

Quinte Sports and Wellness Centre Calendar



Generated July 16, 2024

# July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	10:00 Youth Room Drop-in (Grade 6-12) 12:00 Lane Swim (Kinsmen) - 12:00-1:30 p.m. 1:30 Public Swim (Kinsmen) - 1:30 - 2:55 p.m. 3:00 Public Swim (Kinsmen) - 3:00 - 4:25 p.m.	6:00 Lane Swim 7:00 Lane Swim 7:00 Rehabilitation Swim 7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m. 8:00 Lane Swim (1/2 pool) 8:00 Aqua Fitness 8:45 Older Adult Yoga 9:00 Therapy Fitness 9:00 Artist Collective 9:00 Lane Swim 10:00 Older Adult Yoga 10:15 Mix It Up 12:00 Lane Swim (1/2 pool) 12:00 Lane Swim (Kinsmen) - 12:00-1:25 p.m. 12:15 TRX Circuit 1:00 Bridge (Experienced) 1:00 Lane Swim (1/2 pool) 1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m. 2:00 Senior's Swim (All Pools) 3:00 Lane Swim (1/2 pool) 3:00 Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	6:00 Lane Swim 7:00 Lane Swim 7:00 Rehabilitation Swim 7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m. 8:00 Lane Swim 9:00 Family Swim (Therapy/Preschool Pool Only) 9:00 Stitches 9:00 Therapy Fitness 9:00 Strong Seniors 9:00 Family Swim (Kinsmen) - 9:00 - 11:00 a.m. 10:45 Stretch and Balance Fit 11:00 Chair Yoga 12:00 Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m. 12:00 Lane Swim (1/2 pool) 12:00 Lane Swim (Kinsmen) 1/2 pool - 12:00-1:25 p.m. 12:15 Cardio Core 1:00 Mah Jongg 1:00 Lane Swim (1/2 pool) 1:30 Zumba Gold 1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	7:00 Rehabilitation Swim 7:00 Lane Swim 7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m. 8:00 Lane Swim (1/2 pool) 8:00 Aqua Fitness 8:45 Older Adult Flow Yoga 9:00 Women's Weight Training 9:00 Therapy Fitness 9:00 Lane Swim 10:00 Tech Talks and Tech Support with Jordan 10:00 Older Adult Yoga 11:15 Chair Fitness/ Chair Yoga Combo 12:00 Lane Swim (1/2 pool) 12:00 Lane Swim (Kinsmen) - 12:00-1:25 p.m.	6:00 Lane Swim 7:00 Lane Swim 7:00 Rehabilitation Swim 7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m. 8:00 Lane Swim 9:00 Family Swim (Therapy/Preschool Pool Only) 9:00 Therapy Fitness 9:00 Family Swim (Kinsmen) - 9:00 - 11:00 a.m. 9:15 Mom & Baby Fitness 9:30 Older Adult Yoga 10:30 Crokinole 10:45 Line Dancing - Beginner 12:00 Lane Swim (1/2 pool) 12:00 Lane Swim (Kinsmen) - 12:00-1:25 p.m. 12:15 Total Body Strength 1:00 Bridge (Experienced) 1:00 Lane Swim (1/2 pool) 1:30 Zumba Gold 1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	8:30 Lane Swim (Kinsmen) - 8:30-10:00 a.m. 10:00 Public Swim (Kinsmen) - 10:00 - 11:25 a.m. 10:00 Family/Open Gym 11:30 Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m. 12:00 Badminton 1:30 Public Swim (Kinsmen) - 1:30 - 2:55 p.m. 3:00 Public Swim (Kinsmen) - 3:00 - 4:25 p.m.

