



Generated November 12, 2024

## November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					6:00 am Lane Swim	8:00 am Rehabilitation
					7:00 am Lane Swim	Swim 9:00 am
					7:30 am Rehabilitation Swim	Preschool Play Zone (18 months to 5 Years)
					8:00 am Lane Swim	9:45 am Preschool
					9:00 am Aqua Fitness	Gym/Swim (18 months to 5 Years)
					9:00 am Family Swim (All Pools)	10:00 am Youth Room
					9:30 am Older Adult Yoga	Drop-in (Grade 6-12)
					10:00 am Movers & Shakers (18 months to 3 Years)	10:15 am Family/Open Gym
					10:00 am Aqua Fitness	12:00 pm Badminton
					10:15 am Mix It Up	2:00 pm Open Gym
					10:45 am Line Dancing - Beginner	2:00 pm Lane Swim (1/2 pool)
					11:15 am Lane Swim (1/2 pool)	2:00 pm Public Swim
					11:15 am Public Swim (All Pools)	(All Pools) 4:00 pm
					12:00 pm Line Dancing - Beginner	Futsal
					12:15 pm Total Body Strength	
					1:00 pm Bridge (Experienced)	
					2:00 pm Senior's Swim (All Pools)	
					3:00 pm Rehabilitation	

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

10	Swim	12	13	14	15	16
	Swim (1/2 pool)  8:00 pm Rehabilitation					
	Futsal 8:00 pm Lane					
	years) 7:30 pm Teen					
	6:15 pm Teen Recreational Volleyball (9 to 17					
	Explorers (4 to 8 Years)			Rehabilitation Swim		
	Firm 6:15 pm Science			(1/2 pool) 8:00 pm		
	to 8 years) 5:30 pm Fit and			Recreational/Beginner 8:00 pm Lane Swim		
	5:15 pm Jr. Soccer Skills & Drills (4			Fitness 7:30 pm Volleyball		
	Antics (4 to 8 years)			years) 7:00 pm Aqua		
	5:00 pm Zumba 5:00 pm Artful			6:30 pm Jr. Soccer Skills & Drills (4 to 8		
	Flow Yoga			5:45 pm Zumba		
	Gym 5:00 pm Gentle			Skills & Drills (9 to 13 Years)		
	Swim 3:15 pm Open			Drop-in (Grade 6-12) 5:15 pm Sr. Soccer		
	3:00 pm Lane	8:00 pm Lane Swim (1/2 pool)		5:00 pm Youth Room		
	Rehabilitation Swim	(All Pools)		3:00 pm Lane Swim 3:15 pm Open Gym		
	Only) 3:00 pm	7:30 pm Table Tennis 7:30 pm Public Swim		Pool Only)		
	2:00 pm Senior's Swim (Main Pool	7:30 pm Volleyball Intermediate/Advanced	7:15 pm Badminton	3:00 pm Parent and Tot Swim (Therapy		
	2:00 pm Therapy Fitness	Adults - Intermediate	6:30 pm Dance Fusion for Adults	2:00 pm Senior's Swim (All Pools)		
	Exercise & Fitness	to 9 Years) 7:00 pm Dancing for	Dancing - Experienced	1:15 pm Pickleball (Intermediate)		
	(Intermediate) 1:30 pm OA Gentle	6:15 pm Sporty Kids (6	6:30 pm Line	1:00 pm Scrapbooking		
	Euchre 1:15 pm Pickleball	6:05 pm Power Skating (Intermediate/Advanced)	5:15 pm Pickleball (Recreational)	3:30pm		
	Body 1:15 pm Bid	Adults - Beginner 6:00 pm Aqua Fitness	5:15 pm Line Dancing - Beginner	1:00 pm Carpet Bowling - 1:00-		
	12:30 pm Balance Yoga: Mind &	Years) 5:45 pm Dancing for	Explorers (4 to 8 Years)	Yoga Combo - Level	Rocket	
