



Generated May 19, 2024

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>6:00 Lane Swim</p> <p>7:00 Lane Swim</p> <p>7:00 Rehabilitation Swim</p> <p>8:00 Lane Swim</p> <p>8:45 Pickleball - Intermediate</p> <p>9:00 Stitches</p> <p>9:00 Family Swim (All Pools)</p> <p>9:00 Aqua Fitness</p> <p>9:15 Strong Seniors</p> <p>9:30 Senior Gentle Fitness</p> <p>10:00 Aqua Fitness</p> <p>10:45 Stretch and Balance Fit</p> <p>11:00 Chair Yoga</p> <p>11:00 Lane Swim</p> <p>11:15 Public Swim (All Pools)</p> <p>12:00 Adult Recreational Skating (16+)</p> <p>12:15 Cardio Core</p> <p>1:00 Diaper Fitness</p> <p>1:00 Mah Jongg</p> <p>1:00 Chess Club</p> <p>1:15 Pickleball - Advanced</p>	<p>2</p> <p>7:00 Lane Swim</p> <p>7:00 Rehabilitation Swim</p> <p>8:00 Lane Swim</p> <p>8:00 Aqua Fitness</p> <p>8:45 Learn to Speak French - Beginners "Vacation in Quebec"</p> <p>8:45 Pickleball - Beginner</p> <p>8:45 Older Adult Flow Yoga</p> <p>9:00 Family Skating (Helmets mandatory for all participants)</p> <p>9:00 Women's Weight Training</p> <p>9:00 Lane Swim</p> <p>9:00 Therapy Fitness</p> <p>9:30 Shuffleboard 9:30am-12:00pm</p> <p>10:00 Family Swim (Main Pool Only)</p> <p>10:00 Older Adult Yoga</p> <p>10:00 Stretch and Strengthen</p> <p>10:00 Older Adult Yoga</p> <p>10:30 Tech Talks & Tech Support with Jordan</p> <p>10:30 Cooking with Chef Jesse (Zoom)</p>	<p>3</p> <p>6:00 Lane Swim</p> <p>7:00 Lane Swim</p> <p>7:00 Rehabilitation Swim</p> <p>8:00 Lane Swim</p> <p>8:45 Pickleball - Advanced</p> <p>9:00 Family Swim (All Pools)</p> <p>9:00 Aqua Fitness</p> <p>9:00 ABC's & 1,2,3's (18 months to 3 Years)</p> <p>9:15 Mom & Baby Fitness</p> <p>9:30 Older Adult Yoga</p> <p>10:00 Mover's & Shakers (18 months to 3 Years)</p> <p>10:15 Mix It Up</p> <p>10:45 Line Dancing - Beginner</p> <p>10:45 Pickleball - Intermediate</p> <p>11:00 Lane Swim</p> <p>11:00 Figure Skating Ticket Ice</p> <p>11:15 Public Swim (All Pools)</p> <p>12:00 Lane Swim</p>	<p>4</p> <p>8:00 Rehabilitation Swim</p> <p>9:00 Mini Movers (18 months to 5 Years 11 months)</p> <p>10:00 Zumba</p> <p>10:00 Open Gym</p> <p>12:00 Badminton</p> <p>1:00 Public Swim (All Pools)</p> <p>1:00 Lane Swim</p> <p>2:00 Open Gym</p> <p>2:15 Lane Swim</p> <p>2:15 Public Swim (All Pools)</p> <p>2:30 Family Skating (Helmets mandatory for all participants)</p> <p>3:30 Public Skating (Helmets strongly recommended)</p>

			1:30 Parkinson's Aquatic Therapy Fitness 1:30 Zumba Gold 2:00 Senior's Swim (All Pools) 3:00 Lane Swim 3:15 Rehabilitation Swim 3:15 Family/Open Gym 3:45 Lane Swim 5:00 Young Chefs (11 to 15 Years) 5:00 Fitness Mix 5:00 Yoga Fit 5:15 Line Dancing - Beginner 5:15 Science Explorers (4 to 8 Years) 5:15 Pickleball (Recreational) 6:30 Line Dancing - Experienced 7:00 Belleville Senators Playoff Game vs Cleveland Monsters 7:15 Badminton 8:00 Lane Swim	10:45 Pickleball - Advanced 11:00 Lane Swim 11:15 Public