



Generated April 27, 2024

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					6:00 Lane Swim	8:00 Rehabilitation
					7:00 Lane Swim	Swim
					8:00 Rehabilitation Swim	10:00 Family/Open
					8:45 Pickleball - Advanced	Gym 10:00 Zumba
					9:00 ABC's & 1,2,3's (18 months to 3 Years)	1:00 Lane Swim
					9:00 Therapy Fitness	1:00 Public Swim (All Pools)
					9:30 Older Adult Yoga	2:00 Open Gym
					10:00 Mover's & Shakers (18 months to 3 Years)	2:15 Lane Swim
					10:15 Family Swim (Therapy and Preschool Pool	2:15 Public Swim (All Pools)
					Only) 10:15 Mix It Up a.m.	4:00 Family/Youth Futsal
					10:45 Line Dancing (Beginner)	6:00 Adult Futsal 7:00 Belleville
					10:45 Pickleball - Intermediate	Senators vs. Rochester Americans
					11:15 Figure Skating Ticket Ice	
					11:30 Lane Swim	
					11:30 Public Swim (Main Pool Only)	
					12:00 Line Dancing (Beginner)	
					12:15 Figure Skating Ticket Ice	
					12:15 Total Body Strength	

					1:00 Bridge (Experienced) 1:15 Pickleball -	
					Beginner 1:30 Zumba Gold	
					2:00 Senior's Swim (Main Pool Only)	
					3:00 Rehabilitation Swim	
					3:00 Lane Swim	
					3:15 Family/Open Gym	
					5:30 Pickleball (Recreational)	
					7:00 Belleville Senators vs. Rochester Americans	
3	4	5	6	7	8	9
8:00 Rehabilitation Swim 8:00 Lane Swim 9:00 Family Swim	6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim	7:00 Rehabilitation Swim 7:00 Lane Swim 8:00 Lane Swim	6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim	7:00 Lane Swim 8:00 Rehabilitation Swim 8:45 Learn to Speak	10:00 Quinte Sportsman Boat and RV Show 2024	9:00 Quinte Sportsman Boat and RV Show 2024

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12-10 Again Med Advanced 9-00 Again Calculative 10-10 Again Entance 10-10 Again Enta		8:00 COSSA Boys Hockey	8:00 Therapy Fitness	9:00 Stitches			
20.0 Any of the component of the com		8:45 Pickleball -		_			
1-10 Pablic Swim 1-10	*	Advanced	9:00 Artist Collective				
Jone Land Company Land Company Land Company Land Company Land La	•			10:00 Aqua Fitness			
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1-15 1-15			10:00 Aqua Fitness	12:00 Lane Swim	٥		
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10-45 Rehabilitation 1-40 Mal longg	1 ,		-	1:00 Diaper Fitness	_		
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11-00 Deaf 11-00 Sensory Times 11-10 Senitors 12-10 Senitors 12-				-			
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10:00 Lane Swim 1:45 Parkinson's Strengthening 1:40 Bard & 1:45 Parkinson's Strengthening 1:45 Parkinson's Markinson's Markinson's Markinson's Markinson's Markinson's Markinson's Ma							
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10-45 Picklebull - Intermediate / Advanced 11-45 Public Swim (Main Pool Only) 11-100 Lune Swim 11-00 Public Swim (Main Pool Only) 11-15 Intro to Yoga 11-30 Line				Aquatic Therapy	` 15		
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11:00 Lane Swim 12:15 TRX Circuit 1:00 Bridge 1:00 Bridge 1:00 Bridge 1:00 Lane Swim 1:00 Scrapbooking 1:15 Pickleball -					`		
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Yoga to 15 Years) (Recreational/Beginner) 5:30 Fit and Firm 6:30 Crokinole 5:30 Jr. Soccer 7:30 Volleyball Intermediate/Advanced to 8 years) (Recreational/Beginner)		* *			•		
