



Generated November 23, 2024

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					6:00 am Lane Swim	8:00 am Rehabilitation
					7:00 am Lane Swim	9:00 am
					7:30 am Rehabilitation Swim	Preschool Play Zone (18 months to 5 Years)
					8:00 am Lane Swim	9:45 am Preschool
					9:00 am Aqua Fitness	Gym/Swim (18 months to 5 Years)
					9:00 am Family Swim (All Pools)	10:00 am Youth Room
					9:30 am Older Adult Yoga	Drop-in (Grade 6-12)
					10:00 am Movers & Shakers (18 months to 3 Years)	10:15 am Family/Open Gym
					10:00 am Aqua Fitness	12:00 pm Badminton
					10:15 am Mix It Up	2:00 pm Open Gym
					10:45 am Line Dancing - Beginner	2:00 pm Lane Swim (1/2 pool)
					11:15 am Lane Swim (1/2 pool)	2:00 pm Public Swim
					11:15 am Public Swim (All Pools)	(All Pools) 4:00 pm
					12:00 pm Line Dancing - Beginner	Futsal
					12:15 pm Total Body Strength	
					1:00 pm Bridge (Experienced)	
					2:00 pm Senior's Swim (All Pools)	
					3:00 pm Rehabilitation	

					Swim	
					3:00 pm Lane Swim	
3	4	5	6	7	8	9
3 8:00 am Lane Swim 8:00 am Rehabilitation Swim 9:00 am Family Swim (All Pools) 9:00 am Lane Swim (1/2 pool) 11:00 am Aqua Cross Training 12:10 pm Aqua Mind and Body 12:15 pm Open Gym 2:00 pm Lane Swim (1/2 pool) 2:00 pm Public Swim (All Pools) 2:15 pm Pickleball (Recreational) 4:30 pm Open Gym	4 6:00 am Lane Swim 7:00 am Lane Swim 7:30 am Rehabilitation Swim 8:00 am Lane Swim 8:45 am Pickleball (Advanced) 8:45 am Learn to Speak French - Communicate in a French Restaurant 9:00 am Art-Muck & Mess (18 months to 3 Years) 9:00 am Strong Seniors 9:00 am Aqua Fitness 9:00 am Family Swim (All Pools)	5 7:00 am Lane Swim 7:30 am Rehabilitation Swim 8:00 am Lane Swim (1/2 pool) 8:00 am Aqua Fitness 8:45 am Older Adult Yoga 9:00 am Sketch & Swim 9:00 am Therapy Fitness 9:00 am Lane Swim 9:30 am Artist Collective 10:00 am Older Adult Yoga 10:00 am Lane Swim (1/2 pool) 10:00 am Therapy Fitness 10:00 am Family Swim (Main Pool Only) 10:15 am Mix It Up	6:00 am Lane Swim 7:00 am Lane Swim 7:30 am Rehabilitation Swim 8:00 am Lane Swim 8:45 am Pickleball (Intermediate) 9:00 am Aqua Fitness 9:00 am Family Swim (All Pools) 9:00 am Strong Seniors 9:00 am Intro to Yoga, Continuing the Journey 9:00 am OA Dancing for Fitness 9:00 am Stitches 10:00 am StrongER Seniors	7 7:00 am Lane Swim 7:30 am Rehabilitation Swim 8:00 am Aqua Fitness 8:00 am Lane Swim (1/2 pool) 8:45 am Pickleball (Beginner) 8:45 am Older Adult Flow Yoga 8:45 am Learn to Speak French - The Basics 9:00 am Mini Scientists (18 months to 3 Years) 9:00 am Women's Weight Training 9:00 am Lane Swim 9:00 am Therapy Fitness 9:30 am Shuffleboard 9:30am-12:00pm	8 6:00 am Lane Swim 7:00 am Lane Swim 7:30 am Rehabilitation Swim 8:00 am Lane Swim 8:45 am Pickleball (Intermediate) 9:00 am Aqua Fitness 9:00 am Family Swim (All Pools) 9:30 am Older Adult Yoga 10:00 am Movers & Shakers (18 months to 3 Years) 10:00 am Aqua Fitness 10:15 am Mix It	8:00 am Rehabilitation Swim 9:00 am Preschool Play Zone (18 months to 5 Years) 9:45 am Preschool Gym/Swim (18 months to 5 Years) 10:00 am Youth Room Drop-in (Grade 6-12) 10:15 am Family/Open Gym 12:00 pm Badminton 2:00 pm Open Gym 2:00 pm Lane
