



Generated February 23,  
2024

## February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				<p><u>Lane Swim</u> 7:00 am - 7:55 am</p> <p><u>Rehabilitati on Swim</u> 8:00 am - 9:00 am</p> <p><u>Older Adult Flow Yoga</u> 8:45 am - 9:45 am</p> <p><u>Learn to Speak French - Beginners "Vacation in Quebec"</u> 8:45 am - 9:45 am</p> <p><u>Pickleball - Intermediat e</u> 8:45 am - 10:30 am</p> <p><u>Kindergarte</u></p>	<p><u>Lane Swim</u> 6:00 am - 6:55 am</p> <p><u>Lane Swim</u> 7:00 am - 7:55 am</p> <p><u>Rehabilitati on Swim</u> 8:00 am - 9:00 am</p> <p><u>PA Day Camp (Grades JK -8)</u> 8:00 am - 5:00 pm</p> <p><u>Pickleball - Advanced</u> 8:45 am - 10:30 am</p> <p><u>ABC's &amp; 1,2,3's (18 months to 3 Years)</u> 9:00 am -</p>	<p><u>Rehabilitati on Swim</u> 8:00 am - 9:00 am</p> <p><u>Youth Room Drop-in (Grade 6- 12)</u> 9:00 am - 11:00 am</p> <p><u>Zumba</u> 10:00 am - 11:00 am</p> <p><u>Family/Ope n Gym</u> 10:00 am - 11:45 am</p> <p><u>Public Skating</u> 1:00 pm - 1:50 pm</p> <p><u>Public Swim (All Pools)</u> 1:00 pm - 2:00 pm</p>

