



Generated April 27, 2024

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim 8:45 Pickleball - Advanced 9:00 ABC's & 1,2,3's (18 months to 3 Years) 9:00 Therapy Fitness 9:30 Older Adult Yoga 10:00 Mover's & Shakers (18 months to 3 Years) 10:15 Family Swim (Therapy and Preschool Pool Only) 10:15 Mix It Up a.m. 10:45 Line Dancing (Beginner) 10:45 Pickleball - Intermediate 11:15 Figure Skating Ticket Ice 11:30 Lane Swim 11:30 Public Swim (Main Pool Only) 12:00 Line Dancing (Beginner) 12:15 Figure Skating Ticket Ice 12:15 Total Body Strength	2 8:00 Rehabilitation Swim 10:00 Family/Open Gym 10:00 Zumba 1:00 Lane Swim 1:00 Public Swim (All Pools) 2:00 Open Gym 2:15 Lane Swim 2:15 Public Swim (All Pools) 4:00 Family/Youth Futsal 6:00 Adult Futsal 7:00 Belleville Senators vs. Rochester Americans

					1:00 Bridge (Experienced) 1:15 Pickleball - Beginner 1:30 Zumba Gold 2:00 Senior's Swim (Main Pool Only) 3:00 Rehabilitation Swim 3:00 Lane Swim 3:15 Family/Open Gym 5:30 Pickleball (Recreational) 7:00 Belleville Senators vs. Rochester Americans	
3 8:00 Rehabilitation Swim 8:00 Lane Swim 9:00 Family Swim	4 6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim	5 7:00 Rehabilitation Swim 7:00 Lane Swim 8:00 Lane Swim	6 6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim	7 7:00 Lane Swim 8:00 Rehabilitation Swim 8:45 Learn to Speak	8 10:00 Quinte Sportsman Boat and RV Show 2024	9 9:00 Quinte Sportsman Boat and RV Show 2024

(All Pools)	8:00 COSSA Boys Hockey	8:00 Therapy Fitness	9:00 Stitches	French - Beginners "Vacation in Quebec"
11:00 Aqua Cross Training		8:45 Older Adult Yoga - 8:45 - 9:45 a.m.	9:15 Strong Seniors	8:45 Older Adult Flow Yoga
12:10 Aqua Mind and Body	8:45 Pickleball - Advanced	9:00 Artist Collective	9:30 Senior Gentle Fitness	9:00 Women's Weight Training
12:15 Family/Open Gym	8:45 Learn to Speak French - Beginners "Basic Vocabulary"	9:00 Move N' Groove (18 months to 4 Years)	10:00 Aqua Fitness	9:00 Aqua Fitness
1:00 Lane Swim		9:00 Aqua Fitness	10:00 Lane Swim	9:00 Lane Swim
1:00 Public Swim (All Pools)	9:00 Art-Muck & Mess (18 months to 3 Years)	9:00 Lane Swim	10:45 Stretch and Balance Fit	9:00 Kindergarten Readiness (3 to 5 Years)
2:15 Public Swim (All Pools)	9:00 Strong Seniors	10:00 Family Swim (Main Pool Only)	11:00 Chair Yoga	9:30 Shuffleboard 9:30am-12:00pm
2:15 Lane Swim	10:00 Older Adult Yoga	10:00 Paint & Play (18 months to 4 Years)	11:15 Lane Swim	10:00 Older Adult Yoga
2:15 Recreation Pickleball	10:00 Aqua Fitness	10:00 Aqua Fitness	11:15 Public Swim (Main Pool Only)	10:00 Stretch and Strengthen
4:30 Open Gym	10:00 Mini Scientists (18 months to 3 Years)	10:00 Older Adult Yoga	12:00 Lane Swim	10:45 Pickleball - Intermediate / Advanced
6:30 Basketball	10:00 Deaf Seniors	10:00 Mix It Up	12:15 Cardio Core	11:00 Therapy Fitness
	10:00 Lane Swim	10:45 Rehabilitation Swim	1:00 Diaper Fitness	11:45 Mini Scientists (18 months to 3 Years)