		<p>3:15 Public Swim (All Pools)</p> <p>4:30 Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:30 Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>5:30 Preschool Play Zone (18 months to 5 Years)</p> <p>6:00 Aqua Fitness</p> <p>6:15 Sporty Kids (6 to 9 Years)</p> <p>7:00 Lane Swim</p> <p>7:15 Lane Swim (1/2 pool)</p> <p>7:15 Public Swim (All Pools)</p> <p>7:30 Volleyball Intermediate/Advanced</p>	<p>2:00 Senior's Swim (All Pools)</p> <p>3:00 Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>3:15 Public Swim (All Pools)</p> <p>4:30 Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:15 Line Dancing - Beginner</p> <p>5:15 Pickleball (Recreational)</p> <p>5:30 Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:30 Line Dancing - Experienced</p> <p>7:00 Lane Swim</p> <p>7:15 Badminton</p>	<p>12:15 TRX Circuit</p> <p>1:00 Scrapbooking</p> <p>1:00 Lane Swim (1/2 pool)</p> <p>1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p> <p>2:00 Senior's Swim (All Pools)</p> <p>3:00 Lane Swim (1/2 pool)</p> <p>3:00 Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>3:15 Public Swim (All Pools)</p> <p>4:00 Youth Room Drop-in (Grade 6-12)</p> <p>4:30 Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:00 Zumba</p> <p>5:15 Pickleball (Recreational)</p> <p>5:30 Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:00 Aqua Fitness</p> <p>7:15 Public Swim (All Pools)</p> <p>7:15 Lane Swim (1/2 pool)</p>	<p>2:00 Senior's Swim (All Pools)</p> <p>3:00 Rehabilitation Swim</p> <p>3:00 Lane Swim</p> <p>3:00 Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>4:30 Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:15 Jr. Soccer Skills &amp; Drills (4 to 8 years)</p> <p>5:30 Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p>	
7 8:30 Lane Swim	8 6:00 Lane Swim	9 7:00 Rehabilitation	10 6:00 Lane Swim	11 7:00	12 6:00 Lane Swim	13 8:30 Lane

(Kinsmen) - 8:30-10:00 a.m.	7:00 Lane Swim	Swim	7:00 Lane Swim	Rehabilitation Swim	7:00 Lane Swim	Swim (Kinsmen) - 8:30-10:00 a.m.
10:00 Public Swim (Kinsmen) - 10:00 - 11:25 a.m.	7:00 Rehabilitation Swim	7:00 Lane Swim	7:00 Rehabilitation Swim	7:00 Lane Swim	7:00 Rehabilitation Swim	10:00 Public Swim (Kinsmen) - 10:00 - 11:25 a.m.
10:00 Youth Room Drop-in (Grade 6-12)	7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	10:00 Public Swim (Kinsmen) - 10:00 - 11:25 a.m.
11:30 Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.	8:00 Lane Swim	8:00 Lane Swim (1/2 pool)	8:00 Lane Swim	8:00 Lane Swim (1/2 pool)	8:00 Lane Swim	10:00 Family/Open Gym
12:15 Family/Open Gym	9:00 Family Swim (Therapy/Preschool Pool Only)	8:00 Aqua Fitness	9:00 Family Swim (Therapy/Preschool Pool Only)	8:00 Aqua Fitness	9:00 Family Swim (Therapy/Preschool Pool Only)	11:30 Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.
1:30 Public Swim (Kinsmen) - 1:30 - 2:55 p.m.	9:00 Therapy Fitness	8:45 Older Adult Yoga	9:00 Stitches	8:00 Lane Swim (1/2 pool)	9:00 Therapy Fitness	11:30 Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.
2:15 Pickleball (Recreational)	9:00 Strong Seniors	9:00 Lane Swim	9:00 Therapy Fitness	8:00 Aqua Fitness	9:00 Family Swim (Kinsmen) - 9:00 - 11:00 a.m.	12:00 Badminton
3:00 Public Swim (Kinsmen) - 3:00 - 4:25 p.m.	9:00 Family Swim (Kinsmen) - 9:00 - 11:00 a.m.	10:00 Older Adult Yoga	9:00 Strong Seniors	8:45 Older Adult Flow Yoga	9:15 Mom & Baby Fitness	1:30 Public Swim (Kinsmen) - 1:30 - 2:55 p.m.
