

Quinte Sports and Wellness Centre Calendar



Generated September 7,
2024

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	10:00 am Youth Room Drop-in (Grade 6-12) 12:00 pm Lane Swim (Kinsmen) - 12:00-1:30 p.m. 1:30 pm Public Swim (Kinsmen) - 1:30 - 2:55 p.m. 3:00 pm Public Swim (Kinsmen) - 3:00 - 4:25 p.m.	6:00 am Lane Swim 7:00 am Lane Swim 7:00 am Rehabilitation Swim 7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m. 8:00 am Lane Swim (1/2 pool) 8:00 am Aqua Fitness 8:45 am Older Adult Yoga 9:00 am Artist Collective 9:00 am Therapy Fitness 9:00 am Lane Swim 10:15 am Mix It Up 12:00 pm Lane Swim (1/2 pool) 12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m. 12:15 pm TRX Circuit 1:00 pm Bridge (Experienced) 1:00 pm Lane Swim (1/2 pool) 1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m. 2:00 pm Senior's Swim (All Pools) 3:00 pm Lane Swim (1/2 pool) 3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	6:00 am Lane Swim 7:00 am Lane Swim 7:00 am Rehabilitation Swim 7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m. 8:00 am Lane Swim 9:00 am Family Swim (Therapy/Preschool Pool Only) 9:00 am Therapy Fitness 9:00 am Stitches 9:00 am Strong Seniors 9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m. 10:45 am Stretch and Balance Fit 11:00 am Chair Yoga 12:00 pm Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m. 12:00 pm Lane Swim (1/2 pool) 12:00 pm Lane Swim (Kinsmen) 1/2 pool - 12:00-1:25 p.m. 12:15 pm Cardio Core 1:00 pm Mah Jongg 1:00 pm Lane Swim (1/2 pool) 1:30 pm Zumba	7:00 am Lane Swim 7:00 am Rehabilitation Swim 7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m. 8:00 am Lane Swim 8:00 am Aqua Fitness 8:45 am Older Adult Flow Yoga 9:00 am Women's Weight Training 9:00 am Therapy Fitness 9:00 am Lane Swim 10:00 am Tech Talks and Tech Support with Jordan 11:15 am Chair Fitness/ Chair Yoga Combo 12:00 pm Lane Swim (1/2 pool) 12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m. 12:15 pm TRX	6:00 am Lane Swim 7:00 am Lane Swim 7:00 am Rehabilitation Swim 7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m. 8:00 am Lane Swim 9:00 am Family Swim (Therapy/Preschool Pool Only) 9:00 am Therapy Fitness 9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m. 9:15 am Mom & Baby Fitness 9:30 am Older Adult Yoga 10:30 am Crokinole 10:45 am Line Dancing - Beginner 12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m. 12:00 pm Lane Swim (1/2 pool) 12:15 pm Total Body Strength 1:00 pm Bridge (Experienced) 1:00 pm Lane Swim (1/2 pool) 1:30 pm Zumba Gold 1:30 pm Public Swim (Kinsmen)	8:30 am Lane Swim (Kinsmen) - 8:30-10:00 a.m. 10:00 am Public Swim (Kinsmen) - 10:00 - 11:25 a.m. 10:00 am Family/Open Gym 11:30 am Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m. 12:00 pm Badminton 1:30 pm Public Swim (Kinsmen) - 1:30 - 2:55 p.m. 3:00 pm Public Swim (Kinsmen) - 3:00 - 4:25 p.m.