	10:15 Gentle Core Strengthening	11:00 Sensory Time (18 months to 4 Years)	1:00 Mah Jongg & Table Top Games	12:00 Public Swim (Therapy and Preschool Pool Only)
	10:45 Pickleball - Intermediate / Advanced	11:15 Parkinson's Keep Moving	1:15 Pickleball - Advanced	12:15 TRX Circuit
	11:00 Lane Swim	11:45 Parkinson's Social Hour	1:30 Zumba Gold	12:45 Art-Muck & Mess (18 months to 3 Years)
	11:00 Public Swim (Main Pool Only)	11:45 Public Swim (Therapy and Preschool Pool Only)	1:30 Parkinson's Aquatic Therapy Fitness	1:00 Carpet Bowling - 1:00-3:30pm
	11:15 Intro to Yoga	12:15 TRX Circuit	2:00 Senior's Swim (Main Pool Only)	1:00 Lane Swim
	11:30 Line Dancing - Experienced	1:00 Bridge (Experienced)	3:15 Family/Open Gym	1:00 Scrapbooking
	12:15 Cardio Core	1:00 Lane Swim	3:15 Lane Swim	1:00 Mah Jongg
	1:00 Therapy Fitness	1:15 Pickleball - Beginner	5:00 Fitness Mix	1:15 Pickleball - Beginner /Intermediate
	1:00 Bid Euchre	2:00 Senior's Swim (Therapy Pool Only)	5:00 Young Chefs (11 to 15 Years)	2:00 Senior's Swim (Therapy Pool Only)
	1:15 Pickleball - Beginner	3:00 Youth Room Drop-in (Grade 6-12)	5:00 Yoga Fit	3:00 Lane Swim
	1:30 Senior Gentle Fitness	3:00 Lane Swim	5:00 Science Explorers (4 to 8 Years)	3:15 Family/Open Gym
	2:00 Belleville Senators vs. Hartford Wolf Pack	3:15 Parent and Tot Swim (Therapy Pool Only)	5:00 Youth Room Drop-in (Grade 6-12)	3:45 Lane Swim
	2:00 Senior's Swim (Main Pool Only)	3:30 Open Gym	5:15 Line Dancing (Beginner)	3:45 Parent and Tot Swim (Therapy Pool Only)
	3:15 Lane Swim	5:00 Artist Hub (9 to 15 Years)	5:15 Recreation Pickleball	5:00 Kitchen Crew (8 to 11 Years) NEW
	3:30 Family/Open Gym	5:30 Preschool Play Zone (18 months to 5 Years)	6:30 Line Dancing (Experienced)	5:15 Jr. Soccer Skills & Drills (4 to 8 years)
	5:00 Gentle Flow Yoga	6:00 Dancing for Adults - Beginner	7:15 Badminton	6:15 Sr. Soccer Skills & Drills (9 to 13 Years)
	5:30 Fit and Firm	6:00 Aqua Fitness	8:00 Lane Swim	6:15 Girls Night Out (9 to 12 years)
	5:30 Jr. Soccer Skills & Drills (4 to 8 years)	6:15 Sporty Kids (6 to 9 Years)		7:30 Volleyball (Recreational/Beginner)
		6:15 STEM-tastic (9 to 15 Years)		8:00 Lane Swim
		6:30 Crokinole		
		7:30 Volleyball Intermediate/Advanced		
		7:30 Table Tennis		

	5:30 Artful Antics (4 to 8 years) 5:45 Zumba 6:00 Youth Room Drop-in (Grade 6-12) 6:15 Yoga Fit 6:45 Teen Recreational Volleyball (9 to 17 years) 6:45 Science Explorers (4 to 8 Years) 8:00 Lane Swim 8:00 Rehabilitation Swim	7:30 Public Swim (All Pools) 8:00 Lane Swim				
10 9:00 Quinte Sportsman Boat and RV Show 2024	11 6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim 8:45 Pickleball -	12 7:00 Rehabilitation Swim 7:00 Lane Swim 8:00 Lane Swim 8:00 Therapy Fitness	13 6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim 8:45 Pickleball -	14 7:00 Lane Swim 8:00 Rehabilitation Swim 8:45 Pickleball - Intermediate	15 6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim 8:45 Pickleball -	16 8:00 Rehabilitation Swim 9:00 Youth Room Drop-in (Grade 6-12)

