



Generated June 17, 2024

# June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:00 Rehabilitation Swim 10:00 Open Gym 10:00 Youth Room Drop-in (Grade 6-12) 12:00 Badminton 1:00 Public Swim (All Pools) 1:00 Lane Swim 2:00 Open Gym 2:15 Public Swim (All Pools) 2:15 Lane Swim 4:00 Family Futsal 6:00 Teen/Youth Futsal
2 8:00 Rehabilitation	3 6:00 Lane Swim	4 7:00 Lane Swim	5 6:00 Lane Swim	6 7:00 Lane Swim	7 6:00 Lane Swim	8 8:00

Swim	7:00 Lane Swim	7:00 Rehabilitation Swim	7:00 Lane Swim	7:00 Rehabilitation Swim	7:00 Lane Swim	Rehabilitation Swim
9:00 Lane Swim	7:00 Rehabilitation Swim	8:00 Lane Swim	7:00 Rehabilitation Swim	8:00 Lane Swim	7:00 Rehabilitation Swim	10:00 Open Gym
11:00 Aqua Cross Training	8:00 Lane Swim	8:00 Aqua Fitness	8:00 Lane Swim	8:00 Aqua Fitness	8:00 Lane Swim	10:00 Youth Room Drop-in (Grade 6-12)
12:10 Aqua Mind and Body	8:45 Pickleball - Advanced	8:45 Older Adult Yoga	8:45 Pickleball - Intermediate	8:45 Learn to Speak French - Beginners "Vacation in Quebec"	8:45 Pickleball - Advanced	12:00 Badminton
12:15 Family/Open Gym	8:45 Learn to Speak French - Beginners "Basic Vocabulary"	9:00 Move N' Groove (18 months to 4 Years)	9:00 Stitches	9:00 Family Swim (All Pools)	9:00 Family Swim (All Pools)	1:00 Public Swim (All Pools)
1:00 Public Swim (All Pools)	9:00 Art-Muck & Mess (18 months to 3 Years)	9:00 Artist Collective	9:00 Family Swim (All Pools)	8:45 Pickleball - Beginner	9:00 ABC's & 1,2,3's (18 months to 3 Years)	1:00 Lane Swim
1:00 Lane Swim	9:00 Art-Muck & Mess (18 months to 3 Years)	9:00 Lane Swim	9:00 Aqua Fitness	8:45 Older Adult Flow Yoga	9:00 ABC's & 1,2,3's (18 months to 3 Years)	2:00 Open Gym
2:15 Public Swim (All Pools)	9:00 Strong Seniors	9:00 Therapy Fitness	9:15 Strong Seniors	9:00 Women's Weight Training	9:15 Mom & Baby Fitness	2:15 Public Swim (All Pools)
2:15 Lane Swim	9:00 Aqua Fitness	9:30 Pen & Ink Wash - Art Workshop	9:30 Senior Gentle Fitness	9:00 Lane Swim	9:30 Older Adult Yoga	2:15 Lane Swim
2:15 Pickleball (Recreational)	9:00 Family Swim (All Pools)	9:30 Senior Shinny (50+)	10:00 Aqua Fitness	9:00 Therapy Fitness	10:00 Mover's & Shakers (18 months to 3 Years)	2:15 Lane Swim
4:30 Open Gym	10:00 Aqua Fitness	10:00 Older Adult Yoga	10:45 Stretch and Balance Fit	9:30 Shuffleboard 9:30am-12:00pm	10:15 Mix It Up	4:00 Family Futsal
6:30 Basketball	10:00 Older Adult Yoga	10:00 Mix It Up	11:00 Chair Yoga	10:00 Older Adult Yoga	10:45 Line Dancing - Beginner	6:00 Teen/Youth Futsal
	10:00 Deaf Seniors	10:00 Older Adult Yoga	11:00 Lane Swim	10:00 Stretch and Strengthen	10:45 Pickleball - Intermediate	
