



Generated November 12,  
2024

# November 2024

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

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

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

Rehabilitation Swim	7:30 am Rehabilitation Swim	7:00 am Lane Swim	7:30 am Rehabilitation Swim	Swim	Rehabilitation Swim
8:00 am Lane Swim	8:00 am Lane Swim (1/2 pool)	7:30 am Rehabilitation Swim	8:00 am Lane Swim (1/2 pool)	7:00 am Lane Swim	9:00 am Preschool Play Zone (18 months to 5 Years)
9:00 am Lane Swim (1/2 pool)	8:00 am Aqua Fitness	8:00 am Lane Swim	8:00 am Aqua Fitness	7:30 am Rehabilitation Swim	9:45 am Preschool Gym/Swim (18 months to 5 Years)
9:00 am Family Swim (All Pools)	8:45 am Older Adult Yoga	8:45 am Pickleball (Intermediate)	8:45 am Pickleball (Beginner)	8:00 am Lane Swim	10:00 am Youth Room Drop-in (Grade 6-12)
11:00 am Aqua Cross Training	9:00 am Sketch & Swim	9:00 am Aqua Fitness	8:45 am Older Adult Flow Yoga	8:45 am Pickleball (Intermediate)	10:15 am Family/Open Gym
12:10 pm Aqua Mind and Body	9:00 am Therapy Fitness	9:00 am Family Swim (All Pools)	8:45 am Learn to Speak French - The Basics	9:00 am Aqua Fitness	12:00 pm Badminton
12:15 pm Open Gym	9:00 am Lane Swim	9:00 am Strong Seniors	9:00 am Mini Scientists (18 months to 3 Years)	9:00 am Family Swim (All Pools)	2:00 pm Open Gym
2:00 pm Lane Swim (1/2 pool)	9:30 am Artist Collective	9:00 am Intro to Yoga, Continuing the Journey	9:00 am Women's Weight Training	9:30 am Calligraphy Card workshop	2:00 pm Lane Swim (1/2 pool)
2:00 pm Public Swim (All Pools)	10:00 am Older Adult Yoga	9:00 am OA Dancing for Fitness	9:00 am Therapy Fitness	9:30 am Older Adult Yoga	2:00 pm Public Swim (All Pools)
2:15 pm Pickleball (Recreational)	10:00 am Lane Swim (1/2 pool)	9:00 am Stitches	9:00 am Lane Swim	10:00 am Movers & Shakers (18 months to 3 Years)	4:00 pm Futsal
4:30 pm Open Gym	10:00 am Family Swim (Main Pool Only)	10:00 am StrongER Seniors	9:30 am Shuffleboard 9:30am-12:00pm	10:00 am Aqua Fitness	
6:30 pm Basketball	10:15 am Mix It Up	10:00 am Aqua Fitness	9:30 am Falls Prevention	10:15 am Mix It Up	
	11:15 am Lane Swim (1/2 pool)	10:15 am Stretch and Balance Fit	10:00 am Family Swim (Main Pool Only)	10:45 am Line Dancing - Beginner	
	11:15 am Public Swim (All Pools)	11:00 am Chair Yoga	10:00 am Lane Swim (1/2 pool)	11:00 am Lane Swim (1/2 pool)	
	11:45 am Parkinson's Social Hour	11:15 am Public Swim (All Pools)	10:00 am Older Adult Yoga	11:15 am Public Swim (All Pools)	
	12:15 pm Circuit Training	12:15 pm Cardio Core	10:00 am Tech Talks and Tech Support with Jordan	12:00 pm Line Dancing - Beginner	
	1:00 pm Bridge (Experienced)	1:00 pm Mah Jongg	10:15 am Stretch and Strengthen	12:15 pm Total Body Strength	
	1:30 pm Guitar Lessons: Small Group Format	1:15 pm Pickleball (Advanced)	10:45 am Pickleball (Advanced)	1:00 pm Bridge (Experienced)	
	2:00 pm CARP	1:30 pm Zumba Gold	11:15 am Older Adult Chair Fitness/ Chair Yoga Combo - Level 2	1:15 pm Pickleball (Beginner)	
	2:00 pm Senior's Swim (All Pools)	2:00 pm Senior's Swim (All Pools)	11:15 am Public Swim (All Pools)	2:00 pm Senior's Swim (All Pools)	
	3:00 pm Parent and Tot Swim (Therapy Pool Only)	3:00 pm Rehabilitation Swim	12:15 pm Circuit Training	3:00 pm Rehabilitation Swim	
	3:00 pm Lane Swim	3:00 pm Lane Swim	12:30 pm Older Adult Chair Fitness/ Chair Yoga Combo - Level 1	3:00 pm Lane Swim	
	3:15 pm Open Gym	3:15 pm Family/Open Gym	1:00 pm Scrapbooking	3:15 pm Open Gym	
	5:00 pm Artist Hub (9 to 15 Years)	5:15 pm Pickleball (Recreational)	1:00 pm Carpet Bowling - 1:00-3:30pm		
	5:15 pm Power Skating (Beginner)	5:15 pm Line Dancing - Beginner	1:15 pm Pickleball (Intermediate)		
	5:30 pm Preschool Play Zone (18 months to 5 Years)	5:15 pm Science Explorers (4 to 8 Years)	2:00 pm Senior's Swim (All Pools)		
	5:45 pm Dancing for Adults - Beginner	6:30 pm Line Dancing - Experienced	3:00 pm Parent and Tot Swim (Therapy Pool Only)		
	6:05 pm Power Skating (Intermediate/Advanced)	6:30 pm Dance Fusion for Adults			
	6:15 pm Sporty Kids (6 to 9 Years)	7:00 pm Belleville Senators vs. Syracuse Crunch			
	7:00 pm Dancing for Adults - Intermediate	7:15 pm Badminton			
	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)		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		
17	18	19	20	21	22	23
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	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 Aqua Fitness 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 10:15 am Gentle Core Strengthening 10:45 am	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 2:00 pm Senior's Swim (All Pools)	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) 1:30 pm Zumba Gold	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 Lane Swim 9:30 am Shuffleboard 9:30am-12:00pm 9:30 am Falls Prevention 10:00 am Family Swim (Main Pool Only) 10:00 am Lane Swim (1/2 pool) 10:00 am Older Adult Yoga 10:00 am Tech Talks and Tech Support with Jordan 10:15 am Stretch and Strengthen 10:45 am Pickleball (Advanced)	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) 12:00 pm Line Dancing - Beginner	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