	Core	5:30 pm Preschool Play Zone (18 months to 5	Years) 5:15 pm Science	12:30 pm Older Adult Chair Fitness/ Chair	7:00 pm Belleville Senators vs. Laval	
	Experienced 12:15 pm Cardio	5:15 pm Power Skating (Beginner)	5:00 pm Young Chefs (11 to 15	12:15 pm Circuit Training	3:15 pm Open Gym	
	11:30 am Line Dancing -	15 Years)	3:15 pm Family/Open Gym	11:15 am Public Swim (All Pools)	3:00 pm Lane Swim	
	11:15 am Public Swim (All Pools)	(8 to 11 Years) NEW 5:00 pm Artist Hub (9 to	3:00 pm Lane Swim	Yoga Combo - Level 2	Swim	
	11:15 am Intro to Yoga	3:15 pm Open Gym 5:00 pm Kitchen Crew	3:00 pm Rehabilitation Swim	11:15 am Older Adult Chair Fitness/ Chair	3:00 pm Rehabilitation	

Rehabilitation Swim	7:30 am Rehabilitation	7:00 am Lane Swim	7:30 am	Swim	Rehabilitation Swim
8:00 am Lane	Swim 8:00 am Lane Swim (1/2	7:30 am Rehabilitation Swim	Rehabilitation Swim 8:00 am Lane Swim	7:00 am Lane Swim	9:00 am
Swim 9:00 am Lane	pool)	8:00 am Lane Swim	(1/2 pool)	7:30 am Rehabilitation	Preschool Play Zone (18
Swim (1/2 pool)	8:00 am Aqua Fitness 8:45 am Older Adult	8:45 am Pickleball (Intermediate)	8:00 am Aqua Fitness 8:45 am Pickleball	Swim	months to 5 Years)
9:00 am Family Swim (All Pools)	Yoga	9:00 am Aqua	(Beginner)	8:00 am Lane Swim	9:45 am Preschool
11:00 am Aqua Cross Training	9:00 am Sketch & Swim 9:00 am Therapy Fitness	Fitness 9:00 am Family	8:45 am Older Adult Flow Yoga	8:45 am Pickleball (Intermediate)	Gym/Swim (18 months to
12:10 pm Aqua	9:00 am Lane Swim	Swim (All Pools)	8:45 am Learn to Speak French - The	9:00 am Aqua	5 Years)
Mind and Body 12:15 pm Open	9:30 am Artist Collective	9:00 am Strong Seniors	Basics	Fitness 9:00 am Family	10:00 am Youth Room
Gym	10:00 am Older Adult Yoga	9:00 am Intro to Yoga, Continuing	9:00 am Mini Scientists (18	Swim (All Pools)	Drop-in (Grade 6-12)
2:00 pm Lane Swim (1/2 pool)	10:00 am Lane Swim (1/2 pool)	the Journey	months to 3 Years) 9:00 am Women's	9:30 am Calligraphy Card workshop	10:15 am Family/Open
2:00 pm Public Swim (All Pools)	10:00 am Therapy	9:00 am OA Dancing for Fitness	Weight Training 9:00 am Therapy	9:30 am Older	Gym 12:00 pm
2:15 pm Pickleball	Fitness 10:00 am Family Swim	9:00 am Stitches	Fitness	Adult Yoga	Badminton
(Recreational) 4:30 pm Open	(Main Pool Only)	10:00 am StrongER Seniors	9:00 am Lane Swim	10:00 am Movers & Shakers (18 months to 3 Years)	2:00 pm Open Gym
Gym	10:15 am Mix It Up 11:15 am Lane Swim	10:00 am Aqua Fitness	9:30 am Shuffleboard 9:30am-12:00pm	10:00 am Aqua	2:00 pm Lane Swim (1/2
6:30 pm Basketball	(1/2 pool)	10:15 am Stretch	9:30 am Falls Prevention	Fitness	pool)
	11:15 am Public Swim (All Pools)	and Balance Fit 11:00 am Chair	10:00 am Family	10:15 am Mix It Up	2:00 pm Public Swim
	11:45 am Parkinson's Social Hour	Yoga	Swim (Main Pool Only)	10:45 am Line Dancing -	(All Pools) 4:00 pm