	10:00 Mini Scientists (18 months to 3 Years)	10:00 Paint & Play (18 months to 4 Years)	11:15 Public Swim (All Pools)	10:00 Older Adult Yoga	11:00 Figure Skating Ticket Ice	
	10:15 Gentle Core Strengthening	10:00 Therapy Fitness	12:00 Adult Recreational Skating (16+)	10:00 Family Skating (Helmets mandatory for all participants)	11:00 Lane Swim	
	10:45 Pickleball - Beginner	10:00 Family Swim (Main Pool Only)	12:15 Cardio Core	10:00 Family Skating (Helmets mandatory for all participants)	11:15 Public Swim (All Pools)	
	11:00 Lane Swim	11:00 Lane Swim	1:00 Mah Jongg	10:30 Tech Talks & Tech Support with Jordan	12:00 Lane Swim	
	11:15 Public Swim (All Pools)	11:00 Kindergarten Readiness (3 to 5 Years)	1:00 Chess Club	10:30 Cooking with Chef Jesse (Zoom)	12:00 Line Dancing - Beginner	
	11:15 Intro to Yoga	11:15 Parkinson's Keep Moving	1:15 Pickleball - Advanced	10:45 Pickleball - Advanced	12:00 Figure Skating Ticket Ice	
	11:30 Line Dancing - Experienced	11:15 Public Swim (All Pools)	1:30 Zumba Gold	11:00 Lane Swim	1:00 Bridge (Experienced)	
	12:15 Cardio Core	11:45 Parkinson's Social Hour	2:00 Senior's Swim (All Pools)	11:15 Public Swim (All Pools)	1:15 Pickleball - Beginner	
	12:30 Balance Yoga: Mind & Body	12:15 TRX	3:00 Lane Swim	12:00 Adult Shinny	1:30 Zumba Gold	
	1:00 Bid Euchre	1:00 Adult Recreational Skating (16+)	3:15 Rehabilitation Swim	12:15 TRX	2:00 Senior's Swim (All Pools)	
	1:00 Therapy Fitness	1:15 Pickleball - Beginner	3:15 Family/Open Gym	1:00 Adult Recreational Skating (16+)	3:00 Lane Swim	
	1:15 Pickleball - Intermediate	2:00 Senior's Swim (All Pools)	3:45 Lane Swim	1:00 Carpet Bowling - 1:00-3:30pm	3:15 Rehabilitation Swim	
	1:30 Senior Gentle Fitness	3:00 Lane Swim	5:00 Young Chefs (11 to 15 Years)	1:00 Scrapbooking	3:15 Open Gym	
	2:00 Senior's Swim (All Pools)	3:00 Youth Room Drop-in (Grade 6-12)	5:00 Yoga Fit	1:15 Pickleball - Intermediate	5:30 Pickleball (Recreational)	
	3:00 Lane Swim	3:15 Parent and Tot Swim (Therapy Pool Only)	5:15 Line Dancing - Beginner	2:00 Senior's Swim (All Pools)		
	3:15 Rehabilitation Swim	3:30 Open Gym	5:15 Science Explorers (4 to 8 Years)	3:00 Lane Swim		
	3:30 Open Gym	3:30 Open Gym	5:15 Pickleball (Recreational)	3:00 Youth Room Drop-in (Grade 6-12)		
	3:45 Lane Swim	5:00 Artist Hub (9 to 15 Years)	6:30 Line Dancing - Experienced			
	4:00 Youth Room Drop-in (Grade 6-12)	6:00 Dancing for Adults - Beginner	7:15 Badminton			
	5:00 Gentle Flow Yoga	6:00 Aqua Fitness	8:00 Lane Swim			
	5:00 Zumba	6:15 STEM-tastic (9 to 15 Years)				
	5:30 Fit and Firm	6:30 Crokinole				