5:30 Fit and Firm 5:30 Jr. Soccer Skills & Drills (4 Intermediate/Advanced to 8 years) 8:00 Lane Swim			`				
5:30 Jr. Soccer 7:30 Volleyball Skills & Drills (4 Intermediate/Advanced to 8 years)		_	ŕ				
Skills & Drills (4 Intermediate/Advanced to 8 years)					5.00 Dane Swill		
to 8 years) 7:30 Table Tennis		Skills & Drills (4					
		to 8 years)	7:30 Table Tennis				

	5:30 Artful Antics (4 to 8 years) 5:45 Zumba 6:00 Youth Room Drop-in (Grade 6- 12) 6:15 Yoga Fit 6:45 Teen Recreational Volleyball (9 to 17 years) 6:45 Science Explorers (4 to 8 Years) 8:00 Lane Swim 8:00 Rehabilitation Swim	7:30 Public Swim (All Pools) 8:00 Lane Swim				
9:00 Quinte Sportsman Boat and RV Show 2024	6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim 8:45 Pickleball -	7:00 Rehabilitation Swim 7:00 Lane Swim 8:00 Lane Swim 8:00 Therapy Fitness	6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim 8:45 Pickleball -	7:00 Lane Swim 8:00 Rehabilitation Swim 8:45 Pickleball - Intermediate	15 6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim 8:45 Pickleball -	8:00 Rehabilitation Swim 9:00 Youth Room Drop-in (Grade 6-12)

Advanced		Intermediate /	8:45 Learn to Speak	Advanced	10.00
	8:45 Older Adult Yoga	Advanced	French - Beginners		10:00 Family/Open
8:45 Learn to Speak French -	- 8:45 - 9:45 a.m.	9:00 Stitches	"Vacation in Quebec"	9:00 ABC's &	Gym
Beginners "Basic	9:00 Artist Collective	9.00 Stitches	8:45 Older Adult Flow	1,2,3's (18 months to 3 Years)	
Vocabulary"	9:00 Move N' Groove	9:15 Strong Seniors	Yoga	ĺ	10:00 Zumba
	(18 months to 4 Years)	9:30 Senior Gentle		9:00 Therapy	1:00 Lane
9:00 Art-Muck &	<u> </u>	Fitness	9:00 Women's Weight	Fitness	Swim
Mess (18 months	9:00 Aqua Fitness		Training	9:15 Mom and	1:00 Public
to 3 Years)	9:00 Senior Shinny	10:00 Aqua Fitness	9:00 Aqua Fitness	Baby Fit	Swim (All
9:00 Strong	(50+)	10:00 Lane Swim	9:00 Kindergarten	9:30 Older Adult	Pools)
Seniors	9:00 Lane Swim	10.00 F:1	Readiness (3 to 5	Yoga	<i>'</i>
10:00 Older Adult	9:00 Lane Swim	10:00 Family Skating (helmets	Years)		2:00 Open
Yoga	10:00 Family Swim	mandatory for all	, , , , , , , , , , , , , , , , , , ,	10:00 Mover's &	Gym
10.00 4	(Main Pool Only)	participants)	9:00 Lane Swim	Shakers (18 months to 3 Years)	2:15 Lane
10:00 Aqua Fitness	10:00 Paint & Play (18		9:30 Shuffleboard	months to 3 (ears)	Swim
Tituless	months to 4 Years)	10:45 Stretch and Balance Fit	9:30am-12:00pm	10:15 Family	2:15 Public
10:00 Mini	10.00 A Eita	Dalance Fit	10:00 Older Adult Yoga	Swim (Therapy	Swim (All
Scientists (18	10:00 Aqua Fitness	11:00 Chair Yoga	10.00 Older Addit Toga	and Preschool Pool	Pools)
months to 3	10:00 Older Adult	11:00 Adult	10:00 Stretch and	Only)	1.00
Years)	Yoga	Recreational	Strengthen	10:15 Mix It Up	4:00 Family/Youth
10:00 Deaf	10:00 Mix It Up	Skating (16+)	10:45 Pickleball -	a.m.	Futsal
Seniors			Intermediate /	10:30 Family	1 utsai
10:00 Lane Swim	10:45 Rehabilitation	11:00 Public	Advanced	Skating (helmets	6:00 Adult
	Swim	Skating	11:00 Adult	mandatory for all	Futsal
10:15 Gentle Core	11:00 Sensory Time	11:15 Public Swim	Recreational Skating	participants)	7:00 Belleville
Strengthening	(18 months to 4 Years)	(Main Pool Only)	(16+)	10.451	Senators vs.