	12:15 pm Circuit	11:15 am Public Swim (All Pools)	10:00 am Lane Swim (1/2 pool)	Beginner	Futsal
	Training	12:15 pm Cardio Core	10:00 am Older Adult	11:00 am Lane Swim (1/2 pool)	
	1:00 pm Bridge (Experienced)	1:00 pm Mah Jongg	Yoga 10:00 am Tech Talks	11:15 am Public Swim (All Pools)	
	1:30 pm Guitar Lessons: Small Group Format	1:15 pm Pickleball (Advanced)	and Tech Support with Jordan	12:00 pm Line	
	2:00 pm CARP	1:30 pm Zumba	10:15 am Stretch and	Dancing - Beginner	
	2:00 pm Senior's Swim (All Pools)	Gold 2:00 pm Senior's	Strengthen 10:45 am Pickleball	12:15 pm Total Body Strength	
	3:00 pm Parent and Tot Swim (Therapy Pool	Swim (All Pools)	(Advanced)	1:00 pm Bridge (Experienced)	
	Only)	3:00 pm Rehabilitation Swim	11:15 am Older Adult Chair Fitness/ Chair Yoga Combo - Level	1:15 pm Pickleball	
	3:00 pm Lane Swim 3:15 pm Open Gym	3:00 pm Lane Swim	2	(Beginner) 2:00 pm Senior's	
	5:00 pm Artist Hub (9 to	3:15 pm Family/Open Gym	11:15 am Public Swim (All Pools)	Swim (All Pools)	
	15 Years) 5:15 pm Power Skating	5:15 pm Pickleball (Recreational)	12:15 pm Circuit Training	3:00 pm Rehabilitation Swim	
	(Beginner) 5:30 pm Preschool Play	5:15 pm Line Dancing - Beginner	12:30 pm Older Adult Chair Fitness/ Chair	3:00 pm Lane	
	Zone (18 months to 5 Years)	5:15 pm Science	Yoga Combo - Level	Swim 3:15 pm Open	
	5:45 pm Dancing for	Explorers (4 to 8 Years)	1:00 pm	Gym	
	Adults - Beginner 6:05 pm Power Skating	6:30 pm Line Dancing -	Scrapbooking 1:00 pm Carpet		
	(Intermediate/Advanced)	Experienced	Bowling - 1:00- 3:30pm		
	6:15 pm Sporty Kids (6 to 9 Years)	6:30 pm Dance Fusion for Adults	1:15 pm Pickleball		
	7:00 pm Dancing for Adults - Intermediate	7:00 pm Belleville Senators vs.	(Intermediate) 2:00 pm Senior's		
	7:30 pm Volleyball	Syracuse Crunch 7:15 pm Badminton	Swim (All Pools)		
	Intermediate/Advanced 7:30 pm Table Tennis	, 12 pm Dadininon	3:00 pm Parent and Tot Swim (Therapy Pool Only)		

		7:30 pm Public Swim (All Pools) 8:00 pm Lane Swim (1/2 pool)		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) 7:00 pm Aqua Fitness 7:30 pm Volleyball Recreational/Beginner 8:00 pm Lane Swim (1/2 pool) 8:00 pm Rehabilitation Swim		
8:00 am Lane Swim 8:00 am Rehabilitation Swim 9:00 am Family Swim (All Pools) 9:00 am Lane Swim (1/2 pool) 11:00 am Aqua Cross Training 12:10 pm Aqua Mind and Body 12:15 pm Open Gym 2:00 pm Lane Swim (1/2 pool) 2:00 pm Public Swim (All Pools) 2:15 pm Pickleball (Recreational) 4:30 pm Open Gym 6:30 pm Basketball	18 6:00 am Lane Swim 7:00 am Lane Swim 7:30 am Rehabilitation Swim 8:00 am Lane Swim 8:45 am Pickleball (Advanced) 8:45 am Learn to Speak French - Communicate in a French Restaurant 9:00 am Art-Muck & Mess (18 months to 3 Years) 