		<p>3:15 pm Public Swim (All Pools)</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>5:30 pm Preschool Play Zone (18 months to 5 Years)</p> <p>6:00 pm Aqua Fitness</p> <p>6:15 pm Sporty Kids (6 to 9 Years)</p> <p>7:00 pm Lane Swim</p> <p>7:15 pm Lane Swim (1/2 pool)</p> <p>7:15 pm Public Swim (All Pools)</p> <p>7:30 pm Volleyball Intermediate/Advanced</p>	<p>Gold</p> <p>1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>3:15 pm Public Swim (All Pools)</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:15 pm Line Dancing - Beginner</p> <p>5:15 pm Pickleball (Recreational)</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:30 pm Line Dancing - Experienced</p> <p>7:00 pm Lane Swim</p> <p>7:15 pm Badminton</p>	<p>Circuit</p> <p>1:00 pm Scrapbooking</p> <p>1:00 pm Lane Swim (1/2 pool)</p> <p>1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Lane Swim (1/2 pool)</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>3:15 pm Public Swim (All Pools)</p> <p>4:00 pm Youth Room Drop-in (Grade 6-12)</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:00 pm Zumba</p> <p>5:15 pm Pickleball (Recreational)</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:00 pm Aqua Fitness</p> <p>7:15 pm Public Swim (All Pools)</p> <p>7:15 pm Lane Swim (1/2 pool)</p>	<p>1/2 pool - 1:30 - 2:55 p.m.</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Rehabilitation Swim</p> <p>3:00 pm Lane Swim</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:15 pm Jr. Soccer Skills & Drills (4 to 8 years)</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p>	
7	8	9	10	11	12	13
8:30 am Lane Swim	6:00 am Lane Swim	7:00 am Lane Swim	6:00 am Lane Swim	7:00 am Lane	6:00 am Lane Swim	8:30 am Lane

(Kinsmen) - 8:30-10:00 a.m.	7:00 am Lane Swim	7:00 am Rehabilitation Swim	7:00 am Lane Swim	Swim	7:00 am Lane Swim	Swim (Kinsmen) - 8:30-10:00 a.m.
10:00 am Public Swim (Kinsmen) - 10:00 - 11:25 a.m.	7:00 am Rehabilitation Swim	7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	7:00 am Rehabilitation Swim	7:00 am Rehabilitation Swim	7:00 am Rehabilitation Swim	10:00 am Public Swim (Kinsmen) - 10:00 - 11:25 a.m.
10:00 am Youth Room Drop-in (Grade 6-12)	7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	8:00 am Lane Swim (1/2 pool)	7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	10:00 am Public Swim (Kinsmen) - 10:00 - 11:25 a.m.
11:30 am Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.	8:00 am Lane Swim	8:00 am Aqua Fitness	8:00 am Lane Swim	8:00 am Lane Swim (1/2 pool)	8:00 am Lane Swim	10:00 am Family/Open Gym
12:15 pm Family/Open Gym	9:00 am Family Swim (Therapy/Preschool Pool Only)	8:45 am Older Adult Yoga	9:00 am Family Swim (Therapy/Preschool Pool Only)	8:00 am Aqua Fitness	9:00 am Family Swim (Therapy/Preschool Pool Only)	11:30 am Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.
1:30 pm Public Swim (Kinsmen) - 1:30 - 2:55 p.m.	9:00 am Therapy Fitness	9:00 am Artist Collective	9:00 am Therapy Fitness	8:45 am Older Adult Flow Yoga	9:00 am Therapy Fitness	12:00 pm Badminton
2:15 pm Pickleball (Recreational)	9:00 am Strong Seniors	9:00 am Therapy Fitness	9:00 am Strong Seniors	9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m.	9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m.	1:30 pm Public Swim (Kinsmen) - 1:30 - 2:55 p.m.
3:00 pm Public Swim (Kinsmen) - 3:00 - 4:25 p.m.	9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m.	9:00 am Lane Swim	9:00 am Stitches	9:00 am Women's Weight Training	9:15 am Mom & Baby Fitness	3:00 pm Public Swim (Kinsmen) - 3:00 - 4:25 p.m.