10:45 Pickleball -	11:15 Parkinson's	11:15 Lane Swim		10:45 Line	Bridgeport
Intermediate /	Keep Moving		11:00 Therapy Fitness	Dancing (Beginner)	Islanders
Advanced		12:00 Lane Swim	11:45 Mini Scientists		
11:00 Lane Swim	11:45 Parkinson's	12:00 Family/Youth	(18 months to 3 Years)	10:45 Pickleball -	
	Social Hour	Shinny	12:00 Adult Shinny	Intermediate	
11:00 Public Swim	11:45 Public Swim	12:15 Cardio Core	_	11:00 Figure	
(Main Pool Only)	(Therapy and		12:00 Public Swim	Skating Ticket Ice	
11:15 Intro to	Preschool Pool Only)	1:00 Diaper Fitness	(Therapy and	11:30 Lane Swim	
Yoga	12:15 TRX Circuit	1:00 Mah Jongg &	Preschool Pool Only)		
11:30 Line	1.00 D.11.	Table Top Games	12:15 TRX Circuit	11:30 Public	
Dancing -	1:00 Bridge (Experienced)	1:15 Pickleball -	12:45 Art-Muck &	Skating	
Experienced	(Experienced)	Advanced	Mess (18 months to 3	11:30 Public Swim	
12:15 Cardio Core	1:00 Lane Swim		Years)	(Main Pool Only)	
12.13 Cardio Core	1:00 Youth Room	1:30 Zumba Gold	1:00 Carpet Bowling -	12:00 Line	
1:00 Therapy	Drop-in (Grade 6-12)	1:30 Parkinson's	1:00-3:30pm	Dancing	
Fitness		Aquatic Therapy	_	(Beginner)	
1:00 Bid Euchre	1:00 Family Skating (helmets mandatory	Fitness	1:00 Lane Swim	12.15 Total Dady	
1.15 D'.1.1.1.11	for all participants)	2:00 Senior's Swim	1:00 Scrapbooking	12:15 Total Body Strength	
1:15 Pickleball - Beginner		(Main Pool Only)			
Deginier	1:15 Pickleball -		1:00 Mah Jongg	12:30 Family/Youth	
1:30 Senior Gentle	Beginner	3:15 Family/Open	1:15 Pickleball -	Shinny	
Fitness	2:00 Senior's Swim	Gym	Beginner /Intermediate	1:00 Bridge	
2:00 Senior's	(Therapy Pool Only)	3:15 Lane Swim	1:30 Family Skating	(Experienced)	
Swim (Main Pool	3:00 Lane Swim	5:00 Young Chefs	(helmets mandatory	1:15 Pickleball -	
Only)		(11 to 15 Years)	for all participants)	Beginner	
3:15 Lane Swim	3:00 Family/Youth		2:00 Senior's Swim	_	
	Shinny	5:00 Yoga Fit	(Therapy Pool Only)	1:30 Zumba Gold	
3:30 Family/Open	3:15 Parent and Tot	5:00 Science		2:00 Senior's	
Gym	Swim (Therapy Pool	Explorers (4 to 8	2:30 Public Skating	Swim (Main Pool	
					•

	5:00 Gentle Flow	Only)	Years)	3:00 Lane Swim	Only)	
	5:00 Gentle Flow Yoga 5:00 Zumba 5:30 Fit and Firm 5:30 Artful Antics (4 to 8 years) 5:30 Jr. Soccer Skills & Drills (4 to 8 years) 6:00 Youth Room Drop-in (Grade 6- 12) 6:15 Yoga Fit 6:45 Science Explorers (4 to 8 Years) 6:45 Teen Recreational Volleyball (9 to 17 years) 8:00 Lane Swim 8:00 Rehabilitation Swim	Only) 3:30 Open Gym 5:00 Artist Hub (9 to 15 Years) 5:30 Preschool Play Zone (18 months to 5 Years) 6:00 Aqua Fitness 6:00 Dancing for Adults - Beginner 6:15 Sporty Kids (6 to 9 Years) 6:15 STEM-tastic (9 to 15 Years) 6:30 Crokinole 7:30 Table Tennis 7:30 Volleyball Intermediate/Advanced 7:30 Public Swim (All Pools) 8:00 