



Generated September 7, 2024

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	1 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.	Tuesday 2 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	3 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	Thursday 4 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 Flow Yoga	Friday 5 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.	6 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
		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 pm Lane Swim (1/2 pool)	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	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	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)	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.

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

(Kinsmen) - 8:30-10:00 a.m.	7:00 am Lane Swim	7:00 am Rehabilitation	7:00 am Lane Swim	Swim 7:00 am	7:00 am Lane Swim	Swim (Kinsmen) -
10:00 am Public Swim (Kinsmen) - 10:00 -	7:00 am Rehabilitation Swim	Swim 7:30 am Lane Swim (Kinsmen) - 7:30 -	7:00 am Rehabilitation Swim	Rehabilitation Swim	7:00 am Rehabilitation Swim	8:30-10:00 a.m.
11:25 a.m. 10:00 am Youth Room	7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	9:00 a.m. 8:00 am Lane Swim	7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	7:30 am Lane Swim	7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	10:00 am Public Swim (Kinsmen) -
Drop-in (Grade 6-12) 11:30 am Public Swim	8:00 am Lane Swim	(1/2 pool)	8:00 am Lane Swim	(Kinsmen) - 7:30 - 9:00 a.m.	8:00 am Lane Swim	10:00 - 11:25 a.m.
(Kinsmen) - 11:30 a.m 1:00 p.m.	9:00 am Family Swim	8:00 am Aqua Fitness 8:45 am Older Adult	9:00 am Family Swim	8:00 am Lane Swim (1/2	9:00 am Family Swim	10:00 am Family/Open
12:15 pm Family/Open Gym	(Therapy/Preschool Pool Only)	Yoga 9:00 am Artist	(Therapy/Preschool Pool Only)	pool)	(Therapy/Preschool Pool Only)	Gym 11:30 am
1:30 pm Public Swim (Kinsmen) - 1:30 - 2:55	9:00 am Therapy Fitness	Collective 9:00 am Therapy	9:00 am Therapy Fitness	8:00 am Aqua Fitness	9:00 am Therapy Fitness	Public Swim (Kinsmen) - 11:30 a.m
p.m. 2:15 pm Pickleball	9:00 am Strong Seniors	Fitness 9:00 am Lane Swim	9:00 am Strong Seniors	8:45 am Older Adult Flow Yoga	9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m.	1:00 p.m.
(Recreational) 3:00 pm Public Swim	9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m.	10:15 am Mix It Up 12:00 pm Lane Swim	9:00 am Stitches9:00 am Family	9:00 am Women's	9:15 am Mom & Baby Fitness	12:00 pm Badminton
(Kinsmen) - 3:00 - 4:25 p.m.	10:00 am Older Adult Yoga	(1/2 pool) 12:00 pm Lane Swim	Swim (Kinsmen) - 9:00 - 11:00 a.m.	Weight Training 9:00 am	9:30 am Older Adult Yoga	1:30 pm Public Swim (Kinsmen) -
5:00 pm Power Skating (Beginner)	10:00 am Deaf Seniors	(Kinsmen) - 12:00- 1:25 p.m.	10:45 am Stretch and Balance Fit	Therapy Fitness	10:30 am Crokinole	1:30 - 2:55 p.m.
5:50 pm Power Skating (Intermediate/Advanced)	10:15 am Gentle Core Strengthening	12:15 pm TRX Circuit	11:00 am Chair Yoga	9:00 am Lane Swim	10:45 am Line Dancing - Beginner	3:00 pm Public Swim (Kinsmen) -
	12:00 pm Aqua Fitness (Kinsmen) -	1:00 pm Lane Swim (1/2 pool) 1:30 pm Public Swim	12:00 pm Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.	10:00 am Tech Talks and Tech	12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m.	3:00 - 4:25 p.m.
	12:00 - 12:50 p.m. 12:00 pm Lane	(Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	12:00 pm Lane Swim (1/2 pool)	Support with Jordan 11:15 am Chair	12:00 pm Lane Swim (1/2 pool)	
	Swim (Kinsmen) - 12:00-1:25 p.m.	2:00 pm Senior's Swim (All Pools)	12:00 pm Lane Swim (Kinsmen)	Fitness/ Chair Yoga Combo	12:15 pm Total Body Strength	
	12:00 pm Lane Swim (1/2 pool)	2:00 pm CARP 3:00 pm Lane Swim	1/2 pool - 12:00- 1:25 p.m.	12:00 pm Lane Swim (1/2	1:00 pm Bridge (Experienced)	
	12:15 pm Cardio Core	(1/2 pool) 3:00 pm Public Swim	12:15 pm Cardio Core	pool) 12:00 pm Lane	1:00 pm Lane Swim (1/2 pool)	
	12:30 pm Balance Yoga: Mind & Body	(Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	1:00 pm Mah Jongg 1:00 pm Lane	Swim (Kinsmen) - 12:00-1:25	1:30 pm Zumba Gold	
	1:00 pm Bid Euchre 1:00 pm Lane	3:15 pm Public Swim (All Pools)	Swim (1/2 pool) 1:30 pm Zumba	p.m. 12:15 pm TRX	1:30 pm Public Swim (Kinsmen)	
	Swim (1/2 pool) 1:30 pm Public	4:30 pm Lane Swim (Kinsmen) 1/2 pool -	Gold 1:30 pm Public	Circuit 1:00 pm	1/2 pool - 1:30 - 2:55 p.m.	
	Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	4:30-5:30 p.m. 5:30 pm Public Swim	Swim (Kinsmen) 1/2 pool - 1:30 -	Scrapbooking 1:00 pm Lane	2:00 pm Senior's Swim (All Pools)	
	2:00 pm Therapy Fitness	(Kinsmen) - 5:30 - 7:30 p.m.	2:55 p.m. 2:00 pm Senior's	Swim (1/2 pool)	3:00 pm Rehabilitation Swim	
	2:00 pm Senior's Swim (Main Pool	5:30 pm Preschool Play Zone (18 months to 5 Years)	Swim (All Pools) 3:00 pm Lane Swim (1/2 pool)	1:30 pm Public Swim	3:00 pm Lane Swim 3:00 pm Public	
	Only) 2:00 pm Falls	6:15 pm Sporty Kids (6 to 9 Years)	3:15 pm Public Swim (All Pools)	(Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	
	Prevention 3:00 pm Lane	7:15 pm Lane Swim (1/2 pool)	5:15 pm Line Dancing - Beginner	2:00 pm Senior's Swim	4:30 pm Lane Swim (Kinsmen) 1/2 pool	
	Swim (1/2 pool) 3:00 pm Public	7:15 pm Public Swim (All Pools)	5:15 pm Pickleball (Recreational)	(All Pools) 3:00 pm Lane	- 4:30-5:30 p.m. 5:15 pm Jr. Soccer	
	Swim (Kinsmen) 1/2 pool - 3:00 -	7:30 pm Volleyball Intermediate/Advanced	6:30 pm Line Dancing -	Swim (1/2 pool)	Skills & Drills (4 to 8 years)	
	4:25 p.m. 3:15 pm Public		Experienced 7:00 pm Lane	3:00 pm Public Swim (Kinsmen) 1/2	5:30 pm Public Swim (Kinsmen) -	
	Swim (All Pools) 4:30 pm Lane		Swim 7:15 pm Badminton	pool - 3:00 - 4:25 p.m.	5:30 - 7:30 p.m.	
	Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.		, 12 pm baammon	3:15 pm Public Swim (All		
	•			Pools)		