5:00 pm Power Skating (Beginner)	10:00 am Older Adult Yoga	10:15 am Mix It Up	9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m.	9:00 am Therapy Fitness	9:30 am Older Adult Yoga	
5:50 pm Power Skating (Intermediate/Advanced)	10:00 am Deaf Seniors	12:00 pm Lane Swim (1/2 pool)	10:45 am Stretch and Balance Fit	9:00 am Lane Swim	10:30 am Crokinole	
	10:15 am Gentle Core Strengthening	12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m.	11:00 am Chair Yoga	10:00 am Tech Talks and Tech Support with Jordan	10:45 am Line Dancing - Beginner	
	12:00 pm Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.	12:15 pm TRX Circuit	12:00 pm Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.	11:15 am Chair Fitness/ Chair Yoga Combo	12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m.	
	12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m.	1:00 pm Lane Swim (1/2 pool)	12:00 pm Lane Swim (1/2 pool)	12:00 pm Lane Swim (1/2 pool)	12:00 pm Lane Swim (1/2 pool)	
	12:00 pm Lane Swim (1/2 pool)	1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	12:00 pm Lane Swim (Kinsmen) 1/2 pool - 12:00-1:25 p.m.	12:00 pm Lane Swim (1/2 pool)	12:15 pm Total Body Strength	
	12:15 pm Cardio Core	2:00 pm Senior's Swim (All Pools)	12:15 pm Cardio Core	12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m.	1:00 pm Bridge (Experienced)	
	12:30 pm Balance Yoga: Mind & Body	2:00 pm CARP	1:00 pm Mah Jongg	12:15 pm TRX Circuit	1:00 pm Lane Swim (1/2 pool)	
	1:00 pm Bid Euchre	3:00 pm Lane Swim (1/2 pool)	1:00 pm Lane Swim (1/2 pool)	1:00 pm Scrapbooking	1:30 pm Zumba Gold	
	1:00 pm Lane Swim (1/2 pool)	3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	1:30 pm Zumba Gold	1:00 pm Lane Swim (1/2 pool)	1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	
	1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	3:15 pm Public Swim (All Pools)	1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	2:00 pm Senior's Swim (All Pools)	2:00 pm Senior's Swim (All Pools)	
	2:00 pm Therapy Fitness	4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.	2:00 pm Senior's Swim (All Pools)	3:00 pm Lane Swim (1/2 pool)	3:00 pm Rehabilitation Swim	
	2:00 pm Senior's Swim (Main Pool Only)	5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.	3:00 pm Lane Swim (1/2 pool)	3:15 pm Public Swim (All Pools)	3:00 pm Lane Swim	
	2:00 pm Falls Prevention	5:30 pm Preschool Play Zone (18 months to 5 Years)	3:15 pm Public Swim (All Pools)	5:15 pm Line Dancing - Beginner	3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	
	3:00 pm Lane Swim (1/2 pool)	6:15 pm Sporty Kids (6 to 9 Years)	5:15 pm Pickleball (Recreational)	5:15 pm Pickleball (Recreational)	4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.	
	3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	7:15 pm Lane Swim (1/2 pool)	6:30 pm Line Dancing - Experienced	7:00 pm Lane Swim	5:15 pm Jr. Soccer Skills & Drills (4 to 8 years)	
	3:15 pm Public Swim (All Pools)	7:15 pm Public Swim (All Pools)	7:00 pm Lane Swim	7:15 pm Badminton	5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.	