**n Readiness**

**(3 to 5 Years)**

9:00 am - 11:30 am

**Women's Weight Training**

9:00 am - 9:45 am

**Lane Swim**

9:00 am - 9:55 am

**Aqua Fitness**

9:00 am - 9:50 am

**Shuffleboard 9:30am-**

**12:00pm**  
9:30 am - 12:00 pm

**Older Adult**

**Yoga**  
10:00 am - 11:00 am

**Stretch and Strengthen**

10:00 am - 11:00 am

**Pickleball - Intermediate/**

**Advanced**  
10:45 am - 12:30 pm

**Therapy Fitness**

11:00 am - 11:50 am

**Mini Scientists (18 months to 3 Years)**

11:45 am - 12:30 pm

9:45 am

**Therapy Fitness**

9:00 am - 9:50 am

**Older Adult Yoga**

9:30 am - 10:30 am

**Mover's & Shakers (18 months to 3 Years)**

10:00 am - 10:45 am

**Family Swim**

**(Therapy and**

**Preschool Pool Only)**

10:15 am - 11:15 am

**Pickleball - Intermediate**

**e**  
10:45 am - 12:30 pm

**Line Dancing (Beginner)**

10:45 am - 11:45 am

**Figure Skating Ticket Ice**

11:15 am - 12:05 pm

**Public Swim (Main Pool Only)**

11:30 am - 12:45 pm

**Lane Swim**

11:30 am - 12:45 pm

**Lane Swim**

1:00 pm - 2:00 pm

**Open Gym**

2:00 pm - 3:45 pm

**Lane Swim**

2:15 pm - 3:15 pm

**Public Swim (All Pools)**

2:15 pm - 3:15 pm

**Family/Youth Futsal**

4:00 pm - 6:00 pm

**Adult Futsal**

6:00 pm - 8:00 pm

4	5	6	7	8	9	10
<u>Rehabilitati on Swim</u> 8:00 am - 9:00 am	<u>Lane Swim</u> 6:00 am - 6:55 am	<u>Rehabilitati on Swim</u> 7:00 am - 7:55 am	<u>Lane Swim</u> 6:00 am - 6:55 am	<u>Lane Swim</u> 7:00 am - 7:55 am	<u>Lane Swim</u> 6:00 am - 6:55 am	<u>Rehabilitati on Swim</u> 8:00 am - 9:00 am
<u>Lane Swim</u> 8:00 am - 8:55 am	<u>Lane Swim</u> 7:00 am - 7:55 am	<u>Lane Swim</u> 7:00 am - 7:55 am	<u>Lane Swim</u> 7:00 am - 7:55 am	<u>Rehabilitati on Swim</u> 8:00 am - 9:00 am	<u>Lane Swim</u> 7:00 am - 7:55 am	<u>Youth Room Drop-in (Grade 6- 12)</u> 9:00 am - 11:00 am
<u>Family Swim (All Pools)</u> 9:00 am - 10:15 am	<u>Rehabilitati on Swim</u> 8:00 am - 9:00 am	<u>Lane Swim</u> 8:00 am - 8:45 am	<u>Rehabilitati on Swim</u> 8:00 am - 9:00 am	<u>Pickleball - Intermediat e</u> 8:45 am - 10:30 am	<u>CANCELL ED - Rehabilitati on Swim</u> 8:00 am - 9:00 am	<u>Zumba</u> 10:00 am - 11:00 am
<u>Lane Swim</u> 9:00 am -	<u>Pickleball - Advanced</u> 8:45 am - 10:30 am	<u>Therapy Fitness</u> 8:00 am - 8:45 am	<u>Pickleball - Intermediat e / Advanced</u>	<u>Learn to Speak</u>	<u>Pickleball - Advanced</u>	<u>Family/Ope</u>

10:00 am

Aqua Cross Training

11:00 am - 11:55 am

Aqua Mind and Body

12:10 pm - 12:55 pm

Family/Open Gym

12:15 pm - 2:00 pm

Public Swim (All Pools)

1:00 pm - 2:00 pm

Lane Swim

1:00 pm - 2:00 pm

Lane Swim

2:15 pm - 3:15 pm

Public Swim (All Pools)

2:15 pm - 3:15 pm

Recreation Pickleball

2:15 pm - 4:00 pm

Open Gym

4:30 pm - 6:15 pm

Basketball

6:30 pm - 8:15 pm

Learn to Speak French -

Beginners "Basic Vocabulary"

8:45 am - 9:45 am

8:45 am - 9:45 am

Art-Muck & Mess (18

months to 3 Years)

9:00 am - 9:45 am

Strong Seniors

9:00 am - 9:45 am

Older Adult Yoga

10:00 am - 11:00 am

Aqua Fitness

10:00 am - 10:50 am

Lane Swim

10:00 am - 11:00 am

Mini Scientists (18 months to 3 Years)

10:00 am - 10:45 am

Deaf Seniors

10:00 am - 1:00 pm

Gentle Core Strengthening

10:15 am - 11:15 am

Pickleball -

Older Adult Yoga - 8:45

- 9:45 a.m.

8:45 am - 9:45 am

Aqua Fitness

9:00 am - 9:50 am

Senior Shinny (50+)

9:00 am - 9:50 am

Lane Swim

9:00 am - 9:55 am

Move N' Groove (18

months to 4 Years)

9:00 am - 9:45 am

Artist Collective

9:00 am - 11:30 am

Family Swim (Main Pool Only)

10:00 am - 10:45 am

Family Skating (helmets mandatory for all participants)

10:00 am - 10:50 am

Aqua Fitness

10:00 am - 10:45 am

Aqua Fitness

10:00 am - 10:45 am

Mix It Up

10:00 am -

8:45 am - 10:30 am

Stitches

9:00 am - 12:00 pm

Strong Seniors

9:15 am - 10:00 am

Senior Gentle Fitness

9:30 am - 10:30 am

Aqua Fitness

10:00 am - 10:50 am

Lane Swim

10:00 am - 11:00 am

Stretch and Balance Fit

10:45 am - 11:45 am

Chair Yoga

11:00 am - 11:45 am

Lane Swim

11:15 am - 12:00 pm

Public Swim (Main Pool Only)

11:15 am - 12:00 pm

Lane Swim

12:00 pm - 12:45 pm

Adult Recreational Skating (16+)

12:00 pm - 12:50 pm

French - Beginners "Vacation in Quebec"

8:45 am - 9:45 am

Older Adult Flow Yoga

8:45 am - 9:45 am

Women's Weight Training

9:00 am - 9:45 am

Kindergarten Readiness (3 to 5 Years)