	Advanced	8:45 Older Adult Yoga - 8:45 - 9:45 a.m.	Intermediate / Advanced	8:45 Learn to Speak French - Beginners "Vacation in Quebec"	Advanced	10:00 Family/Open Gym
	8:45 Learn to Speak French - Beginners "Basic Vocabulary"	9:00 Artist Collective	9:00 Stitches		9:00 ABC's & 1,2,3's (18 months to 3 Years)	10:00 Zumba
	9:00 Art-Muck & Mess (18 months to 3 Years)	9:00 Move N' Groove (18 months to 4 Years)	9:15 Strong Seniors	8:45 Older Adult Flow Yoga	9:00 Therapy Fitness	1:00 Lane Swim
	9:00 Strong Seniors	9:00 Aqua Fitness	9:30 Senior Gentle Fitness	9:00 Women's Weight Training	9:15 Mom and Baby Fit	1:00 Public Swim (All Pools)
	10:00 Older Adult Yoga	9:00 Senior Shinny (50+)	10:00 Aqua Fitness	9:00 Aqua Fitness	9:30 Older Adult Yoga	2:00 Open Gym
	10:00 Aqua Fitness	9:00 Lane Swim	10:00 Family Skating (helmets mandatory for all participants)	9:00 Kindergarten Readiness (3 to 5 Years)	10:00 Mover's & Shakers (18 months to 3 Years)	2:15 Lane Swim
	10:00 Mini Scientists (18 months to 3 Years)	10:00 Family Swim (Main Pool Only)	10:00 Paint & Play (18 months to 4 Years)	9:30 Shuffleboard 9:30am-12:00pm	10:15 Family Swim (Therapy and Preschool Pool Only)	2:15 Public Swim (All Pools)
	10:00 Deaf Seniors	10:00 Aqua Fitness	10:00 Stretch and Balance Fit	10:00 Older Adult Yoga	10:15 Mix It Up a.m.	4:00 Family/Youth Futsal
	10:00 Lane Swim	10:00 Older Adult Yoga	11:00 Chair Yoga	10:00 Stretch and Strengthen	10:30 Family Skating (helmets mandatory for all participants)	6:00 Adult Futsal
	10:15 Gentle Core Strengthening	10:00 Mix It Up	11:00 Adult Recreational Skating (16+)	10:45 Pickleball - Intermediate / Advanced	10:45 Line Dancing (Beginner)	7:00 Belleville Senators vs. Bridgeport Islanders
	10:45 Pickleball - Intermediate / Advanced	10:45 Rehabilitation Swim	11:00 Public Skating	11:00 Adult Recreational Skating (16+)	10:45 Pickleball - Intermediate	
	11:00 Lane Swim	11:00 Sensory Time (18 months to 4 Years)	11:15 Public Swim (Main Pool Only)	11:00 Therapy Fitness	11:00 Figure Skating Ticket Ice	
	11:00 Public Swim (Main Pool Only)	11:15 Parkinson's Keep Moving	11:15 Lane Swim	11:45 Mini Scientists (18 months to 3 Years)	11:30 Lane Swim	
	11:15 Intro to Yoga	11:45 Parkinson's Social Hour	12:00 Lane Swim	12:00 Adult Shinny	11:30 Public Skating	
	11:30 Line Dancing - Experienced	11:45 Public Swim (Therapy and Preschool Pool Only)	12:00 Family/Youth Shinny	12:00 Public Swim (Therapy and Preschool Pool Only)	11:30 Public Swim (Main Pool Only)	
	12:15 Cardio Core	12:15 TRX Circuit	12:15 Cardio Core	12:15 TRX Circuit	12:00 Line Dancing (Beginner)	
	1:00 Therapy Fitness	1:00 Bridge (Experienced)	1:00 Diaper Fitness	12:45 Art-Muck & Mess (18 months to 3 Years)	12:15 Total Body Strength	
	1:00 Bid Euchre	1:00 Lane Swim	1:00 Mah Jongg & Table Top Games	1:00 Carpet Bowling - 1:00-3:30pm	12:30 Family/Youth Shinny	
