



Generated November 30,
2023

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			<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> 8:15 am - 9:00 am</p> <p><u>Pickleball - Intermediat e / Advanced</u> 8:45 am - 10:30 am</p> <p><u>Stitches</u> 9:00 am - 12:00 pm</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>Rehabilitati on Swim</u> 8:00 am - 8:45 am</p> <p><u>Learn to Speak French - Beginners "Vacation in Quebec"</u> 8:45 am - 9:45 am</p>	<p><u>BMHA Mid- Season Tilt</u> 8:00 am - 10:00 pm</p> <p><u>Rehabilitati on Swim</u> 8:15 am - 9:00 am</p> <p><u>Pickleball - Advanced</u> 8:45 am - 10:30 am</p> <p><u>Therapy Fitness</u> 9:00 am - 9:50 am</p> <p><u>Mom & Baby Fit</u> 9:15 am -</p>	<p><u>Rehabilitati on Swim</u> 8:00 am - 9:00 am</p> <p><u>BMHA Mid- Season Tilt</u> 8:00 am - 10:00 pm</p> <p><u>Family/Ope n Gym</u> 10:00 am - 11:45 am</p> <p><u>Badminton</u> 12:00 pm - 1:45 pm</p> <p><u>Public Swim (All Pools)</u> 1:00 pm - 2:00 pm</p>

Strong Seniors
9:00 am -
9:45 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

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

Cardio and Core
12:15 pm -
12:45 pm

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

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

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

Aqua Fitness
9:00 am -
9:50 am

Lane Swim
9:00 am -
9:55 am

Women's Weight Training
9:15 am -
10:00 am

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

Falls Prevention
10:00 am -
12:00 pm

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

Pickleball - Intermediate / Advanced
10:45 am -
12:30 pm

9:45 am

Older Adult Yoga
9:30 am -
10:30 am

Mix It Up - 10:00 - 11:00 a.m.
10:15 am -
11:15 am

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

Pickleball - Intermediate
10:45 am -
12:30 pm

Line Dancing - Beginner
10:45 am -
11:45 am

Public Swim (Main Pool Only)
11:30 am -
12:45 pm

Lane Swim
11:30 am -
12:45 pm

TRX Circuit
12:15 pm -
12:45 pm

Stretch and Relax
12:45 pm -
1:15 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

				<u>Therapy Fitness</u> 11:00 am - 11:50 am <u>Older Adult Yoga</u> 11:15 am - 12:15 pm	<u>Bridge (Experienced)</u> 1:00 pm - 4:00 pm	
5	6	7	8	9	10	11
<u>Rehabilitation Swim</u> 8:00 am -	<u>Lane Swim</u> 6:00 am - 6:55 am	<u>Rehabilitation Swim</u> 7:00 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>Remembrance Day Special</u>