9:00 am - 11:30 am

Lane Swim

9:00 am - 9:55 am

Aqua Fitness

9:00 am - 9:50 am

Shuffleboard 9:30am-12:00pm

9:30 am - 12:00 pm

Older Adult Yoga

10:00 am - 11:00 am

Stretch and Strengthen

10:00 am - 11:00 am

Pickleball - Intermediate / Advanced

10:45 am - 12:30 pm

8:45 am - 10:30 am

ABC's & 1,2,3's (18 months to 3 Years)

9:00 am - 9:45 am

Therapy Fitness

9:00 am - 9:50 am

Mom and Baby Fit

9:15 am - 9:45 am

Older Adult Yoga

9:30 am - 10:30 am

Mover's & Shakers (18 months to 3 Years)

10:00 am - 10:45 am

Mix It Up a.m.

10:15 am - 11:15 am

Family Swim (Therapy and Preschool Pool Only)

10:15 am - 11:15 am

Line Dancing (Beginner)

10:45 am - 11:45 am

Pickleball - Intermediate

10:45 am

n Gym

10:00 am - 11:45 am

Public Swim (All Pools)

1:00 pm - 2:00 pm

Lane Swim

1:00 pm - 2:00 pm

Open Gym

2:00 pm - 3:45 pm

Lane Swim

2:15 pm - 3:15 pm

Public Swim (All Pools)

2:15 pm - 3:15 pm

Family/Youth Futsal

4:00 pm - 6:00 pm

Adult Futsal

6:00 pm - 8:00 pm

Belleville Senators vs. Utica Comets

7:00 pm - 10:00 pm

Public Skating

7:00 pm - 7:50 pm

	<u>Intermediate / Advanced</u> 10:45 am - 12:30 pm  <u>Lane Swim</u> 11:00 am - 12:00 pm	11:00 am  <u>Older Adult Yoga</u> 10:00 am - 11:00 am		12:30 pm  <u>Therapy Fitness</u> 11:00 am - 11:50 am  <u>Mini Scientists (18 months to 3 Years)</u> 11:45 am - 12:30 pm	10:45 am - 12:30 pm  <u>Figure Skating Ticket Ice</u> 11:15 am - 12:05 pm  <u>Public Swim (Main Pool Only)</u> 11:30 am - 12:45 pm	
11  <u>Lane Swim</u> 8:00 am - 8:55 am  <u>Rehabilitation on Swim</u> 8:00 am - 9:00 am  <u>Family Swim (All Pools)</u>	12  <u>Lane Swim</u> 6:00 am - 6:55 am  <u>Lane Swim</u> 7:00 am - 7:55 am  <u>Rehabilitation on Swim</u> 8:00 am - 9:00 am	13  <u>Rehabilitation on Swim</u> 7:00 am - 7:55 am  <u>Lane Swim</u> 7:00 am - 7:55 am  <u>Lane Swim</u> 8:00 am - 8:45 am	14  <u>Lane Swim</u> 6:00 am - 6:55 am  <u>Lane Swim</u> 7:00 am - 7:55 am  <u>Bay of Quinte Swim Meet (Pool</u>	15  <u>Lane Swim</u> 7:00 am - 7:55 am  <u>Rehabilitation on Swim</u> 8:00 am - 9:00 am  <u>Pickleball - Intermediate</u>	16  <u>Lane Swim</u> 6:00 am - 6:55 am  <u>Lane Swim</u> 7:00 am - 7:55 am  <u>Rehabilitation on Swim</u> 8:00 am - 9:00 am	17  <u>Rehabilitation on Swim</u> 8:00 am - 9:00 am  <u>Broomball Jr. Provincials</u> 8:00 am - 8:00 pm  <u>Family/Op</u>

