins Aqua-fit	9:30 - 10:30am	9:30 - 10:30am	9:30 - 10:30am	9:30 - 10:30am	9:30 - 10:30am		
Deep Water Aqua-fit		11:00am - 12:00pm		11:00am - 12:00pm			
Arthritis Program	11:00am - 12:00pm 2:00 - 3:00pm		11:00am - 12:00pm 2:00 - 3:00pm		11:00am - 12:00pm 2:00 - 3:00pm		
Lessons					3:30 - 7:00pm	12:30 - 3:00pm	9:00 - 11:30am
ELAC	6:30 - 7:30am 4:00 - 6:00pm	4:00 - 7:00pm	6:00 - 7:30am 4:00 - 6:00pm	4:00 - 7:00pm	6:00 - 7:30am	8:30am - 12:00pm	
Family Swim						5:00 - 6:00pm 6:30 - 7:30pm	
*Gym *NO access to change rooms	6:30am - 8:30pm	6:30am - 8:30pm	6:30am - 8:30pm	6:30am - 8:30pm	6:30am - 8:30pm	8:00am - 7:30pm	9:00am - 3:30pm

- ✓ All swimming and gym times are by reservation only.
- ✓ Bookings are taken no earlier than 6am on Thursdays for the following week.
- ✓ Do not come to the facility if you are feeling unwell or have had possible exposure to COVID-19.
- ✓ Anyone with hair longer than 7cm must wear a bathing cap.

Whirlpool and saunas remain closed