5:00 Power Skating (Beginner)	10:00 Older Adult Yoga	10:15 Mix It Up	9:00 Family Swim (Kinsmen) - 9:00 - 11:00 a.m.	9:00 Women's Weight Training	9:30 Older Adult Yoga	3:00 Public Swim (Kinsmen) - 3:00 - 4:25 p.m.
5:50 Power Skating (Intermediate/Advanced)	10:00 Deaf Seniors	12:00 Lane Swim (1/2 pool)	10:45 Stretch and Balance Fit	9:00 Therapy Fitness	10:30 Crokinole	
	10:15 Gentle Core Strengthening	12:00 Lane Swim (Kinsmen) - 12:00-1:25 p.m.	11:00 Chair Yoga	9:00 Lane Swim	10:45 Line Dancing - Beginner	
	12:00 Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.	12:15 TRX Circuit	12:00 Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.	10:00 Tech Talks and Tech Support with Jordan	12:00 Lane Swim (1/2 pool)	
	12:00 Lane Swim (Kinsmen) - 12:00-1:25 p.m.	1:00 Lane Swim (1/2 pool)	12:00 Lane Swim (1/2 pool)	10:00 Older Adult Yoga	12:00 Lane Swim (Kinsmen) - 12:00-1:25 p.m.	
	12:00 Lane Swim (1/2 pool)	1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	12:00 Lane Swim (Kinsmen) 1/2 pool - 12:00-1:25 p.m.	11:15 Chair Fitness/ Chair Yoga Combo	12:15 Total Body Strength	
	12:15 Cardio Core	2:00 CARP	12:15 Cardio Core	12:00 Lane Swim (1/2 pool)	1:00 Bridge (Experienced)	
	12:30 Balance Yoga: Mind & Body	2:00 Senior's Swim (All Pools)	1:00 Mah Jongg	12:00 Lane Swim (1/2 pool)	1:00 Lane Swim (1/2 pool)	
	1:00 Bid Euchre	3:00 Lane Swim (1/2 pool)	1:00 Lane Swim (1/2 pool)	12:00 Lane Swim (Kinsmen) - 12:00-1:25 p.m.	1:30 Zumba Gold	
	1:00 Lane Swim (1/2 pool)	3:00 Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	1:30 Zumba Gold	12:15 TRX Circuit	1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	
	1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	3:15 Public Swim (All Pools)	1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	1:00 Scrapbooking	2:00 Senior's Swim (All Pools)	
	2:00 Therapy Fitness	4:30 Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.	2:00 Senior's Swim (All Pools)	1:00 Lane Swim (1/2 pool)	3:00 Rehabilitation Swim	
	2:00 Senior's Swim (Main Pool Only)	5:30 Public Swim (Kinsmen) - 5:30 - 7:30 p.m.	3:00 Lane Swim (1/2 pool)	1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	3:00 Lane Swim	
	2:00 Falls Prevention	5:30 Preschool Play Zone (18 months to 5 Years)	3:15 Public Swim (All Pools)	5:15 Line Dancing - Beginner	3:00 Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	
	3:00 Lane Swim (1/2 pool)	6:15 Sporty Kids (6 to 9 Years)	5:15 Pickleball (Recreational)	5:15 Line Dancing - Experienced	4:30 Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.	
	3:00 Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	7:15 Public Swim (All Pools)	6:30 Line Dancing - Experienced	7:00 Lane Swim	5:15 Jr. Soccer Skills & Drills (4 to 8 years)	
	3:15 Public Swim (All Pools)	7:15 Lane Swim (1/2 pool)	7:00 Lane Swim	7:15 Badminton	5:30 Public Swim (Kinsmen) - 5:30 - 7:30 p.m.	
	4:30 Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.	7:30 Volleyball Intermediate/Advanced				
	5:00 Gentle Flow Yoga			3:00 Lane Swim (1/2 pool)		
	5:30 Artful Antics (4 to 8 years)			3:00 Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.		