9:00 am -  
10:15 am

Lane Swim  
9:00 am -  
10:00 am

Aqua Cross  
Training  
11:00 am -  
11:55 am

Aqua Mind  
and Body  
12:10 pm -  
12:55 pm

Family/Op  
n Gym  
12:15 pm -  
2:00 pm

Public Swim  
(All Pools)  
1:00 pm -  
2:00 pm

Lane Swim  
1:00 pm -  
2:00 pm

Lane Swim  
2:15 pm -  
3:15 pm

Public Swim  
(All Pools)  
2:15 pm -  
3:15 pm

Recreation  
Pickleball  
2:15 pm -  
4:00 pm

Open Gym  
4:30 pm -  
6:15 pm

Basketball  
6:30 pm -  
8:15 pm

Pickleball -  
Advanced  
8:45 am -  
10:30 am

Learn to  
Speak  
French -  
Beginners  
"Basic  
Vocabulary  
"  
8:45 am -  
9:45 am

Art-Muck &  
Mess (18  
months to 3  
Years)  
9:00 am -  
9:45 am

Strong  
Seniors  
9:00 am -  
9:45 am

Older Adult  
Yoga  
10:00 am -  
11:00 am

Aqua  
Fitness  
10:00 am -  
10:50 am

Lane Swim  
10:00 am -  
11:00 am

Mini  
Scientists  
(18 months  
to 3 Years)  
10:00 am -  
10:45 am

Deaf  
Seniors  
10:00 am -  
1:00 pm

Therapy  
Fitness  
8:00 am -  
8:45 am

Older Adult  
Yoga - 8:45  
- 9:45 a.m.  
8:45 am -  
9:45 am

Aqua  
Fitness  
9:00 am -  
9:50 am

Senior  
Shinny  
(50+)  
9:00 am -  
9:50 am

Lane Swim  
9:00 am -  
9:55 am

Move N'  
Groove (18  
months to 4  
Years)  
9:00 am -  
9:45 am

Artist  
Collective  
9:00 am -  
11:30 am

Family  
Swim (Main  
Pool Only)  
10:00 am -  
10:45 am

Family  
Skating  
(helmets  
mandatory  
for all  
participants)  
10:00 am -  
10:50 am

Closed  
From 8am  
to 1pm)  
8:00 am -  
1:00 pm

Pickleball -  
Intermediat  
e /  
Advanced  
8:45 am -  
10:30 am

Stitches  
9:00 am -  
12:00 pm

Strong  
Seniors  
9:15 am -  
10:00 am

Senior  
Gentle  
Fitness  
9:30 am -  
10:30 am

Stretch and  
Balance Fit  
10:45 am -  
11:45 am

Adult  
Recreational  
Skating  
(16+)  
12:00 pm -  
12:50 pm

Cardio Core  
12:15 pm -  
12:45 pm

Mah Jongg  
& Table Top  
Games  
1:00 pm -  
4:00 pm

Pickleball -  
Advanced  
1:15 pm -

8:45 am -  
10:30 am

Learn to  
Speak  
French -  
Beginners  
"Vacation  
in Quebec"  
8:45 am -  
9:45 am