9:00 am Strong Seniors 9:00 am Family Swim (All Pools) 9:30 am Zumba 10:00 am Older Adult Yoga 10:00 am StrongER Seniors 10:00 am Deaf Seniors 10:00 am Mini Scientists (18 months to 3 Years) 10:00 am Aqua Fitness 10:00 am Aqua Fitness 10:00 am Aqua Fitness 10:00 am Aqua Fitness	7:00 am Lane Swim 7:30 am Rehabilitation Swim 8:00 am Lane Swim (1/2 pool) 8:00 am Aqua Fitness 8:30 am December Pickleball Registration 8:45 am Older Adult Yoga 9:00 am Sketch & Swim 9:00 am Therapy Fitness 9:00 am Lane Swim 9:30 am Artist Collective 10:00 am Older Adult Yoga 10:00 am Lane Swim (1/2 pool) 10:00 am Therapy Fitness 10:00 am Family Swim (Main Pool Only) 10:15 am Mix It Up 11:00 am Lane Swim (1/2 pool) 11:15 am Public Swim (All Pools) 11:45 am Parkinson's Social Hour 12:15 pm Circuit Training 1:00 pm Bridge (Experienced) 1:30 pm Guitar Lessons: Small Group Format	6:00 am Lane Swim 7:00 am Lane Swim 7:30 am Rehabilitation Swim 8:00 am Lane Swim 8:45 am Pickleball (Intermediate) 9:00 am Aqua Fitness 9:00 am Family Swim (All Pools) 9:00 am Strong Seniors 9:00 am Intro to Yoga, Continuing the Journey 9:00 am OA Dancing for Fitness 9:00 am Stitches 10:00 am StrongER Seniors 10:00 am Aqua Fitness 10:15 am Stretch and Balance Fit 11:00 am Chair Yoga 11:00 am Lane Swim (1/2 pool) 11:15 am Public Swim (All Pools) 12:15 pm Cardio Core 1:00 pm Mah Jongg 1:15 pm Pickleball (Advanced)	7:00 am Lane Swim 7:30 am Rehabilitation Swim 8:00 am Lane Swim (1/2 pool) 8:00 am Aqua Fitness 8:45 am Pickleball (Beginner) 8:45 am Older Adult Flow Yoga 8:45 am Learn to Speak French - The Basics 9:00 am Mini Scientists (18 months to 3 Years) 9:00 am Women's Weight Training 9:00 am Therapy Fitness 9:00 am Shuffleboard 9:30 am Shuffleboard 9:30 am Falls Prevention 10:00 am Family Swim (Main Pool Only) 10:00 am Clder Adult Yoga 10:00 am Tech Talks and Tech Support with Jordan 10:15 am Stretch and Strengthen	6:00 am Lane Swim 7:00 am Lane Swim 7:30 am Rehabilitation Swim 8:00 am PA Day Camp (Grades 3 - 8) 8:00 am Lane Swim 8:00 am PA Day Camp (Grades JK - 2) 8:30 am December Pickleball Registration 8:45 am Pickleball (Intermediate) 9:00 am Aqua Fitness 9:00 am Family Swim (All Pools) 9:30 am Older Adult Yoga 10:00 am Aqua Fitness 10:15 am Mix It Up 10:45 am Line Dancing - Beginner 11:00 am Lane Swim (1/2 pool) 11:15 am Public Swim (All Pools)	9:00 am Preschool Play Zone (18 months to 5 Years)  10:00 am Youth Room Drop-in (Grade 6-12)  10:15 am Family/Open Gym  12:00 pm Badminton  2:00 pm Open Gym  4:00 pm Futsal  7:00 pm Belleville Senators vs. Laval Rocket
	10:15 am Gentle Core Strengthening 10:45 am		1:15 pm Pickleball (Advanced) 1:30 pm Zumba Gold	Strengthen 10:45 am Pickleball (Advanced)	12:00 pm Line Dancing - Beginner	