	<p>5:30 Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:45 Teen Recreational Volleyball (9 to 17 years)</p> <p>7:00 Lane Swim</p>			<p>3:15 Public Swim (All Pools)</p> <p>4:00 Youth Room Drop-in (Grade 6-12)</p> <p>4:30 Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:00 Zumba</p> <p>5:15 Pickleball (Recreational)</p> <p>5:30 Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:00 Aqua Fitness</p> <p>7:15 Public Swim (All Pools)</p> <p>7:15 Lane Swim (1/2 pool)</p>		
14 8:30 Lane Swim	15 6:00 Lane Swim	16 7:00 Rehabilitation	17 6:00 Lane Swim	18 7:00	19 6:00 Lane Swim	20 8:30 Lane

(Kinsmen) - 8:30-10:00 a.m.	7:00 Lane Swim	Swim	7:00 Lane Swim	Rehabilitation Swim	7:00 Lane Swim	Swim (Kinsmen) - 8:30-10:00 a.m.
10:00 Public Swim (Kinsmen) - 10:00 - 11:25 a.m.	7:00 Rehabilitation Swim	7:00 Lane Swim	7:00 Rehabilitation Swim	7:00 Lane Swim	7:00 Rehabilitation Swim	10:00 Public Swim (Kinsmen) - 10:00 - 11:25 a.m.
10:00 Youth Room Drop-in (Grade 6-12)	7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	10:00 Public Swim (Kinsmen) - 10:00 - 11:25 a.m.
11:30 Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.	8:00 Lane Swim	8:00 Lane Swim (1/2 pool)	8:00 Lane Swim	8:00 Lane Swim (1/2 pool)	8:00 Lane Swim	10:00 Family/Open Gym
12:15 Family/Open Gym	9:00 Family Swim (Therapy/Preschool Pool Only)	8:00 Aqua Fitness	9:00 Family Swim (Therapy/Preschool Pool Only)	8:00 Aqua Fitness	9:00 Family Swim (Therapy/Preschool Pool Only)	10:00 Youth Room Drop-in (Grade 6-12)
1:30 Public Swim (Kinsmen) - 1:30 - 2:55 p.m.	9:00 Therapy Fitness	8:45 Older Adult Yoga	9:00 Stitches	8:00 Lane Swim (1/2 pool)	9:00 Therapy Fitness	11:30 Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.
2:15 Pickleball (Recreational)	9:00 Strong Seniors	9:00 Therapy Fitness	9:00 Therapy Fitness	8:00 Aqua Fitness	9:00 Family Swim (Kinsmen) - 9:00 - 11:00 a.m.	12:00 Badminton
3:00 Public Swim (Kinsmen) - 3:00 - 4:25 p.m.	9:00 Family Swim (Kinsmen) - 9:00 - 11:00 a.m.	9:00 Lane Swim	9:00 Strong Seniors	8:45 Older Adult Flow Yoga	9:15 Mom & Baby Fitness	1:30 Public Swim (Kinsmen) - 1:30 - 2:55 p.m.
5:00 Power Skating (Beginner)	10:00 Older Adult Yoga	10:00 Older Adult Yoga	10:45 Stretch and Balance Fit	9:00 Women's Weight Training	9:30 Older Adult Yoga	3:00 Public Swim (Kinsmen) - 3:00 - 4:25 p.m.
5:50 Power Skating (Intermediate/Advanced)	10:00 Deaf Seniors	12:00 Lane Swim (Kinsmen) - 12:00-1:25 p.m.	11:00 Chair Yoga	9:00 Therapy Fitness	9:30 Painting with Natalia Workshop	
	12:00 Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.	12:15 TRX Circuit	12:00 Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.	9:00 Lane Swim	10:30 Crokinole	
	12:00 Lane Swim (Kinsmen) - 12:00-1:25 p.m.	1:00 Bridge (Experienced)	12:00 Lane Swim (1/2 pool)	10:00 Tech Talks and Tech Support with Jordan	10:45 Line Dancing - Beginner	
	12:00 Lane Swim (1/2 pool)	1:00 Lane Swim (1/2 pool)	12:00 Lane Swim (Kinsmen) (1/2 pool) - 12:00-1:25 p.m.	10:00 Older Adult Yoga	12:00 Lane Swim (1/2 pool)	
	12:15 Cardio Core	1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	12:15 Cardio Core	11:15 Chair Fitness/ Chair Yoga Combo	12:00 Lane Swim (Kinsmen) - 12:00-1:25 p.m.	
