



Generated October 22, 2024

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		7:00 am Lane Swim	6:00 am Lane Swim	7:00 am Lane Swim	6:00 am Lane Swim	8:00 am Rehabilitation
		7:30 am Rehabilitation Swim	7:00 am Lane Swim 7:30 am	7:30 am Rehabilitation Swim	7:00 am Lane Swim	Swim 9:00 am
		8:00 am Lane Swim (1/2 pool)	Rehabilitation Swim 8:00 am Lane Swim	8:00 am Lane Swim (1/2 pool)	7:30 am	Preschool Play Zone (18
		8:00 am Aqua Fitness	8:45 am Pickleball	8:00 am Aqua Fitness	Rehabilitation Swim	months to 5 Years)
		8:45 am Older Adult Yoga	(Intermediate)	8:45 am Pickleball (Beginner)	8:00 am Lane Swim	9:45 am
		9:00 am Sketch & Swim	9:00 am Aqua Fitness	8:45 am Older Adult	8:45 am Pickleball	Preschool Gym/Swim
		9:00 am Therapy Fitness	9:00 am Strong Seniors	Flow Yoga 8:45 am Learn to	(Intermediate)	(18 months to 5 Years)
		9:00 am Lane Swim 9:15 am Senior Shinny	9:00 am Intro to	Speak French - The Basics	9:00 am Aqua Fitness	10:00 am Youth Room
		(50+)	Yoga, Continuing the Journey	9:00 am Women's	9:00 am Family Swim (All Pools)	Drop-in (Grade 6-12)
		9:30 am Artist Collective	9:00 am Stitches	Weight Training 9:00 am Mini	9:30 am Older	10:15 am
		10:00 am Older Adult Yoga	9:00 am OA Dancing for Fitness	Scientists (18 months to 3 Years)	Adult Yoga 10:00 am Movers	Family/Open Gym
		10:00 am Lane Swim (1/2 pool)	9:00 am Family Swim (All Pools)	9:00 am Therapy Fitness	& Shakers (18 months to 3 Years)	12:00 pm Badminton
		10:00 am Family Swim (Main Pool Only)	10:00 am StrongER Seniors	9:00 am Lane Swim	10:00 am Aqua Fitness	2:00 pm Open Gym
		10:00 am Therapy Fitness	10:00 am Aqua Fitness	9:30 am Shuffleboard 9:30am-12:00pm	10:15 am Mix It Up	2:00 pm Public Swim
		10:15 am Family Skating (Helmets mandatory for all participants)	10:15 am Stretch and Balance Fit	9:30 am Falls Prevention	10:45 am Line Dancing -	(All Pools) 2:00 pm Lane
		10:15 am Mix It Up	11:00 am Chair Yoga	10:00 am Family Swim (Main Pool Only)	Beginner 11:00 am Learn to	Swim (1/2 pool)
		11:15 am Lane Swim (1/2 pool)	11:15 am Lane Swim (1/2 pool)	10:00 am Lane Swim (1/2 pool)	Play Pickleball 11:15 am Lane Swim (1/2 pool)	4:00 pm Futsal
		11:15 am Public Swim (All Pools)	11:15 am Public Swim (All Pools)	10:00 am Tech Talks and Tech Support	Swim (1/2 pool) 11:15 am Figure	
		11:45 am Parkinson's Social Hour	12:15 pm Cardio Core	with Jordan 10:00 am Older Adult	Skating Ticket Ice 11:15 am Public	
		12:15 pm Circuit Training	1:00 pm Mah Jongg	Yoga Yoga	Swim (All Pools) 12:00 pm Line	
		12:15 pm Adult Shinny	1:15 pm Pickleball (Advanced)	10:15 am Stretch and Strengthen	Dancing - Beginner	
		1:00 pm Bridge (Experienced)	1:30 pm Zumba Gold	10:45 am Pickleball (Advanced)	12:15 pm Total Body Strength	

		1:30 pm Guitar Lessons: Small Group Format 2:00 pm Senior's Swim (All Pools) 3:00 pm Parent and Tot Swim (Therapy Pool Only) 3:00 pm Lane Swim 3:15 pm Open Gym 5:00 pm Kitchen Crew (8 to 11 Years) NEW 5:00 pm Artist Hub (9 to 15 Years) 5:15 pm Power Skating (Beginner) 5:30 pm Preschool Play Zone (18 months to 5 Years) 5:45 pm Dancing for Adults - Beginner 6:00 pm Aqua Fitness 6:05 pm Power Skating (Intermediate/Advanced) 6:15 pm Sporty Kids (6 to 9 Years) 7:00 pm Dancing for Adults - Intermediate 7:30 pm Volleyball Intermediate/Advanced 7:30 pm Table Tennis 7:30 pm Public Swim (All Pools) 8:00 pm Lane Swim (1/2 pool)	2:00 pm Senior's Swim (All Pools) 3:00 pm Rehabilitation Swim 3:00 pm Lane