



Generated February 11,  
2025

# Week of October 27, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>27</p> <p><u>Lane Swim</u> 8:00 am - 8:55 am</p> <p><u>Rehabilitation Swim</u> 8:00 am - 9:00 am</p> <p><u>Family Swim (All Pools)</u> 9:00 am - 10:15 am</p> <p><u>Bronze Cross &amp; Standard First Aid (13+ years)</u> 9:00 am - 6:00 pm</p> <p><u>Lane Swim (1/2 pool)</u> 9:00 am - 10:00 am</p> <p><u>Aqua Cross Training</u> 11:00 am - 11:50 am</p> <p><u>Aqua Mind and Body</u> 12:10 pm - 12:55 pm</p> <p><u>Open Gym</u> 12:15 pm - 2:00 pm</p> <p><u>Lane Swim (1/2 pool)</u> 2:00 pm - 3:00 pm</p> <p><u>Public Swim (All Pools)</u> 2:00 pm - 3:15 pm</p> <p><u>Pickleball (Recreational)</u> 2:15 pm - 4:00 pm</p>	<p>28</p> <p><u>Lane Swim</u> 6:00 am - 7:00 am</p> <p><u>Lane Swim</u> 7:00 am - 7:55 am</p> <p><u>Rehabilitation Swim</u> 7:30 am - 8:30 am</p> <p><u>Lane Swim</u> 8:00 am - 8:45 am</p> <p><u>Learn to Speak French - Communicate in a French Restaurant</u> 8:45 am - 9:45 am</p> <p><u>Pickleball (Advanced)</u> 8:45 am - 10:30 am</p> <p><u>Art-Muck &amp; Mess (18 months to 3 Years)</u> 9:00 am - 9:45 am</p> <p><u>Strong Seniors</u> 9:00 am - 9:45 am</p> <p><u>Family Swim (All Pools)</u> 9:00 am - 10:15 am</p> <p><u>Aqua Fitness</u> 9:00 am - 9:50 am</p> <p><u>Zumba</u> 9:30 am - 10:30 am</p> <p><u>StrongER Seniors</u> 10:00 am - 10:45 am</p>	<p>29</p> <p><u>Lane Swim</u> 7:00 am - 7:55 am</p> <p><u>Rehabilitation Swim</u> 7:30 am - 8:30 am</p> <p><u>Lane Swim (1/2 pool)</u> 8:00 am - 8:45 am</p> <p><u>Aqua Fitness</u> 8:00 am - 8:50 am</p> <p><u>Older Adult Yoga</u> 8:45 am - 9:45 am</p> <p><u>Therapy Fitness</u> 9:00 am - 9:50 am</p> <p><u>Lane Swim</u> 9:00 am - 9:55 am</p> <p><u>Senior Shiny (50+)</u> 9:15 am - 10:05 am</p> <p><u>Family Swim (Main Pool Only)</u> 10:00 am - 11:00 am</p> <p><u>Therapy Fitness</u> 10:00 am - 10:50 am</p> <p><u>Lane Swim (1/2 pool)</u> 10:00 am - 11:00 am</p> <p><u>Older Adult Yoga</u> 10:00 am - 11:00 am</p> <p><u>Mix It Up</u> 10:15 am - 11:15 am</p> <p><u>Family Skating</u></p>	<p>30</p> <p><u>Lane Swim</u> 6:00 am - 7:00 am</p> <p><u>Lane Swim</u> 7:00 am - 7:55 am</p> <p><u>Rehabilitation Swim</u> 7:30 am - 8:30 am</p> <p><u>Lane Swim</u> 8:00 am - 8:45 am</p> <p><u>Pickleball (Intermediate)</u> 8:45 am - 10:30 am</p> <p><u>OA Dancing for Fitness</u> 9:00 am - 10:00 am</p> <p><u>Stitches</u> 9:00 am - 12:00 pm</p> <p><u>Strong Seniors</u> 9:00 am - 9:45 am</p> <p><u>Intro to Yoga, Continuing the Journey</u> 9:00 am - 10:00 am</p> <p><u>Family Swim (All Pools)</u> 9:00 am - 10:15 am</p> <p><u>Aqua Fitness</u> 9:00 am - 9:50 am</p> <p><u>Aqua Fitness</u> 10:00 am - 10:50 am</p> <p><u>StrongER Seniors</u> 10:00 am - 10:45 am</p>	<p>31</p> <p><u>Lane Swim</u> 7:00 am - 7:55 am</p> <p><u>Rehabilitation Swim</u> 7:30 am - 8:30 am</p> <p><u>Lane Swim (1/2 pool)</u> 8:00 am - 8:45 am</p> <p><u>Aqua Fitness</u> 8:00 am - 8:50 am</p> <p><u>Older Adult Flow Yoga</u> 8:45 am - 9:45 am</p> <p><u>Pickleball (Beginner)</u> 8:45 am - 10:30 am</p> <p><u>Learn to Speak French - The Basics</u> 8:45 am - 9:45 am</p> <p><u>Women's Weight Training</u> 9:00 am - 9:45 am</p> <p><u>Mini Scientists (18 months to 3 Years)</u> 9:00 am - 9:45 am</p> <p><u>Therapy Fitness</u> 9:00 am - 9:50 am</p> <p><u>Lane Swim</u> 9:00 am - 9:55 am</p> <p><u>Shuffleboard 9:30am-12:00pm</u> 9:30 am - 12:00 pm</p>	<p>1</p> <p><u>Lane Swim</u> 6:00 am - 7:00 am</p> <p><u>Lane Swim</u> 7:00 am - 8:00 am</p> <p><u>Rehabilitation Swim</u> 7:30 am - 8:30 am</p> <p><u>Lane Swim</u> 8:00 am - 8:45 am</p> <p><u>Aqua Fitness</u> 9:00 am - 9:50 am</p> <p><u>Family Swim (All Pools)</u> 9:00 am - 10:15 am</p> <p><u>Older Adult Yoga</u> 9:30 am - 10:30 am</p> <p><u>Movers &amp; Shakers (18 months to 3 Years)</u> 10:00 am - 10:45 am</p> <p><u>Aqua Fitness</u> 10:00 am - 10:50 am</p> <p><u>Mix It Up</u> 10:15 am - 11:15 am</p> <p><u>Line Dancing - Beginner</u> 10:45 am - 11:45 am</p> <p><u>Lane Swim (1/2 pool)</u> 11:15 am - 12:15 pm</p>	<p>2</p> <p><u>Rehabilitation Swim</u> 8:00 am - 9:00 am</p> <p><u>Preschool Play Zone (18 months to 5 Years)</u> 9:00 am - 9:45 am</p> <p><u>Preschool Gym/Swim (18 months to 5 Years)</u> 9:45 am - 11:00 am</p> <p><u>Youth Room Drop-in (Grade 6-12)</u> 10:00 am - 12:00 pm</p> <p><u>Family/Open Gym</u> 10:15 am - 12:00 pm</p> <p><u>Badminton</u> 12:00 pm - 1:45 pm</p> <p><u>Open Gym</u> 2:00 pm - 3:45 pm</p> <p><u>Public Swim (All Pools)</u> 2:00 pm - 3:15 pm</p>

