



Generated August 4, 2024

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7:00 am Lane Swim 7:00 am Rehabilitation Swim 7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m. 8:00 am Lane Swim (1/2 pool) 8:00 am Aqua Fitness 8:45 am Older Adult Flow Yoga 9:00 am Women's Weight Training 9:00 am Therapy Fitness 9:00 am Lane Swim 10:00 am Tech Talks and Tech Support with Jordan 11:15 am Chair Fitness/ Chair Yoga Combo 12:00 pm Lane Swim (1/2 pool) 12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m. 12:15 pm TRX	2 6:00 am Lane Swim 7:00 am Lane Swim 7:00 am Rehabilitation Swim 7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m. 8:00 am Lane Swim 9:00 am Therapy Fitness 9:00 am Family Swim (Therapy/Preschool Pool Only) 9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m. 9:15 am Mom & Baby Fitness 9:30 am Older Adult Yoga 10:30 am Crokinole 10:45 am Line Dancing - Beginner 12:00 pm Lane Swim (1/2 pool) 12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m. 12:15 pm Total Body Strength 1:00 pm Bridge (Experienced) 1:00 pm Lane Swim (1/2 pool) 1:00 pm Youth Room Drop-in (Grade 6-12) 1:30 pm Public	3 8:30 am Lane Swim (Kinsmen) - 8:30-10:00 a.m. 10:00 am Public Swim (Kinsmen) - 10:00 - 11:25 a.m. 11:30 am Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m. 1:30 pm Public Swim (Kinsmen) - 1:30 - 2:55 p.m. 3:00 pm Public Swim (Kinsmen) - 3:00 - 4:25 p.m.

				<p>Circuit</p> <p>1:00 pm Scrapbooking</p> <p>1:00 pm Lane Swim (1/2 pool)</p> <p>1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Lane Swim (1/2 pool)</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>3:15 pm Public Swim (All Pools)</p> <p>4:00 pm Youth Room Drop-in (Grade 6-12)</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30- 5:30 p.m.</p> <p>5:00 pm Zumba</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:00 pm Aqua Fitness</p> <p>7:15 pm Lane Swim (1/2 pool)</p> <p>7:15 pm Public Swim (All Pools)</p>	<p>Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p> <p>1:30 pm Zumba Gold</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Rehabilitation Swim</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>3:00 pm Lane Swim</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:15 pm Jr. Soccer Skills & Drills (4 to 8 years)</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p>	
4 8:30 am Lane Swim	5 12:00 pm Lane	6 7:00 am Rehabilitation	7 6:00 am Lane Swim	8 7:00 am Lane	9 6:00 am Lane Swim	10 8:30 am Lane

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

			Swim (Kinsmen) - 5:30 - 7:30 p.m. 6:30 pm Line Dancing - Experienced 7:00 pm Lane Swim 7:15 pm Badminton	4:00 pm Youth Room Drop-in (Grade 6-12) 4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m. 5:00 pm Zumba 5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m. 6:00 pm Aqua Fitness 7:15 pm Lane Swim (1/2 pool) 7:15 pm Public Swim (All Pools)		
11 8:30 am Lane Swim (Kinsmen) - 8:30-10:00 a.m. 10:00 am Public Swim (Kinsmen) - 10:00 - 11:25 a.m. 11:30 am Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m. 12:15 pm Family/Open Gym 1:30 pm Public Swim (Kinsmen) - 1:30 - 2:55 p.m. 2:15 pm Pickleball (Recreational) 3:00 pm Public Swim (Kinsmen) - 3:00 - 4:25 p.m. 5:00 pm Power Skating (Beginner) 5:50 pm Power Skating (Intermediate/Advanced)	12 6:00 am Lane Swim 7:00 am Lane Swim 7:00 am Rehabilitation Swim 7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m. 8:00 am Lane Swim 8:00 am Lane Swim 9:00 am Therapy Fitness 9:00 am Strong Seniors 9:00 am Family Swim (Therapy/Preschool Pool Only) 9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m. 10:00 am Older Adult Yoga 10:00 am Deaf Seniors 10:15 am Gentle Core Strengthening 12:00 pm Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m. 12:00 pm Lane Swim (1/2 pool) 12:00 pm Lane	13 7:00 am Rehabilitation Swim 7:00 am Lane Swim 7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m. 8:00 am Lane Swim (1/2 pool) 8:00 am Aqua Fitness 8:45 am Older Adult Yoga 9:00 am Artist Collective 9:00 am Therapy Fitness 9:00 am Lane Swim 10:15 am Mix It Up 12:00 pm Lane Swim (1/2 pool) 12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m. 12:15 pm TRX Circuit 1:00 pm Bridge (Experienced) 1:00 pm Lane Swim (1/2 pool) 1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.	14 6:00 am Lane Swim 7:00 am Lane Swim 7:00 am Rehabilitation Swim 7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m. 8:00 am Lane Swim 9:00 am Therapy Fitness 9:00 am Stitches 9:00 am Strong Seniors 9:00 am Family Swim (Therapy/Preschool Pool Only) 9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m. 10:00 am Youth Room Drop-in (Grade 6-12) 10:45 am Stretch and Balance Fit 11:00 am Chair Yoga 12:00 pm Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m. 12:00 pm Lane	15 7:00 am Lane Swim 7:00 am Rehabilitation Swim 7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m. 8:00 am Lane Swim (1/2 pool) 8:00 am Aqua Fitness 8:45 am Older Adult Flow Yoga 9:00 am Women's Weight Training 9:00 am Therapy Fitness 9:00 am Lane Swim 10:00 am Tech Talks and Tech Support with Jordan 11:15 am Chair Fitness/ Chair Yoga Combo	16 6:00 am Lane Swim 7:00 am Lane Swim 7:00 am Rehabilitation Swim 7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m. 8:00 am Lane Swim 9:00 am Therapy Fitness 9:00 am Family Swim (Therapy/Preschool Pool Only) 9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m. 9:15 am Mom & Baby Fitness 9:30 am Older Adult Yoga 10:30 am Crokinole 10:45 am Line Dancing - Beginner 12:00 pm Lane Swim (1/2 pool) 12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m. 12:15 pm Total Body Strength	17 8:30 am Lane Swim (Kinsmen) - 8:30-10:00 a.m. 10:00 am Public Swim (Kinsmen) - 10:00 - 11:25 a.m. 10:00 am Youth Room Drop-in (Grade 6-12) 10:00 am Family/Open Gym 11:30 am Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m. 12:00 pm Badminton 1:30 pm Public Swim (Kinsmen) - 1:30 - 2:55 p.m. 3:00 pm Public Swim (Kinsmen) - 3:00 - 4:25 p.m.