Swim (All Pools) 11:15 Chair Fitness/Chair Yoga Combo 12:00 Adult Shinny 12:15 TRX 1:00 Adult Recreational Skating (16+) 1:00 Scrapbooking 1:00 Carpet Bowling - 1:00-3:30pm 1:15 Pickleball - Intermediate 2:00 Senior's Swim (All Pools) 3:00 Lane Swim 3:15 Parent and Tot Swim (Therapy Pool Only) 3:15 Open Gym 5:00 Boccia - adaptive sport 5:00 Artful Antics (4 to 8 years) 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	12:00 Figure Skating Ticket Ice 12:00 Line Dancing - Beginner 12:15 Total Body Strength 1:00 Bridge (Experienced) 1:15 Pickleball - Beginner 1:30 Zumba Gold 2:00 Senior's Swim (All Pools) 3:00 Lane Swim 3:15 Rehabilitation Swim 3:15 Open Gym 5:30 Pickleball (Recreational) 7:00 Belleville Senators Playoff Game vs Cleveland Monsters	4:00 Family Futsal 6:00 Teen/Youth Futsal
5 8:00 Rehabilitation	6 6:00 Lane Swim	7 7:00 Lane Swim	8 6:00 Lane Swim	9 7:00 Lane Swim	10 6:00 Lane Swim	11 8:00

Swim	7:00 Lane Swim	7:00 Rehabilitation Swim	7:00 Lane Swim	7:00 Rehabilitation Swim	7:00 Lane Swim	Rehabilitation Swim
9:00 Lane Swim	7:00 Rehabilitation Swim		7:00 Rehabilitation Swim		7:00 Rehabilitation Swim	9:00 Mini Movers (18 months to 5 Years 11 months)
11:00 Aqua Cross Training	8:00 Lane Swim	8:00 Lane Swim	8:00 Lane Swim	8:00 Lane Swim	8:00 Lane Swim	
12:10 Aqua Mind and Body	8:45 Pickleball - Advanced	8:45 Older Adult Yoga	8:45 Pickleball - Intermediate	8:45 Learn to Speak French - Beginners "Vacation in Quebec"	8:45 Pickleball - Advanced	10:00 Zumba
12:15 Family/Open Gym	8:45 Learn to Speak French - Beginners "Basic Vocabulary"	9:00 Move N' Groove (18 months to 4 Years)	9:00 Stitches	8:45 Pickleball - Beginner	9:00 Family Swim (All Pools)	10:00 Open Gym
1:00 Public Swim (All Pools)		9:00 Artist Collective	9:00 Family Swim (All Pools)	8:45 Older Adult Flow Yoga	9:00 Aqua Fitness	12:00 Badminton
1:00 Lane Swim	9:00 Art-Muck & Mess (18 months to 3 Years)	9:00 Therapy Fitness	9:00 Aqua Fitness	9:00 Women's Weight Training	9:00 ABC's & 1,2,3's (18 months to 3 Years)	12:30 Family Skating (Helmets mandatory for all participants)
2:15 Lane Swim	9:00 Family Swim (All Pools)	9:30 Senior Shinny (50+)	9:15 Strong Seniors	9:00 Lane Swim	9:15 Mom & Baby Fitness	
2:15 Public Swim (All Pools)	9:00 Aqua Fitness	10:00 Older Adult Yoga	9:30 Senior Gentle Fitness	9:00 Therapy Fitness	9:30 Older Adult Yoga	1:00 Public Swim (All Pools)
2:15 Pickleball (Recreational)	9:00 Strong Seniors	10:00 Older Adult Yoga	10:00 Aqua Fitness	9:30 Shuffleboard 9:30am-12:00pm	10:00 Mover's & Shakers (18 months to 3 Years)	1:00 Lane Swim
4:30 Open Gym	10:00 Older Adult Yoga	10:00 Mix It Up	11:00 Chair Yoga	10:00 Family Swim (Main Pool Only)	10:15 Mix It Up	1:30 Public Skating (Helmets strongly recommended)
6:30 Basketball	10:00 Aqua Fitness	10:00 Family Swim (Main Pool Only)	11:00 Lane Swim	10:00 Older Adult Yoga	10:45 Line Dancing - Beginner	2:00 Open Gym