Lane Swim	Years) 5:15 Line Dancing (Beginner) 5:15 Recreation Pickleball 6:30 Line Dancing (Experienced) 7:00 Belleville Senators vs. Utica Comets 7:15 Badminton 8:00 Lane Swim	3:00 Lane Swim 3:15 Family/Open Gym 3:30 Family/Youth Shinny 3:45 Lane Swim 3:45 Parent and Tot Swim (Therapy Pool Only) 4:00 Youth Room Drop-in (Grade 6-12) 5:00 Kitchen Crew (8 to 11 Years) NEW 5:15 Jr. Soccer Skills & Drills (4 to 8 years) 5:45 Zumba 6:15 Sr. Soccer Skills & Drills (9 to 13 Years) 6:15 Girls Night Out (9 to 12 years) 7:00 Aqua Fitness 7:30 Volleyball (Recreational/Beginner) 8:00 Lane Swim	Only) 3:00 Rehabilitation Swim 3:00 Youth Room Drop-in (Grade 6- 12) 3:00 Lane Swim 3:15 Family/Open Gym 5:30 Pickleball (Recreational)	
17 8:00 Rehabilitation	18 6:00 Lane Swim	19 7:00 Rehabilitation	20 6:00 Lane Swim	21 7:00 Lane Swim	22 6:00 Lane Swim	23 7:00 Belleville

Swim	7:00 Lane Swim	Swim	7:00 Lane Swim	8:00 Rehabilitation	7:00 Lane Swim	and District
8:00 Lane Swim	8:00 Rehabilitation	7:00 Lane Swim	8:00 Rehabilitation	Swim	8:00 Rehabilitation	Kennel Club Dog Show -
9:00 Home Alone Course (age 10-	Swim	8:00 Lane Swim	Swim	8:45 Pickleball - Intermediate	Swim	Obedience Trials
13)	8:45 Pickleball - Advanced	8:00 Therapy Fitness	8:45 Pickleball - Intermediate /	8:45 Learn to Speak	8:45 Pickleball - Advanced	8:00
9:00 Family Swim	8:45 Learn to	8:45 Older Adult Yoga - 8:45 - 9:45 a.m.	Advanced	French - Beginners	9:00 ABC's &	Rehabilitation Swim
(All Pools) 10:00 Youth	Speak French - Beginners "Basic	9:00 Artist Collective	9:00 Stitches	"Vacation in Quebec" 8:45 Older Adult Flow	1,2,3's (18 months to 3 Years)	10:00 Zumba
Room Drop-in	Vocabulary"	9:00 Move N' Groove	9:15 Strong Seniors	Yoga	9:00 Therapy	1:00 Lane
(Grade 6-12)	9:00 Art-Muck &	(18 months to 4 Years)	9:30 Senior Gentle Fitness	9:00 Aqua Fitness	Fitness	Swim
12:15 Family/Open Gym	Mess (18 months to 3 Years)	9:00 Aqua Fitness	10:00 Aqua Fitness	9:00 Kindergarten Readiness (3 to 5	9:30 Older Adult Yoga	1:00 Public Swim (All
1:00 Lane Swim	9:00 Strong	9:00 Senior Shinny (50+)	10:00 Lane Swim	Years)	10:00 Mover's &	Pools)
1:00 Public Swim	Seniors	9:00 Lane Swim	10:45 Stretch and	9:00 Lane Swim	Shakers (18	2:15 Public Swim (All
(All Pools) 2:15 Public Swim	10:00 Older Adult Yoga	10:00 Family Swim	Balance Fit	9:30 Shuffleboard 9:30am-12:00pm	months to 3 Years) 10:15 Family	Pools)
(All Pools)	10:00 Aqua	(Main Pool Only)	11:00 Chair Yoga 11:15 Lane Swim	10:00 Older Adult Yoga	Swim (Therapy	2:15 Lane
2:15 Lane Swim	Fitness	10:00 Paint & Play (18 months to 4 Years)	11:15 Lane Swim	10:00 Family Skating	and Preschool Pool Only)	Swim
2:15 Recreation	10:00 Mini Scientists (18	10:00 Aqua Fitness	(Main Pool Only)	(helmets mandatory	10:15 Mix It Up	7:00 Belleville Senators vs.