Older Adult  
Flow Yoga  
8:45 am -  
9:45 am

Women's  
Weight  
Training  
9:00 am -  
9:45 am

Kindergarte  
n Readiness  
(3 to 5  
Years)  
9:00 am -  
11:30 am

Lane Swim  
9:00 am -  
9:55 am

Shuffleboar  
d 9:30am-  
12:00pm  
9:30 am -  
12:00 pm

Older Adult  
Yoga  
10:00 am -  
11:00 am

Stretch and  
Strengthen  
10:00 am -  
11:00 am

Pickleball -  
Intermediat  
e /

Broomball  
Jr.  
Provincials  
8:00 am -  
8:00 pm

Pickleball -  
Advanced  
8:45 am -  
10:30 am

ABC's &  
1,2,3's (18  
months to 3  
Years)  
9:00 am -  
9:45 am

Therapy  
Fitness  
9:00 am -  
9:50 am

Mom and  
Baby Fit  
9:15 am -  
9:45 am

Mover's &  
Shakers (18  
months to 3  
Years)  
10:00 am -  
10:45 am

Mix It Up  
a.m.  
10:15 am -  
11:15 am

Family  
Swim  
(Therapy  
and  
Preschool  
Pool Only)  
10:15 am -  
11:15 am

Pickleball -  
Intermediat  
e

n Gym  
10:00 am -  
11:45 am

Public Swim  
(All Pools)  
1:00 pm -  
2:00 pm

Lane Swim  
1:00 pm -  
2:00 pm

Open Gym  
2:00 pm -  
3:45 pm

Lane Swim  
2:15 pm -  
3:15 pm

Public Swim  
(All Pools)  
2:15 pm -  
3:15 pm

Family/Yout  
h Futsal  
4:00 pm -  
6:00 pm

Adult Futsal  
6:00 pm -  
8:00 pm

	<p><b><u>Gentle Core Strengthening</u></b> 10:15 am - 11:15 am</p> <p><b><u>Pickleball - Intermediate / Advanced</u></b> 10:45 am - 12:30 pm</p> <p><b><u>Lane Swim</u></b> 11:00 am - 12:00 pm</p>	<p><b><u>Aqua Fitness</u></b> 10:00 am - 10:45 am</p> <p><b><u>Mix It Up</u></b> 10:00 am - 11:00 am</p> <p><b><u>Older Adult Yoga</u></b> 10:00 am - 11:00 am</p>	<p>3:00 pm</p> <p><b><u>Zumba Gold</u></b> 1:30 pm - 2:30 pm</p> <p><b><u>Senior's Swim (Main Pool Only)</u></b> 2:00 pm - 3:00 pm</p> <p><b><u>Lane Swim</u></b> 3:15 pm - 4:15 pm</p>	<p><b><u>Advanced</u></b> 10:45 am - 12:30 pm</p> <p><b><u>Therapy Fitness</u></b> 11:00 am - 11:50 am</p> <p><b><u>Mini Scientists (18 months to 3 Years)</u></b> 11:45 am - 12:30 pm</p> <p><b><u>Public Swim (Therapy and Preschool Pool Only)</u></b> 12:00 pm - 12:45 pm</p>	<p>10:45 am - 12:30 pm</p> <p><b><u>Public Swim (Main Pool Only)</u></b> 11:30 am - 12:45 pm</p> <p><b><u>Lane Swim</u></b> 11:30 am - 12:45 pm</p> <p><b><u>Total Body Strength</u></b> 12:15 pm - 12:45 pm</p>	
18	19	20	21	22	23	24
<p><b><u>Broomball Jr. Provincials</u></b> 8:00 am - 8:00 pm</p> <p><b><u>Rehabilitation on Swim</u></b> 8:00 am - 9:00 am</p> <p><b><u>Lane Swim</u></b> 8:00 am - 8:55 am</p> <p><b><u>Family Swim (All</u></b></p>	<p><b><u>Open Gym</u></b> 10:00 am - 11:45 am</p> <p><b><u>Free Sponsored Skate by Royal LePage</u></b> 11:15 am - 12:05 pm</p> <p><b><u>Lane Swim</u></b> 11:30 am - 12:30 pm</p> <p><b><u>Public Swim</u></b></p>	<p><b><u>Lane Swim</u></b> 7:00 am - 7:55 am</p> <p><b><u>Rehabilitation on Swim</u></b> 7:00 am - 7:55 am</p> <p><b><u>Lane Swim</u></b> 8:00 am - 8:45 am</p> <p><b><u>Older Adult Yoga - 8:45 - 9:45 a.m.</u></b> 8:45 am -</p>	<p><b><u>Lane Swim</u></b> 6:00 am - 6:55 am</p> <p><b><u>Lane Swim</u></b> 7:00 am - 7:55 am</p> <p><b><u>Rehabilitation on Swim</u></b> 8:00 am - 9:00 am</p> <p><b><u>Pickleball - Intermediate / Advanced</u></b></p>	<p><b><u>Lane Swim</u></b> 7:00 am - 7:55 am</p> <p><b><u>Rehabilitation on Swim</u></b> 8:00 am - 9:00 am</p> <p><b><u>Pickleball - Intermediate</u></b> 8:45 am - 10:30 am</p> <p><b><u>Learn to Speak</u></b></p>	<p><b><u>Lane Swim</u></b> 6:00 am - 6:55 am</p> <p><b><u>Lane Swim</u></b> 7:00 am - 7:55 am</p> <p><b><u>Rehabilitation on Swim</u></b> 8:00 am - 9:00 am</p> <p><b><u>Pickleball - Advanced</u></b> 8:45 am - 10:30 am</p>	<p><b><u>Rehabilitation on Swim</u></b> 8:00 am - 9:00 am</p> <p><b><u>Youth Room Drop-in (Grade 6-12)</u></b> 9:00 am - 11:00 am</p> <p><b><u>Family/Open Gym</u></b> 10:00 am - 11:45 am</p>