Swim 3:15 pm Family/Open Gym 5:00 pm Young Chefs (11 to 15 Years) 5:15 pm Pickleball (Recreational) 5:15 pm Line Dancing - Beginner 5:15 pm Science Explorers (4 to 8 Years) 6:30 pm Dance Fusion for Adults 6:30 pm Line Dancing - Experienced 7:15 pm Badminton	11:15 am Lane Swim (1/2 pool) 11:15 am Older Adult Chair Fitness/ Chair Yoga Combo - Level 2 11:15 am Public Swim (All Pools) 11:15 am Senior Shinny (50+) 12:15 pm Adult Recreational Skating (16+) 12:15 pm Circuit Training 12:30 pm Older Adult Chair Fitness/ Chair Yoga Combo - Level 1 1:00 pm Carpet Bowling - 1:00-3:30pm 1:00 pm Scrapbooking 1:15 pm Pickleball (Intermediate) 2:00 pm Senior's Swim (All Pools) 3:00 pm Parent and Tot Swim (Therapy Pool Only) 3:00 pm Lane Swim 3:15 pm Open Gym 5:15 pm Sr. Soccer Skills & Drills (9 to 13 Years) 5:45 pm Zumba 6:30 pm Jr. Soccer Skills & Drills (4 to 8 years) 7:00 pm Aqua Fitness 7:30 pm Volleyball Recreational/Beginner 8:00 pm Lane Swim	12:15 pm Figure Skating Ticket Ice 1:00 pm Bridge (Experienced) 1:15 pm Pickleball (Beginner) 2:00 pm Senior's Swim (All Pools) 3:00 pm Rehabilitation Swim 3:00 pm Lane Swim 3:15 pm Open Gym	
				(1/2 pool)		
				8:00 pm Rehabilitation Swim		
6	7	8	9	10	11	12
8:00 am Lane	6:00 am Lane	7:00 am Lane Swim	6:00 am Lane Swim	7:00 am Lane Swim	6:00 am Lane	11:15 am
Swim	Swim	7:30 am Rehabilitation	7:00 am Lane Swim	7:30 am	Swim	Lane Swim

8:00 am	7:00 am Lane	Swim		Rehabilitation Swim	7:00 am Lane	12:30 pm
Rehabilitation	Swim	8:00 am Lane Swim (1/2	7:30 am Rehabilitation Swim	8:00 am Lane Swim	Swim	Lane Swim
Swim	7:30 am	pool)		(1/2 pool)	7:30 am	(1/2 pool)
9:00 am Lane	Rehabilitation	8:00 am Aqua Fitness	8:00 am Lane Swim	8:00 am Aqua Fitness	Rehabilitation	12:30 pm
Swim (1/2 pool)	Swim		8:45 am Pickleball	1	Swim	Public Swim
9:00 am Family	8:00 am Lane	8:45 am Older Adult Yoga	(Intermediate)	8:45 am Pickleball (Beginner)	8:00 am PA Day	(All Pools)
Swim (All Pools)	Swim		9:00 am Aqua		Camp (Grades 3 -	2:00 pm Public Swim
11:00 am Aqua	8:45 am Pickleball	9:00 am Sketch & Swim	Fitness	8:45 am Older Adult Flow Yoga	8)	(All Pools)
Cross Training	(Advanced)	9:00 am Therapy Fitness	9:00 am Strong		8:00 am Lane Swim	2:00 pm Lane
12:10 pm Aqua	8:45 am Learn to	9:00 am Lane Swim	Seniors	8:45 am Learn to Speak French - The		Swim (1/2
Mind and Body	Speak French - Communicate in a	9:15 am Senior Shinny	9:00 am Intro to	Basics	8:00 am PA Day Camp (Grades JK	pool)
12:15 pm Open	French Restaurant	(50+)	Yoga, Continuing the Journey	9:00 am Women's	-2)	
Gym	9:00 am Art-Muck	9:30 am Artist Collective	1	Weight Training	9:00 am Aqua	
2:00 pm Lane	& Mess (18	10:00 am Older Adult	9:00 am Stitches	9:00 am Mini	Fitness	
Swim (1/2 pool)	months to 3 Years)	Yoga Yoga	9:00 am OA	Scientists (18	9:00 am Family	
2:00 pm Public	9:00 am Strong	10:00 am Lane Swim	Dancing for Fitness	months to 3 Years)	Swim (All Pools)	
Swim (All Pools)	Seniors	(1/2 pool)	9:00 am Family	9:00 am Therapy	9:30 am Older	
2:15 pm Pickleball	9:00 am Aqua	10:00 am Family Swim	Swim (All Pools)	Fitness	Adult Yoga	
(Recreational)	Fitness	(Main Pool Only)	10:00 am StrongER Seniors	9:00 am Lane Swim	10:00 am Aqua	
4:30 pm Open	9:00 am Family	10:00 am Therapy		9:30 am Shuffleboard	Fitness	
Gym	Swim (All Pools)	Fitness	10:00 am Aqua Fitness	9:30am-12:00pm	10:15 am Mix It	
6:30 pm Basketball	9:30 am Zumba	10:15 am Family Skating		9:30 am Falls	Up	