	1:00 Bid Euchre	2:00 Senior's Swim (All Pools)	1:00 Mah Jongg	12:00 Lane Swim (1/2 pool)	12:15 Total Body Strength	
	1:00 Lane Swim (1/2 pool)	3:00 Lane Swim (1/2 pool)	1:00 Lane Swim (1/2 pool)	12:00 Lane Swim (Kinsmen) - 12:00-1:25 p.m.	1:00 Bridge (Experienced)	
	1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	3:00 Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	1:30 Zumba Gold	12:15 TRX Circuit	1:00 Lane Swim (1/2 pool)	
	2:00 Therapy Fitness	3:15 Public Swim (All Pools)	1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	1:00 Cooking with Chef Jesse (Zoom)	1:30 Zumba Gold	
	2:00 Senior's Swim (Main Pool Only)	4:30 Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.	2:00 Senior's Swim (All Pools)	1:00 Lane Swim (1/2 pool)	1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	
	2:00 Falls Prevention	5:30 Public Swim (Kinsmen) - 5:30 - 7:30 p.m.	3:00 Lane Swim (1/2 pool)	1:00 Lane Swim (1/2 pool)	2:00 Senior's Swim (All Pools)	
	3:00 Lane Swim (1/2 pool)	5:30 Preschool Play Zone (18 months to 5 Years)	3:00 Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	1:00 Lane Swim (1/2 pool)	3:00 Rehabilitation Swim	
	3:00 Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	6:15 Sporty Kids (6 to 9 Years)	3:15 Public Swim (All Pools)	1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	3:00 Lane Swim	
	3:15 Public Swim (All Pools)	7:15 Public Swim (All Pools)	4:30 Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.	2:00 Senior's Swim (All Pools)	3:00 Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	
	4:30 Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.	7:15 Lane Swim (1/2 pool)	5:15 Line Dancing - Beginner	3:00 Lane Swim (1/2 pool)	4:30 Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.	
	5:00 Gentle Flow Yoga	7:30 Volleyball Intermediate/Advanced	5:15 Pickleball (Recreational)	3:00 Lane Swim (1/2 pool)	5:15 Jr. Soccer Skills & Drills (4 to 8 years)	
	5:30 Artful Antics (4 to 8 years)		5:30 Public Swim (Kinsmen) - 5:30 - 7:30 p.m.	3:00 Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	5:30 Public Swim (Kinsmen) - 5:30 - 7:30 p.m.	
	5:30 Public Swim (Kinsmen) - 5:30 - 7:30 p.m.		6:30 Line Dancing - Experienced	7:00 Lane Swim		
	6:45 Teen Recreational Volleyball (9 to 17 years)		7:00 Lane Swim	7:15 Badminton		

	7:00 Lane Swim			4:25 p.m. 3:15 Public Swim (All Pools) 4:30 Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m. 5:00 Zumba 5:15 Pickleball (Recreational) 5:30 Public Swim (Kinsmen) - 5:30 - 7:30 p.m. 6:00 Aqua Fitness 7:15 Public Swim (All Pools) 7:15 Lane Swim (1/2 pool)		
21 8:30 Lane Swim	22 6:00 Lane Swim	23 7:00 Rehabilitation	24 6:00 Lane Swim	25 7:00	26 6:00 Lane Swim	27 8:30 Lane

(Kinsmen) - 8:30-10:00 a.m.	7:00 Lane Swim	Swim	7:00 Lane Swim	Rehabilitation Swim	7:00 Lane Swim	Swim (Kinsmen) - 8:30-10:00 a.m.