<u>Youth Room Drop-in (Grade 6-12)</u> 4:00 pm - 5:00 pm  <u>Open Gym</u> 4:30 pm - 6:15 pm  <u>Basketball</u> 6:30 pm - 8:15 pm	<u>Older Adult Yoga</u> 10:00 am - 11:00 am  <u>Mini Scientists (18 months to 3 Years)</u> 10:00 am - 10:45 am  <u>Deaf Seniors</u> 10:00 am - 1:00 pm	<u>(Helmets mandatory for all participants)</u> 10:15 am - 11:05 am  <u>Lane Swim (1/2 pool)</u> 11:15 am - 12:15 pm	<u>Stretch and Balance Fit</u> 10:15 am - 11:15 am  <u>Chair Yoga</u> 11:00 am - 11:45 am	<u>Falls Prevention</u> 9:30 am - 11:30 am  <u>Family Swim (Main Pool Only)</u> 10:00 am - 11:00 am  <u>Lane Swim (1/2 pool)</u> 10:00 am - 11:00 am	<u>Public Swim (All Pools)</u> 11:15 am - 12:30 pm  <u>Line Dancing - Beginner</u> 12:00 pm - 1:00 pm  <u>Total Body Strength</u> 12:15 pm - 12:45 pm	<u>Lane Swim (1/2 pool)</u> 2:00 pm - 3:00 pm  <u>Futsal</u> 4:00 pm - 6:00 pm
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**Start Date:** 10/27/2024

**End Date:** 11/02/2024

<https://calendar.quintesportsandwellnesscentre.ca>