6:30 pm Basketball	9:30 am Zumba 10:00 am StrongER Seniors 10:00 am Mini Scientists (18 months to 3 Years) 10:00 am Deaf Seniors 10:00 am Aqua Fitness 10:15 am Gentle Core Strengthening 10:45 am Pickleball (Beginner) 11:15 am Lane Swim (1/2 pool) 11:15 am Public Swim (All Pools)	11:15 am Public Swim (All Pools) 11:15 am Lane Swim (1/2 pool) 11:45 am Parkinson's Social Hour 12:15 pm Circuit Training 1:00 pm Bridge (Experienced) 1:30 pm Guitar Lessons: Small Group Format 2:00 pm Senior's Swim (All Pools) 3:00 pm Parent and Tot Swim (Therapy Pool Only) 3:00 pm Lane Swim 3:15 pm Open Gym 5:00 pm Artist Hub (9 to	Fitness 10:15 am Stretch and Balance Fit 11:00 am Chair Yoga 11:15 am Lane Swim (1/2 pool) 11:15 am Public Swim (All Pools) 12:15 pm Cardio Core 1:00 pm Mah Jongg 1:15 pm Pickleball (Advanced) 1:30 pm Zumba Gold 2:00 pm Senior's Swim (All Pools) 3:00 pm Rehabilitation Swim	9:30am-12:00pm 9:30 am Falls Prevention 10:00 am Family Swim (Main Pool Only) 10:00 am Lane Swim (1/2 pool) 10:00 am Older Adult Yoga 10:00 am Tech Talks and Tech Support with Jordan 10:15 am Stretch and Strengthen 10:45 am Pickleball (Advanced) 11:15 am Lane Swim (1/2 pool) 11:15 am Public Swim (All Pools)	Up 10:45 am Line Dancing - Beginner 11:15 am Lane Swim (1/2 pool) 11:15 am Public Swim (All Pools) 12:00 pm Line Dancing - Beginner 12:15 pm Total Body Strength 1:00 pm Bridge (Experienced) 1:15 pm Pickleball (Beginner) 2:00 pm Senior's Swim (All Pools) 3:00 pm Rehabilitation	Swim (1/2 pool) 2:00 pm Public Swim (All Pools) 4:00 pm Futsal 7:00 pm Belleville Senators vs. Laval Rocket

	11:15 am Intro to Yoga 11:30 am Line Dancing - Experienced 12:15 pm Cardio Core 12:30 pm Balance Yoga: Mind & Body 1:15 pm Bid Euchre 1:15 pm Pickleball (Intermediate) 1:30 pm OA Gentle Exercise & Fitness 2:00 pm Therapy Fitness 2:00 pm Senior's Swim (Main Pool Only) 3:00 pm Rehabilitation Swim 3:00 pm Lane Swim 3:15 pm Open Gym 5:00 pm Gentle Flow Yoga 5:00 pm Zumba 5:00 pm Artful Antics (4 to 8 years) 5:15 pm Jr. Soccer Skills & Drills (4 to 8 years) 5:30 pm Fit and Firm 6:15 pm Science Explorers (4 to 8 Years) 6:15 pm Teen Recreational Volleyball (9 to 17 years)	5:00 pm Kitchen Crew (8 to 11 Years) NEW 5:15 pm Power Skating (Beginner) 5:30 pm Preschool Play Zone (18 months to 5 Years) 5:45 pm Dancing for Adults - Beginner 6:00 pm Aqua Fitness 6:05 pm Power Skating (Intermediate/Advanced) 6:15 pm Sporty Kids (6 to 9 Years) 7:00 pm Dancing for Adults - Intermediate 7:30 pm Public Swim (All Pools) 7:30 pm Volleyball Intermediate/Advanced 7:30 pm Table Tennis 8:00 pm Lane Swim (1/2 pool)	3:00 pm Lane Swim 3:15 pm Family/Open Gym 5:00 pm Young Chefs (11 to 15 Years) 5:15 pm Science Explorers (4 to 8 Years) 5:15 pm Line Dancing - Beginner 5:15 pm Pickleball (Recreational) 6:30 pm Line Dancing - Experienced 6:30 pm Dance Fusion for Adults 7:15 pm Badminton	11:15 am Older Adult Chair Fitness/ Chair Yoga Combo - Level 2 12:15 pm Circuit Training 12:30 pm Older Adult Chair Fitness/ Chair Yoga Combo - Level 1 1:00 pm Carpet Bowling - 1:00-3:30pm 1:00 pm Scrapbooking 1:15 pm Pickleball (Intermediate) 2:00 pm Senior's Swim (All Pools) 3:00 pm Parent and Tot Swim (Therapy Pool Only) 3:00 pm Lane Swim 3:15 pm Open Gym 5:00 pm Youth Room Drop-in (Grade 6-12) 5:15 pm Sr. Soccer Skills & Drills (9 to 13 Years) 5:45 pm Zumba 6:30 pm Jr. Soccer Skills & Drills (4 to 8 years) 7:00 pm Aqua Fitness 7:30 pm Volleyball Recreational/Beginner 8:00 pm Lane Swim (1/2 pool) 8:00 pm Rehabilitation Swim	Swim 3:00 pm Lane Swim 3:15 pm Open Gym 7:00 pm Belleville Senators vs. Laval Rocket	
	Explorers (4 to 8 Years) 6:15 pm Teen Recreational Volleyball (9 to 17					
10 8:00 am	Rehabilitation Swim	12 7:00 am Lane Swim	13 6:00 am Lane Swim	14 7:00 am Lane Swim	15 6:00 am Lane	16 8:00 am

Rehabilitation Swim	7:30 am Rehabilitation	7:00 am Lane Swim	7:30 am	Swim	Rehabilitation Swim
8:00 am Lane	Swim 8:00 am Aqua Fitness	7:30 am Rehabilitation Swim	Rehabilitation Swim 8:00 am Aqua Fitness	7:00 am Lane Swim	9:00 am
Swim	8:00 am Lane Swim (1/2	8:00 am Lane Swim	8:00 am Lane Swim	7:30 am	Preschool Play Zone (18
9:00 am Lane Swim (1/2 pool)	pool)	8:45 am Pickleball	(1/2 pool)	Rehabilitation Swim	months to 5 Years)
9:00 am Family	8:45 am Older Adult Yoga	(Intermediate)	8:45 am Pickleball (Beginner)	8:00 am Lane	9:45 am
Swim (All Pools) 11:00 am Aqua	9:00 am Sketch & Swim	9:00 am Aqua Fitness	8:45 am Older Adult	Swim 8:45 am Pickleball	Preschool Gym/Swim
Cross Training	9:00 am Lane Swim	9:00 am Family	Flow Yoga	(Intermediate)	(18 months to 5 Years)
12:10 pm Aqua Mind and Body	9:00 am Therapy Fitness	Swim (All Pools)	8:45 am Learn to Speak French - The	9:00 am Aqua Fitness	10:00 am
12:15 pm Open	9:30 am Artist Collective	9:00 am Strong Seniors	Basics	9:00 am Family	Youth Room Drop-in
Gym	10:00 am Older Adult Yoga	9:00 am Intro to	9:00 am Mini Scientists (18	Swim (All Pools)	(Grade 6-12)
2:00 pm Lane Swim (1/2 pool)	10:00 am Lane Swim	Yoga, Continuing the Journey	months to 3 Years)	9:30 am Calligraphy Card	10:15 am Family/Open
2:00 pm Public	(1/2 pool)	9:00 am OA	9:00 am Women's Weight Training	workshop	Gym
Swim (All Pools)	10:00 am Therapy Fitness	Dancing for Fitness 9:00 am Stitches	9:00 am Lane Swim	9:30 am Older Adult Yoga	12:00 pm Badminton