<u>Pools)</u> 9:00 am - 10:15 am	<u>(All Pools)</u> 11:30 am - 12:30 pm	9:45 am	8:45 am - 10:30 am	<u>French - Beginners</u> <u>"Vacation in Quebec"</u> 8:45 am - 9:45 am	<u>ABC's &amp; 1,2,3's (18 months to 3 Years)</u> 9:00 am - 9:45 am	<u>Zumba</u> 10:00 am - 11:00 am
<u>Lane Swim</u> 9:00 am - 10:00 am	<u>Family/Op n Gym</u> 12:15 pm - 2:00 pm	<u>Senior Shinny</u> (50+) 9:00 am - 9:50 am	<u>Stitches</u> 9:00 am - 12:00 pm	<u>Older Adult Flow Yoga</u> 8:45 am - 9:45 am	<u>Therapy Fitness</u> 9:00 am - 9:50 am	<u>Lane Swim</u> 1:00 pm - 2:00 pm
<u>Aqua Cross Training</u> 11:00 am - 11:55 am	<u>Public Swim</u> (All Pools) 1:00 pm - 2:00 pm	<u>Artist Collective</u> 9:00 am - 11:30 am	<u>Strong Seniors</u> 9:15 am - 10:00 am	<u>Women's Weight Training</u> 9:00 am - 9:45 am	<u>Mom and Baby Fit</u> 9:15 am - 9:45 am	<u>Public Swim</u> (All Pools) 1:00 pm - 2:00 pm
<u>Aqua Mind and Body</u> 12:10 pm - 12:55 pm	<u>Lane Swim</u> 1:00 pm - 2:00 pm	<u>Move N' Groove (18 months to 4 Years)</u> 9:00 am - 9:45 am	<u>Senior Gentle Fitness</u> 9:30 am - 10:30 am	<u>Kindergarte n Readiness</u> (3 to 5 Years) 9:00 am - 11:30 am	<u>Older Adult Yoga</u> 9:30 am - 10:30 am	<u>Open Gym</u> 2:00 pm - 3:45 pm
<u>Family/Ope n Gym</u> 12:15 pm - 2:00 pm	<u>Belleville Senators vs. Hersey Bears</u> 2:00 pm - 5:00 pm	<u>COSSA Swim Meet</u> (Pool Closed From 8:45am to 3:00pm) 9:00 am - 2:30 pm	<u>Aqua Fitness</u> 10:00 am - 10:50 am			<u>Public Swim</u> (All Pools) 2:15 pm - 3:15 pm
<u>Public Swim</u> (All Pools) 1:00 pm - 2:00 pm	<u>Lane Swim</u> 2:15 pm - 3:15 pm		<u>Lane Swim</u> 10:00 am - 11:00 am		<u>Mover's &amp; Shakers (18 months to 3 Years)</u> 10:00 am - 10:45 am	<u>Lane Swim</u> 2:15 pm - 3:15 pm
<u>Lane Swim</u> 1:00 pm -	<u>Public Swim</u>		<u>Stretch and Balance Fit</u> 10:45 am -	<u>Aqua Fitness</u> 9:00 am - 9:50 am		<u>Family/Yout h Futsal</u> 4:00 pm - 6:00 pm