	10:00 am Older	(Helmets mandatory for	10:15 am Stretch and Balance Fit	Prevention	10:45 am Line	
	Adult Yoga	all participants)	11:00 am Chair	10:00 am Family	Dancing -	
	10:00 am	10:15 am Mix It Up	Yoga	Swim (Main Pool	Beginner	
	StrongER Seniors	11:15 am Lane Swim	11:15 am Lane	Only)	11:15 am Lane	
	10:00 am Mini	(1/2 pool)	Swim (1/2 pool)	10:00 am Lane Swim (1/2 pool)	Swim (1/2 pool)	
	Scientists (18	11:15 am Public Swim	11:15 am Public		11:15 am Figure	
	months to 3 Years)	(All Pools)	Swim (All Pools)	10:00 am Tech Talks and Tech Support	Skating Ticket Ice	
	10:00 am Deaf Seniors	11:45 am Parkinson's	12:15 pm Cardio	with Jordan	11:15 am Public Swim (All Pools)	
		Social Hour	Core	10:00 am Older Adult		
	10:00 am Aqua Fitness	12:15 pm Circuit	1:00 pm Mah Jongg	Yoga	12:00 pm Line Dancing -	
		Training	1:15 pm Pickleball	10:15 am Stretch and	Beginner	
	10:15 am Gentle Core	12:15 pm Adult Shinny	(Advanced)	Strengthen	12:15 pm Total	
	Strengthening	1:00 pm Bridge	1:30 pm Zumba	10:45 am Pickleball	Body Strength	
	10:45 am	(Experienced)	Gold	(Advanced)	12:15 pm Figure	
	Pickleball	1:30 pm Guitar Lessons:	2:00 pm Senior's	11:15 am Lane Swim	Skating Ticket Ice	
	(Beginner)	Small Group Format	Swim (All Pools)	(1/2 pool)	1:00 pm Bridge	
	11:15 am Lane	2:00 pm CARP	3:00 pm	11:15 am Older Adult	(Experienced)	
	Swim (1/2 pool)	2:00 pm Senior's Swim	Rehabilitation Swim	Chair Fitness/ Chair Yoga Combo - Level	1:15 pm Pickleball	
	11:15 am Intro to Yoga	(All Pools)	3:00 pm Lane Swim	2	(Beginner)	
		3:00 pm Parent and Tot	3:15 pm	11:15 am Public	2:00 pm Senior's	
	11:15 am Public Swim (All Pools)	Swim (Therapy Pool Only)	Family/Open Gym	Swim (All Pools)	Swim (All Pools)	
			5:00 pm Young	11:15 am Senior	3:00 pm	
	11:30 am Line Dancing -	3:00 pm Lane Swim	Chefs (11 to 15	Shinny (50+)	Rehabilitation Swim	
	Experienced	3:15 pm Open Gym	Years)	12:15 pm Adult	3:00 pm Lane	
	12:00 pm Adult	5:00 pm Kitchen Crew	5:15 pm Pickleball (Recreational)	Recreational Skating	Swim	
	Recreational	(8 to 11 Years) NEW		(16+)	3:15 pm Open	
	Skating (16+)	5:00 pm Artist Hub (9 to 15 Years)	5:15 pm Line Dancing - Beginner	12:15 pm Circuit	Gym	
	12:15 pm Cardio	13 1 (a18)	Sanonia Deginner	Training		

5:00 pm Jr. Soccer Skills & Drills (4 to 8 years) 7:00 pm Aqua Fitness 7:30 pm Volleyball Recreational/Beginner Si:05 pm Lane Swim (1/2 pool) Si:05 pm Lane	
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Swim	Closed for	7:30 am Rehabilitation	7:00 am Lane Swim	7:30 am	Swim	Rehabilitation
12:30 pm Lane	Thanksgiving	Swim	7:30 am	Rehabilitation Swim	7:00 am Lane Swim	Swim 10:00 am
Swim (1/2 pool) 12:30 pm Public		8:00 am Lane Swim (1/2 pool)	Rehabilitation Swim	8:00 am Lane Swim (1/2 pool)	7:30 am	Youth Room
Swim (All Pools)		8:00 am Aqua Fitness	8:00 am Lane Swim	8:00 am Aqua Fitness	Rehabilitation	Drop-in (Grade 6-12)
2:00 pm Public Swim (All Pools)		8:30 am November Pickleball Registration	8:45 am Pickleball (Intermediate)	8:45 am Pickleball (Beginner)	8:00 am Lane Swim	2:00 pm Public Swim
2:00 pm Lane Swim (1/2 pool)		8:45 am Older Adult Yoga	9:00 am Aqua Fitness	8:45 am Older Adult Flow Yoga	8:30 am November Pickleball	(All Pools) 2:00 pm Lane
		9:00 am Sketch & Swim	9:00 am Strong Seniors	8:45 am Learn to	Registration	Swim (1/2 pool)
		9:00 am Therapy Fitness	9:00 am Intro to	Speak French - The Basics	8:45 am Pickleball	7:00 pm
		9:00 am Lane Swim	Yoga, Continuing the Journey	9:00 am Women's	(Intermediate)	Belleville Senators vs.