Pickleball	months to 3 Years)	10:00 Older Adult	12:00 Lane Swim	for all participants) 10:45 Pickleball -	a.m.	Laval Rocket
4:30 Open Gym 6:30 Basketball	10:00 Deaf	Yoga	12:00 Adult	Intermediate /	10:45 Line Dancing	
0.50 Basketban	Seniors	10:00 Mix It Up 10:45 Rehabilitation	Recreational Skating (16+)	Advanced	(Beginner)	
	10:00 Lane Swim	Swim	12:15 Cardio Core	11:00 Therapy Fitness 11:45 Mini Scientists	10:45 Pickleball - Intermediate	
	10:15 Gentle Core Strengthening	11:00 Sensory Time	1:00 Diaper Fitness	(18 months to 3 Years)	11:00 Figure	
	10:45 Pickleball -	(18 months to 4 Years) 11:15 Parkinson's	1:00 Mah Jongg & Table Top Games	12:00 Adult	Skating Ticket Ice	
	Intermediate / Advanced	Keep Moving	1:15 Pickleball -	Recreational Skating (16+)	11:30 Lane Swim	
	11:00 Lane Swim	11:45 Parkinson's Social Hour	Advanced	12:00 Adult Shinny	11:30 Public Swim (Main Pool Only)	
	11:00 Public Swim	11:45 Public Swim	1:30 Zumba Gold	12:00 Public Swim	12:00 Figure	
	(Main Pool Only)	(Therapy and	1:30 Parkinson's Aquatic Therapy	(Therapy and Preschool Pool Only)	Skating Ticket Ice	
	11:15 Intro to Yoga	Preschool Pool Only) 12:00 Adult	Fitness	12:45 Art-Muck &	12:00 Line Dancing	
	11:30 Line	Recreational Skating	2:00 Senior's Swim (Main Pool Only)	Mess (18 months to 3 Years)	(Beginner)	
	Dancing - Experienced	(16+)	3:15 Family/Open	1:00 Carpet Bowling -	1:00 Bridge (Experienced)	
	12:15 Cardio Core	12:15 TRX Circuit 1:00 Bridge	Gym	1:00-3:30pm	1:15 Pickleball -	
	1:00 Therapy	(Experienced)	3:15 Lane Swim	1:00 Lane Swim	Beginner	
	Fitness	1:00 Lane Swim	5:00 Young Chefs (11 to 15 Years)	1:00 Scrapbooking 1:00 Mah Jongg	1:30 Zumba Gold	
	1:00 Bid Euchre	1:15 Pickleball - Beginner	5:00 Yoga Fit	1:15 Pickleball -	2:00 Senior's Swim (Main Pool	
	1:15 Pickleball - Beginner	2:00 Senior's Swim	5:00 Science	Beginner /Intermediate	Only)	
	1:30 Senior Gentle	(Therapy Pool Only)	Explorers (4 to 8 Years)	2:00 Senior's Swim (Therapy Pool Only)	3:00 Rehabilitation Swim	
	Fitness	3:00 Youth Room Drop-in (Grade 6-12)	5:00 Youth Room	3:00 Lane Swim	3:00 Lane Swim	
	2:00 Senior's Swim (Main Pool	3:00 Lane Swim	Drop-in (Grade 6- 12)	3:15 Family/Open Gym	3:15 Family/Open	
	Only)	3:15 Parent and Tot	5:15 Line Dancing	3:45 Lane Swim	Gym	
	3:15 Lane Swim	Swim (Therapy Pool Only)	(Beginner)	3:45 Parent and Tot	5:30 Pickleball (Recreational)	
	3:30 Family/Open Gym	3:30 Open Gym	5:15 Recreation Pickleball	Swim (Therapy Pool Only)	7:00 Belleville	
	5:00 Gentle Flow	5:00 Artist Hub (9 to	6:30 Line Dancing	4:00 Youth Room	Senators vs. Laval Rocket	
	Yoga 5:00 Zumba	15 Years)	(Experienced)	Drop-in (Grade 6-12)		
	5:30 Fit and Firm	5:30 Preschool Play Zone (18 months to 5	7:15 Badminton	5:00 Kitchen Crew (8 to 11 Years) NEW		
	5:30 Jr. Soccer	Years)	8:00 Lane Swim	5:15 Jr. Soccer Skills		
	Skills & Drills (4 to 8 years)	6:00 Dancing for Adults - Beginner		& Drills (4 to 8 years)		