	<p>5:30 Jr. Soccer Skills &amp; Drills (4 to 8 years)</p> <p>5:30 Artful Antics (4 to 8 years)</p> <p>6:45 Science Explorers (4 to 8 Years)</p> <p>6:45 Teen Recreational Volleyball (9 to 17 years)</p> <p>8:00 Lane Swim</p>	<p>7:00 Dancing for Adults - Intermediate</p> <p>7:30 Volleyball Intermediate/Advanced</p> <p>7:30 Table Tennis</p> <p>7:30 Public Swim (All Pools)</p> <p>8:00 Lane Swim</p>		<p>3:15 Open Gym</p> <p>3:15 Parent and Tot Swim (Therapy Pool Only)</p> <p>5:00 Boccia - adaptive sport</p> <p>5:00 Artful Antics (4 to 8 years)</p> <p>5:00 Kitchen Crew (8 to 11 Years) NEW</p> <p>5:15 Jr. Soccer Skills &amp; Drills (4 to 8 years)</p> <p>5:45 Zumba</p> <p>6:15 Sr. Soccer Skills &amp; Drills (9 to 13 Years)</p> <p>6:15 Girls Night Out (9 to 12 years)</p> <p>7:00 Aqua Fitness</p> <p>8:00 Lane Swim</p>		
<p>9</p> <p>8:00 Rehabilitation Swim</p> <p>9:00 Lane Swim</p> <p>10:00 Youth Room Drop-in (Grade 6-12)</p> <p>11:00 Aqua Cross Training</p> <p>12:10 Aqua Mind and Body</p> <p>12:15 Family/Open Gym</p> <p>1:00 Public Swim (All Pools)</p> <p>1:00 Lane Swim</p> <p>2:15 Public Swim (All Pools)</p> <p>2:15 Lane Swim</p> <p>2:15 Pickleball (Recreational)</p> <p>4:30 Open Gym</p> <p>6:30 Basketball</p>	<p>10</p> <p>6:00 Lane Swim</p> <p>7:00 Lane Swim</p> <p>7:00 Rehabilitation Swim</p> <p>8:00 Lane Swim</p> <p>8:45 Pickleball - Advanced</p> <p>8:45 Learn to Speak French - Beginners "Basic Vocabulary"</p> <p>9:00 Art-Muck &amp; Mess (18 months to 3 Years)</p> <p>9:00 Strong Seniors</p> <p>9:00 Aqua Fitness</p> <p>9:00 Family Swim (All Pools)</p> <p>10:00 Aqua Fitness</p> <p>10:00 Older Adult Yoga</p> <p>10:00 Deaf Seniors</p> <p>10:00 Mini Scientists (18 months to 3 Years)</p> <p>10:15 Gentle Core Strengthening</p> <p>10:45 Pickleball - Beginner</p> <p>11:00 Lane Swim</p> <p>11:15 Public Swim (All Pools)</p>	<p>11</p> <p>7:00 Lane Swim</p> <p>7:00 Rehabilitation Swim</p> <p>8:00 Lane Swim</p> <p>8:00 Aqua Fitness</p> <p>8:45 Older Adult Yoga</p> <p>9:00 Move N' Groove (18 months to 4 Years)</p> <p>9:00 Artist Collective</p> <p>9:00 Lane Swim</p> <p>9:00 Therapy Fitness</p> <p>9:30 Senior Shinny (50+)</p> <p>10:00 Older Adult Yoga</p> <p>10:00 Mix It Up</p> <p>10:00 Older Adult Yoga</p> <p>10:00 Paint &amp; Play (18 months to 4 Years)</p> <p>10:00 Therapy Fitness</p> <p>10:00 Family Swim (Main Pool Only)</p> <p>11:00 Lane Swim</p> <p>11:00 Kindergarten Readiness (3 to 5 Years)</p> <p>11:15 Parkinson's Keep Moving</p> <p>11:15 Public Swim (All</p>	<p>12</p> <p>6:00 Lane Swim</p> <p>7:00 Lane Swim</p> <p>7:00 Rehabilitation Swim</p> <p>8:00 Lane Swim</p> <p>8:45 Pickleball - Intermediate</p> <p>9:00 