	1:15 Pickleball - Beginner	1:00 Youth Room Drop-in (Grade 6-12)	1:15 Pickleball - Advanced	1:00 Lane Swim	1:00 Bridge (Experienced)	
	1:30 Senior Gentle Fitness	1:00 Family Skating (helmets mandatory for all participants)	1:30 Zumba Gold	1:00 Scrapbooking	1:15 Pickleball - Beginner	
	2:00 Senior's Swim (Main Pool Only)	1:15 Pickleball - Beginner	1:30 Parkinson's Aquatic Therapy Fitness	1:00 Mah Jongg	1:30 Zumba Gold	
	3:15 Lane Swim	2:00 Senior's Swim (Therapy Pool Only)	2:00 Senior's Swim (Main Pool Only)	1:15 Pickleball - Beginner /Intermediate	2:00 Senior's Swim (Main Pool	
	3:30 Family/Open Gym	3:00 Lane Swim	3:15 Family/Open Gym	1:30 Family Skating (helmets mandatory for all participants)	2:30 Public Skating	
		3:00 Family/Youth Shinny	3:15 Lane Swim	2:00 Senior's Swim (Therapy Pool Only)		
		3:15 Parent and Tot Swim (Therapy Pool	5:00 Young Chefs (11 to 15 Years)			
			5:00 Yoga Fit			
			5:00 Science Explorers (4 to 8			

	5:00 Gentle Flow Yoga 5:00 Zumba 5:30 Fit and Firm 5:30 Artful Antics (4 to 8 years) 5:30 Jr. Soccer Skills & Drills (4 to 8 years) 6:00 Youth Room Drop-in (Grade 6-12) 6:15 Yoga Fit 6:45 Science Explorers (4 to 8 Years) 6:45 Teen Recreational Volleyball (9 to 17 years) 8:00 Lane Swim 8:00 Rehabilitation Swim	Only) 3:30 Open Gym 5:00 Artist Hub (9 to 15 Years) 5:30 Preschool Play Zone (18 months to 5 Years) 6:00 Aqua Fitness 6:00 Dancing for Adults - Beginner 6:15 Sporty Kids (6 to 9 Years) 6:15 STEM-tastic (9 to 15 Years) 6:30 Crokinole 7:30 Table Tennis 7:30 Volleyball Intermediate/Advanced 7:30 Public Swim (All Pools) 8:00 Lane Swim	Years) 5:15 Line Dancing (Beginner) 5:15 Recreation Pickleball 6:30 Line Dancing (Experienced) 7:00 Belleville Senators vs. Utica Comets 7:15 Badminton 8:00 Lane Swim	3:00 Lane Swim 3:15 Family/Open Gym 3:30 Family/Youth Shinny 3:45 Lane Swim 3:45 Parent and Tot Swim (Therapy Pool Only) 4:00 Youth Room Drop-in (Grade 6-12) 5:00 Kitchen Crew (8 to 11 Years) NEW 5:15 Jr. Soccer Skills & Drills (4 to 8 years) 5:45 Zumba 6:15 Sr. Soccer Skills & Drills (9 to 13 Years) 6:15 Girls Night Out (9 to 12 years) 7:00 Aqua Fitness 7:30 Volleyball (Recreational/Beginner) 8:00 Lane Swim	Only) 3:00 Rehabilitation Swim 3:00 Youth Room Drop-in (Grade 6-12) 3:00 Lane Swim 3:15 Family/Open Gym 5:30 Pickleball (Recreational)	
17 8:00 Rehabilitation	18 6:00 Lane Swim	19 7:00 Rehabilitation	20 6:00 Lane Swim	21 7:00 Lane Swim	22 6:00 Lane Swim	23 7:00 Belleville

Swim	7:00 Lane Swim	Swim	7:00 Lane Swim	7:00 Lane Swim	8:00 Rehabilitation Swim	7:00 Lane Swim	and District
8:00 Lane Swim	8:00 Rehabilitation Swim	7:00 Lane Swim	8:00 Rehabilitation Swim	8:00 Rehabilitation Swim	8:00 Rehabilitation Swim	8:00 Rehabilitation Swim	Kennel Club
9:00 Home Alone Course (age 10-13)	8:45 Pickleball - Advanced	8:00 Lane Swim	8:00 Therapy Fitness	8:45 Pickleball - Intermediate / Advanced	8:45 Pickleball - Intermediate	8:45 Pickleball - Advanced	Dog Show - Obedience Trials