		9:15 am Senior Shinny (50+)	9:00 am Stitches	Weight Training	9:00 am Aqua Fitness	Utica Comets
		9:30 am Artist Collective	9:00 am OA Dancing for Fitness	9:00 am Mini Scientists (18 months to 3 Years)	9:00 am Family Swim (All Pools)	
		10:00 am Older Adult Yoga	9:00 am Family Swim (All Pools)	9:00 am Therapy Fitness	9:30 am Older Adult Yoga	
		10:00 am Lane Swim (1/2 pool)	10:00 am StrongER Seniors	9:00 am Lane Swim	9:30 am Painting with Natalia	
		10:00 am Family Swim (Main Pool Only)	10:00 am Aqua Fitness	9:30 am Shuffleboard 9:30am-12:00pm	Workshop 10:00 am Movers	
		10:00 am Therapy Fitness	10:15 am Stretch and Balance Fit	9:30 am Falls Prevention	& Shakers (18 months to 3 Years)	
		10:15 am Family Skating (Helmets mandatory for	11:00 am Chair Yoga	10:00 am Family Swim (Main Pool Only)	10:00 am Aqua Fitness	
		all participants) 10:15 am Mix It Up	11:15 am Lane	10:00 am Lane Swim	10:15 am Mix It Up	
		11:15 am Lane Swim	Swim (1/2 pool)	(1/2 pool)	10:45 am Line	
		(1/2 pool)	11:15 am Public Swim (All Pools)	10:00 am Tech Talks and Tech Support	Dancing - Beginner	
		11:15 am Public Swim (All Pools)	12:15 pm Cardio Core	with Jordan 10:00 am Older Adult	11:00 am Learn to Play Pickleball	
		11:45 am Parkinson's Social Hour	1:00 pm Mah Jongg	Yoga 10:15 am Stretch and	11:15 am Lane Swim (1/2 pool)	
		12:15 pm Circuit Training	1:15 pm Pickleball (Advanced)	Strengthen 10:45 am Pickleball	11:15 am Figure Skating Ticket Ice	
		12:15 pm Adult Shinny 1:00 pm Bridge	1:30 pm Zumba Gold	(Advanced)	11:15 am Public Swim (All Pools)	
		(Experienced)	2:00 pm Senior's Swim (All Pools)	11:15 am Lane Swim (1/2 pool)	12:00 pm Line	
		1:30 pm Guitar Lessons: Small Group Format	3:00 pm Rehabilitation Swim	11:15 am Older Adult Chair Fitness/ Chair Yoga Combo - Level	Dancing - Beginner	
		2:00 pm Senior's Swim (All Pools)	3:00 pm Lane Swim 3:15 pm	2	12:15 pm Total Body Strength	
		3:00 pm Parent and Tot Swim (Therapy Pool Only)	Family/Open Gym 5:00 pm Young	11:15 am Public Swim (All Pools)	12:15 pm Figure Skating Ticket Ice	
		3:00 pm Lane Swim	Chefs (11 to 15 Years)	11:15 am Senior Shinny (50+)	1:00 pm Bridge (Experienced)	
		3:15 pm Open Gym 5:00 pm Kitchen Crew	5:15 pm Pickleball (Recreational)	12:15 pm Adult Recreational Skating (16+)	1:15 pm Pickleball (Beginner)	
		(8 to 11 Years) NEW 5:00 pm Artist Hub (9 to	5:15 pm Line Dancing - Beginner	12:15 pm Circuit Training	2:00 pm Senior's Swim (All Pools)	
		15 Years) 5:15 pm Power Skating	5:15 pm Science Explorers (4 to 8	12:30 pm Older Adult Chair Fitness/ Chair	3:00 pm Rehabilitation	
		(Beginner) 5:30 pm Preschool Play	Years) 6:30 pm Dance	Yoga Combo - Level 1	Swim 3:00 pm Lane	
		Zone (18 months to 5 Years)	Fusion for Adults	1:00 pm Carpet Bowling - 1:00-	Swim 3:15 pm Open	
		5:45 pm Dancing for	6:30 pm Line Dancing -	3:30pm	Gym	
		Adults - Beginner	Experienced	1:00 pm	4:00 pm Public	

		6:00 pm Aqua Fitness	7:15 pm Badminton	Scrapbooking	Skating	
		6:05 pm Power Skating (Intermediate/Advanced)		1:00 pm Cooking with Chef Jesse (Zoom)		
		6:15 pm Sporty Kids (6 to 9 Years)		1:15 pm Pickleball (Intermediate)		
		7:00 pm Dancing for Adults - Intermediate		2:00 pm Senior's Swim (All Pools)		