2:15 pm Pickleball (Recreational)	10:00 am Family Swim	10:00 am StrongER	9:00 am Therapy Fitness	10:00 am Movers	2:00 pm Open
4:30 pm Open	(Main Pool Only) 10:15 am Mix It Up	Seniors	9:30 am Shuffleboard	& Shakers (18 months to 3 Years)	Gym
Gym 6:30 pm Basketball	11:15 am Public Swim	10:00 am Aqua Fitness	9:30am-12:00pm	10:00 am Aqua	2:00 pm Lane Swim (1/2
0.50 pm Basketoan	(All Pools)	10:15 am Stretch	9:30 am Falls Prevention	Fitness	pool)
	11:15 am Lane Swim (1/2 pool)	and Balance Fit	10:00 am Family	10:15 am Mix It Up	2:00 pm Public Swim
	11:45 am Parkinson's	11:00 am Chair Yoga	Swim (Main Pool Only)	10:45 am Line	(All Pools)
	Social Hour	11:15 am Public	10:00 am Lane Swim	Dancing - Beginner	4:00 pm Futsal
	12:15 pm Circuit Training	Swim (All Pools) 12:15 pm Cardio	(1/2 pool)	11:00 am Lane Swim (1/2 pool)	
	1:00 pm Bridge	Core	10:00 am Older Adult Yoga	11:15 am Public	
	(Experienced) 1:30 pm Guitar Lessons:	1:00 pm Mah Jongg	10:00 am Tech Talks	Swim (All Pools)	
	Small Group Format	1:15 pm Pickleball (Advanced)	and Tech Support with Jordan	12:00 pm Line Dancing -	
	2:00 pm CARP	1:30 pm Zumba	10:15 am Stretch and	Beginner	
	2:00 pm Senior's Swim (All Pools)	Gold	Strengthen 10:45 am Pickleball	12:15 pm Total Body Strength	
	3:00 pm Parent and Tot	2:00 pm Senior's Swim (All Pools)	(Advanced)	1:00 pm Bridge	
	Swim (Therapy Pool Only)	3:00 pm Rehabilitation Swim	11:15 am Public Swim (All Pools)	(Experienced)	
	3:00 pm Lane Swim	3:00 pm Lane Swim	11:15 am Older Adult	1:15 pm Pickleball (Beginner)	
	3:15 pm Open Gym	3:15 pm	Chair Fitness/ Chair Yoga Combo - Level	2:00 pm Senior's Swim (All Pools)	
	5:00 pm Artist Hub (9 to 15 Years)	Family/Open Gym	2	3:00 pm	
	5:15 pm Power Skating	5:15 pm Pickleball (Recreational)	12:15 pm Circuit Training	Rehabilitation Swim	
	(Beginner)	5:15 pm Line Dancing - Beginner	12:30 pm Older Adult	3:00 pm Lane	
	5:30 pm Preschool Play Zone (18 months to 5	5:15 pm Science	Chair Fitness/ Chair Yoga Combo - Level	Swim	
	Years)	Explorers (4 to 8 Years)	1	3:15 pm Open Gym	
	5:45 pm Dancing for Adults - Beginner	6:30 pm Line	1:00 pm Scrapbooking		
	6:05 pm Power Skating	Dancing - Experienced	1:00 pm Carpet		
	(Intermediate/Advanced) 6:15 pm Sporty Kids (6	6:30 pm Dance	Bowling - 1:00- 3:30pm		
	to 9 Years)	Fusion for Adults	1:15 pm Pickleball		
	7:00 pm Dancing for Adults - Intermediate	7:00 pm Belleville Senators vs.	(Intermediate) 2:00 pm Senior's		
	7:30 pm Volleyball	Syracuse Crunch	Swim (All Pools)		
	Intermediate/Advanced	7:15 pm Badminton	3:00 pm Parent and Tot Swim (Therapy		
	7:30 pm Table Tennis		Pool Only)		

		7:30 pm Public Swim (All Pools) 8:00 pm Lane Swim (1/2 pool)		3:00 pm Lane Swim 3:15 pm Open Gym 5:00 pm Youth Room Drop-in (Grade 6-12) 5:15 pm Sr. Soccer Skills & Drills (9 to 13 Years) 5:45 pm Zumba 6:30 pm Jr. Soccer Skills & Drills (4 to 8 years) 7:00 pm Aqua Fitness 7:30 pm Volleyball Recreational/Beginner 8:00 pm Lane Swim (1/2 pool) 8:00 pm Rehabilitation Swim		