Stitches</p> <p>9:00 Family Swim (All Pools)</p> <p>9:00 Aqua Fitness</p> <p>9:15 Strong Seniors</p> <p>9:30 Senior Gentle Fitness</p> <p>10:00 Aqua Fitness</p> <p>10:45 Stretch and Balance Fit</p> <p>11:00 Chair Yoga</p> <p>11:00 Lane Swim</p> <p>11:15 Public Swim (All Pools)</p> <p>11:30 Annual Strawberry Social &amp; BBQ</p> <p>12:00 Adult Recreational Skating (16+)</p> <p>12:15 Cardio Core</p> <p>1:00 Mah Jongg</p> <p>1:00 Chess Club</p>	<p>13</p> <p>7:00 Lane Swim</p> <p>7:00 Rehabilitation Swim</p> <p>8:00 Lane Swim</p> <p>8:00 Aqua Fitness</p> <p>8:45 Learn to Speak French - Beginners "Vacation in Quebec"</p> <p>8:45 Pickleball - Beginner</p> <p>8:45 Older Adult Flow Yoga</p> <p>9:00 Women's Weight Training</p> <p>9:00 Lane Swim</p> <p>9:00 Therapy Fitness</p> <p>9:30 Shuffleboard 9:30am-12:00pm</p> <p>10:00 Older Adult Yoga</p> <p>10:00 Stretch and Strengthen</p> <p>10:00 Older Adult Yoga</p> <p>10:00 Family Skating (Helmets mandatory for all participants)</p> <p>10:00 Family Swim (Main Pool Only)</p>	<p>14</p> <p>6:00 Lane Swim</p> <p>7:00 Lane Swim</p> <p>7:00 Rehabilitation Swim</p> <p>8:00 Lane Swim</p> <p>8:45 Pickleball - Advanced</p> <p>9:00 Aqua Fitness</p> <p>9:00 Family Swim (All Pools)</p> <p>9:00 ABC's &amp; 1,2,3's (18 months to 3 Years)</p> <p>9:15 Mom &amp; Baby Fitness</p> <p>9:30 Older Adult Yoga</p> <p>10:00 Mover's &amp; Shakers (18 months to 3 Years)</p> <p>10:15 Mix It Up</p> <p>10:45 Line Dancing - Beginner</p> <p>10:45 Pickleball - Intermediate</p> <p>11:00 Figure Skating Ticket Ice</p> <p>11:00 Lane Swim</p> <p>11:15 Public Swim (All Pools)</p> <p>12:00 Lane Swim</p>	<p>15</p> <p>8:00 Rehabilitation Swim</p> <p>10:00 Open Gym</p> <p>12:00 Badminton</p> <p>1:00 Public Swim (All Pools)</p> <p>1:00 Lane Swim</p> <p>2:00 Open Gym</p> <p>2:15 Public Swim (All Pools)</p> <p>2:15 Lane Swim</p> <p>4:00 Family Futsal</p> <p>6:00 Teen/Youth Futsal</p>

	<p>11:15 Intro to Yoga</p> <p>11:30 Line Dancing - Experienced</p> <p>12:15 Cardio Core</p> <p>12:30 Balance Yoga: Mind &amp; Body</p> <p>1:00 Bid Euchre</p> <p>1:00 Therapy Fitness</p> <p>1:15 Pickleball - Intermediate</p> <p>1:30 Senior Gentle Fitness</p> <p>2:00 Senior's Swim (All Pools)</p> <p>3:00 Lane Swim</p> <p>3:15 Rehabilitation Swim</p> <p>3:30 Open Gym</p> <p>3:45 Lane Swim</p> <p>5:00 Gentle Flow Yoga</p> <p>5:00 Zumba</p> <p>5:30 Fit and Firm</p> <p>5:30 Jr. Soccer Skills &amp; Drills (4 to 8 years)</p> <p>5:30 Artful Antics (4 to 8 years)</p> <p>6:45 Science Explorers (4 to 8 Years)</p> <p>6:45 Teen Recreational Volleyball (9 to 17 years)</p> <p>8:00 