		7:30 pm Table Tennis 7:30 pm Volleyball Intermediate/Advanced		3:00 pm Parent and Tot Swim (Therapy Pool Only)		
		7:30 pm Public Swim		3:00 pm Lane Swim		
		(All Pools)		3:15 pm Open Gym		
		8:00 pm Lane Swim (1/2 pool)		5:00 pm Youth Room Drop-in (Grade 6-12)		
				5:15 pm Sr. Soccer Skills & Drills (9 to 13 Years)		
				5:45 pm Zumba		
				6:30 pm Jr. Soccer Skills & Drills (4 to 8 years)		
				7:00 pm Aqua Fitness		
				7:30 pm Volleyball Recreational/Beginner		
				8:00 pm Lane Swim (1/2 pool)		
				8:00 pm Rehabilitation Swim		
20	21	22	23	24	25	26
8:00 am Lane	6:00 am Lane	7:00 am Lane Swim	6:00 am Lane Swim	7:00 am Lane Swim	6:00 am Lane	8:00 am

Swim	Swim	7:30 am Rehabilitation	7:00 am Lane Swim	7:30 am	Swim	Rehabilitation
8:00 am	7:00 am Lane	Swim	7:30 am	Rehabilitation Swim	7:00 am Lane	Swim
Rehabilitation Swim	Swim	8:00 am Lane Swim (1/2	Rehabilitation Swim	8:00 am Lane Swim	Swim	9:00 am Bronze Cross
9:00 am Lane	7:30 am Rehabilitation	pool)	8:00 am Lane Swim	(1/2 pool)	7:30 am Rehabilitation	& Standard First Aid (13+
Swim (1/2 pool)	Swim	8:00 am Aqua Fitness	8:45 am Pickleball	8:00 am Aqua Fitness	Swim	years)
9:00 am Family Swim (All Pools)	8:00 am Lane Swim	8:45 am Older Adult Yoga	(Intermediate)	8:45 am Pickleball (Beginner)	8:00 am Lane Swim	9:00 am
1	8:45 am Pickleball	9:00 am Sketch & Swim	9:00 am Aqua Fitness	8:45 am Older Adult	8:45 am Pickleball	Preschool Play Zone (18
11:00 am Aqua Cross Training	(Advanced)	9:00 am Therapy Fitness	9:00 am Strong	Flow Yoga	(Intermediate)	months to 5
12:10 pm Aqua	8:45 am Learn to	9:00 am Lane Swim	Seniors	8:45 am Learn to Speak French - The	9:00 am Aqua	Years)
Mind and Body	Speak French - Communicate in a	9:15 am Senior Shinny	9:00 am Intro to Yoga, Continuing	Basics	Fitness	9:45 am Preschool
12:15 pm Open Gym	French Restaurant	(50+)	the Journey	9:00 am Women's	9:00 am Family Swim (All Pools)	Gym/Swim
2:00 pm Lane	9:00 am Art-Muck	9:30 am Artist Collective	9:00 am Stitches	Weight Training	9:30 am Winter	(18 months to 5 Years)
Swim (1/2 pool)	& Mess (18 months to 3 Years)	10:00 am Older Adult	9:00 am OA	9:00 am Mini Scientists (18	Driving	10:00 am
2:00 pm Public	9:00 am Strong	Yoga	Dancing for Fitness	months to 3 Years)	Preparation and Practice Tips	Youth Room Drop-in
Swim (All Pools)	Seniors	10:00 am Lane Swim (1/2 pool)	9:00 am Family Swim (All Pools)	9:00 am Therapy	Seminar	(Grade 6-12)
2:15 pm Pickleball (Recreational)	9:00 am Aqua	10:00 am Family Swim	10:00 am StrongER	Fitness	9:30 am Older	10:15 am
3:00 pm Belleville	Fitness	(Main Pool Only)	Seniors	9:00 am Lane Swim	Adult Yoga	Family/Open Gym
Senators vs.	9:00 am Family Swim (All Pools)	10:00 am Therapy Fitness	10:00 am Aqua	9:30 am Shuffleboard 9:30am-12:00pm	10:00 am Movers & Shakers (18	12:00 pm
Syracuse Crunch	9:30 am Zumba		Fitness	9:30 am Falls	months to 3 Years)	Badminton
4:00 pm Youth Room Drop-in	10:00 am Older	10:15 am Family Skating (Helmets mandatory for	10:15 am Stretch and Balance Fit	Prevention	10:00 am Aqua Fitness	2:00 pm Open
(Grade 6-12)	Adult Yoga	all participants)	11:00 am Chair	10:00 am Family		Gym
4:30 pm Open	10:00 am	10:15 am Mix It Up	Yoga	Swim (Main Pool Only)	10:15 am Mix It Up	2:00 pm Public Swim
Gym	StrongER Seniors	11:15 am Lane Swim (1/2 pool)	11:15 am Lane	10:00 am Lane Swim	10:45 am Line	(All Pools)