	<p>Pickleball (Beginner)</p> <p>11:00 am Lane Swim (1/2 pool)</p> <p>11:15 am Public Swim (All Pools)</p> <p>11:15 am Intro to Yoga</p> <p>11:30 am Line Dancing - Experienced</p> <p>12:15 pm Cardio Core</p> <p>12:30 pm Balance Yoga: Mind &amp; Body</p> <p>1:15 pm Bid Euchre</p> <p>1:15 pm Pickleball (Intermediate)</p> <p>1:30 pm OA Gentle Exercise &amp; Fitness</p> <p>2:00 pm Therapy Fitness</p> <p>2:00 pm Senior's Swim (Main Pool Only)</p> <p>3:00 pm Rehabilitation Swim</p> <p>3:00 pm Lane Swim</p> <p>3:15 pm Open Gym</p> <p>5:00 pm Gentle Flow Yoga</p> <p>5:00 pm Zumba</p> <p>5:00 pm Artful Antics (4 to 8 years)</p> <p>5:15 pm Jr. Soccer Skills &amp; Drills (4 to 8 years)</p> <p>5:30 pm Fit and Firm</p> <p>6:15 pm Science Explorers (4 to 8 Years)</p> <p>6:15 pm Teen Recreational Volleyball (9 to 17 years)</p> <p>7:30 pm Teen Futsal</p> <p>8:00 pm Lane Swim (1/2 pool)</p> <p>8:00 pm Rehabilitation Swim</p>	<p>3:00 pm Parent and Tot Swim (Therapy Pool Only)</p> <p>3:00 pm Lane Swim</p> <p>3:15 pm Open Gym</p> <p>5:00 pm Artist Hub (9 to 15 Years)</p> <p>5:15 pm Power Skating (Beginner)</p> <p>5:30 pm Preschool Play Zone (18 months to 5 Years)</p> <p>5:45 pm Dancing for Adults - Beginner</p> <p>6:00 pm Aqua Fitness</p> <p>6:05 pm Power Skating (Intermediate/Advanced)</p> <p>6:15 pm Sporty Kids (6 to 9 Years)</p> <p>6:30 pm Youth Room Drop-in (Grade 6-12)</p> <p>7:00 pm Dancing for Adults - Intermediate</p> <p>7:30 pm Volleyball Intermediate/Advanced</p> <p>7:30 pm Table Tennis</p> <p>7:30 pm Public Swim (All Pools)</p> <p>8:00 pm Lane Swim (1/2 pool)</p>	<p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Rehabilitation Swim</p> <p>3:15 pm Open Gym</p> <p>6:30 pm Line Dancing - Experienced</p> <p>6:30 pm Dance Fusion for Adults</p> <p>7:15 pm Badminton</p>	<p>11:00 am Lane Swim (1/2 pool)</p> <p>11:15 am Public Swim (All Pools)</p> <p>11:15 am Older Adult Chair Fitness/ Chair Yoga Combo - Level 2</p> <p>12:15 pm Circuit Training</p> <p>12:30 pm Older Adult Chair Fitness/ Chair Yoga Combo - Level 1</p> <p>1:00 pm Cooking with Chef Jesse (Zoom)</p> <p>1:00 pm Carpet Bowling - 1:00-3:30pm</p> <p>1:00 pm Scrapbooking</p> <p>1:15 pm Pickleball (Intermediate)</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Parent and Tot Swim (Therapy Pool Only)</p> <p>3:00 pm Youth Room Drop-in (Grade 6-12)</p> <p>3:00 pm Lane Swim</p> <p>3:15 pm Open Gym</p> <p>5:15 pm Sr. Soccer Skills &amp; Drills (9 to 13 Years)</p> <p>5:45 pm Zumba</p> <p>6:30 pm Jr. Soccer Skills &amp; Drills (4 to 8 years)</p> <p>7:00 pm Aqua Fitness</p> <p>7:30 pm Volleyball Recreational/Beginner</p> <p>8:00 pm Lane Swim (1/2 pool)</p> <p>8:00 pm Rehabilitation Swim</p>	<p>12:15 pm Total Body Strength</p> <p>1:00 pm Bridge (Experienced)</p> <p>1:15 pm Pickleball (Beginner)</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Rehabilitation Swim</p> <p>3:15 pm Open Gym</p>
24	25	26	27	28	29
9:00 am Family	6:00 am Lane	7:00 am Lane Swim	6:00 am Lane Swim	7:00 am Lane Swim	6:00 am Lane

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

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