	10:00 Mini Scientists (18 months to 3 Years)	10:00 Paint & Play (18 months to 4 Years)	11:15 Public Swim (All Pools)	10:00 Stretch and Strengthen	10:45 Pickleball - Intermediate	2:15 Lane Swim
	10:00 Deaf Seniors	10:00 Therapy Fitness	12:00 Adult Recreational Skating (16+)	10:00 Older Adult Yoga	11:00 Lane Swim	2:15 Public Swim (All Pools)
	10:00 Gentle Core Strengthening	11:00 Kindergarten Readiness (3 to 5 Years)	12:15 Cardio Core	10:00 Family Skating (Helmets mandatory for all participants)	11:00 Figure Skating Ticket Ice	
	10:45 Pickleball - Beginner	11:00 Lane Swim	1:00 Diaper Fitness	10:30 Tech Talks & Tech Support with Jordan	11:15 Public Swim (All Pools)	
		11:15 Public Swim (All Pools)	1:00 Mah Jongg	10:30 Cooking with Chef Jesse (Zoom)	12:00 Lane Swim	
		11:15 Parkinson's Keep Moving	1:00 Chess Club			
			1:15 Pickleball - Advanced			

	11:00 Lane Swim 11:15 Public Swim (All Pools) 11:15 Intro to Yoga 11:30 Line Dancing - Experienced 12:15 Cardio Core 12:30 Balance Yoga: Mind & Body 1:00 Therapy Fitness 1:00 Bid Euchre 1:15 Pickleball - Intermediate 1:30 Senior Gentle Fitness 2:00 Senior's Swim (All Pools) 3:00 Lane Swim 3:15 Rehabilitation Swim 3:30 Open Gym 3:45 Lane Swim 5:00 Gentle Flow Yoga 5:00 Zumba 5:30 Fit and Firm 5:30 Jr. Soccer Skills & Drills (4 to 8 years) 5:30 Artful Antics (4 to 8 years) 6:45 Science Explorers (4 to 8 Years) 6:45 Teen Recreational Volleyball (9 to 17 years) 8:00 Lane Swim	11:45 Parkinson's Social Hour 12:15 TRX 1:00 Adult Recreational Skating (16+) 1:15 Pickleball - Beginner 2:00 Senior's Swim (All Pools) 3:00 Lane Swim 3:15 Parent and Tot Swim (Therapy Pool 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 7:00 Dancing for Adults - Intermediate 7:30 Volleyball Intermediate/Advanced 7:30 Table Tennis 7:30 Public Swim (All Pools) 8:00 Lane Swim	1:30 Parkinson's Aquatic Therapy Fitness 1:30 Zumba Gold 2:00 Senior's Swim (All Pools) 3:00 Lane Swim 3:15 Rehabilitation Swim 3:15 Family/Open Gym 3:45 Lane Swim 5:00 Young Chefs (11 to 15 Years) 5:00 Fitness Mix 5:00 Yoga Fit 5:15 Line Dancing - Beginner 5:15 Science Explorers (4 to 8 Years) 5:15 Pickleball (Recreational) 6:30 Line Dancing - Experienced 7:15 Badminton 8:00 Lane Swim	10:45 Pickleball - Advanced 11:00 Lane Swim 11:15 Public Swim (All Pools) 11:15 Chair Fitness/Chair Yoga Combo 12:00 Adult Shinny 12:15 TRX 1:00 Adult Recreational Skating (16+) 1:00 Scrapbooking 1:00 Carpet Bowling - 1:00-3:30pm 1:15 Pickleball - Intermediate 2:00 Senior's Swim (All Pools) 3:00 Lane Swim 3:15 Parent and Tot Swim (Therapy Pool Only) 3:15 Open Gym 5:00 Boccia - adaptive sport 5:00 Artful Antics (4 to 8 years) 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	12:00 Figure Skating Ticket Ice 12:00 Line Dancing - Beginner 12:15 Total Body Strength 1:00 Bridge (Experienced) 1:15 Pickleball - Beginner 1:30 Zumba Gold 2:00 Senior's Swim (All Pools) 3:00 Lane Swim 3:15 Rehabilitation Swim 3:15 Open Gym 5:30 Pickleball (Recreational)	4:00 Family Futsal 6:00 Teen/Youth Futsal