6:30 pm Basketball	10:00 am Mini Scientists (18	11:15 am Public Swim	Swim (1/2 pool)	(1/2 pool)	Dancing - Beginner	2:00 pm Lane
	months to 3 Years)	(All Pools)	11:15 am Public Swim (All Pools)	10:00 am Tech Talks	11:00 am Learn to	Swim (1/2 pool)
	10:00 am Deaf Seniors	11:45 am Parkinson's	12:15 pm Cardio	and Tech Support with Jordan	Play Pickleball	4:00 pm
	10:00 am Aqua	Social Hour	Core	10:00 am Older Adult	11:15 am Lane	Futsal
	Fitness	12:15 pm Circuit Training	1:00 pm Mah Jongg	Yoga	Swim (1/2 pool)	7:00 pm Belleville
	10:15 am Gentle	12:15 pm Adult Shinny	1:15 pm Pickleball	10:15 am Stretch and Strengthen	11:15 am Figure Skating Ticket Ice	Senators vs.
	Core Strengthening	1:00 pm Bridge	(Advanced)	10:45 am Pickleball	11:15 am Public	Toronto Marlies
	10:45 am	(Experienced)	1:30 pm Zumba Gold	(Advanced)	Swim (All Pools)	l maries
	Pickleball	1:30 pm Guitar Lessons:	2:00 pm Senior's	11:15 am Lane Swim	12:00 pm Line	
	(Beginner)	Small Group Format	Swim (All Pools)	(1/2 pool)	Dancing - Beginner	
	11:15 am Lane Swim (1/2 pool)	2:00 pm Senior's Swim (All Pools)	3:00 pm Rehabilitation Swim	11:15 am Older Adult Chair Fitness/ Chair	12:15 pm Total	
	11:15 am Intro to	3:00 pm Parent and Tot		Yoga Combo - Level	Body Strength	
	Yoga	Swim (Therapy Pool	3:00 pm Lane Swim	2	12:15 pm Figure	
	11:15 am Public	Only)	3:15 pm Family/Open Gym	11:15 am Public Swim (All Pools)	Skating Ticket Ice	
I	Swim (All Pools)	3:00 pm Lane Swim	I	1 ' '	1:00 pm Bridge	1

	11:30 am Line Dancing - Experienced 12:00 pm Adult Recreational Skating (16+) 12:15 pm Cardio Core 12:30 pm Balance Yoga: Mind & Body 1:15 pm Bid Euchre 1:15 pm Pickleball (Intermediate) 1:30 pm OA Gentle Exercise & Fitness 2:00 pm Senior's Swim (Main Pool Only) 2:00 pm Therapy Fitness 3:00 pm Rehabilitation Swim 3:00 pm Lane Swim 3:15 pm Open Gym 5:00 pm Gentle Flow Yoga 5:00 pm Zumba 5:00 pm Zumba 5:00 pm Zumba 5:00 pm Therapy Fitness 3:00 pm Fit and Firm 6:15 pm Science Explorers (4 to 8 Years) 6:15 pm Teen Recreational Volleyball (9 to 17	3:15 pm Open Gym 5:00 pm Kitchen Crew (8 to 11 Years) NEW 5:00 pm Artist Hub (9 to 15 Years) 5:15 pm Power Skating (Beginner) 5:30 pm Preschool Play Zone (18 months to 5 Years) 5:45 pm Dancing for Adults - Beginner 6:00 pm Aqua Fitness 6:05 pm Power Skating (Intermediate/Advanced) 6:15 pm Sporty Kids (6 to 9 Years) 7:00 pm Dancing for Adults - Intermediate 7:30 pm Volleyball Intermediate/Advanced 7:30 pm Table Tennis 7:30 pm Public Swim (All Pools) 8:00 pm Lane Swim (1/2 pool)	5:00 pm Young Chefs (11 to 15 Years) 5:15 pm Pickleball (Recreational) 5:15 pm Line Dancing - Beginner 5:15 pm Science Explorers (4 to 8 Years) 6:30 pm Dance Fusion for Adults 6:30 pm Line Dancing - Experienced 7:15 pm Badminton	11:15 am Senior Shinny (50+) 12:15 pm Adult Recreational Skating (16+) 12:15 pm Circuit Training 12:30 pm Older Adult Chair Fitness/ Chair Yoga Combo - Level 1 1:00 pm Carpet Bowling - 1:00- 3:30 pm 1:00 pm Scrapbooking 1:15 pm Pickleball (Intermediate) 2:00 pm Senior's Swim (All Pools) 3:00 pm Parent and Tot Swim (Therapy Pool Only) 3:00 pm Lane Swim 3:15 pm Open Gym 5:00 pm Youth Room Drop-in (Grade 6-12) 5:15 pm Sr. Soccer Skills & Drills (9 to 13 