



Generated May 9, 2025

## September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1</p> <p>7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.</p> <p>8:00 am Summer Spectacular: JR Summer Celebration!</p> <p>8:00 am Kinder Camp: Final Fiesta! (JK/SK)</p> <p>8:00 am Wacky Water Camp: Wacky Water Week</p> <p>8:00 am Sports Camp: JR Multisport</p> <p>8:00 am Youth Camp: Amazing Race</p> <p>8:00 am Summer Spectacular: SR Summer Celebration!</p> <p>9:15 am Mom and Baby Fitness - 9:15 - 9:45 a.m.</p> <p>9:15 am Strong Seniors - 9:15 - 10:00 a.m.</p> <p>9:30 am Older Adult Yoga - 9:30 - 10:30 a.m.</p> <p>10:15 am Mix It Up - 10:15 - 11:15 a.m.</p> <p>10:15 am Youth Weight Training - 10:15 - 11:00 a.m.</p> <p>10:30 am Tech Talks - 10:30 - 11:30 a.m.</p>	<p>2</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>11:30 am Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.</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>

					10:45 am Line Dancing (Beginner) - 10:45 - 11:45 a.m. 12:00 pm Lane Swim (Kinsmen) - 12:00 - 1:30 p.m. 12:15 pm TRX - 12:15 - 12:45 p.m. 12:45 pm Stretch and Relax - 12:45 - 1:15 p.m. 1:30 pm Public Swim (Kinsmen) - 1:30 - 2:55 p.m. 1:30 pm Bridge (Experienced) - 1:30 - 3:30 p.m. 3:00 pm Public Swim (Kinsmen) - 3:00 - 4:25 p.m. 4:30 pm Lane Swim (Kinsmen) - 4:30 - 5:30 p.m. 5:00 pm Yoga Fit - 5:00 - 6:00 p.m. 5:30 pm Pickleball (Recreational) - 5:30 - 7:15 p.m. 5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.	
3 8:30 am Lane Swim (Kinsmen) - 8:30 - 10:00 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. 1:30 pm Public Swim (Kinsmen) - 1:30 - 2:55 p.m. 3:00 pm Public Swim (Kinsmen) - 3:00 - 4:25 p.m.	4 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.	5	6	7 10:00 am Falls Prevention - 10:00 a.m. - 12:00 p.m.	8 11:00 am Tech Talks 1:00 pm Bridge (Experienced)	9
10  10:00 am Deaf Seniors 1:00 pm Bid Euchre	11 10:00 am Deaf Seniors 1:00 pm Bid Euchre	12 9:00 am Artist Collective 11:15 am Parkinson's Keep Moving 11:45 am Parkinson's Social Hour 1:00 pm Bridge (Experienced) 2:00 pm CARP - 2:00 - 4:00 p.m. 6:30 pm Crokinole	13 9:00 am Stitches 1:00 pm Mah Jongg & Table Top Games	14 10:00 am Falls Prevention - 10:00 a.m. - 12:00 p.m. 12:00 pm Adult Recreational Skating (Helmets strongly recommended) 1:00 pm Scrapbooking 1:00 pm Mah Jongg	15 11:00 am Figure Skating Ticket Ice 11:00 am Tech Talks 12:00 pm Figure Skating Ticket Ice 1:00 pm Bridge (Experienced)	16
17	18	19	20	21	22	23