	Pickleball (Beginner)	3:00 pm Parent and Tot Swim (Therapy Pool	2:00 pm Senior's Swim (All Pools)	11:00 am Lane Swim (1/2 pool)	12:15 pm Total Body Strength	
	11:00 am Lane Swim (1/2 pool)	Only) 3:00 pm Lane Swim	3:00 pm Rehabilitation Swim	11:15 am Public Swim (All Pools)	1:00 pm Bridge (Experienced)	
	11:15 am Public Swim (All Pools)	3:15 pm Open Gym 5:00 pm Artist Hub (9 to	3:00 pm Lane Swim	11:15 am Older Adult Chair Fitness/ Chair	1:15 pm Pickleball (Beginner)	
	11:15 am Intro to Yoga	15 Years)	3:15 pm Family/Open Gym	Yoga Combo - Level 2	2:00 pm Senior's Swim (All Pools)	
	11:30 am Line Dancing -	5:15 pm Power Skating (Beginner)	5:15 pm Pickleball (Recreational)	12:15 pm Circuit Training	3:00 pm Rehabilitation	
	Experienced	5:30 pm Preschool Play Zone (18 months to 5	5:15 pm Line Dancing - Beginner	12:30 pm Older Adult Chair Fitness/ Chair	Swim	
	12:15 pm Cardio Core	Years) 5:45 pm Dancing for	5:15 pm Science Explorers (4 to 8	Yoga Combo - Level	3:15 pm Open Gym	
	12:30 pm Balance Yoga: Mind & Body	Adults - Beginner 6:00 pm Aqua Fitness	Years) 6:30 pm Line	1:00 pm Cooking with Chef Jesse		
	1:15 pm Bid	6:05 pm Power Skating (Intermediate/Advanced)	Dancing - Experienced	(Zoom) 1:00 pm Carpet		
	Euchre 1:15 pm Pickleball	6:15 pm Sporty Kids (6 to 9 Years)	6:30 pm Dance Fusion for Adults	Bowling - 1:00- 3:30pm		
	(Intermediate) 1:30 pm OA Gentle	6:30 pm Youth Room Drop-in (Grade 6-12)	7:15 pm Badminton	1:00 pm Scrapbooking		
	Exercise & Fitness 2:00 pm Therapy	7:00 pm Dancing for Adults - Intermediate		1:15 pm Pickleball (Intermediate)		
	Fitness 2:00 pm Senior's	7:30 pm Volleyball Intermediate/Advanced		2:00 pm Senior's Swim (All Pools)		
	Swim (Main Pool Only)	7:30 pm Table Tennis		3:00 pm Parent and Tot Swim (Therapy		
	3:00 pm Rehabilitation Swim	7:30 pm Public Swim (All Pools)		Pool Only)  3:00 pm Youth Room		
	3:00 pm Lane Swim	8:00 pm Lane Swim (1/2 pool)		Drop-in (Grade 6-12) 3:00 pm Lane Swim		
	3:15 pm Open Gym			3:15 pm Open Gym 5:15 pm Sr. Soccer		
	5:00 pm Gentle Flow Yoga			Skills & Drills (9 to 13 Years)		
	5:00 pm Zumba			5:45 pm Zumba		
	5:00 pm Artful Antics (4 to 8 years)			6:30 pm Jr. Soccer Skills & Drills (4 to 8 years)		
	5:15 pm Jr. Soccer Skills & Drills (4			7:00 pm Aqua Fitness		
	to 8 years) 5:30 pm Fit and			7:30 pm Volleyball Recreational/Beginner		
	Firm 6:15 pm Science			8:00 pm Lane Swim (1/2 pool)		
	Explorers (4 to 8 Years)			8:00 pm Rehabilitation Swim		
	6:15 pm Teen Recreational Volleyball (9 to 17 years)					
	7:30 pm Teen Futsal					
	8:00 pm Lane Swim (1/2 pool)					
	8:00 pm Rehabilitation Swim					
	25	26	27	28	29	
,	6:00 am Lane	7:00 am Lane Swim	6:00 am Lane Swim	7:00 am Lane Swim	6:00 am Lane	I

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9:00 am Family