9:00 Family Swim (All Pools)	8:45 Learn to Speak French - Beginners "Basic Vocabulary"	8:45 Older Adult Yoga - 8:45 - 9:45 a.m.	9:00 Artist Collective	9:00 Stitches	8:45 Learn to Speak French - Beginners "Vacation in Quebec"	9:00 ABC's & 1,2,3's (18 months to 3 Years)	8:00 Rehabilitation Swim
10:00 Youth Room Drop-in (Grade 6-12)	9:00 Art-Muck & Mess (18 months to 3 Years)	9:00 Move N' Groove (18 months to 4 Years)	9:00 Aqua Fitness	9:15 Strong Seniors	8:45 Older Adult Flow Yoga	9:00 Therapy Fitness	10:00 Zumba
12:15 Family/Open Gym	9:00 Strong Seniors	9:00 Aqua Fitness	9:00 Senior Shinny (50+)	9:30 Senior Gentle Fitness	9:00 Aqua Fitness	9:30 Older Adult Yoga	1:00 Lane Swim
1:00 Lane Swim	10:00 Older Adult Yoga	9:00 Lane Swim	10:00 Lane Swim	10:00 Aqua Fitness	9:00 Lane Swim	10:00 Mover's & Shakers (18 months to 3 Years)	1:00 Public Swim (All Pools)
1:00 Public Swim (All Pools)	10:00 Aqua Fitness	10:00 Family Swim (Main Pool Only)	10:45 Stretch and Balance Fit	10:00 Lane Swim	9:30 Shuffleboard 9:30am-12:00pm	10:15 Family Swim (Therapy and Preschool Pool Only)	2:15 Public Swim (All Pools)
2:15 Public Swim (All Pools)	10:00 Mini Scientists (18 months to 3 Years)	10:00 Paint & Play (18 months to 4 Years)	11:00 Chair Yoga	10:45 Stretch and Balance Fit	10:00 Older Adult Yoga	10:15 Mix It Up a.m.	2:15 Lane Swim
2:15 Lane Swim	10:00 Deaf Seniors	10:00 Aqua Fitness	11:15 Lane Swim	11:00 Chair Yoga	10:00 Family Skating (helmets mandatory for all participants)	10:45 Line Dancing (Beginner)	7:00 Belleville Senators vs. Laval Rocket
2:15 Recreation Pickleball	10:00 Lane Swim	10:00 Older Adult Yoga	11:15 Public Swim (Main Pool Only)	12:00 Lane Swim	10:45 Pickleball - Intermediate / Advanced	10:45 Pickleball - Intermediate	
4:30 Open Gym	10:15 Gentle Core Strengthening	10:00 Mix It Up	12:00 Adult Recreational Skating (16+)	12:00 Lane Swim	11:00 Therapy Fitness	11:00 Figure Skating Ticket Ice	
6:30 Basketball	10:45 Pickleball - Intermediate / Advanced	10:45 Rehabilitation Swim	12:15 Cardio Core	12:00 Adult Recreational Skating (16+)	11:45 Mini Scientists (18 months to 3 Years)	11:30 Lane Swim	
	11:00 Lane Swim	11:00 Sensory Time (18 months to 4 Years)	1:00 Diaper Fitness	1:15 Pickleball - Advanced	12:00 Adult Recreational Skating (16+)	11:30 Public Swim (Main Pool Only)	
	11:00 Public Swim (Main Pool Only)	11:15 Parkinson's Keep Moving	1:00 Mah Jongg & Table Top Games	1:30 Zumba Gold	12:00 Adult Shinny	12:00 Figure Skating Ticket Ice	
	11:15 Intro to Yoga	11:45 Parkinson's Social Hour	1:15 Pickleball - Advanced	1:30 Parkinson's Aquatic Therapy Fitness	12:00 Public Swim (Therapy and Preschool Pool Only)	12:00 Line Dancing (Beginner)	
	11:30 Line Dancing - Experienced	12:00 Adult Recreational Skating (16+)	1:30 Zumba Gold	2:00 Senior's Swim (Main Pool Only)	12:45 Art-Muck & Mess (18 months to 3 Years)	1:00 Bridge (Experienced)	