8:00 am Lane	18 6:00 am Lane	8:30 am December	20 6:00 am Lane Swim	7:00 am Lane Swim	6:00 am Lane	9:00 am

Swim	Swim	Pickleball Registration	7:00 am Lane Swim	7:30 am	Swim	Preschool	
8:00 am Rehabilitation	7:00 am Lane Swim	8:45 am Older Adult Yoga	7:30 am	Rehabilitation Swim	7:00 am Lane Swim	Play Zone (18 months to 5	
Swim	7:30 am	9:30 am Artist Collective	Rehabilitation Swim	8:00 am Aqua Fitness	7:30 am	Years) 10:00 am	
9:00 am Family Swim (All Pools)	Rehabilitation Swim	10:00 am Older Adult	8:00 am Lane Swim	8:00 am Lane Swim (1/2 pool)	Rehabilitation Swim	Youth Room	
9:00 am Lane	8:00 am Lane	Yoga	8:45 am Pickleball (Intermediate)	8:45 am Pickleball	8:00 am PA Day	Drop-in (Grade 6-12)	
Swim (1/2 pool)	Swim	10:15 am Mix It Up	9:00 am Aqua	(Beginner)	Camp (Grades 3 - 8)	10:15 am	
11:00 am Aqua Cross Training	8:45 am Pickleball (Advanced)	11:45 am Parkinson's Social Hour	Fitness 9:00 am Family	8:45 am Older Adult Flow Yoga	8:00 am Lane	Family/Open Gym	
12:10 pm Aqua	8:45 am Learn to	12:15 pm Circuit	Swim (All Pools)	8:45 am Learn to	Swim	12:00 pm	
Mind and Body	Speak French - Communicate in a	Training 1:00 pm Bridge	9:00 am Strong Seniors	Speak French - The Basics	8:00 am PA Day Camp (Grades JK	Badminton	
12:15 pm Open Gym	French Restaurant	(Experienced)	9:00 am Intro to	9:00 am Mini	-2)	2:00 pm Open Gym	
2:00 pm Lane	9:00 am Art-Muck & Mess (18	1:30 pm Guitar Lessons: Small Group Format	Yoga, Continuing the Journey	Scientists (18 months to 3 Years)	8:30 am December Pickleball	4:00 pm	
Swim (1/2 pool)	months to 3 Years)	2:00 pm Senior's Swim	9:00 am OA	9:00 am Women's	Registration	Futsal	
2:00 pm Public Swim (All Pools)	9:00 am Strong Seniors	(All Pools)	Dancing for Fitness	Weight Training 9:00 am Lane Swim	8:45 am Pickleball (Intermediate)	7:00 pm Belleville	
2:15 pm Pickleball	9:00 am Aqua	3:00 pm Parent and Tot Swim (Therapy Pool	9:00 am Stitches	9:00 am Lane Swim	9:00 am Aqua	Senators vs. Laval Rocket	
(Recreational)	Fitness	Only)	10:00 am StrongER Seniors	Fitness	Fitness		
4:30 pm Open Gym	9:00 am Family Swim (All Pools)	3:00 pm Lane Swim	10:00 am Aqua	9:30 am Shuffleboard 9:30am-12:00pm	9:00 am Family Swim (All Pools)		
6:30 pm Basketball	9:30 am Zumba	3:15 pm Open Gym	Fitness	9:30 am Falls	9:30 am Older		
	10:00 am Older	5:00 pm Artist Hub (9 to 15 Years)	10:15 am Stretch and Balance Fit	Prevention	Adult Yoga		
	Adult Yoga 10:00 am	5:15 pm Power Skating	11:00 am Chair	10:00 am Family Swim (Main Pool	10:00 am Aqua Fitness		
	StrongER Seniors	(Beginner) 5:30 pm Preschool Play	Yoga 11:00 am Lane	Only)	10:15 am Mix It		
	10:00 am Mini	Zone (18 months to 5	Swim (1/2 pool)	10:00 am Lane Swim (1/2 pool)	Up 10:45 am Line		
	Scientists (18 months to 3 Years)	Years) 5:45 pm Dancing for	11:15 am Public	10:00 am Older Adult	Dancing -		