	<p>Swim (Kinsmen) - 12:00-1:25 p.m.</p> <p>12:15 pm Cardio Core</p> <p>12:30 pm Balance Yoga: Mind & Body</p> <p>1:00 pm Bid Euchre</p> <p>1:00 pm Lane Swim (1/2 pool)</p> <p>1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p> <p>2:00 pm Therapy Fitness</p> <p>2:00 pm Senior's Swim (Main Pool Only)</p> <p>2:00 pm Falls Prevention</p> <p>3:00 pm Lane Swim (1/2 pool)</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>3:15 pm Public Swim (All Pools)</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:00 pm Gentle Flow Yoga</p> <p>5:30 pm Artful Antics (4 to 8 years)</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:45 pm Teen Recreational Volleyball (9 to 17 years)</p> <p>7:00 pm Lane Swim</p>	<p>2:00 pm Senior's Swim (All Pools)</p> <p>2:00 pm CARP</p> <p>3:00 pm Lane Swim (1/2 pool)</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>3:15 pm Public Swim (All Pools)</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>5:30 pm Preschool Play Zone (18 months to 5 Years)</p> <p>6:15 pm Sporty Kids (6 to 9 Years)</p> <p>7:15 pm Lane Swim (1/2 pool)</p> <p>7:15 pm Public Swim (All Pools)</p> <p>7:30 pm Volleyball Intermediate/Advanced</p>	<p>Swim (1/2 pool)</p> <p>12:00 pm Lane Swim (Kinsmen) 1/2 pool - 12:00-1:25 p.m.</p> <p>12:15 pm Cardio Core</p> <p>1:00 pm Mah Jongg</p> <p>1:00 pm Lane Swim (1/2 pool)</p> <p>1:30 pm Zumba Gold</p> <p>1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Lane Swim (1/2 pool)</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>3:15 pm Public Swim (All Pools)</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:15 pm Line Dancing - Beginner</p> <p>5:15 pm Pickleball (Recreational)</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:30 pm Line Dancing - Experienced</p> <p>7:00 pm Lane Swim</p> <p>7:15 pm Badminton</p>	<p>12:00 pm Lane Swim (1/2 pool)</p> <p>12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m.</p> <p>12:15 pm TRX Circuit</p> <p>1:00 pm Scrapbooking</p> <p>1:00 pm Cooking with Chef Jesse (Zoom)</p> <p>1:00 pm Lane Swim (1/2 pool)</p> <p>1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Lane Swim (1/2 pool)</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>3:15 pm Public Swim (All Pools)</p> <p>4:00 pm Youth Room Drop-in (Grade 6-12)</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:00 pm Zumba</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:00 pm Aqua Fitness</p> <p>7:15 pm Lane Swim (1/2 pool)</p> <p>7:15 pm Public Swim (All Pools)</p>	<p>1:00 pm Bridge (Experienced)</p> <p>1:00 pm Lane Swim (1/2 pool)</p> <p>1:00 pm Youth Room Drop-in (Grade 6-12)</p> <p>1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p> <p>1:30 pm Zumba Gold</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Rehabilitation Swim</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>3:00 pm Lane Swim</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:15 pm Jr. Soccer Skills & Drills (4 to 8 years)</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p>	
18	19	20	21	22	23	24
8:30 am Lane Swim	6:00 am Lane Swim	7:00 am Rehabilitation	6:00 am Lane Swim	7:00 am Lane	6:00 am Lane Swim	8:30 am Lane