9:00 am	<u>Lane Swim</u> 7:00 am - 7:55 am	7:45 am	<u>Lane Swim</u> 7:00 am - 7:55 am	<u>Rehabilitati</u> <u>on Swim</u> 8:00 am - 8:45 am	<u>Lane Swim</u> 7:00 am - 7:55 am	<u>Schedule</u> <u>(no</u> <u>recreation</u> <u>programs,</u> <u>pool</u> <u>programs or</u> <u>city skating</u> <u>lessons)</u> 8:00 am - 10:00 pm
<u>Lane Swim</u> 8:00 am - 8:55 am	<u>Rehabilitati</u> <u>on Swim</u> 8:15 am - 9:00 am	<u>Lane Swim</u> 8:00 am - 8:45 am	<u>Rehabilitati</u> <u>on Swim</u> 8:15 am - 9:00 am	<u>Learn to</u> <u>Speak</u> <u>French -</u> <u>Beginners</u> <u>"Vacation</u> <u>in Quebec"</u> 8:45 am - 9:45 am	<u>Rehabilitati</u> <u>on Swim</u> 8:15 am - 9:00 am	
<u>BMHA Mid-</u> <u>Season Tilt</u> 8:00 am - 10:00 pm	<u>Learn to</u> <u>Speak</u> <u>French -</u> <u>Beginners</u> <u>"Restaurant</u> <u>Etiquette"</u> 8:45 am - 9:45 am	<u>Therapy</u> <u>Fitness</u> 8:00 am - 8:45 am	<u>Pickleball -</u> <u>Intermediat</u> <u>e /</u> <u>Advanced</u> 8:45 am - 10:30 am	<u>Pickleball -</u> <u>Intermediat</u> <u>e</u> 8:45 am - 10:30 am	<u>Pickleball -</u> <u>Advanced</u> 8:45 am - 10:30 am	
<u>Lane Swim</u> 9:00 am - 10:00 am	<u>Pickleball -</u> <u>Advanced</u> 8:45 am - 10:30 am	<u>Senior</u> <u>Shinny</u> 9:00 am - 9:50 am	<u>Strong</u> <u>Seniors</u> 9:00 am - 9:45 am	<u>Older Adult</u> <u>Flow Yoga</u> 8:45 am - 9:45 am	<u>Therapy</u> <u>Fitness</u> 9:00 am - 9:50 am	
<u>Family</u> <u>Swim (All</u> <u>Pools)</u> 9:00 am - 10:15 am	<u>Strong</u> <u>Seniors</u> 9:00 am - 9:45 am	<u>Artist</u> <u>Collective</u> 9:00 am - 11:30 am	<u>Stitches</u> 9:00 am - 12:00 pm	<u>Kindergarte</u> <u>n Readiness</u> <u>(3 to 5</u> <u>Years)</u> 9:00 am - 11:30 am	<u>ABC's &</u> <u>1,2,3's (18</u> <u>months to 3</u> <u>Years)</u> 9:00 am - 9:45 am	
<u>Aqua Cross</u> <u>Training</u> 11:00 am - 11:55 am	<u>Art-Muck &</u> <u>Mess (18</u> <u>months to 3</u> <u>Years)</u> 9:00 am - 9:45 am	<u>Lane Swim</u> 9:00 am - 9:55 am	<u>Senior</u> <u>Gentle</u> <u>Fitness</u> 9:30 am - 10:30 am	<u>Lane Swim</u> 9:00 am - 9:55 am	<u>Older Adult</u> <u>Yoga</u> 9:30 am - 10:30 am	
<u>Aqua Mind</u> <u>& Body</u> 12:10 pm - 12:55 pm	<u>Mini</u> <u>Scientists</u> <u>(18 months</u> <u>to 3 Years)</u> 10:00 am - 10:45 am	<u>Aqua</u> <u>Fitness</u> 9:00 am - 9:50 am	<u>Aqua</u> <u>Fitness</u> 10:00 am - 10:50 am	<u>Mover's &</u> <u>Shakers (18</u> <u>months to 3</u> <u>Years)</u> 10:00 am - 11:45 am	<u>Mover's &</u> <u>Shakers (18</u> <u>months to 3</u> <u>Years)</u> 10:00 am - 11:45 am	
<u>Family/Ope</u> <u>n Gym</u> 12:15 pm - 2:00 pm	<u>Older Adult</u> <u>Yoga</u> 10:00 am - 11:00 am	<u>Move N'</u> <u>Groove (18</u> <u>months to 4</u> <u>Years)</u> 9:00 am - 9:45 am	<u>Lane Swim</u> 10:00 am - 11:00 am	<u>Lane Swim</u> 10:00 am - 11:00 am	<u>Family</u> <u>Swim</u> <u>(Therapy &</u> <u>Preschool</u> <u>Pool Only)</u> 10:15 am - 11:15 am	
<u>Lane Swim</u> 1:00 pm - 2:00 pm	<u>Deaf</u> <u>Seniors</u> 10:00 am - 1:00 pm	<u>Older Adult</u> <u>Yoga</u> 10:00 am - 11:00 am	<u>Stretch and</u> <u>Balance Fit</u> 10:45 am - 11:45 am	<u>Women's</u> <u>Weight</u> <u>Training</u> 9:15 am - 10:00 am	<u>Family</u> <u>Swim</u> <u>(Therapy &</u> <u>Preschool</u> <u>Pool Only)</u> 10:15 am - 11:15 am	
<u>Public Swim</u> <u>(All Pools)</u> 1:00 pm - 2:00 pm		<u>Aqua</u> <u>Fitness</u> 10:00 am - 10:45 am	<u>Chair Yoga</u> 11:00 am - 11:45 am	<u>Stretch and</u> <u>Strengthen</u> 10:00 am - 11:00 am	<u>Pickleball -</u> <u>Intermediat</u> <u>e</u> 10:45 am - 12:30 pm	
<u>Public Swim</u> <u>(All Pools)</u> 2:15 pm - 3:15 pm		<u>Family</u> <u>Swim (Main</u>	<u>Lane Swim</u> 11:15 am - 12:00 pm			
<u>Lane Swim</u> 2:15 pm - 3:15 pm						