	10:00 am Deaf Seniors	Adults - Beginner	Swim (All Pools) 12:15 pm Cardio	Yoga	Beginner 11:00 am Lane		
	10:00 am Aqua	6:00 pm Aqua Fitness	Core	10:00 am Tech Talks and Tech Support	Swim (1/2 pool)		
	Fitness	6:05 pm Power Skating (Intermediate/Advanced)	1:00 pm Mah Jongg	with Jordan	11:15 am Public		
	10:15 am Gentle Core	6:15 pm Sporty Kids (6	1:15 pm Pickleball (Advanced)	10:15 am Stretch and Strengthen	Swim (All Pools) 12:00 pm Line		
	Strengthening	to 9 Years)	1:30 pm Zumba	10:45 am Pickleball	Dancing - Beginner		
	10:45 am Pickleball	6:30 pm Youth Room Drop-in (Grade 6-12)	Gold	(Advanced) 11:00 am Lane Swim	12:15 pm Total		
	(Beginner)	7:00 pm Dancing for	2:00 pm Senior's Swim (All Pools)	(1/2 pool)	Body Strength		
	11:00 am Lane Swim (1/2 pool)	Adults - Intermediate	3:00 pm	11:15 am Public Swim (All Pools)	1:00 pm Bridge (Experienced)		
	11:15 am Public	7:30 pm Public Swim (All Pools)	Rehabilitation Swim 3:00 pm Lane Swim	11:15 am Older Adult	1:15 pm Pickleball		
	Swim (All Pools)	7:30 pm Volleyball Intermediate/Advanced	3:15 pm	Chair Fitness/ Chair Yoga Combo - Level	(Beginner)		
	11:15 am Intro to Yoga	7:30 pm Table Tennis	Family/Open Gym	2	2:00 pm Senior's Swim (All Pools)		
	11:30 am Line	8:00 pm Lane Swim	5:15 pm Pickleball (Recreational)	12:15 pm Circuit Training	3:00 pm		
	Dancing - Experienced	(1/2 pool)	5:15 pm Line	12:30 pm Older Adult	Rehabilitation Swim		
	12:15 pm Cardio		Dancing - Beginner	Chair Fitness/ Chair Yoga Combo - Level	3:15 pm Open		
	Core 12:30 pm Balance		5:15 pm Science Explorers (4 to 8	1	Gym		
	Yoga: Mind &		Years)	1:00 pm Cooking with Chef Jesse			
	Body 1:15 pm Bid		6:30 pm Line Dancing -	(Zoom)			
	Euchre		Experienced	1:00 pm Carpet Bowling - 1:00-			
	1:15 pm Pickleball (Intermediate)		6:30 pm Dance Fusion for Adults	3:30pm			
	1:30 pm OA Gentle		7:15 pm Badminton	1:00 pm Scrapbooking			
	Exercise & Fitness			1:15 pm Pickleball			
	2:00 pm Therapy			(Intermediate)			

	Fitness 2:00 pm Senior's Swim (Main Pool Only) 3:00 pm Rehabilitation Swim 3:00 pm Lane Swim 3:15 pm Open Gym 5:00 pm Gentle Flow Yoga 5:00 pm Zumba 5:00 pm Artful Antics (4 to 8 years) 5:15 pm Jr. Soccer Skills & Drills (4 to 8 years) 5:30 pm Fit and Firm 6:15 pm Teen Recreational Volleyball (9 to 17 years) 6:15 pm Science Explorers (4 to 8 Years) 7:30 pm Teen Futsal 8:00 pm Lane Swim (1/2 pool) 8:00 pm Rehabilitation Swim			2:00 pm Senior's Swim (All Pools) 3:00 pm Parent and Tot Swim (Therapy Pool Only) 3:00 pm Youth Room Drop-in (Grade 6-12) 3:00 pm Lane Swim 3:15 pm Open Gym 5:15 pm Sr. Soccer Skills & Drills (9 to 13 Years) 5:45 pm Zumba 6:30 pm Jr. Soccer Skills & Drills (4 to 8 years) 7:00 pm Aqua Fitness 7:30 pm Volleyball Recreational/Beginner 8:00 pm Lane Swim (1/2 pool) 8:00 pm Rehabilitation Swim		
24	Swim 25	26	27	28	29	