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

	<p>5:00 pm Gentle Flow Yoga</p> <p>5:30 pm Artful Antics (4 to 8 years)</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:45 pm Teen Recreational Volleyball (9 to 17 years)</p> <p>7:00 pm Lane Swim</p>		<p>5:15 pm Pickleball (Recreational)</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:30 pm Line Dancing - Experienced</p> <p>7:00 pm Lane Swim</p> <p>7:15 pm Badminton</p>	<p>4:00 pm Youth Room Drop-in (Grade 6-12)</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:00 pm Zumba</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:00 pm Aqua Fitness</p> <p>7:15 pm Lane Swim (1/2 pool)</p> <p>7:15 pm Public Swim (All Pools)</p>	<p>6:15 pm Youth Pop up Event - Miniature Pinata (10-17 years)</p>
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25	26	27	28	29	30
<p>8:30 am Lane Swim (Kinsmen) - 8:30-10:00 a.m.</p> <p>10:00 am Public Swim (Kinsmen) - 10:00 - 11:25 a.m.</p> <p>11:30 am Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.</p> <p>12:15 pm Family/Open Gym</p> <p>1:30 pm Public Swim (Kinsmen) - 1:30 - 2:55 p.m.</p> <p>2:15 pm Pickleball (Recreational)</p> <p>3:00 pm Public Swim (Kinsmen) - 3:00 - 4:25 p.m.</p> <p>5:00 pm Power Skating (Beginner)</p> <p>5:50 pm Power Skating (Intermediate/Advanced)</p>	<p>7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.</p> <p>9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m.</p> <p>9:00 am Strong Seniors</p> <p>10:00 am Older Adult Yoga</p> <p>10:00 am Deaf Seniors</p> <p>10:15 am Gentle Core Strengthening</p> <p>12:00 pm Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.</p> <p>12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m.</p> <p>12:15 pm Cardio Core</p> <p>12:30 pm Balance Yoga: Mind & Body</p> <p>1:00 pm Bid Euchre</p> <p>1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p> <p>2:00 pm Falls Prevention</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:00 pm Gentle</p>	<p>7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.</p> <p>8:45 am Older Adult Yoga</p> <p>9:00 am Artist Collective</p> <p>10:15 am Mix It Up</p> <p>12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m.</p> <p>12:15 pm TRX Circuit</p> <p>1:00 pm Bridge (Experienced)</p> <p>1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>5:30 pm Preschool Play Zone (18 months to 5 Years)</p> <p>6:15 pm Sporty Kids (6 to 9 Years)</p> <p>7:30 pm Volleyball Intermediate/Advanced</p>	<p>7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.</p> <p>9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m.</p> <p>9:00 am Stitches</p> <p>9:00 am Strong Seniors</p> <p>10:00 am Youth Room Drop-in (Grade 6-12)</p> <p>10:45 am Stretch and Balance Fit</p> <p>11:00 am Chair Yoga</p> <p>12:00 pm Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.</p> <p>12:00 pm Lane Swim (Kinsmen) 1/2 pool - 12:00-1:25 p.m.</p> <p>12:15 pm Cardio Core</p> <p>1:00 pm Mah Jongg</p> <p>1:30 pm Zumba Gold</p> <p>1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p>	<p>7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.</p> <p>9:00 am Women's Weight Training</p> <p>12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m.</p> <p>12:15 pm TRX Circuit</p> <p>1:00 pm Scrapbooking</p> <p>1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>4:00 pm Youth Room Drop-in (Grade 6-12)</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:00 pm Zumba</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p>	<p>7:30 am Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.</p> <p>9:00 am Family Swim (Kinsmen) - 9:00 - 11:00 a.m.</p> <p>9:15 am Mom & Baby Fitness</p> <p>9:30 am Older Adult Yoga</p> <p>10:30 am Crokinole</p> <p>10:45 am Line Dancing - Beginner</p> <p>12:00 pm Lane Swim (Kinsmen) - 12:00-1:25 p.m.</p> <p>12:15 pm Total Body Strength</p> <p>1:00 pm Bridge (Experienced)</p> <p>1:00 pm Youth Room Drop-in (Grade 6-12)</p> <p>1:30 pm Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.</p> <p>1:30 pm Zumba Gold</p> <p>3:00 pm Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.</p> <p>4:30 pm Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.</p> <p>5:15 pm Jr. Soccer Skills & Drills (4 to 8 years)</p> <p>5:30 pm Public</p>

	<p>Flow Yoga</p> <p>5:30 pm Artful Antics (4 to 8 years)</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:45 pm Teen Recreational Volleyball (9 to 17 years)</p>		<p>5:15 pm Line Dancing - Beginner</p> <p>5:15 pm Pickleball (Recreational)</p> <p>5:30 pm Public Swim (Kinsmen) - 5:30 - 7:30 p.m.</p> <p>6:30 pm Line Dancing - Experienced</p> <p>7:15 pm Badminton</p>	<p>Swim (Kinsmen) - 5:30 - 7:30 p.m.</p>
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<https://calendar.quintesportsandwellnesscentre.ca>