12 8:00 Rehabilitation Swim 9:00 Lane Swim 11:00 Aqua Cross	13 6:00 Lane Swim 7:00 Lane Swim 7:00 Rehabilitation Swim	14 7:00 Templeman Aquatic Centre Closed for Maintenance 8:45 Older Adult Yoga	15 6:00 Lane Swim 7:00 Lane Swim 7:00 Rehabilitation Swim	16 7:00 Lane Swim 7:00 Rehabilitation Swim 8:00 Lane Swim	17 6:00 Lane Swim 7:00 Lane Swim 7:00 Rehabilitation Swim	18 10:00 Open Gym 11:30 Lane Swim

Training	8:00 Lane Swim	9:00 Artist Collective	8:00 Templeman Aquatic Centre Main Pool Closed	8:00 Aqua Fitness	8:00 Lane Swim	12:15 Family/Open Gym
12:10 Aqua Mind and Body	8:45 Pickleball - Advanced	9:00 Move N' Groove (18 months to 4 Years)		8:45 Learn to Speak French - Beginners "Vacation in Quebec"	8:45 Pickleball - Advanced	
12:15 Family/Open Gym	8:45 Learn to Speak French - Beginners "Basic Vocabulary"	9:30 Senior Shinny (50+)	8:45 Pickleball - Intermediate	8:45 Pickleball - Beginner	9:00 Family Swim (All Pools)	1:00 Lane Swim
1:00 Public Swim (All Pools)		10:00 Older Adult Yoga	9:00 Stitches		9:00 Aqua Fitness	1:00 Public Swim (All Pools)
1:00 Lane Swim	9:00 Art-Muck & Mess (18 months to 3 Years)	10:00 Older Adult Yoga	9:00 Family Swim (Therapy Pool Only)	8:45 Older Adult Flow Yoga	9:00 ABC's & 1,2,3's (18 months to 3 Years)	2:15 Public Swim (All Pools)
2:15 Lane Swim		10:00 Mix It Up	9:15 Strong Seniors	9:00 Women's Weight Training	9:15 Mom & Baby Fitness	
2:15 Public Swim (All Pools)	9:00 Family Swim (All Pools)	10:00 Paint & Play (18 months to 4 Years)	9:30 Senior Gentle Fitness	9:00 Lane Swim		2:15 Lane Swim
2:15 Pickleball (Recreational)	9:00 Aqua Fitness	11:00 Kindergarten Readiness (3 to 5 Years)	10:45 Stretch and Balance Fit	9:00 Therapy Fitness	9:30 Older Adult Yoga	
4:30 Open Gym	9:00 Strong Seniors	11:15 Parkinson's Keep Moving	11:00 Chair Yoga	9:30 Shuffleboard 9:30am-12:00pm	10:00 Mover's & Shakers (18 months to 3 Years)	
6:30 Basketball	10:00 Older Adult Yoga	11:45 Parkinson's Social Hour	11:15 Public Swim (Therapy Pool Only)	10:00 Family Swim (Main Pool Only)	10:00 Fraud & I.D. Theft - Seminar	
	10:00 Aqua Fitness	12:15 TRX	12:00 Adult Recreational Skating (16+)	10:00 Older Adult Yoga	10:15 Mix It Up	
	10:00 Mini Scientists (18 months to 3 Years)	1:00 Adult Recreational Skating (16+)	12:15 Cardio Core	10:00 Family Skating (Helmets mandatory for all participants)	10:45 Line Dancing - Beginner	
	10:00 Deaf Seniors	1:15 Pickleball - Beginner	1:00 Mah Jongg	10:30 Tech Talks & Tech Support with Jordan	10:45 Pickleball - Intermediate	
	10:15 Gentle Core Strengthening	2:00 CARP	1:00 Chess Club		11:00 Lane Swim	
	10:45 Pickleball - Beginner	3:30 Open Gym	1:00 Diaper Fitness	10:30 Cooking with Chef Jesse (Zoom)	11:00 Figure Skating Ticket Ice	