9:00 am Family Swim (All Pools) 9:00 am Lane Swim (1/2 pool)	6:00 am Lane Swim 7:00 am Lane Swim	7:00 am Lane Swim 7:30 am Rehabilitation Swim 8:00 am Lane Swim (1/2	6:00 am Lane Swim 7:00 am Lane Swim 7:30 am Rehabilitation Swim	7:00 am Lane Swim 7:30 am Rehabilitation Swim 8:00 am Aqua Fitness	6:00 am Lane Swim 7:00 am Lane Swim	

12:15 pm Open	7:30 am	pool)	8:00 am Lane Swim	8:00 am Lane Swim	7:30 am
Gym	Rehabilitation	8:00 am Aqua Fitness		8:00 am Lane Swim (1/2 pool)	Rehabilitation
2:15 pm Pickleball	Swim	8:45 am Older Adult	8:45 am Pickleball (Intermediate)	8:45 am Pickleball	Swim
(Recreational)	8:00 am Lane Swim	Yoga Yoga	,	(Beginner)	8:00 am Lane Swim
4:30 pm Open		9:00 am Sketch & Swim	9:00 am Aqua Fitness	8:45 am Older Adult	
Gym	8:45 am Pickleball (Advanced)			Flow Yoga	8:45 am Pickleball (Intermediate)
6:30 pm Basketball		9:00 am Therapy Fitness	9:00 am Family Swim (All Pools)	8:45 am Learn to	
	8:45 am Learn to Speak French -	9:00 am Lane Swim	9:00 am Strong	Speak French - The	9:00 am Aqua Fitness
	Communicate in a	9:30 am Artist Collective	Seniors	Basics	9:00 am Family
	French Restaurant	10:00 am Older Adult	9:00 am Intro to	9:00 am Mini	Swim (All Pools)
	9:00 am Art-Muck	Yoga	Yoga, Continuing	Scientists (18 months to 3 Years)	9:30 am Vulnerable
	& Mess (18 months to 3 Years)	10:00 am Lane Swim	the Journey	9:00 am Women's	Road Users
	ĺ	(1/2 pool)	9:00 am OA	Weight Training	Seminar
	9:00 am Strong Seniors	10:00 am Therapy	Dancing for Fitness	9:00 am Lane Swim	9:30 am Older
	9:00 am Aqua	Fitness	9:00 am Stitches		Adult Yoga
	Fitness	10:00 am Family Swim (Main Pool Only)	10:00 am StrongER	9:00 am Therapy Fitness	10:00 am Movers
	9:00 am Family	•	Seniors	9:30 am Shuffleboard	& Shakers (18 months to 3 Years)
	Swim (All Pools)	10:15 am Mix It Up	10:00 am Aqua	9:30am-12:00pm	
	9:30 am Zumba	11:00 am Lane Swim (1/2 pool)	Fitness	9:30 am Falls	10:00 am Aqua Fitness
	10:00 am Older		10:15 am Stretch and Balance Fit	Prevention	10:15 am Mix It
	Adult Yoga	11:15 am Public Swim (All Pools)		10:00 am Family	Up
	10:00 am	11:45 am Parkinson's	11:00 am Chair Yoga	Swim (Main Pool	10:45 am Line
	StrongER Seniors	Social Hour	11:00 am Lane	Only)	Dancing -
	10:00 am Mini	12:15 pm Circuit	Swim (1/2 pool)	10:00 am Lane Swim	Beginner
	Scientists (18	Training	11:15 am Public	(1/2 pool)	11:00 am Lane
	months to 3 Years)	1:00 pm Bridge	Swim (All Pools)	10:00 am Older Adult Yoga	Swim (1/2 pool)
	10:00 am Deaf Seniors	(Experienced)	12:15 pm Cardio	10:00 am Tech Talks	11:15 am Public Swim (All Pools)
		1:30 pm Guitar Lessons:	Core	and Tech Support	
	10:00 am Aqua Fitness	Small Group Format	1:00 pm Mah Jongg	with Jordan	12:00 pm Line Dancing -
	10:15 am Gentle	2:00 pm Senior's Swim	1:15 pm Pickleball	10:15 am Stretch and	Beginner
	Core	(All Pools)	(Advanced)	Strengthen	12:15 pm Total