<p><u>Recreation 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><u>Aqua Fitness</u> 10:00 am - 10:50 am</p> <p><u>Lane Swim</u> 10:00 am - 11:00 am</p> <p><u>Gentle Core Strengthening</u> 10:15 am - 11:15 am</p> <p><u>Pickleball - Intermediate / Advanced</u> 10:45 am - 12:30 pm</p> <p><u>Lane Swim</u> 11:00 am - 12:00 pm</p>	<p><u>Pool Only)</u> 10:00 am - 10:45 am</p> <p><u>Family Skating</u> 10:00 am - 10:50 am</p> <p><u>Rehabilitation on Swim</u> 11:00 am - 11:45 am</p> <p><u>Sensory Time (18 months to 4 Years)</u> 11:00 am - 11:45 am</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>Cardio and Core</u> 12:15 pm - 12:45 pm</p>	<p><u>Falls Prevention</u> 10:00 am - 12:00 pm</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>Older Adult Yoga</u> 11:15 am - 12:15 pm</p> <p><u>Mini Scientists (18 months to 3 Years)</u> 11:45 am - 12:30 pm</p>	<p><u>Line Dancing - Beginner</u> 10:45 am - 11:45 am</p> <p><u>Figure Skating Ticket Ice</u> 11:00 am - 11:50 am</p> <p><u>Public Swim (Main Pool Only)</u> 11:30 am - 12:45 pm</p> <p><u>Lane Swim</u> 11:30 am - 12:45 pm</p> <p><u>Figure Skating Ticket Ice</u> 12:00 pm - 12:50 pm</p>	
<p>12</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>Lane Swim</u> 9:00 am - 10:00 am</p>	<p>13</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> 8:15 am - 9:00 am</p>	<p>14</p> <p><u>Rehabilitation on Swim</u> 7:00 am - 7:45 am</p> <p><u>Lane Swim</u> 7:00 am - 7:55 am</p> <p><u>Lane Swim</u> 8:00 am - 8:45 am</p>	<p>15</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> 8:15 am - 9:00 am</p>	<p>16</p> <p><u>Lane Swim</u> 7:00 am - 7:55 am</p> <p><u>Rehabilitation on Swim</u> 8:00 am - 8:45 am</p> <p><u>Learn to Speak French -</u></p>	<p>17</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> 8:15 am - 9:00 am</p>	<p>18</p> <p><u>Rehabilitation on Swim</u> 8:00 am - 9:00 am</p> <p><u>Family/Open Gym</u> 10:00 am - 11:45 am</p> <p><u>Badminton</u> 12:00 pm -</p>

Family Swim (All Pools)
9:00 am -
10:15 am

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

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

Family/Open 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

Belleville Senators vs. Cleveland Monsters
2:00 pm -
5:00 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