	4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.	7:30 pm Volleyball Intermediate/Advanced				

	<p>5:00 pm Gentle Flow Yoga</p> <p>5:30 pm Artful Antics (4 to 8 years)</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:45 pm Teen Recreational Volleyball (9 to 17 years)</p> <p>7:00 pm Lane Swim</p>			<p>4:00 pm Youth Room Drop-in (Grade 6-12)</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:00 pm Zumba</p> <p>5:15 pm Pickleball (Recreational)</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:00 pm Aqua Fitness</p> <p>7:15 pm Public Swim (All Pools)</p> <p>7:15 pm Lane Swim (1/2 pool)</p>		
<p>14</p> <p>8:30 am Lane Swim (Kinsmen) - 8:30-10:00 a.m.</p> <p>10:00 am Public Swim (Kinsmen) - 10:00 - 11:25 a.m.</p> <p>10:00 am Youth Room Drop-in (Grade 6-12)</p> <p>11:30 am Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.</p> <p>12:15 pm Family/Open Gym</p> <p>1:30 pm Public Swim (Kinsmen) - 1:30 - 2:55 p.m.</p> <p>2:15 pm Pickleball (Recreational)</p> <p>3:00 pm Public Swim (Kinsmen) - 3:00 - 4:25 p.m.</p> <p>5:00 pm Power Skating (Beginner)</p> <p>5:50 pm Power Skating (Intermediate/Advanced)</p>	<p>15</p> <p>6:00 am Lane Swim</p> <p>7:00 am Lane Swim</p> <p>7:00 am Rehabilitation Swim</p> <p>7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.</p> <p>8:00 am Lane Swim (1/2 pool)</p> <p>8:00 am Lane Swim</p> <p>9:00 am Family Swim (Therapy/Preschool Pool Only)</p> <p>9:00 am Therapy Fitness</p> <p>9:00 am Strong Seniors</p> <p>9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m.</p> <p>10:00 am Older Adult Yoga</p> <p>10:00 am Deaf Seniors</p> <p>12:00 pm Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.</p> <p>12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m.</p> <p>12:00 pm Lane Swim (1/2 pool)</p>	<p>16</p> <p>7:00 am Lane Swim</p> <p>7:00 am Rehabilitation Swim</p> <p>7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.</p> <p>8:00 am Lane Swim (1/2 pool)</p> <p>8:00 am Aqua Fitness</p> <p>8:45 am Older Adult Yoga</p> <p>9:00 am Artist Collective</p> <p>9:00 am Therapy Fitness</p> <p>9:00 am Lane Swim</p> <p>10:15 am Mix It Up</p> <p>12:00 pm Lane Swim (1/2 pool)</p> <p>12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m.</p> <p>12:15 pm TRX Circuit</p> <p>1:00 pm Bridge (Experienced)</p> <p>1:00 pm Lane Swim (1/2 pool)</p> <p>1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p>	<p>17</p> <p>6:00 am Lane Swim</p> <p>7:00 am Lane Swim</p> <p>7:00 am Rehabilitation Swim</p> <p>7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.</p> <p>8:00 am Lane Swim</p> <p>9:00 am Family Swim (Therapy/Preschool Pool Only)</p> <p>9:00 am Therapy Fitness</p> <p>9:00 am Stitches</p> <p>9:00 am Strong Seniors</p> <p>9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m.</p> <p>10:45 am Stretch and Balance Fit</p> <p>11:00 am Chair Yoga</p> <p>12:00 pm Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.</p> <p>12:00 pm Lane Swim (1/2 pool)</p> <p>12:00 pm Lane Swim (Kinsmen)</p>	<p>18</p> <p>7:00 am Lane Swim</p> <p>7:00 am Rehabilitation Swim</p> <p>7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.</p> <p>8:00 am Lane Swim (1/2 pool)</p> <p>8:00 am Aqua Fitness</p> <p>8:45 am Older Adult Flow Yoga</p> <p>9:00 am Women's Weight Training</p> <p>9:00 am Therapy Fitness</p> <p>9:00 am Lane Swim</p> <p>10:00 am Tech Talks and Tech Support with Jordan</p> <p>11:15 am Chair Fitness/ Chair Yoga Combo</p>	<p>19</p> <p>6:00 am Lane Swim</p> <p>7:00 am Lane Swim</p> <p>7:00 am Rehabilitation Swim</p> <p>7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.</p> <p>8:00 am Lane Swim</p> <p>9:00 am Family Swim (Therapy/Preschool Pool Only)</p> <p>9:00 am Therapy Fitness</p> <p>9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m.