	11:00 Lane Swim	5:00 Artist Hub (9 to 15 Years)	1:15 Pickleball - Advanced	10:45 Pickleball - Advanced	11:15 Public Swim (All Pools)	
	11:15 Public Swim (All Pools)	5:30 Preschool Play Zone (18 months to 5 Years)	1:30 Parkinson's Aquatic Therapy Fitness	11:00 Lane Swim	11:30 Lane Swim	
	11:15 Intro to Yoga	6:00 Dancing for Adults - Beginner	1:30 Zumba Gold	11:15 Public Swim (All Pools)	12:00 Lane Swim	
	11:30 Line Dancing - Experienced	6:15 Sporty Kids (6 to 9 Years)	2:00 Senior's Swim (Therapy Pool Only)	11:15 Chair Fitness/Chair Yoga Combo	12:00 Figure Skating Ticket Ice	
	12:15 Cardio Core	6:15 STEM-tastic (9 to 15 Years)	3:15 Family/Open Gym	12:00 Adult Shinny	12:00 Line Dancing - Beginner	
	12:30 Balance Yoga: Mind & Body	6:30 Crokinole	3:15 Rehabilitation Swim	12:15 TRX	12:15 Total Body Strength	
	1:00 Therapy Fitness	7:00 Dancing for Adults - Intermediate	5:00 Young Chefs (11 to 15 Years)	1:00 Adult Recreational Skating (16+)	1:00 Bridge (Experienced)	
	1:00 Bid Euchre	7:30 Volleyball Intermediate/Advanced	5:00 Fitness Mix	1:00 Scrapbooking	1:15 Pickleball - Beginner	
	1:15 Pickleball - Intermediate	7:30 Table Tennis	5:00 Yoga Fit	1:00 Carpet Bowling - 1:00-3:30pm	1:30 Zumba Gold	
	1:30 Senior Gentle Fitness		5:15 Line Dancing - Beginner	1:15 Pickleball - Intermediate	2:00 Senior's Swim (All Pools)	
	2:00 Senior's Swim (All Pools)		5:15 Science Explorers (4 to 8 Years)	2:00 Senior's Swim (All Pools)	3:00 Lane Swim	
	3:00 Lane Swim		5:15 Pickleball (Recreational)	3:00 Lane Swim	3:15 Rehabilitation Swim	
	3:15 Rehabilitation Swim		6:30 Line Dancing - Experienced	3:15 Parent and Tot Swim (Therapy Pool Only)	3:15 Open Gym	
	3:30 Open Gym		7:15 Badminton	3:15 Open Gym	5:30 Pickleball (Recreational)	
	3:45 Lane Swim		8:00 Lane Swim	5:00 Boccia - adaptive sport		
	5:00 Zumba			5:00 Artful Antics (4 to 8 years)		
	5:00 Gentle Flow Yoga			5:00 Kitchen Crew (8 to 11 Years) NEW		
	5:30 Fit and Firm			5:15 Jr. Soccer Skills		

	5:30 Jr. Soccer Skills & Drills (4 to 8 years) 5:30 Artful Antics (4 to 8 years) 6:45 Science Explorers (4 to 8 Years) 6:45 Teen Recreational Volleyball (9 to 17 years) 8:00 Lane Swim			& 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 8:00 Lane Swim		
19 10:00 Open Gym 11:30 Lane Swim 12:15 Family/Open Gym 1:00 Lane Swim 1:00 Public Swim (All Pools) 2:15 Public Swim (All Pools) 2:15 Lane Swim 2:15 Pickleball (Recreational)	20 7:00 QSWC Closed for Victoria Day	21 7:00 Lane Swim 7:00 Rehabilitation Swim 8:00 Lane Swim 8:00 Aqua Fitness 8:45 Older Adult Yoga 9:00 Move N' Groove (18 months to 4 Years) 9:00 Artist Collective 9:00 Lane Swim 9:00 Therapy Fitness 9:30 Senior Shinny (50+) 10:00 Older Adult Yoga 10:00 Older Adult Yoga 10:00 Mix It Up 10:00 Family Swim (Main Pool Only) 10:00 Paint & Play (18 months to 4 Years) 10:00 Therapy Fitness 11:00 Kindergarten Readiness (3 to 5 Years) 11:00 Lane Swim 11:15 Public Swim (All Pools) 11:15 