Public Skating
2:15 pm -
3:05 pm

Learn to Speak French - Beginners "Restaurant Etiquette"
8:45 am -
9:45 am

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

Strong Seniors
9:00 am -
9:45 am

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

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

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

Deaf Seniors
10:00 am -
1:00 pm

Aqua Fitness
10:00 am -
10:50 am

Lane Swim
10:00 am -
11:00 am

Gentle Core Strengthening

Therapy Fitness
8:00 am -
8:45 am

Artist Collective
9:00 am -
11:30 am

Lane Swim
9:00 am -
9:55 am

Aqua Fitness
9:00 am -
9:50 am

St Theresa's 3 on 3 Hockey Tournament
9:00 am -
12:00 pm

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

Mix It Up - 10:00 - 11:00 a.m.
10:00 am -
11:00 am

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

Aqua Fitness
10:00 am -
10:45 am

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

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

Strong Seniors
9:00 am -
9:45 am

Stitches
9:00 am -
12:00 pm

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

Beginners "Vacation in Quebec"
8:45 am -
9:45 am

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

Older Adult Flow Yoga
8:45 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

Women's Weight Training
9:15 am -
10:00 am

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

Falls Prevention
10:00 am -
12:00 pm

Pickleball - Intermediate / Advanced
10:45 am -
12:30 pm

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

Therapy Fitness
9:00 am -
9:50 am

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

Mom & 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 -
11:45 am

Mix It Up - 10:00 - 11:00 a.m.
10:15 am -
11:15 am

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

Pickleball - Intermediate
10:45 am -
12:30 pm

Line

1:45 pm

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

Belleville Senators vs. Lehigh Valley Phantoms
7:00 pm -
10:00 pm

<p><u>Open Gym</u> 4:30 pm - 6:15 pm</p>	<p><u>10:15 am - 11:15 am</u></p> <p><u>Pickleball - Intermediat e / Advanced</u> 10:45 am - 12:30 pm</p> <p><u>Lane Swim</u> 11:00 am - 12:00 pm</p>	<p><u>Rehabilitati on Swim</u> 11:00 am - 11:45 am</p> <p><u>Sensory Time (18 months to 4 Years)</u> 11:00 am - 11:45 am</p>	<p><u>Recreational Ice Skating</u> 12:00 pm - 12:50 pm</p>	<p><u>Therapy Fitness</u> 11:00 am - 11:50 am</p> <p><u>Older Adult Yoga</u> 11:15 am - 12:15 pm</p> <p><u>Mini Scientists (18 months to 3 Years)</u> 11:45 am - 12:30 pm</p>	<p><u>Dancing - Beginner</u> 10:45 am - 11:45 am</p> <p><u>Public Swim (Main Pool Only)</u> 11:30 am - 12:45 pm</p> <p><u>Lane Swim</u> 11:30 am - 12:45 pm</p>	
<p>19</p> <p><u>Lane Swim</u> 8:00 am - 8:55 am</p> <p><u>Rehabilitati on Swim</u> 8:00 am - 9:00 am</p> <p><u>Quinte Blades Speed</u></p>	<p>20</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> 8:15 am - 9:00 am</p>	<p>21</p> <p><u>Rehabilitati on Swim</u> 7:00 am - 7:45 am</p> <p><u>Lane Swim</u> 7:00 am - 7:55 am</p> <p><u>Lane Swim</u> 8:00 am - 8:45 am</p>	<p>22</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> 8:15 am - 9:00 am</p>	<p>23</p> <p><u>Lane Swim</u> 7:00 am - 7:55 am</p> <p><u>Rehabilitati on Swim</u> 8:00 am - 8:45 am</p> <p><u>Learn to Speak French -</u></p>	<p>24</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> 8:15 am - 9:00 am</p>	<p>25</p> <p><u>Templeman Aquatic Centre Closed for Swim Meet (no pool programs, rec swims or lessons)</u> 7:00 am - 9:00 pm</p>