Lane Swim</p>	<p>Pools)</p> <p>11:45 Parkinson's Social Hour</p> <p>12:15 TRX</p> <p>1:00 Adult Recreational Skating (16+)</p> <p>1:15 Pickleball - Beginner</p> <p>2:00 Senior's Swim (All Pools)</p> <p>2:00 CARP</p> <p>3:00 Youth Room Drop-in (Grade 6-12)</p> <p>3:00 Lane Swim</p> <p>3:15 Parent and Tot Swim (Therapy Pool Only)</p> <p>3:30 Open Gym</p> <p>5:00 Artist Hub (9 to 15 Years)</p> <p>5:30 Preschool Play Zone (18 months to 5 Years)</p> <p>6:00 Dancing for Adults - Beginner</p> <p>6:00 Aqua Fitness</p> <p>6:15 Sporty Kids (6 to 9 Years)</p> <p>6:15 STEM-tastic (9 to 15 Years)</p> <p>6:30 Crokinole</p> <p>7:00 Dancing for Adults - Intermediate</p> <p>7:30 Table Tennis</p> <p>7:30 Volleyball Intermediate/Advanced</p> <p>7:30 Public Swim (All Pools)</p> <p>8:00 Lane Swim</p>	<p>1:00 Diaper Fitness</p> <p>1:15 Pickleball - Advanced</p> <p>1:30 Parkinson's Aquatic Therapy Fitness</p> <p>1:30 Zumba Gold</p> <p>2:00 Senior's Swim (All Pools)</p> <p>3:00 Lane Swim</p> <p>3:00 Youth Room Drop-in (Grade 6-12)</p> <p>3:15 Family/Open Gym</p> <p>3:15 Rehabilitation Swim</p> <p>3:45 Lane Swim</p> <p>5:00 Young Chefs (11 to 15 Years)</p> <p>5:00 Fitness Mix</p> <p>5:00 Yoga Fit</p> <p>5:15 Line Dancing - Beginner</p> <p>5:15 Science Explorers (4 to 8 Years)</p> <p>5:15 Pickleball (Recreational)</p> <p>6:30 Line Dancing - Experienced</p> <p>7:15 Badminton</p> <p>8:00 Lane Swim</p>	<p>10:30 Cooking with Chef Jesse (Zoom)</p> <p>10:30 Tech Talks &amp; Tech Support with Jordan</p> <p>10:45 Pickleball - Advanced</p> <p>11:00 Lane Swim</p> <p>11:15 Public Swim (All Pools)</p> <p>11:15 Chair Fitness/ Chair Yoga Combo</p> <p>12:00 Adult Shinny</p> <p>12:15 TRX</p> <p>1:00 Adult Recreational Skating (16+)</p> <p>1:00 Carpet Bowling - 1:00-3:30pm</p> <p>1:00 Scrapbooking</p> <p>1:15 Pickleball - Intermediate</p> <p>2:00 Senior's Swim (All Pools)</p> <p>3:00 Lane Swim</p> <p>3:00 Youth Room Drop-in (Grade 6-12)</p> <p>3:15 Open Gym</p> <p>3:15 Parent and Tot Swim (Therapy Pool Only)</p> <p>5:00 Boccia - adaptive sport</p> <p>5:00 Artful Antics (4 to 8 years)</p> <p>5:00 Kitchen Crew (8 to 11 Years) NEW</p> <p>5:15 Jr. Soccer Skills &amp; Drills (4 to 8 years)</p> <p>5:45 Zumba</p> <p>6:15 Sr. Soccer Skills &amp; Drills (9 to 13 Years)</p> <p>6:15 Girls Night Out (9 to 12 years)</p> <p>7:00 Aqua Fitness</p> <p>8:00 Lane Swim</p>	<p>12:00 Line Dancing - Beginner</p> <p>12:00 Figure Skating Ticket Ice</p> <p>12:15 Total Body Strength</p> <p>1:00 Bridge (Experienced)</p> <p>1:15 Pickleball - Beginner</p> <p>1:30 Zumba Gold</p> <p>2:00 Senior's Swim (All Pools)</p> <p>3:00 Lane Swim</p> <p>3:15 Rehabilitation Swim</p> <p>3:15 Open Gym</p> <p>5:00 Kids Pop up Event - Clay Mushrooms (4-9 years)</p> <p>5:30 Pickleball (Recreational)</p>	