10:00 Public Swim (Kinsmen) - 10:00 - 11:25 a.m.	7:00 Rehabilitation Swim	7:00 Lane Swim	7:00 Rehabilitation Swim	7:00 Lane Swim	7:00 Rehabilitation Swim	10:00 Public Swim (Kinsmen) - 10:00 - 11:25 a.m.
10:00 Youth Room Drop-in (Grade 6-12)	7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.	10:00 Public Swim (Kinsmen) - 10:00 - 11:25 a.m.
11:30 Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.	8:00 Lane Swim	8:00 Lane Swim (1/2 pool)	8:00 Lane Swim	8:00 Lane Swim (1/2 pool)	8:00 Lane Swim	10:00 Family/Open Gym
12:15 Family/Open Gym	9:00 Family Swim (Therapy/Preschool Pool Only)	8:00 Aqua Fitness	9:00 Family Swim (Therapy/Preschool Pool Only)	8:00 Aqua Fitness	9:00 Family Swim (Therapy/Preschool Pool Only)	10:00 Youth Room Drop-in (Grade 6-12)
1:30 Public Swim (Kinsmen) - 1:30 - 2:55 p.m.	9:00 Therapy Fitness	8:45 Older Adult Yoga	9:00 Stitches	8:00 Lane Swim (1/2 pool)	9:00 Therapy Fitness	10:00 Youth Room Drop-in (Grade 6-12)
2:15 Pickleball (Recreational)	9:00 Strong Seniors	9:00 Therapy Fitness	9:00 Therapy Fitness	8:00 Aqua Fitness	9:00 Family Swim (Kinsmen) - 9:00 - 11:00 a.m.	11:30 Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.
3:00 Public Swim (Kinsmen) - 3:00 - 4:25 p.m.	9:00 Family Swim (Kinsmen) - 9:00 - 11:00 a.m.	9:00 Lane Swim	9:00 Strong Seniors	8:45 Older Adult Flow Yoga	9:15 Mom & Baby Fitness	12:00 Badminton
5:00 Power Skating (Beginner)	10:00 Older Adult Yoga	10:00 Older Adult Yoga	10:45 Stretch and Balance Fit	9:00 Women's Weight Training	9:30 Older Adult Yoga	1:30 Public Swim (Kinsmen) - 1:30 - 2:55 p.m.
5:50 Power Skating (Intermediate/Advanced)	10:00 Deaf Seniors	10:15 Mix It Up	11:00 Chair Yoga	9:00 Therapy Fitness	10:30 Crokinole	3:00 Public Swim (Kinsmen) - 3:00 - 4:25 p.m.
	10:15 Gentle Core Strengthening	12:00 Lane Swim (1/2 pool)	12:00 Aqua Fitness (Kinsmen) - 12:00 - 1:25 p.m.	9:00 Lane Swim	10:45 Line Dancing - Beginner	
	12:00 Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.	12:00 Lane Swim (Kinsmen) - 12:00-1:25 p.m.	12:00 Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.	10:00 Tech Talks and Tech Support with Jordan	12:00 Lane Swim (1/2 pool)	
	12:00 Lane Swim (Kinsmen) - 12:00-1:25 p.m.	12:15 TRX Circuit	12:00 Lane Swim (1/2 pool)	10:00 Older Adult Yoga	12:00 Lane Swim (Kinsmen) - 12:00-1:25 p.m.	