<p>2:00 pm</p> <p><u>Lane Swim</u> 2:15 pm - 3:15 pm</p> <p><u>Public Swim</u> (All Pools) 2:15 pm - 3:15 pm</p> <p><u>Recreation</u> <u>Pickleball</u> 2:15 pm - 4:00 pm</p> <p><u>Open Gym</u> 4:30 pm - 6:15 pm</p> <p><u>Basketball</u> 6:30 pm - 8:15 pm</p>	<p>(All Pools) 2:15 pm - 3:15 pm</p>	<p><u>Paint &amp; Play (18 months to 4 Years)</u> 10:00 am - 10:45 am</p> <p><u>Mix It Up</u> 10:00 am - 11:00 am</p> <p><u>Older Adult Yoga</u> 10:00 am - 11:00 am</p> <p><u>Sensory Time (18 months to 4 Years)</u> 11:00 am - 11:45 am</p> <p><u>Parkinson's Keep Moving</u> 11:15 am - 11:45 am</p> <p><u>Parkinson's Social Hour</u> 11:45 am - 12:15 pm</p> <p><u>Adult Recreational Skating (16+)</u> 12:00 pm - 12:50 pm</p>	<p>11:45 am</p> <p><u>Lane Swim</u> 11:15 am - 12:00 pm</p> <p><u>Public Swim (Main Pool Only)</u> 11:15 am - 12:00 pm</p> <p><u>Lane Swim</u> 12:00 pm - 12:45 pm</p> <p><u>Adult Recreational Skating (16+)</u> 12:00 pm - 12:50 pm</p> <p><u>Cardio Core</u> 12:15 pm - 12:45 pm</p>	<p><u>Lane Swim</u> 9:00 am - 9:55 am</p> <p><u>Shuffleboard 9:30am-12:00pm</u> 9:30 am - 12:00 pm</p> <p><u>Older Adult Yoga</u> 10:00 am - 11:00 am</p> <p><u>Stretch and Strengthen</u> 10:00 am - 11:00 am</p> <p><u>Pickleball - Intermediate / Advanced</u> 10:45 am - 12:30 pm</p> <p><u>Therapy Fitness</u> 11:00 am - 11:50 am</p> <p><u>Mini Scientists (18 months to 3 Years)</u> 11:45 am - 12:30 pm</p>	<p><u>Mix It Up a.m.</u> 10:15 am - 11:15 am</p> <p><u>Family Swim (Therapy and Preschool Pool Only)</u> 10:15 am - 11:15 am</p> <p><u>Line Dancing (Beginner)</u> 10:45 am - 11:45 am</p> <p><u>Pickleball - Intermediate</u> 10:45 am - 12:30 pm</p> <p><u>Figure Skating Ticket Ice</u> 11:15 am - 12:05 pm</p> <p><u>Lane Swim</u> 11:30 am - 12:45 pm</p>	<p><u>Adult Futsal</u> 6:00 pm - 8:00 pm</p>
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<p>25</p> <p><u>Lane Swim</u> 8:00 am - 8:55 am</p> <p><u>Rehabilitation on Swim</u> 8:00 am - 9:00 am</p> <p><u>Family Swim (All Pools)</u></p>	<p>26</p> <p><u>Lane Swim</u> 6:00 am - 6:55 am</p> <p><u>Lane Swim</u> 7:00 am - 7:55 am</p> <p><u>Rehabilitation on Swim</u> 8:00 am - 9:00 am</p>	<p>27</p> <p><u>Lane Swim</u> 7:00 am - 7:55 am</p> <p><u>Rehabilitation on Swim</u> 7:00 am - 7:55 am</p> <p><u>Lane Swim</u> 8:00 am - 8:45 am</p>	<p>28</p> <p><u>Lane Swim</u> 6:00 am - 6:55 am</p> <p><u>Lane Swim</u> 7:00 am - 7:55 am</p> <p><u>Rehabilitation on Swim</u> 8:00 am - 9:00 am</p>	<p>29</p> <p><u>Lane Swim</u> 7:00 am - 7:55 am</p> <p><u>Rehabilitation on Swim</u> 8:00 am - 9:00 am</p> <p><u>Pickleball - Intermediate</u></p>	<p>1</p>	<p>2</p>
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9:00 am -  
10:15 am

Aqua Cross  
Training

11:00 am -  
11:55 am

Aqua Mind  
and Body

12:10 pm -  
12:55 pm

Family/Op  
en Gym

12:15 pm -  
2:00 pm

Lane Swim

1:00 pm -  
2:00 pm

Public Swim  
(All Pools)

1:00 pm -  
2:00 pm

Public Swim  
(All Pools)

