



Generated December 4,  
2024

# Week of November 24, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>24</p> <p><u>Lane Swim (1/2 pool)</u> 9:00 am - 10:00 am</p> <p><u>Family Swim (All Pools)</u> 9:00 am - 10:15 am</p> <p><u>Open Gym</u> 12:15 pm - 2:00 pm</p> <p><u>Pickleball (Recreational)</u> 2:15 pm - 4:00 pm</p> <p><u>Open Gym</u> 4:30 pm - 6:15 pm</p> <p><u>Basketball</u> 6:30 pm - 8:15 pm</p>	<p>25</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 (Advanced)</u> 8:45 am - 10:30 am</p> <p><u>Learn to Speak French - Communicate in a French Restaurant</u> 8:45 am - 9:45 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>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>Zumba</u> 9:30 am - 10:30 am</p> <p><u>StrongER Seniors</u> 10:00 am - 10:45 am</p> <p><u>Older Adult Yoga</u> 10:00 am - 11:00 am</p> <p><u>Mini Scientists (18 months to 3 Years)</u> 10:00 am - 10:45 am</p>	<p>26</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>Aqua Fitness</u> 8:00 am - 8:50 am</p> <p><u>Lane Swim (1/2 pool)</u> 8:00 am - 8:45 am</p> <p><u>Older Adult Yoga</u> 8:45 am - 9:45 am</p> <p><u>Sketch &amp; Swim</u> 9:00 am - 1:00 pm</p> <p><u>Lane Swim</u> 9:00 am - 9:55 am</p> <p><u>Therapy Fitness</u> 9:00 am - 9:50 am</p> <p><u>Artist Collective</u> 9:30 am - 11:30 am</p> <p><u>Older Adult Yoga</u> 10:00 am - 11:00 am</p> <p><u>Lane Swim (1/2 pool)</u> 10:00 am - 11:00 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>Mix It Up</u> 10:15 am - 11:15 am</p> <p><u>Lane Swim (1/2 pool)</u> 11:00 am - 12:00 pm</p>	<p>27</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>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>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>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>StrongER Seniors</u> 10:00 am - 10:45 am</p> <p><u>Aqua Fitness</u> 10:00 am - 10:50 am</p> <p><u>Stretch and Balance Fit</u> 10:15 am - 11:15 am</p> <p><u>Chair Yoga</u> 11:00 am - 11:45 am</p>	<p>28</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>Aqua Fitness</u> 8:00 am - 8:50 am</p> <p><u>Lane Swim (1/2 pool)</u> 8:00 am - 8:45 am</p> <p><u>Pickleball (Beginner)</u> 8:45 am - 10:30 am</p> <p><u>Older Adult Flow Yoga</u> 8:45 am - 9:45 am</p> <p><u>Learn to Speak French - The Basics</u> 8:45 am - 9:45 am</p> <p><u>Mini Scientists (18 months to 3 Years)</u> 9:00 am - 9:45 am</p> <p><u>Women's Weight Training</u> 9:00 am - 9:45 am</p> <p><u>Lane Swim</u> 9:00 am - 9:55 am</p> <p><u>Therapy Fitness</u> 9:00 am - 9:50 am</p> <p><u>Shuffleboard 9:30am-12:00pm</u> 9:30 am - 12:00 pm</p> <p><u>Falls Prevention</u> 9:30 am - 11:30 am</p> <p><u>Family Swim (Main Pool Only)</u> 10:00 am - 11:00 am</p>	<p>29</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>Pickleball (Intermediate)</u> 8:45 am - 10:30 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>Vulnerable Road Users Seminar</u> 9:30 am - 11:30 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> 11:00 am - 12:00 am</p>	<p>30</p> <p><u>Rehabilitation Swim</u> 8:00 am - 9:00 am</p> <p><u>Lifesaving Society Swim Instructor (15+ years)</u> 8:30 am - 6:00 pm</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 - 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>Futsal</u> 4:00 pm - 6:00 pm</p>

	am <u>Deaf Seniors</u> 10:00 am - 1:00 pm			<u>Lane Swim (1/2 pool)</u> 10:00 am - 11:00 am	pm <u>Public Swim (All Pools)</u> 11:15 am - 12:30 pm	
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**Start Date:** 11/24/2024

<https://calendar.quintesportsandwellnesscentre.ca>

**End Date:** 11/30/2024