	(o o years)			5:45 Zumba		

	5:30 Artful Antics (4 to 8 years) 6:00 Youth Room Drop-in (Grade 6- 12) 6:15 Yoga Fit 6:45 Teen Recreational Volleyball (9 to 17 years) 6:45 Science Explorers (4 to 8 Years) 8:00 Lane Swim 8:00 Rehabilitation Swim	6:00 Aqua Fitness 6:15 Sporty Kids (6 to 9 Years) 6:15 STEM-tastic (9 to 15 Years) 6:30 Crokinole 7:30 Volleyball Intermediate/Advanced 7:30 Table Tennis 7:30 Public Swim (All Pools) 8:00 Lane Swim		6:15 Sr. Soccer Skills & Drills (9 to 13 Years) 6:15 Girls Night Out (9 to 12 years) 7:00 Aqua Fitness 7:30 Volleyball (Recreational/Beginner) 8:00 Lane Swim		
7:00 Belleville and District Kennel Club Dog Show - Obedience Trials 8:00 Rehabilitation Swim 8:00 Lane Swim 9:00 Family Swim (All Pools) 10:00 Youth Room Drop-in (Grade 6-12) 11:00 Aqua Cross Training 12:10 Aqua Mind and Body 1:00 Lane Swim 1:00 Public Swim (All Pools) 2:15 Public Swim (All Pools) 2:15 Lane Swim	8:45 Pickleball - Advanced	7:00 Rehabilitation Swim 7:00 Lane Swim 8:00 Lane Swim 8:00 Therapy Fitness 8:00 Broomball National Championships 8:45 Older Adult Yoga - 8:45 - 9:45 a.m. 9:00 Artist Collective 9:00 Aqua Fitness 9:00 Lane Swim 10:00 Family Swim (Main Pool Only) 10:00 Paint & Play (18 months to 4 Years) 10:00 Aqua Fitness 10:00 Mix It Up 10:45 Rehabilitation Swim 11:00 Sensory Time (18 months to 4 Years) 11:15 Parkinson's Keep Moving 11:45 Parkinson's Keep Moving 11:45 Public Swim (Therapy and Preschool Pool Only) 1:00 Bridge (Experienced) 1:00 Lane Swim 2:00 Senior's Swim (Therapy Pool Only) 3:00 Youth Room Drop-in (Grade 6-12) 3:00 Lane Swim 3:15 Parent and Tot Swim (Therapy Pool Only)	6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim 8:00 Broomball National Championships 9:00 Stitches 10:00 Aqua Fitness 10:00 Lane Swim 11:15 Lane Swim 11:15 Public Swim (Main Pool Only) 12:00 Lane Swim 1:00 Diaper Fitness 1:00 Mah Jongg & Table Top Games 1:30 Parkinson's Aquatic Therapy Fitness 2:00 Senior's Swim (Main Pool Only) 3:15 Lane Swim 5:00 Youth Room Drop-in (Grade 6- 12) 8:00 Lane Swim	7:00 Lane Swim 8:00 Rehabilitation Swim 8:00 Broomball National Championships 8:45 Learn to Speak French - Beginners "Vacation in Quebec" 9:00 Aqua Fitness 9:00 Lane Swim 11:00 Therapy Fitness 12:00 Public Swim (Therapy and Preschool Pool Only) 1:00 Scrapbooking 1:00 Mah Jongg 1:00 Lane Swim 2:00 Senior's Swim (Therapy Pool Only) 3:00 Lane Swim 3:45 Parent and Tot Swim (Therapy Pool Only) 4:00 Youth Room Drop-in (Grade 6-12) 7:00 Aqua Fitness 8:00 Lane Swim	8:00 QSWC Closed for Good Friday (except for Special Event) 8:00 Broomball National Championships	8:00 Broomball National Championships 10:00 Family/Open Gym 11:30 Lane Swim 11:30 Public Swim (All Pools) 1:00 Public Swim (All Pools) 1:00 Lane Swim 2:00 Open Gym 2:15 Lane Swim 2:15 Public Swim (All Pools)

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