	12:00 Lane Swim (1/2 pool)	1:00 Bridge (Experienced)	12:00 Lane Swim (Kinsmen) 1/2 pool - 12:00-1:25 p.m.	11:15 Chair Fitness/ Chair Yoga Combo	12:15 Total Body Strength	
	12:15 Cardio Core	1:00 Lane Swim (1/2 pool)	12:15 Cardio Core	12:00 Lane Swim (1/2 pool)	1:00 Bridge (Experienced)	
	12:30 Balance Yoga: Mind & Body	1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	1:00 Mah Jongg	12:00 Lane Swim (1/2 pool)	1:00 Lane Swim (1/2 pool)	
	1:00 Bid Euchre	2:00 Senior's Swim (All Pools)	1:00 Lane Swim (1/2 pool)	12:00 Lane Swim (Kinsmen) - 12:00-1:25 p.m.	1:30 Zumba Gold	
	1:00 Lane Swim (1/2 pool)	3:00 Lane Swim (1/2 pool)	1:30 Zumba Gold	12:15 TRX Circuit	1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	
	1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	3:00 Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	1:00 Scrapbooking	2:00 Senior's Swim (All Pools)	
	2:00 Therapy Fitness	3:15 Public Swim (All Pools)	2:00 Senior's Swim (All Pools)	1:00 Lane Swim (1/2 pool)	3:00 Rehabilitation Swim	
	2:00 Senior's Swim (Main Pool Only)	4:30 Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.	3:00 Lane Swim (1/2 pool)	1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	3:00 Lane Swim	
	2:00 Falls Prevention	5:30 Public Swim (Kinsmen) - 5:30 - 7:30 p.m.	3:00 Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	1:00 Lane Swim (1/2 pool)	3:00 Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	
	3:00 Lane Swim (1/2 pool)	5:30 Preschool Play Zone (18 months to 5 Years)	3:15 Public Swim (All Pools)	1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	4:30 Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.	
	3:00 Public Swim (Kinsmen) 1/2 pool	6:15 Sporty Kids (6 to 9 Years)	4:30 Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.			

	<p>- 3:00 - 4:25 p.m.</p> <p>3:15 Public Swim (All Pools)</p> <p>4:30 Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:00 Gentle Flow Yoga</p> <p>5:30 Artful Antics (4 to 8 years)</p> <p>5:30 Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:45 Teen Recreational Volleyball (9 to 17 years)</p> <p>7:00 Lane Swim</p>	<p>7:15 Public Swim (All Pools)</p> <p>7:15 Lane Swim (1/2 pool)</p> <p>7:30 Volleyball Intermediate/Advanced</p>	<p>5:15 Line Dancing - Beginner</p> <p>5:15 Pickleball (Recreational)</p> <p>5:30 Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:30 Line Dancing - Experienced</p> <p>7:00 Lane Swim</p> <p>7:15 Badminton</p>	<p>2:00 Senior's Swim (All Pools)</p> <p>3:00 Lane Swim (1/2 pool)</p> <p>3:00 Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>3:15 Public Swim (All Pools)</p> <p>4:00 Youth Room Drop-in (Grade 6-12)</p> <p>4:30 Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:00 Zumba</p> <p>5:15 Pickleball (Recreational)</p> <p>5:30 Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:00 Aqua Fitness</p> <p>7:15 Public Swim (All Pools)</p> <p>7:15 Lane Swim (1/2 pool)</p>	<p>5:00 Kids Pop up Event - Bird Friend (4-9 years)</p> <p>5:15 Jr. Soccer Skills &amp; Drills (4 to 8 years)</p> <p>5:30 Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:15 Youth Pop up Event - Perler Bead Earring Holder (10-17 years)</p>
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28	29	30	31		