<p>16</p> <p>8:00 Rehabilitation Swim</p> <p>9:00 Lane Swim</p> <p>10:00 Youth Room Drop-in (Grade 6-12)</p>	<p>17</p> <p>6:00 Lane Swim</p> <p>7:00 Lane Swim</p> <p>7:00 Rehabilitation Swim</p> <p>8:00 Lane Swim</p>	<p>18</p> <p>7:00 Lane Swim</p> <p>7:00 Rehabilitation Swim</p> <p>8:00 Lane Swim</p> <p>8:00 Aqua Fitness</p>	<p>19</p> <p>6:00 Lane Swim</p> <p>7:00 Lane Swim</p> <p>7:00 Rehabilitation Swim</p> <p>8:00 Lane Swim</p>	<p>20</p> <p>7:00 Lane Swim</p> <p>7:00 Rehabilitation Swim</p> <p>8:00 Lane Swim</p> <p>8:00 Aqua Fitness</p>	<p>21</p> <p>6:00 Lane Swim</p> <p>7:00 Lane Swim</p> <p>7:00 Rehabilitation Swim</p> <p>8:00 Lane Swim</p>	<p>22</p>

11:00 Aqua Cross Training	8:45 Pickleball - Advanced	9:00 Lane Swim	9:00 Family Swim (All Pools)	9:00 Lane Swim	9:00 Family Swim (All Pools)
12:10 Aqua Mind and Body	8:45 Learn to Speak French - Beginners "Basic Vocabulary"	9:00 Therapy Fitness	9:00 Aqua Fitness	9:00 Therapy Fitness	9:00 Aqua Fitness
12:15 Family/Open Gym	9:00 Art-Muck & Mess (18 months to 3 Years)	9:30 Creating with Colour - Art Workshop	10:00 Aqua Fitness	10:00 Family Swim (Main Pool Only)	10:00 Financial Wellness - Seminar
1:00 Public Swim (All Pools)	9:00 Strong Seniors	9:30 Senior Shinny (50+)	11:00 Lane Swim	10:00 Family Skating (Helmets mandatory for all participants)	11:00 Figure Skating Ticket Ice
1:00 Lane Swim	9:00 Aqua Fitness	10:00 Therapy Fitness	12:00 Adult Recreational Skating (16+)	11:00 Lane Swim	11:00 Lane Swim
2:15 Public Swim (All Pools)	9:00 Family Swim (All Pools)	10:00 Family Swim (Main Pool Only)	1:00 Diaper Fitness	11:15 Public Swim (All Pools)	11:15 Public Swim (All Pools)
2:15 Lane Swim	10:00 Aqua Fitness	11:00 Lane Swim	1:30 Parkinson's Aquatic Therapy Fitness	12:00 Adult Shinny	12:00 Lane Swim
2:15 Pickleball (Recreational)	10:00 Older Adult Yoga	11:15 Public Swim (All Pools)	2:00 Senior's Swim (All Pools)	1:00 Adult Recreational Skating (16+)	12:00 Figure Skating Ticket Ice
4:30 Open Gym	10:00 Deaf Seniors	1:00 Adult Recreational Skating (16+)	3:00 Lane Swim	2:00 Senior's Swim (All Pools)	2:00 Senior's Swim (All Pools)
6:30 Basketball	10:00 Mini Scientists (18 months to 3 Years)	1:15 Pickleball - Beginner	3:15 Rehabilitation Swim	3:00 Lane Swim	3:00 Lane Swim
	10:15 Gentle Core Strengthening	2:00 Senior's Swim (All Pools)	3:45 Lane Swim	3:00 Youth Room Drop-in (Grade 6-12)	3:15 Rehabilitation Swim