Parkinson's Keep Moving	22 6:00 Lane Swim 7:00 Lane Swim 7:00 Rehabilitation Swim 8:00 Lane Swim 8:45 Pickleball - Intermediate 9:00 Stitches 9:00 Family Swim (All Pools) 9:00 Aqua Fitness 9:15 Strong Seniors 9:30 Senior Gentle Fitness 10:00 Aqua Fitness 10:45 Stretch and Balance Fit 11:00 Chair Yoga 11:00 Lane Swim 11:15 Public Swim (All Pools) 12:00 Adult Recreational Skating (16+) 12:15 Cardio Core 1:00 Diaper Fitness 1:00 Mah Jongg 1:00 Chess Club 1:15 Pickleball - Advanced	23 7:00 Lane Swim 7:00 Rehabilitation Swim 8:00 Lane Swim 8:00 Aqua Fitness 8:45 Learn to Speak French - Beginners "Vacation in Quebec" 8:45 Pickleball - Beginner 8:45 Older Adult Flow Yoga 9:00 Women's Weight Training 9:00 Lane Swim 9:00 Therapy Fitness 9:30 Shuffleboard 9:30am-12:00pm 10:00 Family Swim (Main Pool Only) 10:00 Older Adult Yoga 10:00 Stretch and Strengthen 10:00 Older Adult Yoga 10:00 Family Skating (Helmets mandatory for all participants) 10:30 Tech Talks & Tech Support with Jordan 10:30 Cooking with Chef Jesse (Zoom)	24 6:00 Lane Swim 7:00 Lane Swim 7:00 Rehabilitation Swim 8:00 Lane Swim 8:45 Pickleball - Advanced 9:00 Family Swim (All Pools) 9:00 Aqua Fitness 9:00 ABC's & 1,2,3's (18 months to 3 Years) 9:15 Mom & Baby Fitness 9:30 Older Adult Yoga 10:00 Mover's & Shakers (18 months to 3 Years) 10:15 Mix It Up 10:45 Line Dancing - Beginner 10:45 Pickleball - Intermediate 11:00 Lane Swim 11:00 Figure Skating Ticket Ice 11:15 Public Swim (All Pools) 12:00 Lane Swim	25 8:00 Rehabilitation Swim 10:00 Open Gym 10:00 Zumba 12:00 Badminton 1:00 Public Swim (All Pools) 1:00 Lane Swim 2:00 Open Gym 2:15 Lane Swim 2:15 Public Swim (All Pools) 4:00 Family Futsal 6:00 Teen/Youth Futsal

		11:45 Parkinson's Social Hour 12:15 TRX 1:00 Adult Recreational Skating (16+) 1:15 Pickleball - Beginner 2:00 Senior's Swim (All Pools) 3:00 Lane Swim 3:15 Parent and Tot Swim (Therapy Pool 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 7:00 Dancing for Adults - Intermediate 7:30 Table Tennis 7:30 Volleyball Intermediate/Advanced 7:30 Public Swim (All Pools) 8:00 Lane Swim	1:30 Parkinson's Aquatic Therapy Fitness 1:30 Zumba Gold 2:00 Senior's Swim (All Pools) 3:00 Lane Swim 3:15 Rehabilitation Swim 3:15 Family/Open Gym 3:45 Lane Swim 5:00 Young Chefs (11 to 15 Years) 5:00 Fitness Mix 5:00 Yoga Fit 5:15 Line Dancing - Beginner 5:15 Science Explorers (4 to 8 Years) 5:15 Pickleball (Recreational) 6:30 Line Dancing - Experienced 7:15 Badminton 8:00 Lane Swim	10:45 Pickleball - Advanced 11:00 Lane Swim 11:15 Public Swim (All Pools) 11:15 Chair Fitness/Chair Yoga Combo 12:00 Adult Shinny 12:15 TRX 1:00 Adult Recreational Skating (16+) 1:00 Scrapbooking 1:00 Carpet Bowling - 1:00-3:30pm 1:15 Pickleball - Intermediate 2:00 Senior's Swim (All Pools) 3:00 Lane Swim 3:15 Parent and Tot Swim (Therapy Pool Only) 3:15 Open Gym 5:00 Boccea - adaptive sport 5:00 Artful Antics (4 to 8 years) 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 8:00 Lane Swim	12:00 Figure Skating Ticket Ice 12:00 Line Dancing - Beginner 12:15 Total Body Strength 1:00 Bridge (Experienced) 1:15 Pickleball - Beginner 1:30 Zumba Gold 2:00 Senior's Swim (All Pools) 3:00 Lane Swim 3:15 Rehabilitation Swim 3:15 Open Gym 5:00 Kids Pop up Event -Felt Pom Pom Coasters (4-9 years) 5:30 Pickleball (Recreational) 6:15 Youth Pop up Event - Pom Pom Bunny (10-17 years)	
26 8:00 Rehabilitation Swim 9:00 Lane Swim 11:00 Aqua Cross Training	27 6:00 Lane Swim 7:00 Lane Swim 7:00 Rehabilitation Swim 8:00 Lane Swim	28 7:00 Lane Swim 7:00 Rehabilitation Swim 8:00 Lane Swim 8:00 Aqua Fitness	29 6:00 Lane Swim 7:00 Lane Swim 7:00 Rehabilitation Swim 8:00 Lane Swim	30 7:00 Lane Swim 7:00 Rehabilitation Swim 8:00 Lane Swim 8:00 Aqua Fitness	31 6:00 Lane Swim 7:00 Lane Swim 7:00 Rehabilitation Swim 8:00 Lane Swim	

12:10 Aqua Mind and Body	8:45 Pickleball - Advanced	8:45 Older Adult Yoga	8:45 Pickleball - Intermediate	8:45 Learn to Speak French - Beginners "Vacation in Quebec"	8:45 Pickleball - Advanced
12:15 Family/Open Gym	8:45 Learn to Speak French - Beginners "Basic Vocabulary"	9:00 Move N' Groove (18 months to 4 Years)	9:00 Stitches		9:00 Family Swim (All Pools)
1:00 Public Swim (All Pools)		9:00 Artist Collective	9:00 Family Swim (All Pools)	8:45 Pickleball - Beginner	9:00 Aqua Fitness
1:00 Lane Swim	9:00 Art-Muck & Mess (18 months to 3 Years)	9:00 Lane Swim	9:00 Aqua Fitness	8:45 Older Adult Flow Yoga	9:15 Mom & Baby Fitness
2:15 Lane Swim		9:30 Senior Shinny (50+)	9:15 Strong Seniors	9:00 Women's Weight Training	9:30 Older Adult Yoga
2:15 Public Swim (All Pools)	9:00 Family Swim (All Pools)	10:00 Older Adult Yoga	9:30 Senior Gentle Fitness	9:00 Lane Swim	10:15 Mix It Up
2:15 Pickleball (Recreational)	9:00 Aqua Fitness	10:00 Older Adult Yoga	10:00 Aqua Fitness	9:00 Therapy Fitness	10:45 Line Dancing - Beginner
4:30 Open Gym	9:00 Strong Seniors	10:00 Mix It Up	10:45 Stretch and Balance Fit	9:30 Shuffleboard 9:30am-12:00pm	10:45 Pickleball - Intermediate
6:30 Basketball	10:00 Older Adult Yoga	10:00 Family Swim (Main Pool Only)	11:00 Chair Yoga	10:00 Family Swim (Main Pool Only)	11:00 Lane Swim
	10:00 Aqua Fitness	10:00 Paint & Play (18 months to 4 Years)	11:00 Lane Swim	10:00 Older Adult Yoga	11:00 Figure Skating Ticket Ice
	10:00 Mini Scientists (18 months to 3 Years)	10:00 Therapy Fitness	11:15 Public Swim (All Pools)	10:00 Stretch and Strengthen	11:00 Figure Skating Ticket Ice
	10:00 Deaf Seniors	11:00 Kindergarten Readiness (3 to 5 Years)	12:00 Adult Recreational Skating (16+)	10:00 Older Adult Yoga	11:15 Public Swim (All Pools)
	10:15 Gentle Core Strengthening	11:00 Lane Swim	12:15 Cardio Core	10:00 Family Skating (Helmets mandatory for all participants)	12:00 Lane Swim