	6:00 am Lane Swim	7:00 am Rehabilitation Swim	6:00 am Lane Swim	7:00 am Lane Swim	8:15 am Rehabilitation Swim	8:00 am Rehabilitation Swim
	7:00 am Lane Swim	7:00 am Lane Swim	7:00 am Lane Swim	8:45 am Pickleball - Intermediate	8:45 am Pickleball - Advanced	10:00 am Family/Open Gym
	8:15 am Rehabilitation Swim	8:00 am Therapy Fitness	8:45 am Pickleball - Intermediate / Advanced	8:45 am Learn to Speak French - Beginners "Vacation in Quebec"	9:00 am Therapy Fitness	12:00 pm Badminton
	8:30 am Winter Aquatic Registration for City Residents/Non-City Residents Begins	9:00 am Lane Swim	9:00 am Stitches	8:45 am Older Adult Flow Yoga	9:30 am Older Adult Yoga	1:00 pm Public Swim (All Pools)
	8:45 am Learn to Speak French - Beginners "Restaurant Etiquette"	9:00 am Aqua Fitness	9:00 am Strong Seniors	9:00 am Aqua Fitness	10:15 am Mix It Up - 10:00 - 11:00 a.m.	1:00 pm Lane Swim
	8:45 am Pickleball - Advanced	10:00 am Family Skating (Helmets Mandatory for all participants)	9:30 am Senior Gentle Fitness	10:00 am Falls Prevention	10:15 am Family Swim (Therapy & Preschool Pool Only)	2:00 pm Open Gym
	9:00 am Senior Shiny	10:00 am Aqua Fitness	10:00 am Aqua Fitness	10:00 am Stretch and Strengthen	10:45 am Pickleball - Intermediate	2:15 pm Recreation Pickleball
	9:00 am Strong Seniors	10:00 am Family Swim (Main Pool Only)	10:45 am Stretch and Balance Fit	10:15 am Family Swim (Therapy & Preschool Pool Only)	11:00 am Figure Skating Ticket Ice	2:15 pm Public Swim (All Pools)
	10:00 am Older Adult Yoga	10:00 am Older Adult Yoga	11:00 am Chair Yoga	10:45 am Pickleball - Intermediate / Advanced	11:00 am Tech Talks	2:15 pm Lane Swim
	10:00 am Aqua Fitness	10:00 am Mix It Up - 10:00 - 11:00 a.m.	11:15 am Lane Swim	11:00 am Therapy Fitness	11:30 am Lane Swim	
	10:00 am Deaf Seniors	11:00 am Rehabilitation Swim	11:15 am Public Swim (Main Pool Only)	11:15 am Older Adult Yoga	11:30 am Public Swim (Main Pool Only)	
	10:00 am Lane Swim	11:15 am Parkinson's Keep Moving	12:00 pm Lane Swim	12:00 pm Adult Recreational Skating (Helmets strongly recommended)	12:00 pm Figure Skating Ticket Ice	
	10:15 am Gentle Core Strengthening	11:45 am Parkinson's Social Hour	1:00 pm Diaper Fitness	12:00 pm Public Swim (Therapy & Preschool Pool Only)	1:00 pm Bridge (Experienced)	
	10:45 am Pickleball - Intermediate / Advanced	11:45 am Public Swim (Therapy & Preschool Pool Only)	1:00 pm Mah Jongg & Table Top Games	1:00 pm Lane Swim	1:15 pm Pickleball - Beginner	
	11:00 am Public Swim (Main Pool Only)	12:00 pm Adult Recreational Skating (Helmets strongly recommended)	1:15 pm Pickleball - Advanced	1:00 pm Mah Jongg	2:00 pm Senior's Swim (MP Only)	
	11:00 am Lane Swim	1:00 pm Bridge (Experienced)	1:30 pm Parkinson's Aquatic Therapy Fitness	1:00 pm Scrapbooking	3:00 pm Lane Swim	
	11:15 am Intro to Yoga	1:00 pm Lane Swim	1:30 pm Zumba Gold	1:00 pm Cooking with Chef Jesse	3:00 pm Rehabilitation Swim	
	12:00 pm Adult Shiny (Helmets mandatory)	1:15 pm Pickleball - Beginner	2:00 pm Senior's Swim (MP Only)	1:15 pm Pickleball - Beginner /Intermediate	3:15 pm Family/Open Gym	
	1:00 pm Therapy Fitness	2:00 pm Senior's Swim (TP Only)	3:15 pm Lane Swim	2:00 pm Senior's Swim (TP Only)	5:30 pm Recreation Pickleball	
	1:00 pm Bid Euchre	3:00 pm Lane Swim	5:15 pm Recreation Pickleball	3:00 pm Lane Swim		
	1:15 pm Pickleball - Beginner	3:15 pm Parent and Tot Swims (Therapy Pool Only)	7:15 pm Badminton	3:15 pm Family/Open Gym		
	2:00 pm Senior's Swim (MP Only)	3:30 pm Open Gym	8:00 pm Lane Swim	3:45 pm Lane Swim		
	3:15 pm Lane Swim	6:00 pm Aqua Fitness		3:45 pm Parent and Tot Swims (Therapy Pool Only)		
	3:30 pm Family/Open Gym	6:30 pm Crokinole		7:00 pm Aqua Fitness		
	8:00 pm Rehabilitation Swim	7:30 pm Public Swim (All Pools)		7:30 pm Volleyball (Recreational/Beginner)		
		7:30 pm Table Tennis		8:00 pm Lane Swim		
		7:30 pm Volleyball Intermediate/Advanced				
		8:00 pm Lane Swim				