Years) 5:45 pm Zumba 6:30 pm Jr. Soccer Skills & Drills (4 to 8 years) 6:30 pm Older Adult Movie Night 7:00 pm Aqua Fitness 7:30 pm Volleyball Recreational/Beginner 8:00 pm Lane Swim (1/2 pool) 8:00 pm Rehabilitation Swim	(Experienced) 1:15 pm Pickleball (Beginner) 2:00 pm Senior's Swim (All Pools) 3:00 pm Rehabilitation Swim 3:00 pm Lane Swim 3:15 pm Open Gym 4:00 pm Public Skating 4:00 pm Bronze Cross & Standard First Aid (13+ years) 5:00 pm Kids Pop up Event - Pumpkin Carving (4-9 years) 6:15 pm Youth Pop up Event - Pumpkin Carving (10-17 years)	
	years) 7:30 pm Teen Futsal 8:00 pm					
	Rehabilitation Swim 8:00 pm Lane Swim (1/2 pool)					
27	28	29	30	31		
8:00 am Lane	6:00 am Lane	7:00 am Lane Swim	6:00 am Lane Swim	7:00 am Lane Swim		
	Swim					

Section Capacity	8:00 am	7:00 am Lane	Swim	7.20	Rehabilitation Swim		
1.75 on an Agua Fitness 1.80 on Maga Fitness 1.80 on Agua Fitn	Rehabilitation	Swim	8:00 am Lane Swim (1/2	7:30 am Rehabilitation Swim	8:00 am Lane Swim		
Serian (12 pool)			,	8:00 am Lane Swim	(1/2 pool)		
			8:00 am Aqua Fitness		8:00 am Aqua Fitness		
First Act (13*) years 9.00 am Facully	9:00 am Bronze			(Intermediate)			
900 am Harrapy Fitness 900 am Family Swim (Al Pools) 12:15 pm Open Gym 900 am Arab Musck A Mess (18) 20:09 pm Duline Swim (12 pool) 20:09 pm Lune Swim (12 pool) 20:09 pm Lune Swim (12 pool) 20:09 pm Public Swim (14 Pools) 20:09 pm Spatial Recreational) 40:19 pm Youth Room Drop-ia Grade 6-12) 10:00 am Arab Room Drop-ia Grade 6-12 10:00 am Stain 6:30 pm Buskebull 10:00 am Main Scientists (8) months to 3 Years) 10:00 am Main Scientists (8) months to 3 Years) 10:00 am Main Scientists (8) months to 3 Years) 10:00 am Main Scientists (8) months to 3 Years) 10:00 am Main Scientists (8) months to 3 Years) 10:00 am Main Scientists (8) months to 3 Years) 10:00 am Main Scientists (8) months to 3 Years) 10:00 am Main Scientists (8) months to 3 Years) 10:00 am Main Scientists (8) months to 3 Years) 10:00 am Main Scientists (8) months to 3 Years) 10:00 am Main Scientists (8) months to 3 Years) 10:00 am Main Scientists (8) months to 3 Years) 10:00 am Main Scientists (8) months to 3 Years) 10:00 am Main Scientists (8) months to 3 Years) 10:00 am Main Scientists (8) months to 3 Years) 10:00 am Main Scientists (8) months to 3 Years) 10:00 am Main Scientists (8) months to 3 Years) 10:00 am Main Scientists (8) 10:15 am Stretch and Bialance Fit and Bialance	First Aid (13+		9:00 am Sketch & Swim	_	8:45 am Older Adult		
9-00 am Family Serior String Serior String Serior String Speak French Restarant Speak French String Speak French Restarant Speak French Restarant Speak French String Speak French Str	years)		9:00 am Therapy Fitness	9:00 am Strong	Flow Yoga		
Special French 1-16	1	8:45 am Learn to	9:00 am Lane Swim				
13.10 am Aqua Commencate in arrait Color Cores Training French Restaurant Color					1 *		
12:10 pm Aqua Mind and Rody Mind and Rodo Rody Mind and Rody Mind and Rody Mind and Rody Mind an	1						
Mind and Body Mess of R months to 3 Years 10:00 am Older Adult 9:00 am Strong 2:00 pm Pathic 5:00 pm Pathic 7:00 pm Pathic 7			9:30 am Artist Collective	,			
12:15 pm Open		& Mess (18	10:00 am Older Adult		9:00 am Mini		