</p> <p>9:15 am Mom & Baby Fitness</p> <p>9:30 am Older Adult Yoga</p> <p>9:30 am Painting with Natalia Workshop</p> <p>10:30 am Crokinole</p> <p>10:45 am Line Dancing - Beginner</p> <p>12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m.</p> <p>12:00 pm Lane</p>	<p>20</p> <p>8:30 am Lane Swim (Kinsmen) - 8:30-10:00 a.m.</p> <p>10:00 am Public Swim (Kinsmen) - 10:00 - 11:25 a.m.</p> <p>10:00 am Family/Open Gym</p> <p>10:00 am Youth Room Drop-in (Grade 6-12)</p> <p>11:30 am Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.</p> <p>12:00 pm Badminton</p> <p>1:30 pm Public Swim (Kinsmen) - 1:30 - 2:55 p.m.</p> <p>3:00 pm Public Swim (Kinsmen) - 3:00 - 4:25 p.m.</p>

	<p>12:15 pm Cardio Core</p> <p>1:00 pm Bid Euchre</p> <p>1:00 pm Lane Swim (1/2 pool)</p> <p>1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p> <p>2:00 pm Therapy Fitness</p> <p>2:00 pm Senior's Swim (Main Pool Only)</p> <p>2:00 pm Falls Prevention</p> <p>3:00 pm Lane Swim (1/2 pool)</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>3:15 pm Public Swim (All Pools)</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:00 pm Gentle Flow Yoga</p> <p>5:30 pm Artful Antics (4 to 8 years)</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:45 pm Teen Recreational Volleyball (9 to 17 years)</p> <p>7:00 pm Lane Swim</p>	<p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Lane Swim (1/2 pool)</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>3:15 pm Public Swim (All Pools)</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>5:30 pm Preschool Play Zone (18 months to 5 Years)</p> <p>6:15 pm Sporty Kids (6 to 9 Years)</p> <p>7:15 pm Lane Swim (1/2 pool)</p> <p>7:15 pm Public Swim (All Pools)</p> <p>7:30 pm Volleyball Intermediate/Advanced</p>	<p>1/2 pool - 12:00-1:25 p.m.</p> <p>12:15 pm Cardio Core</p> <p>1:00 pm Mah Jongg</p> <p>1:00 pm Lane Swim (1/2 pool)</p> <p>1:30 pm Zumba Gold</p> <p>1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Lane Swim (1/2 pool)</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>3:15 pm Public Swim (All Pools)</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:15 pm Line Dancing - Beginner</p> <p>5:15 pm Pickleball (Recreational)</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:30 pm Line Dancing - Experienced</p> <p>7:00 pm Lane Swim</p> <p>7:15 pm Badminton</p>	<p>12:00 pm Lane Swim (1/2 pool)</p> <p>12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m.</p> <p>12:15 pm TRX Circuit</p> <p>1:00 pm Scrapbooking</p> <p>1:00 pm Lane Swim (1/2 pool)</p> <p>1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Lane Swim (1/2 pool)</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>3:15 pm Public Swim (All Pools)</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:00 pm Zumba</p> <p>5:15 pm Pickleball (Recreational)</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:00 pm Aqua Fitness</p> <p>7:15 pm Public Swim (All Pools)</p> <p>7:15 pm Lane Swim (1/2 pool)</p>	<p>Swim (1/2 pool)</p> <p>12:15 pm Total Body Strength</p> <p>1:00 pm Bridge (Experienced)</p> <p>1:00 pm Cooking with Chef Jesse (Zoom)</p> <p>1:00 pm Lane Swim (1/2 pool)</p> <p>1:30 pm Zumba Gold</p> <p>1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Rehabilitation Swim</p> <p>3:00 pm Lane Swim</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:15 pm Jr. Soccer Skills & Drills (4 to 8 years)</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p>	
21	22	23	24	25	26	27
8:30 am Lane Swim	6:00 am Lane Swim	7:00 am Lane Swim	6:00 am Lane Swim	7:00 am Lane	6:00 am Lane Swim	8:30 am Lane

(Kinsmen) - 8:30-10:00 a.m.	7:00 am Lane Swim	7:00 am Rehabilitation Swim	7:00 am Lane Swim	Swim	7:00 am Lane Swim	Swim (Kinsmen) - 8:30-10:00 a.m.