<p>8:30 Lane Swim (Kinsmen) - 8:30-10:00 a.m.</p> <p>10:00 Public Swim (Kinsmen) - 10:00 - 11:25 a.m.</p> <p>10:00 Youth Room Drop-in (Grade 6-12)</p> <p>11:30 Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.</p> <p>12:15 Family/Open Gym</p> <p>1:30 Public Swim (Kinsmen) - 1:30 - 2:55 p.m.</p> <p>2:15 Pickleball (Recreational)</p> <p>3:00 Public Swim (Kinsmen) - 3:00 - 4:25 p.m.</p> <p>5:00 Power Skating (Beginner)</p> <p>5:50 Power Skating (Intermediate/Advanced)</p>	<p>6:00 Lane Swim</p> <p>7:00 Lane Swim</p> <p>7:00 Rehabilitation Swim</p> <p>7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.</p> <p>8:00 Lane Swim</p> <p>9:00 Family Swim (Therapy/Preschool Pool Only)</p> <p>9:00 Therapy Fitness</p> <p>9:00 Strong Seniors</p> <p>9:00 Family Swim (Kinsmen) - 9:00 - 11:00 a.m.</p> <p>10:00 Older Adult Yoga</p> <p>10:00 Deaf Seniors</p> <p>10:15 Gentle Core Strengthening</p> <p>12:00 Aqua Fitness</p>	<p>7:00 Rehabilitation Swim</p> <p>7:00 Lane Swim</p> <p>7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.</p> <p>8:00 Lane Swim (1/2 pool)</p> <p>8:00 Aqua Fitness</p> <p>8:45 Older Adult Yoga</p> <p>9:00 Therapy Fitness</p> <p>9:00 Artist Collective</p> <p>9:00 Lane Swim</p> <p>10:00 Older Adult Yoga</p> <p>10:15 Mix It Up</p> <p>12:00 Lane Swim (1/2 pool)</p> <p>12:00 Lane Swim (Kinsmen) - 12:00-1:25 p.m.</p> <p>12:15 TRX Circuit</p>	<p>6:00 Lane Swim</p> <p>7:00 Lane Swim</p> <p>7:00 Rehabilitation Swim</p> <p>7:30 Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.</p> <p>8:00 Lane Swim</p> <p>9:00 Family Swim (Therapy/Preschool Pool Only)</p> <p>9:00 Stitches</p> <p>9:00 Therapy Fitness</p> <p>9:00 Strong Seniors</p> <p>9:00 Family Swim (Kinsmen) - 9:00 - 11:00 a.m.</p> <p>10:45 Stretch and Balance Fit</p> <p>11:00 Chair Yoga</p> <p>12:00 Aqua Fitness (Kinsmen) - 12:00 -</p>		



(Kinsmen) - 12:00 - 12:50 p.m.	1:00 Bridge (Experienced)	12:50 p.m.		
12:00 Lane Swim (Kinsmen) - 12:00-1:25 p.m.	1:00 Lane Swim (1/2 pool)	12:00 Lane Swim (1/2 pool)		
12:00 Lane Swim (1/2 pool)	1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	12:00 Lane Swim (Kinsmen) 1/2 pool - 12:00-1:25 p.m.		
12:15 Cardio Core	2:00 Senior's Swim (All Pools)	12:15 Cardio Core		
12:30 Balance Yoga: Mind & Body	3:00 Lane Swim (1/2 pool)	1:00 Mah Jongg		
1:00 Bid Euchre	3:00 Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	1:00 Lane Swim (1/2 pool)		
1:00 Lane Swim (1/2 pool)	3:15 Public Swim (All Pools)	1:30 Zumba Gold		
1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	4:30 Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.	1:30 Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.		
2:00 Therapy Fitness	5:30 Public Swim (Kinsmen) - 5:30 - 7:30 p.m.	2:00 Senior's Swim (All Pools)		
2:00 Senior's Swim (Main Pool Only)	5:30 Preschool Play Zone (18 months to 5 Years)	3:00 Lane Swim (1/2 pool)		
2:00 Falls Prevention	6:15 Sporty Kids (6 to 9 Years)	3:00 Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.		
3:00 Lane Swim (1/2 pool)	7:15 Public Swim (All Pools)	3:15 Public Swim (All Pools)		
3:00 Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.	7:15 Lane Swim (1/2 pool)	4:30 Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.		
3:15 Public Swim (All Pools)	7:30 Volleyball Intermediate/Advanced	5:15 Line Dancing - Beginner		
4:30 Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.		5:15 Pickleball (Recreational)		
5:00 Gentle Flow Yoga		5:30 Public Swim (Kinsmen) - 5:30 - 7:30 p.m.		
5:30 Artful Antics (4 to 8 years)		6:30 Line Dancing - Experienced		
5:30 Public Swim (Kinsmen) - 5:30 - 7:30 p.m.		7:00 Lane Swim		
6:45 Teen Recreational Volleyball (9 to 17 years)		7:15 Badminton		
7:00 Lane Swim				