Quo m Lane Swim Q12 pool) 2.00 pm Pathic Swim Q14 pool) 9:00 am Aqua 10:00 am Family Swim Q14 pool) 9:00 am Family Swim Q14 pool) 9:00 am Family Swim Q14 pool 9:00 am Family Swim Q16 pool 9:00 am Family 9:00 am	12:15 pm Open	months to 3 Years)					
200 pm Public Swim (1/2 pool) 9:00 am Aqua 10:00 am Family Swim (Main Pool Only) 10:00 am StrongER 9:00 am Lane Swim 10:00 am Therapy 9:00 am Lane Swim 10:00 am Therapy 10:00 am Therapy 10:00 am Therapy 10:00 am Therapy 10:00 am Aqua 10:00 am Main 10:00 am	Gym	_		_	ŕ		
2000 m Pablic Swim (All Pools) Swim (All Yoga StrongER Seniors (10:00 am Main			(1/2 pool)	1			
2.00 pm Public Swim (All Pools 9.00 am Family Swim (All Pools 10.00 am Therapy Fitness 10.15 am Family Swim (All Pools 10.00 am Drop-in (Irad 6-12) 10.00 am Mini 6.30 pm Baskelball 10.00 am Mini 6.30 pm Baskelball 10.00 am Deaf Seniors 10.15 am family 10.15 am Family Sating 10.00 am Mini 6.30 pm Baskelball 10.00 am Deaf Seniors 10.15 am Family Social Hour 10.00 am Mini (All Pools) 11.15 am Lane Swim (All Pools) 11.15 a				10:00 am StrongER			
2:15 pm Picklebal (Recreational)	1	9:00 am Family		Seniors			
Recreational 9.30 am Zumba 10.15 am Family Skating (Helmets mandatory for all Balance Fit 10.00 am Olar (Iz) 10.00 am Mini 10.15 am Public Swim (All Pools) 11.15 am Public Swim (All Pools) 11.15 am Public Swim (All Pools) 10.00 am Aqua Fitness 10.15 am Gantle Core 10.00 am Aqua Fitness 10.15 am Gantle Core 11.15 am Lane Swim (Iz) pool 11.15 am Intro to Yoga 11.15 am Public Swim (All Pools) 11.15 am Intro to Yoga 11.15 am Public Swim (All Pools) 11.15 am Intro to Yoga 11.15 am Public Swim (All Pools) 11.15 am Public Swim (All Pools) 11.15 am Public Swim (All Pools) 11.15 am Intro to Yoga 11.15 am Intro to Yoga 11.15 am Public Swim (All Pools)				1			
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Yoga: Mind & Zone (18 months to 5 Years) Yoga Combo - Level		12:30 pm Balance		Explorers (4 to 8	Chair Fitness/ Chair		
Body 15443/ 6:30 pm Dance 1		Yoga: Mind &	,		_		
		Body		6:30 pm Dance	*		

1:15 pm Bid Euchre 1:15 pm Pickleball (Intermediate) 1:30 pm OA Gentle Exercise & Fitness 2:00 pm Senior's Swim (Main Pool Only) 2:00 pm Therapy	5:45 pm Dancing for Adults - Beginner 6:00 pm Aqua Fitness 6:05 pm Power Skating (Intermediate/Advanced) 6:15 pm Sporty Kids (6 to 9 Years) 7:00 pm Dancing for Adults - Intermediate 7:30 pm Volleyball	Fusion for Adults 6:30 pm Line Dancing - Experienced 7:00 pm Belleville Senators vs. Providence Bruins 7:15 pm Badminton	1:00 pm Carpet Bowling - 1:00- 3:30pm 1:00 pm Scrapbooking 1:15 pm Pickleball (Intermediate) 2:00 pm Senior's Swim (All Pools) 3:00 pm Parent and		
Fitness 3:00 pm Rehabilitation	Intermediate/Advanced 7:30 pm Table Tennis		Tot Swim (Therapy Pool Only) 3:00 pm Lane Swim		
Swim 3:00 pm Lane Swim	7:30 pm Public Swim (All Pools) 8:00 pm Lane Swim (1/2 pool)				
3:15 pm Open Gym 5:00 pm Gentle					
Flow Yoga 5:00 pm Zumba					
5:00 pm Artful Antics (4 to 8 years)					
5:15 pm Jr. Soccer Skills & Drills (4 to 8 years)					
5:30 pm Fit and Firm					
6:15 pm Science Explorers (4 to 8 Years)					
6:15 pm Teen Recreational Volleyball (9 to 17 years)					
7:30 pm Teen Futsal					
8:00 pm Rehabilitation Swim					
8:00 pm Lane Swim (1/2 pool)					