10:00 am Public Swim (Kinsmen) - 10:00 - 11:25 a.m.	7:00 am Rehabilitation Swim	7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	7:00 am Rehabilitation Swim	7:00 am Rehabilitation Swim	7:00 am Rehabilitation Swim	10:00 am Public Swim (Kinsmen) - 10:00 - 11:25 a.m.
10:00 am Youth Room Drop-in (Grade 6-12)	7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	8:00 am Lane Swim (1/2 pool)	7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	7:30 am Lane Swim (Kinsmen) - 9:00 a.m.	10:00 am Family/Open Gym
11:30 am Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.	8:00 am Lane Swim	8:00 am Aqua Fitness	8:00 am Lane Swim	8:00 am Lane Swim (1/2 pool)	8:00 am Lane Swim	10:00 am Youth Room Drop-in (Grade 6-12)
12:15 pm Family/Open Gym	9:00 am Family Swim (Therapy/Preschool Pool Only)	8:45 am Older Adult Yoga	9:00 am Family Swim (Therapy/Preschool Pool Only)	8:00 am Aqua Fitness	9:00 am Family Swim (Therapy/Preschool Pool Only)	11:30 am Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.
1:30 pm Public Swim (Kinsmen) - 1:30 - 2:55 p.m.	9:00 am Therapy Fitness	9:00 am Artist Collective	9:00 am Therapy Fitness	8:45 am Older Adult Flow Yoga	9:00 am Therapy Fitness	12:00 pm Badminton
2:15 pm Pickleball (Recreational)	9:00 am Strong Seniors	9:00 am Therapy Fitness	9:00 am Stitches	8:45 am Older Adult Yoga	9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m.	1:30 pm Public Swim (Kinsmen) - 1:30 - 2:55 p.m.
3:00 pm Public Swim (Kinsmen) - 3:00 - 4:25 p.m.	9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m.	9:00 am Lane Swim	9:00 am Strong Seniors	9:00 am Women's Weight Training	9:15 am Mom & Baby Fitness	3:00 pm Public Swim (Kinsmen) - 3:00 - 4:25 p.m.
5:00 pm Power Skating (Beginner)	10:00 am Older Adult Yoga	10:15 am Mix It Up	9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m.	9:00 am Therapy Fitness	9:30 am Older Adult Yoga	
5:50 pm Power Skating (Intermediate/Advanced)	10:00 am Deaf Seniors	12:00 pm Lane Swim (1/2 pool)	10:45 am Stretch and Balance Fit	9:00 am Lane Swim	10:30 am Crokinole	
	10:15 am Gentle Core Strengthening	12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m.	11:00 am Chair Yoga	10:00 am Tech Talks and Tech Support with Jordan	10:45 am Line Dancing - Beginner	
	12:00 pm Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.	12:15 pm TRX Circuit	12:00 pm Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.	11:15 am Chair Fitness/ Chair Yoga Combo	12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m.	
	12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m.	1:00 pm Bridge (Experienced)	12:00 pm Lane Swim (1/2 pool)	12:00 pm Lane Swim (1/2 pool)	12:00 pm Lane Swim (1/2 pool)	
	12:00 pm Lane Swim (1/2 pool)	1:00 pm Lane Swim (1/2 pool)	12:00 pm Lane Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	12:00 pm Lane 1/2 pool - 12:00-1:25 p.m.	12:15 pm Total Body Strength	
	12:15 pm Cardio Core	1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	12:15 pm Cardio Core	1:00 pm Bridge (Experienced)	
	12:30 pm Balance Yoga: Mind & Body	2:00 pm Senior's Swim (All Pools)	2:00 pm Senior's Swim (All Pools)	1:00 pm Mah Jongg	1:00 pm Lane Swim (1/2 pool)	
	1:00 pm Bid Euchre	3:00 pm Lane Swim (1/2 pool)	3:00 pm Lane Swim (All Pools)	1:00 pm Lane Swim (1/2 pool)	12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m.	