	10:45 Pickleball - Beginner	3:00 Lane Swim	8:00 Lane Swim	3:15 Parent and Tot Swim (Therapy Pool Only)	
	11:00 Lane Swim	3:00 Youth Room Drop-in (Grade 6-12)		7:00 Aqua Fitness	
	11:15 Public Swim (All Pools)	3:15 Parent and Tot Swim (Therapy Pool Only)		8:00 Lane Swim	
	11:15 Intro to Yoga	6:00 Aqua Fitness			
	11:30 Line Dancing - Experienced	7:30 Public Swim (All Pools)			
	12:15 Cardio Core	8:00 Lane Swim			
	12:30 Balance Yoga: Mind & Body				
	1:00 Bid Euchre				
	1:00 Therapy Fitness				
	1:15 Pickleball - Intermediate				
	1:30 Senior Gentle Fitness				
	2:00 Senior's Swim (All Pools)				
	3:00 Lane Swim				
	3:15 Rehabilitation Swim				
	3:30 Open Gym				
	3:45 Lane Swim				
	4:00 Youth Room Drop-in (Grade 6-12)				
	5:00 Gentle Flow Yoga				
	5:00 Zumba				
	5:30 Fit and Firm				
	5:30 Jr. Soccer Skills & Drills (4 to 8 years)				
	5:30 Artful Antics (4 to 8 years)				

	6:45 Science Explorers (4 to 8 Years) 6:45 Teen Recreational Volleyball (9 to 17 years) 8:00 Lane Swim					
23	24 6:00 Lane Swim 7:00 Lane Swim 7:00 Rehabilitation Swim 8:00 Lane Swim 9:00 Family Swim (All Pools) 11:00 Lane Swim 11:15 Public Swim (All Pools) 2:00 Senior's Swim (All Pools) 3:00 Lane Swim 3:15 Rehabilitation Swim 3:45 Lane Swim 8:00 Lane Swim	25 7:00 Lane Swim 7:00 Rehabilitation Swim 8:00 Lane Swim 9:00 Lane Swim 9:30 Senior Shinny (50+) 10:00 Family Swim (Main Pool Only) 11:00 Lane Swim 11:15 Public Swim (All Pools) 1:00 Adult Recreational Skating (16+) 2:00 Senior's Swim (All Pools) 3:00 Lane Swim 3:00 Youth Room Drop-in (Grade 6-12) 3:15 Parent and Tot Swim (Therapy Pool Only) 7:30 Public Swim (All Pools) 8:00 Lane Swim	26 6:00 Lane Swim 7:00 Lane Swim 7:00 Rehabilitation Swim 8:00 Lane Swim 9:00 Family Swim (All Pools) 11:00 Lane Swim 11:15 Public Swim (All Pools) 12:00 Adult Recreational Skating (16+) 2:00 Senior's Swim (All Pools) 3:00 Lane Swim 3:00 Youth Room Drop-in (Grade 6-12) 3:15 Rehabilitation Swim 3:45 Lane Swim 8:00 Lane Swim	27 7:00 Lane Swim 7:00 Rehabilitation Swim 8:00 Lane Swim 9:00 Lane Swim 10:00 Family Swim (Main Pool Only) 11:00 Lane Swim 11:15 Public Swim (All Pools) 12:00 Adult Shinny 1:00 Adult Recreational Skating (16+) 2:00 Senior's Swim (All Pools) 3:00 Lane Swim 3:00 Youth Room Drop-in (Grade 6-12) 3:15 Parent and Tot Swim (Therapy Pool Only) 8:00 Lane Swim	28 6:00 Lane Swim 7:00 Lane Swim 7:00 Rehabilitation Swim 8:00 Lane Swim 9:00 Family Swim (All Pools) 11:00 Lane Swim 11:00 Figure Skating Ticket Ice 11:15 Public Swim (All Pools) 12:00 Lane Swim 12:00 Figure Skating Ticket Ice 2:00 Senior's Swim (All Pools) 3:00 Lane Swim 3:15 Rehabilitation Swim	29
30						