	8:00 pm Lane Swim					
24	25	26	27	28	29	
8:00 am Lane Swim	6:00 am Lane Swim	7:00 am Rehabilitation Swim	6:00 am Lane Swim	7:00 am Lane Swim	8:15 am Rehabilitation Swim	
8:00 am Rehabilitation Swim	7:00 am Lane Swim	7:00 am Lane Swim	7:00 am Lane Swim	8:45 am Pickleball - Intermediate	8:45 am Pickleball - Advanced	
9:00 am Family Swim (All Pools)	8:15 am Rehabilitation Swim	8:00 am Lane Swim	8:00 am Rehabilitation Swim	8:45 am Learn to Speak French - Beginners "Vacation in Quebec"	9:00 am Therapy Fitness	
9:00 am Lane Swim	8:45 am Learn to Speak French - Beginners "Restaurant Etiquette"	8:00 am Therapy Fitness	8:15 am Rehabilitation Swim	8:45 am Older Adult Flow Yoga	9:30 am Older Adult Yoga	
11:00 am Aqua Cross Training		9:00 am Lane Swim	8:45 am Pickleball - Intermediate / Advanced	9:00 am Aqua Fitness	10:15 am Mix It Up - 10:00 - 11:00 a.m.	
12:10 pm Aqua Mind & Body	9:00 am Aqua Fitness	9:00 am Artist Collective	9:00 am Stitches	9:00 am Lane Swim	10:15 am Family Swim (Therapy & Preschool Pool Only)	
12:15 pm Family/Open Gym	8:45 am Pickleball - Advanced	10:00 am Family Skating (Helmets Mandatory for all participants)	9:00 am Strong Seniors	10:00 am Falls Prevention	10:45 am Pickleball - Intermediate	
1:00 pm Public Swim (All Pools)	9:00 am Senior Shinny	10:00 am Family Swim (Main Pool Only)	9:30 am Senior Gentle Fitness	10:00 am Stretch and Strengthen	11:00 am Tech Talks	
1:00 pm Lane Swim	10:00 am Older Adult Yoga	10:00 am Aqua Fitness	10:00 am Aqua Fitness	10:15 am Family Swim (Therapy & Preschool Pool Only)	11:30 am Lane Swim	
2:15 pm Lane Swim	10:00 am Aqua Fitness	10:00 am Older Adult Yoga	10:00 am Lane Swim	10:45 am Pickleball - Intermediate / Advanced	11:30 am Public Swim (Main Pool Only)	
2:15 pm Public Swim (All Pools)	10:00 am Deaf Seniors	10:00 am Mix It Up - 10:00 - 11:00 a.m.	10:45 am Stretch and Balance Fit	11:00 am Therapy Fitness	1:00 pm Bridge (Experienced)	
4:30 pm Open Gym	10:00 am Lane Swim	10:00 am Rehabilitation Swim	11:00 am Chair Yoga	11:15 am Older Adult Yoga	1:15 pm Pickleball - Beginner	
6:30 pm Basketball	10:00 am Gentle Core Strengthening	11:00 am Rehabilitation Swim	11:15 am Lane Swim	12:00 pm Adult Recreational Skating (Helmets strongly recommended)	2:00 pm Senior's Swim (MP Only)	
	10:15 am Gentle Core Strengthening	11:15 am Parkinson's Keep Moving	11:15 am Public Swim (Main Pool Only)	12:00 pm Public Swim (Therapy & Preschool Pool Only)	3:00 pm Lane Swim	
	10:45 am Pickleball - Intermediate / Advanced	11:45 am Parkinson's Social Hour	12:00 pm Lane Swim	1:00 pm Diaper Fitness	3:00 pm Rehabilitation Swim	
	11:00 am Public Swim (Main Pool Only)	11:45 am Public Swim (Therapy & Preschool Pool Only)	12:00 pm Mah Jongg & Table Top Games	1:00 pm Mah Jongg	3:15 pm Family/Open Gym	
	11:00 am Lane Swim	12:00 pm Adult Recreational Skating (Helmets strongly recommended)	1:15 pm Pickleball - Advanced	1:00 pm Scrapbooking	5:30 pm Recreation Pickleball	
	11:15 am Intro to Yoga	1:00 pm Bridge (Experienced)	1:30 pm Parkinson's Aquatic Therapy Fitness	1:00 pm Mah Jongg		
	12:00 pm Adult Shinny (Helmets mandatory)	1:00 pm Lane Swim	1:30 pm Zumba Gold	1:15 pm Pickleball - Beginner /Intermediate		
	1:00 pm Therapy Fitness	1:15 pm Pickleball - Beginner	2:00 pm Senior's Swim (MP Only)	2:00 pm Senior's Swim (TP Only)		
	1:00 pm Bid Euchre	2:00 pm Senior's Swim (TP Only)	3:15 pm Lane Swim	3:00 pm Lane Swim		
	1:15 pm Pickleball - Beginner	3:00 pm Lane Swim	5:15 pm Recreation Pickleball	3:15 pm Family/Open Gym		
	2:00 pm Senior's Swim (MP Only)	3:15 pm Parent and Tot Swims (Therapy Pool Only)	7:15 pm Badminton	3:45 pm Parent and Tot Swims (Therapy Pool Only)		
	3:15 pm Lane Swim	3:30 pm Open Gym	8:00 pm Lane Swim	7:00 pm Aqua Fitness		
	3:30 pm Family/Open Gym	6:00 pm Aqua Fitness		7:30 pm Volleyball (Recreational/Beginner)		
	8:00 pm Rehabilitation Swim	6:30 pm Crokinole		8:00 pm Lane Swim		
	8:00 pm Lane Swim	7:30 pm Public Swim (All Pools)				
		7:30 pm Table Tennis				
		7:30 pm Volleyball Intermediate/Advanced				
		8:00 pm Lane Swim				