14 8:30 am Lane Swim	years) 5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m. 6:45 pm Teen Recreational Volleyball (9 to 17 years) 7:00 pm Lane Swim	16 7:00 am Lane Swim	17 6:00 am Lane Swim	Swim (Kinsmen) 1/2 pool - 4:30- 5:30 p.m. 5:00 pm Zumba 5:15 pm Pickleball (Recreational) 5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m. 6:00 pm Aqua Fitness 7:15 pm Public Swim (All Pools) 7:15 pm Lane Swim (1/2 pool) 18 7:00 am Lane	19 6:00 am Lane Swim	20 8:30 am Lane
(Kinsmen) - 8:30-10:00 a.m. 10:00 am Public Swim (Kinsmen) - 10:00 - 11:25 a.m. 10:00 am Youth Room Drop-in (Grade 6-12) 11:30 am Public Swim (Kinsmen) - 11:30 a.m 1:00 p.m. 12:15 pm Family/Open Gym 1:30 pm Public Swim (Kinsmen) - 1:30 - 2:55 p.m. 2:15 pm Pickleball (Recreational) 3:00 pm Public Swim (Kinsmen) - 3:00 - 4:25 p.m. 5:00 pm Power Skating (Beginner) 5:50 pm Power Skating (Intermediate/Advanced)	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 Strong Seniors 9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m. 10:00 am Older Adult Yoga 10:00 am Deaf Seniors 12:00 pm Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m. 12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m.	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	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 Strong Seniors 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)	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 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	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 9:30 am Painting with Natalia Workshop 10:30 am Crokinole 10:45 am Line Dancing - Beginner 12:00 pm Lane Swim (Kinsmen) -	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 10:00 am Youth Room Drop-in (Grade 6-12) 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) - 1:30 - 2:55 p.m. 3:00 pm

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

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

78	5:00 pm Gentle Flow Yoga 5:30 pm Artful Antics (4 to 8 years) 5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m. 6:45 pm Teen Recreational Volleyball (9 to 17 years) 7:00 pm Lane Swim	30	Swim (Kinsmen) - 5:30 - 7:30 p.m. 6:30 pm Line Dancing - Experienced 7:00 pm Lane Swim 7:15 pm Badminton	4:00 pm Youth Room Drop-in (Grade 6-12) 4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30- 5:30 p.m. 5:00 pm Zumba 5:15 pm Pickleball (Recreational) 5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m. 6:00 pm Aqua Fitness 7:15 pm Public Swim (All Pools) 7:15 pm Lane Swim (1/2 pool)	up Event - Perler Bead Earring Holder (10-17 years)	
28 8:30 am Lane Swim	6:00 am Lane Swim	7:00 am Lane Swim	6:00 am Lane Swim			
(Kinsmen) - 8:30-10:00 a.m.	7:00 am Lane Swim	7:00 am Rehabilitation	7:00 am Lane Swim			
10:00 am Public Swim (Kinsmen) - 10:00 - 11:25 a.m. 10:00 am Youth Room Drop-in (Grade 6-12) 11:30 am Public Swim (Kinsmen) - 11:30 a.m 1:00 p.m. 12:15 pm Family/Open Gym 1:30 pm Public Swim (Kinsmen) - 1:30 - 2:55 p.m. 2:15 pm Pickleball (Recreational) 3:00 pm Public Swim (Kinsmen) - 3:00 - 4:25 p.m. 5:00 pm Power Skating (Beginner) 5:50 pm Power Skating (Intermediate/Advanced)	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 Strong Seniors 9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m. 10:00 am Older Adult Yoga 10:00 am Deaf Seniors 10:15 am Gentle Core Strengthening 12:00 pm Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m. 12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m. 12:00 pm Lane Swim (1/2 pool) 12:15 pm Cardio Core	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)	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 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 (I/2 pool) 12:00 pm Lane Swim (Kinsmen) 1/2 pool - 12:00- 1:25 p.m. 12:15 pm Cardio Core			

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