Swim (All Pools)	Swim	5.00 B.1.1711			Swim
9:00 am Lane Swim (1/2 pool)	7:00 am Lane Swim	7:30 am Rehabilitation Swim	7:00 am Lane Swim 7:30 am	7:30 am Rehabilitation Swim	7:00 am Lane Swim
12:15 pm Open	7:30 am	8:00 am Lane Swim (1/2 pool)	Rehabilitation Swim	8:00 am Lane Swim (1/2 pool)	7:30 am
Gym	Rehabilitation	8:00 am Aqua Fitness	8:00 am Lane Swim	8:00 am Aqua Fitness	Rehabilitation
2:15 pm Pickleball	Swim	8:45 am Older Adult	8:45 am Pickleball (Intermediate)	8:45 am Pickleball	Swim
(Recreational)	8:00 am Lane Swim	Yoga		(Beginner)	8:00 am Lane Swim
4:30 pm Open Gym	8:45 am Pickleball	9:00 am Sketch & Swim	9:00 am Aqua Fitness	8:45 am Older Adult	8:45 am Pickleball
6:30 pm Basketball	(Advanced)	9:00 am Therapy Fitness	9:00 am Family	Flow Yoga	(Intermediate)
0.30 pm Basketoan	8:45 am Learn to	9:00 am Lane Swim	Swim (All Pools)	8:45 am Learn to Speak French - The	9:00 am Aqua
	Speak French - Communicate in a	9:30 am Artist Collective	9:00 am Strong Seniors	Basics	Fitness
	French Restaurant	10:00 am Older Adult	9:00 am Intro to	9:00 am Mini	9:00 am Family Swim (All Pools)
	9:00 am Art-Muck	Yoga	Yoga, Continuing	Scientists (18 months to 3 Years)	9:30 am Vulnerable
	& Mess (18 months to 3 Years)	10:00 am Lane Swim	the Journey	9:00 am Women's	Road Users
	9:00 am Strong	(1/2 pool)	9:00 am OA Dancing for Fitness	Weight Training	Seminar
	Seniors	10:00 am Therapy Fitness	9:00 am Stitches	9:00 am Therapy	9:30 am Older Adult Yoga
	9:00 am Aqua	10:00 am Family Swim	10:00 am StrongER	Fitness	10:00 am Movers
	Fitness	(Main Pool Only)	Seniors StrongER	9:00 am Lane Swim	& Shakers (18
	9:00 am Family Swim (All Pools)	10:15 am Mix It Up	10:00 am Aqua	9:30 am Shuffleboard 9:30am-12:00pm	months to 3 Years)
	9:30 am Zumba	11:00 am Lane Swim (1/2 pool)	Fitness	9:30 am Falls	10:00 am Aqua Fitness
	10:00 am Older	11:15 am Public Swim	10:15 am Stretch and Balance Fit	Prevention	10:15 am Mix It
	Adult Yoga	(All Pools)	11:00 am Chair	10:00 am Family	Up
	10:00 am	11:45 am Parkinson's	Yoga	Swim (Main Pool Only)	10:45 am Line
	StrongER Seniors 10:00 am Deaf	Social Hour	11:00 am Lane	10:00 am Lane Swim	Dancing - Beginner
	Seniors	12:15 pm Circuit Training	Swim (1/2 pool)	(1/2 pool)	11:00 am Lane
	10:00 am Mini	1:00 pm Bridge	11:15 am Public Swim (All Pools)	10:00 am Older Adult	Swim (1/2 pool)
	Scientists (18 months to 3 Years)	(Experienced)	12:15 pm Cardio	Yoga	11:15 am Public Swim (All Pools)
	10:00 am Aqua	1:30 pm Guitar Lessons:	Core	10:00 am Tech Talks and Tech Support	12:00 pm Line
	Fitness	Small Group Format	1:00 pm Mah Jongg	with Jordan	Dancing -
	10:15 am Gentle	2:00 pm Senior's Swim (All Pools)	1:15 pm Pickleball	10:15 am Stretch and Strengthen	Beginner
	Core Strengthening	3:00 pm Parent and Tot	(Advanced)	10:45 am Pickleball	12:15 pm Total Body Strength