	10:45 Pickleball - Beginner	11:15 Public Swim (All Pools)	1:00 Diaper Fitness	10:30 Tech Talks & Tech Support with Jordan	12:00 Figure Skating Ticket Ice
	11:00 Lane Swim	11:15 Parkinson's Keep Moving	1:00 Mah Jongg	10:30 Cooking with Chef Jesse (Zoom)	12:00 Line Dancing - Beginner
	11:15 Public Swim (All Pools)	11:45 Parkinson's Social Hour	1:00 Chess Club	10:45 Pickleball - Advanced	12:15 Total Body Strength
	11:15 Intro to Yoga	12:15 TRX	1:15 Pickleball - Advanced	11:00 Lane Swim	1:00 Bridge (Experienced)
	11:30 Line Dancing - Experienced	1:00 Adult Recreational Skating (16+)	1:30 Parkinson's Aquatic Therapy Fitness	11:15 Public Swim (All Pools)	1:15 Pickleball - Beginner
	12:15 Cardio Core	1:15 Pickleball - Beginner	1:30 Zumba Gold	11:15 Chair Fitness/ Chair Yoga Combo	1:30 Zumba Gold
	12:30 Balance Yoga: Mind & Body	2:00 Senior's Swim (All Pools)	2:00 Senior's Swim (All Pools)	12:00 Adult Shinny	2:00 Senior's Swim (All Pools)
	1:00 Therapy Fitness	3:00 Lane Swim	3:00 Lane Swim	12:15 TRX	3:00 Lane Swim
	1:00 Bid Euchre	3:15 Parent and Tot Swim (Therapy Pool Only)	3:15 Rehabilitation Swim	1:00 Adult Recreational Skating (16+)	3:15 Rehabilitation Swim
	1:15 Pickleball - Intermediate	3:30 Open Gym	3:15 Family/Open Gym	1:00 Scrapbooking	3:15 Open Gym
	1:30 Senior Gentle Fitness	5:00 Artist Hub (9 to 15 Years)	3:45 Lane Swim	1:00 Carpet Bowling - 1:00-3:30pm	5:30 Pickleball (Recreational)
	2:00 Senior's Swim (All Pools)	5:30 Preschool Play Zone (18 months to 5 Years)	5:00 Young Chefs (11 to 15 Years)	1:15 Pickleball - Intermediate	
	3:00 Lane Swim	6:00 Aqua Fitness	5:00 Fitness Mix	2:00 Senior's Swim (All Pools)	
	3:15 Rehabilitation Swim	6:00 Dancing for Adults - Beginner	5:00 Yoga Fit	3:00 Lane Swim	
	3:30 Open Gym	6:15 Sporty Kids (6 to 9 Years)	5:15 Line Dancing - Beginner	3:15 Parent and Tot Swim (Therapy Pool Only)	
	3:45 Lane Swim	6:15 STEM-tastic (9 to 15 Years)	5:15 Science Explorers (4 to 8 Years)	3:15 Open Gym	
	5:00 Gentle Flow Yoga	6:30 Crokinole	5:15 Pickleball (Recreational)	5:00 Boccia - adaptive sport	
	5:00 Zumba	7:00 Dancing for Adults - Intermediate	6:30 Line Dancing - Experienced	5:00 Artful Antics (4 to 8 years)	
	5:30 Fit and Firm	7:30 Volleyball Intermediate/Advanced	7:15 Badminton	5:00 Kitchen Crew (8 to 11 Years) NEW	
	5:30 Jr. Soccer Skills & Drills (4		8:00 Lane Swim	5:15 Jr. Soccer Skills & Drills (4 to 8 years)	
				5:45 Zumba	

	<p>to 8 years)</p> <p>5:30 Artful Antics (4 to 8 years)</p> <p>6:45 Science Explorers (4 to 8 Years)</p> <p>6:45 Teen Recreational Volleyball (9 to 17 years)</p> <p>8:00 Lane Swim</p>	<p>7:30 Table Tennis</p> <p>7:30 Public Swim (All Pools)</p> <p>8:00 Lane Swim</p>		<p>5:45 Zumba</p> <p>6:15 Sr. Soccer Skills & Drills (9 to 13 Years)</p> <p>6:15 Girls Night Out (9 to 12 years)</p> <p>7:00 Aqua Fitness</p> <p>8:00 Lane Swim</p>		
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<https://calendar.quintesportsandwellnesscentre.ca>