2:15 pm -  
3:15 pm

Lane Swim

2:15 pm -  
3:15 pm

Recreation  
Pickleball

2:15 pm -  
4:00 pm

Open Gym

4:30 pm -  
6:15 pm

Basketball

6:30 pm -  
8:15 pm

Pickleball -  
Advanced

8:45 am -  
10:30 am

Learn to  
Speak

French -  
Beginners  
"Basic

Vocabulary  
"

8:45 am -  
9:45 am

Art-Muck &  
Mess (18  
months to 3  
Years)

9:00 am -  
9:45 am

Strong  
Seniors

9:00 am -  
9:45 am

Older Adult  
Yoga

10:00 am -  
11:00 am

Aqua  
Fitness

10:00 am -  
10:50 am

Mini  
Scientists  
(18 months  
to 3 Years)

10:00 am -  
10:45 am

Deaf  
Seniors

10:00 am -  
1:00 pm

Therapy  
Fitness

8:00 am -  
8:45 am

Older Adult  
Yoga - 8:45

- 9:45 a.m.  
8:45 am -  
9:45 am

Aqua  
Fitness

9:00 am -  
9:50 am

Move N'  
Groove (18  
months to 4  
Years)

9:00 am -  
9:45 am

Artist  
Collective

9:00 am -  
11:30 am

Lane Swim

9:00 am -  
9:55 am

Family  
Swim (Main  
Pool Only)

10:00 am -  
10:45 am

Paint &  
Play (18  
months to 4  
Years)

10:00 am -  
10:45 am

Aqua  
Fitness

10:00 am -  
10:45 am

Pickleball -  
Intermediat

e /  
Advanced  
8:45 am -  
10:30 am

Stitches  
9:00 am -  
12:00 pm

Strong  
Seniors  
9:15 am -  
10:00 am

Senior  
Gentle  
Fitness  
9:30 am -  
10:30 am

Aqua  
Fitness  
10:00 am -  
10:50 am

Lane Swim  
10:00 am -  
11:00 am

Stretch and  
Balance Fit  
10:45 am -  
11:45 am

Chair Yoga  
11:00 am -  
11:45 am

Lane Swim  
11:15 am -  
12:00 pm

Public Swim  
(Main Pool  
Only)

11:15 am -  
12:00 pm

8:45 am -  
10:30 am

Learn to  
Speak  
French -  
Beginners  
"Vacation  
in Quebec"  
8:45 am -  
9:45 am

Older Adult  
Flow Yoga  
8:45 am -  
9:45 am

Women's  
Weight  
Training  
9:00 am -  
9:45 am

Kindergarte  
n Readiness  
(3 to 5  
Years)  
9:00 am -  
11:30 am

Aqua  
Fitness  
9:00 am -  
9:50 am

Lane Swim  
9:00 am -  
9:55 am

Shuffleboar  
d 9:30am-  
12:00pm  
9:30 am -  
12:00 pm

Older Adult  
Yoga  
10:00 am -  
11:00 am

<p><b><u>Lane Swim</u></b> 10:00 am - 11:00 am</p> <p><b><u>Gentle Core Strengthening</u></b> 10:15 am - 11:15 am</p> <p><b><u>Pickleball - Intermediate / Advanced</u></b> 10:45 am - 12:30 pm</p> <p><b><u>Public Swim (Main Pool Only)</u></b> 11:00 am - 12:00 pm</p>	<p><b><u>Mix It Up</u></b> 10:00 am - 11:00 am</p> <p><b><u>Older Adult Yoga</u></b> 10:00 am - 11:00 am</p> <p><b><u>Rehabilitation on Swim</u></b> 10:45 am - 11:45 am</p>	<p><b><u>Lane Swim</u></b> 12:00 pm - 12:45 pm</p> <p><b><u>Cardio Core</u></b> 12:15 pm - 12:45 pm</p>	<p><b><u>Stretch and Strengthen</u></b> 10:00 am - 11:00 am</p> <p><b><u>Pickleball - Intermediate / Advanced</u></b> 10:45 am - 12:30 pm</p> <p><b><u>Therapy Fitness</u></b> 11:00 am - 11:50 am</p> <p><b><u>Mini Scientists (18 months to 3 Years)</u></b> 11:45 am - 12:30 pm</p>			
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