	10:45 am	Swim (Therapy Pool	1:30 pm Zumba Gold	(Advanced)	1:00 pm Bridge
	Pickleball	Only)	2:00 pm Senior's	11:00 am Lane Swim	(Experienced)
	(Beginner)	3:00 pm Lane Swim	Swim (All Pools)	(1/2 pool)	1:15 pm Pickleball
	11:00 am Lane Swim (1/2 pool)	3:15 pm Open Gym	3:00 pm Rehabilitation Swim	11:15 am Public Swim (All Pools)	(Beginner)
	11:15 am Public	5:00 pm Artist Hub (9 to 15 Years)	3:00 pm Lane Swim	11:15 am Older Adult	2:00 pm Senior's Swim (All Pools)
	Swim (All Pools)	5:15 pm Power Skating	3:15 pm	Chair Fitness/ Chair	3:00 pm
	11:15 am Intro to	(Beginner)	Family/Open Gym	Yoga Combo - Level 2	Rehabilitation
	Yoga 11:30 am Line	5:30 pm Preschool Play Zone (18 months to 5	5:15 pm Pickleball	12:15 pm Circuit	Swim 3:00 pm Lane
	Dancing -	Years)	(Recreational)	Training	Swim
	Experienced	5:45 pm Dancing for	5:15 pm Line Dancing - Beginner	12:30 pm Older Adult Chair Fitness/ Chair	3:15 pm Open
	12:15 pm Cardio Core	Adults - Beginner	5:15 pm Science	Yoga Combo - Level	Gym
	12:30 pm Balance	6:00 pm Aqua Fitness	Explorers (4 to 8	1	4:00 pm Lifesaving Society Swim
	Yoga: Mind &	6:05 pm Power Skating (Intermediate/Advanced)	Years)	1:00 pm Scrapbooking	Instructor (15+
I	Body	`	6:30 pm Line		years)

1:15 pm Bid Euchre	6:15 pm Sporty Kids (6 to 9 Years)	Dancing - Experienced	1:00 pm Carpet Bowling - 1:00-	5:00 pm Kids Pop up Event - Felt
1:15 pm Pickleball (Intermediate)	6:30 pm Youth Room Drop-in (Grade 6-12)	6:30 pm Dance Fusion for Adults 7:15 pm Padminton (Intermediate)		Peach Keychain (4-9 years)
1:30 pm OA Gentle Exercise & Fitness	7:00 pm Dancing for Adults - Intermediate	7:15 pm Badminton	2:00 pm Senior's Swim (All Pools)	6:15 pm Youth Pop up Event - Felt Poptart (10-17
2:00 pm Therapy Fitness	7:30 pm Volleyball Intermediate/Advanced		3:00 pm Parent and Tot Swim (Therapy	years)
2:00 pm Senior's Swim (Main Pool	7:30 pm Table Tennis 7:30 pm Public Swim		Pool Only) 3:00 pm Youth Room	
Only) 3:00 pm	(All Pools) 8:00 pm Lane Swim		Drop-in (Grade 6-12) 3:00 pm Lane Swim	
Rehabilitation Swim	(1/2 pool)		3:15 pm Open Gym	
3:00 pm Lane Swim			5:15 pm Sr. Soccer Skills & Drills (9 to 13 Years)	
3:15 pm Open Gym			5:45 pm Zumba	
5:00 pm Gentle Flow Yoga			6:30 pm Jr. Soccer Skills & Drills (4 to 8	
5:00 pm Zumba			years) 6:30 pm Older Adult	
5:00 pm Artful Antics (4 to 8 years)			Movie Night	
5:15 pm Jr. Soccer			7:00 pm Aqua Fitness	
Skills & Drills (4 to 8 years)			7:30 pm Volleyball Recreational/Beginner	
5:30 pm Fit and Firm			8:00 pm Lane Swim (1/2 pool)	
6:15 pm Science Explorers (4 to 8 Years)			8:00 pm Rehabilitation Swim	
6:15 pm Teen Recreational Volleyball (9 to 17 years)				
7:30 pm Teen Futsal				
8:00 pm Lane Swim (1/2 pool)				
8:00 pm Rehabilitation Swim				