	1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	3:15 pm Public Swim (All Pools)	1:30 pm Zumba Gold	12:15 pm TRX Circuit	
	2:00 pm Therapy Fitness	3:15 pm Public Swim (All Pools)	4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.	1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	1:00 pm Scrapbooking	
	2:00 pm Senior's Swim (Main Pool Only)	4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.	5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.	2:00 pm Senior's Swim (All Pools)	1:00 pm Lane Swim (1/2 pool)	
	2:00 pm Falls Prevention	5:30 pm Preschool Play Zone (18 months to 5 Years)	5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.	3:00 pm Lane Swim (1/2 pool)	1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	
	3:00 pm Lane Swim (1/2 pool)	6:15 pm Sporty Kids (6 to 9 Years)	5:30 pm Preschool Play Zone (18 months to 5 Years)	3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	2:00 pm Senior's Swim (All Pools)	
	3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	7:15 pm Lane Swim (1/2 pool)	6:15 pm Sporty Kids (6 to 9 Years)	3:15 pm Public Swim (All Pools)	3:00 pm Rehabilitation Swim	
	3:15 pm Public Swim (All Pools)	7:15 pm Public Swim (All Pools)	7:15 pm Lane Swim (1/2 pool)	4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.	3:00 pm Lane Swim	
	4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.	7:30 pm Volleyball Intermediate/Advanced	7:15 pm Public Swim (All Pools)	5:15 pm Line Dancing - Beginner	3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	
			7:30 pm Volleyball Intermediate/Advanced	5:15 pm Pickleball (Recreational)	5:00 pm Kids Pop up Event - Bird Friend (4-9 years)	
				5:30 pm Public	5:15 pm Jr. Soccer Skills & Drills (4 to 8 years)	
					5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.	
					6:15 pm Youth Pop	

	<p>5:00 pm Gentle Flow Yoga</p> <p>5:30 pm Artful Antics (4 to 8 years)</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:45 pm Teen Recreational Volleyball (9 to 17 years)</p> <p>7:00 pm Lane Swim</p>		<p>Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:30 pm Line Dancing - Experienced</p> <p>7:00 pm Lane Swim</p> <p>7:15 pm Badminton</p>	<p>4:00 pm Youth Room Drop-in (Grade 6-12)</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:00 pm Zumba</p> <p>5:15 pm Pickleball (Recreational)</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:00 pm Aqua Fitness</p> <p>7:15 pm Public Swim (All Pools)</p> <p>7:15 pm Lane Swim (1/2 pool)</p>	<p>up Event - Perler Bead Earring Holder (10-17 years)</p>
<p>28</p> <p>8:30 am Lane Swim (Kinsmen) - 8:30-10:00 a.m.</p> <p>10:00 am Public Swim (Kinsmen) - 10:00 - 11:25 a.m.</p> <p>10:00 am Youth Room Drop-in (Grade 6-12)</p> <p>11:30 am Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.</p> <p>12:15 pm Family/Open Gym</p> <p>1:30 pm Public Swim (Kinsmen) - 1:30 - 2:55 p.m.</p> <p>2:15 pm Pickleball (Recreational)</p> <p>3:00 pm Public Swim (Kinsmen) - 3:00 - 4:25 p.m.</p> <p>5:00 pm Power Skating (Beginner)</p> <p>5:50 pm Power Skating (Intermediate/Advanced)</p>	<p>29</p> <p>6:00 am Lane Swim</p> <p>7:00 am Lane Swim</p> <p>7:00 am Rehabilitation Swim</p> <p>7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.