	Strengthening	3:00 pm Parent and Tot Swim (Therapy Pool	1:30 pm Zumba	10:45 am Pickleball	Body Strength
	10:45 am	Only)	Gold	(Advanced)	1:00 pm Bridge
	Pickleball (Beginner)	3:00 pm Lane Swim	2:00 pm Senior's	11:00 am Lane Swim	(Experienced)
	11:00 am Lane	3:15 pm Open Gym	Swim (All Pools)	(1/2 pool)	1:15 pm Pickleball
	Swim (1/2 pool)		3:00 pm Rehabilitation Swim	11:15 am Public Swim (All Pools)	(Beginner)
	11:15 am Public	5:00 pm Artist Hub (9 to 15 Years)		11:15 am Older Adult	2:00 pm Senior's Swim (All Pools)
	Swim (All Pools)	5:15 pm Power Skating	3:00 pm Youth Room Drop-in	Chair Fitness/ Chair	3:00 pm
	11:15 am Intro to	(Beginner)	(Grade 6-12)	Yoga Combo - Level	Rehabilitation
	Yoga	5:30 pm Preschool Play	3:00 pm Lane Swim	2	Swim
	11:30 am Line	Zone (18 months to 5	3:15 pm	12:15 pm Circuit	3:00 pm Lane
	Dancing -	Years)	Family/Open Gym	Training	Swim
	Experienced	5:45 pm Dancing for	5:15 pm Pickleball	12:30 pm Older Adult Chair Fitness/ Chair	3:15 pm Open
	12:15 pm Cardio Core	Adults - Beginner	(Recreational)	Yoga Combo - Level	Gym
		6:00 pm Aqua Fitness	5:15 pm Line	1	4:00 pm Lifesaving
	12:30 pm Balance Yoga: Mind &	6:05 pm Power Skating	Dancing - Beginner	1:00 pm	Society Swim Instructor (15+
	Body	(Intermediate/Advanced)	5:15 pm Science	Scrapbooking	years)

	1:15 pm Bid Euchre 1:15 pm Pickleball (Intermediate) 1:30 pm OA Gentle Exercise & Fitness 2:00 pm Therapy Fitness 2:00 pm Senior's Swim (Main Pool Only) 3:00 pm Youth Room Drop-in (Grade 6-12) 3:00 pm Rehabilitation Swim 3:00 pm Lane Swim 3:15 pm Open Gym 5:00 pm Gentle Flow Yoga 5:00 pm Zumba 5:00 pm Zumba 5:00 pm Artful Antics (4 to 8 years) 5:15 pm Jr. Soccer Skills & Drills (4 to 8 years) 5:30 pm Fit and Firm 6:15 pm Science Explorers (4 to 8 Years) 6:15 pm Teen Recreational Volleyball (9 to 17 years) 7:30 pm Teen Futsal 8:00 pm Lane Swim (1/2 pool) 8:00 pm Rehabilitation	6:15 pm Sporty Kids (6 to 9 Years) 6:30 pm Youth Room Drop-in (Grade 6-12) 7:00 pm Dancing for Adults - Intermediate 7:30 pm Public Swim (All Pools) 7:30 pm Volleyball Intermediate/Advanced 7:30 pm Table Tennis 8:00 pm Lane Swim (1/2 pool)	Years) 6:30 pm Line Dancing - Experienced 6:30 pm Dance Fusion for Adults 7:15 pm Badminton	1:00 pm Carpet Bowling - 1:00- 3:30pm 1:15 pm Pickleball (Intermediate) 2:00 pm Senior's Swim (All Pools) 3:00 pm Parent and Tot Swim (Therapy Pool Only) 3:00 pm Youth Room Drop-in (Grade 6-12) 3:00 pm Lane Swim 3:15 pm Open Gym 5:15 pm Sr. Soccer Skills & Drills (9 to 13 Years) 5:45 pm Zumba 6:30 pm Jr. Soccer Skills & Drills (4 to 8 years) 6:30 pm Older Adult Movie Night 7:00 pm Aqua Fitness 7:30 pm Volleyball Recreational/Beginner 8:00 pm Lane Swim (1/2 pool) 8:00 pm Rehabilitation Swim	5:00 pm Kids Pop up Event - Felt Peach Keychain (4-9 years) 6:15 pm Youth Pop up Event - Felt Poptart (10-17 years)
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