	12:15 Cardio Core	12:15 TRX Circuit	3:15 Family/Open Gym	3:15 Family/Open Gym	1:00 Carpet Bowling - 1:00-3:30pm	1:15 Pickleball - Beginner	
	1:00 Therapy Fitness	1:00 Bridge (Experienced)	3:15 Lane Swim	3:15 Lane Swim	1:00 Lane Swim	1:30 Zumba Gold	
	1:00 Bid Euchre	1:00 Lane Swim	5:00 Young Chefs (11 to 15 Years)	5:00 Young Chefs (11 to 15 Years)	1:00 Scrapbooking	2:00 Senior's Swim (Main Pool Only)	
	1:15 Pickleball - Beginner	1:15 Pickleball - Beginner	5:00 Yoga Fit	5:00 Yoga Fit	1:00 Mah Jongg	3:00 Rehabilitation Swim	
	1:30 Senior Gentle Fitness	2:00 Senior's Swim (Therapy Pool Only)	5:00 Science Explorers (4 to 8 Years)	5:00 Science Explorers (4 to 8 Years)	1:15 Pickleball - Beginner /Intermediate	3:00 Lane Swim	
	2:00 Senior's Swim (Main Pool Only)	3:00 Youth Room Drop-in (Grade 6-12)	5:00 Youth Room Drop-in (Grade 6-12)	5:00 Youth Room Drop-in (Grade 6-12)	2:00 Senior's Swim (Therapy Pool Only)	3:15 Family/Open Gym	
	3:15 Lane Swim	3:00 Lane Swim	5:15 Line Dancing (Beginner)	5:15 Line Dancing (Beginner)	3:00 Lane Swim	5:30 Pickleball (Recreational)	
	3:30 Family/Open Gym	3:15 Parent and Tot Swim (Therapy Pool Only)	5:15 Recreation Pickleball	5:15 Recreation Pickleball	3:45 Lane Swim	7:00 Belleville Senators vs. Laval Rocket	
	5:00 Gentle Flow Yoga	3:30 Open Gym	6:30 Line Dancing (Experienced)	6:30 Line Dancing (Experienced)	3:45 Parent and Tot Swim (Therapy Pool Only)		
	5:00 Zumba	5:00 Artist Hub (9 to 15 Years)	7:15 Badminton	7:15 Badminton	4:00 Youth Room Drop-in (Grade 6-12)		
	5:30 Fit and Firm	5:30 Preschool Play Zone (18 months to 5 Years)	8:00 Lane Swim	8:00 Lane Swim	5:00 Kitchen Crew (8 to 11 Years) NEW		
	5:30 Jr. Soccer Skills & Drills (4 to 8 years)	6:00 Dancing for Adults - Beginner			5:15 Jr. Soccer Skills & Drills (4 to 8 years)		
					5:45 Zumba		

	5:30 Artful Antics (4 to 8 years) 6:00 Youth Room Drop-in (Grade 6-12) 6:15 Yoga Fit 6:45 Teen Recreational Volleyball (9 to 17 years) 6:45 Science Explorers (4 to 8 Years) 8:00 Lane Swim 8:00 Rehabilitation Swim	6:00 Aqua Fitness 6:15 Sporty Kids (6 to 9 Years) 6:15 STEM-tastic (9 to 15 Years) 6:30 Crokinole 7:30 Volleyball Intermediate/Advanced 7:30 Table Tennis 7:30 Public Swim (All Pools) 8:00 Lane Swim		6:15 Sr. Soccer Skills & Drills (9 to 13 Years) 6:15 Girls Night Out (9 to 12 years) 7:00 Aqua Fitness 7:30 Volleyball (Recreational/Beginner) 8:00 Lane Swim		
24 7:00 Belleville and District Kennel Club Dog Show - Obedience Trials 8:00 Rehabilitation Swim 8:00 Lane Swim 9:00 Family Swim (All Pools) 10:00 Youth Room Drop-in (Grade 6-12) 11:00 Aqua Cross Training 12:10 Aqua Mind and Body 1:00 Lane Swim 1:00 Public Swim (All Pools) 2:15 Public Swim (All Pools) 2:15 Lane Swim	25 6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim 8:45 Pickleball - Advanced 8:45 Learn to Speak French - Beginners "Basic Vocabulary" 9:00 Art-Muck & Mess (18 months to 3 Years) 9:00 Strong Seniors 10:00 Older Adult Yoga 10:00 Aqua Fitness 10:00 