</p> <p>8:00 am Lane Swim (1/2 pool)</p> <p>8:00 am Aqua Fitness</p> <p>8:45 am Older Adult Yoga</p> <p>9:00 am Artist Collective</p> <p>9:00 am Therapy Fitness</p> <p>9:00 am Strong Seniors</p> <p>9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m.</p> <p>10:00 am Older Adult Yoga</p> <p>10:00 am Deaf Seniors</p> <p>10:15 am Gentle Core Strengthening</p> <p>12:00 pm Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.</p> <p>12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m.</p> <p>12:00 pm Lane Swim (1/2 pool)</p> <p>12:15 pm Cardio Core</p>	<p>30</p> <p>7:00 am Lane Swim</p> <p>7:00 am Rehabilitation Swim</p> <p>7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.</p> <p>8:00 am Lane Swim (1/2 pool)</p> <p>8:00 am Aqua Fitness</p> <p>8:45 am Older Adult Yoga</p> <p>9:00 am Artist Collective</p> <p>9:00 am Therapy Fitness</p> <p>9:00 am Lane Swim</p> <p>10:15 am Mix It Up</p> <p>12:00 pm Lane Swim (1/2 pool)</p> <p>12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m.</p> <p>12:15 pm TRX Circuit</p> <p>1:00 pm Bridge (Experienced)</p> <p>1:00 pm Lane Swim (1/2 pool)</p> <p>1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Lane Swim (1/2 pool)</p>	<p>31</p> <p>6:00 am Lane Swim</p> <p>7:00 am Lane Swim</p> <p>7:00 am Rehabilitation Swim</p> <p>7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.</p> <p>8:00 am Lane Swim</p> <p>9:00 am Family Swim (Therapy/Preschool Pool Only)</p> <p>9:00 am Therapy Fitness</p> <p>9:00 am Stitches</p> <p>9:00 am Strong Seniors</p> <p>9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m.</p> <p>10:45 am Stretch and Balance Fit</p> <p>11:00 am Chair Yoga</p> <p>12:00 pm Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.</p> <p>12:00 pm Lane Swim (1/2 pool)</p> <p>12:00 pm Lane Swim (Kinsmen) 1/2 pool - 12:00-1:25 p.m.</p> <p>12:15 pm Cardio Core</p>		

<p>12:30 pm Balance Yoga: Mind & Body</p> <p>1:00 pm Bid Euchre</p> <p>1:00 pm Lane Swim (1/2 pool)</p> <p>1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p> <p>2:00 pm Therapy Fitness</p> <p>2:00 pm Senior's Swim (Main Pool Only)</p> <p>2:00 pm Falls Prevention</p> <p>3:00 pm Lane Swim (1/2 pool)</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>3:15 pm Public Swim (All Pools)</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:00 pm Gentle Flow Yoga</p> <p>5:30 pm Artful Antics (4 to 8 years)</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:45 pm Teen Recreational Volleyball (9 to 17 years)</p> <p>7:00 pm Lane Swim</p>	<p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>3:15 pm Public Swim (All Pools)</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>5:30 pm Preschool Play Zone (18 months to 5 Years)</p> <p>6:15 pm Sporty Kids (6 to 9 Years)</p> <p>7:15 pm Lane Swim (1/2 pool)</p> <p>7:15 pm Public Swim (All Pools)</p> <p>7:30 pm Volleyball Intermediate/Advanced</p>	<p>1:00 pm Mah Jongg</p> <p>1:00 pm Lane Swim (1/2 pool)</p> <p>1:30 pm Zumba Gold</p> <p>1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Lane Swim (1/2 pool)</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>3:15 pm Public Swim (All Pools)</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:15 pm Line Dancing - Beginner</p> <p>5:15 pm Pickleball (Recreational)</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:30 pm Line Dancing - Experienced</p> <p>7:00 pm Lane Swim</p> <p>7:15 pm Badminton</p>			
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