Mini Scientists (18 months to 3 Years) 10:00 Deaf Seniors 10:00 Lane Swim 10:15 Gentle Core Strengthening 10:45 Pickleball - Intermediate / Advanced 11:00 Lane Swim 11:00 Public Swim (Main Pool Only) 11:15 Intro to Yoga 11:30 Line Dancing - Experienced 12:15 Cardio Core 1:00 Therapy Fitness 1:00 Bid Euchre	26 7:00 Rehabilitation Swim 7:00 Lane Swim 8:00 Lane Swim 8:00 Therapy Fitness 8:00 Broomball National Championships 8:45 Older Adult Yoga - 8:45 - 9:45 a.m. 9:00 Artist Collective 9:00 Aqua Fitness 9:00 Lane Swim 10:00 Family Swim (Main Pool Only) 10:00 Paint & Play (18 months to 4 Years) 10:00 Aqua Fitness 10:00 Mix It Up 10:45 Rehabilitation Swim 11:00 Sensory Time (18 months to 4 Years) 11:15 Parkinson's Keep Moving 11:45 Parkinson's Social Hour 11:45 Public Swim (Therapy and Preschool Pool Only) 1:00 Bridge (Experienced) 1:00 Lane Swim 2:00 Senior's Swim (Therapy Pool Only) 3:00 Youth Room Drop-in (Grade 6-12) 3:00 Lane Swim 3:15 Parent and Tot Swim (Therapy Pool Only)	27 6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim 8:00 Broomball National Championships 9:00 Stitches 10:00 Aqua Fitness 10:00 Lane Swim 11:15 Lane Swim 11:15 Public Swim (Main Pool Only) 12:00 Lane Swim 1:00 Diaper Fitness 1:00 Mah Jongg & Table Top Games 1:30 Parkinson's Aquatic Therapy Fitness 2:00 Senior's Swim (Main Pool Only) 3:15 Lane Swim 5:00 Youth Room Drop-in (Grade 6-12) 8:00 Lane Swim	28 7:00 Lane Swim 8:00 Rehabilitation Swim 8:00 Broomball National Championships 8:45 Learn to Speak French - Beginners "Vacation in Quebec" 9:00 Aqua Fitness 9:00 Lane Swim 11:00 Therapy Fitness 12:00 Public Swim (Therapy and Preschool Pool Only) 1:00 Scrapbooking 1:00 Mah Jongg 1:00 Lane Swim 2:00 Senior's Swim (Therapy Pool Only) 3:00 Lane Swim 3:45 Lane Swim 3:45 Parent and Tot Swim (Therapy Pool Only) 4:00 Youth Room Drop-in (Grade 6-12) 7:00 Aqua Fitness 8:00 Lane Swim	29 8:00 QSWC Closed for Good Friday (except for Special Event) 8:00 Broomball National Championships	30 8:00 Broomball National Championships 10:00 Family/Open Gym 11:30 Lane Swim 11:30 Public Swim (All Pools) 1:00 Public Swim (All Pools) 1:00 Lane Swim 2:00 Open Gym 2:15 Lane Swim 2:15 Public Swim (All Pools)

	1:15 Pickleball - Beginner 1:30 Senior Gentle Fitness 2:00 Senior's Swim (Main Pool Only) 3:15 Lane Swim 3:30 Family/Open Gym 5:00 Gentle Flow Yoga 5:30 Fit and Firm 5:30 Artful Antics (4 to 8 years) 5:30 Jr. Soccer Skills & Drills (4 to 8 years) 6:00 Youth Room Drop-in (Grade 6-12) 6:15 Yoga Fit 6:45 Science Explorers (4 to 8 Years) 6:45 Teen Recreational Volleyball (9 to 17 years) 8:00 Lane Swim 8:00 Rehabilitation Swim	6:00 Aqua Fitness 6:30 Crokinole 7:30 Public Swim (All Pools) 8:00 Lane Swim				
31 11:30 Public Swim (All Pools) 11:30 Lane Swim 12:15 Family/Open Gym 1:00 Lane Swim 1:00 Public Swim (All Pools) 2:15 Public Swim (All Pools) 2:15 Lane Swim						

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