Skating Provincials Competition
8:00 am - 6:00 pm

Lane Swim
9:00 am - 10:00 am

Family Swim (All Pools)
9:00 am - 10:15 am

Family Skating
9:00 am - 9:50 am

Quinte Figure Skating Club Test Day
10:30 am - 1:00 pm

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

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

Family/Open 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 -

Learn to Speak French - Beginners "Restaurant Etiquette"
8:45 am - 9:45 am

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

Strong Seniors
9:00 am - 9:45 am

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

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

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

Deaf Seniors
10:00 am - 1:00 pm

Aqua Fitness
10:00 am - 10:50 am

Lane Swim
10:00 am - 11:00 am

Gentle Core Strengthening

Therapy Fitness
8:00 am - 8:45 am

Senior Shiny
9:00 am - 9:50 am

Artist Collective
9:00 am - 11:30 am

Lane Swim
9:00 am - 9:55 am

Aqua Fitness
9:00 am - 9:50 am

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

Mix It Up - 10:00 - 11:00 a.m.
10:00 am - 11:00 am

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

Aqua Fitness
10:00 am - 10:45 am

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

Family Skating

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

Strong Seniors
9:00 am - 9:45 am

Stitches
9:00 am - 12:00 pm

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

Beginners "Vacation in Quebec"
8:45 am - 9:45 am

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

Older Adult Flow Yoga
8:45 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

Women's Weight Training
9:15 am - 10:00 am

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

Falls Prevention
10:00 am - 12:00 pm

Pickleball - Intermediate / Advanced
10:45 am - 12:30 pm

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

Therapy Fitness
9:00 am - 9:50 am

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

Mom & 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 - 11:45 am

Mix It Up - 10:00 - 11:00 a.m.
10:15 am - 11:15 am

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

Pickleball - Intermediate
10:45 am - 12:30 pm

Line

Family/Open Gym
10:00 am - 11:45 am

Badminton
12:00 pm - 1:45 pm

Open Gym
2:00 pm - 3:45 pm

Family/Youth Futsal
4:00 pm - 6:00 pm

Adult Futsal
6:00 pm - 8:00 pm

Public Skating
6:45 pm - 7:35 pm

<p>3:15 pm</p> <p><u>Lane Swim</u> 2:15 pm - 3:15 pm</p> <p><u>Recreation</u> <u>Pickleball</u> 2:15 pm - 4:00 pm</p>	<p>10:15 am - 11:15 am</p> <p><u>Pickleball -</u> <u>Intermediate /</u> <u>Advanced</u> 10:45 am - 12:30 pm</p> <p><u>Lane Swim</u> 11:00 am - 12:00 pm</p>	<p>10:00 am - 10:50 am</p> <p><u>Rehabilitati</u> <u>on Swim</u> 11:00 am - 11:45 am</p>	<p><u>Recreational</u> <u>Ice Skating</u> 12:00 pm - 12:50 pm</p>	<p><u>Therapy</u> <u>Fitness</u> 11:00 am - 11:50 am</p> <p><u>Older Adult</u> <u>Yoga</u> 11:15 am - 12:15 pm</p> <p><u>Mini</u> <u>Scientists</u> <u>(18 months</u> <u>to 3 Years)</u> 11:45 am - 12:30 pm</p>	<p><u>Dancing -</u> <u>Beginner</u> 10:45 am - 11:45 am</p> <p><u>Public Swim</u> <u>(Main Pool</u> <u>Only)</u> 11:30 am - 12:45 pm</p> <p><u>Lane Swim</u> 11:30 am - 12:45 pm</p>	
<p>26</p> <p><u>Templeman</u> <u>Aquatic</u> <u>Centre</u> <u>Closed for</u> <u>Swim Meet</u> <u>(no pool</u> <u>programs,</u> <u>rec swims or</u> <u>lessons)</u> 7:00 am - 9:00 pm</p>	<p>27</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</u> <u>on Swim</u> 8:15 am - 9:00 am</p>	<p>28</p> <p><u>Rehabilitati</u> <u>on Swim</u> 7:00 am - 7:45 am</p> <p><u>Lane Swim</u> 7:00 am - 7:55 am</p> <p><u>Lane Swim</u> 8:00 am - 8:45 am</p>	<p>29</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</u> <u>on Swim</u> 8:15 am - 9:00 am</p>	<p>30</p> <p><u>Lane Swim</u> 7:00 am - 7:55 am</p> <p><u>Rehabilitati</u> <u>on Swim</u> 8:00 am - 8:45 am</p> <p><u>Learn to</u> <u>Speak</u> <u>French -</u></p>	<p>1</p>	<p>2</p>

Family/Open Gym

12:15 pm -
2:00 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
"Restaurant Etiquette"

8:45 am -
9:45 am

Pickleball - Advanced

8:45 am -
10:30 am

Strong Seniors

9:00 am -
9:45 am

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

9:00 am -
9:45 am

Mini Scientists (18 months to 3 Years)

10:00 am -
10:45 am

Older Adult Yoga

10:00 am -
11:00 am

Deaf Seniors

10:00 am -
1:00 pm

Aqua Fitness

10:00 am -
10:50 am

Therapy Fitness

8:00 am -
8:45 am

Senior Shiny

9:00 am -
9:50 am

Artist Collective

9:00 am -
11:30 am

Lane Swim

9:00 am -
9:55 am

Aqua Fitness

9:00 am -
9:50 am

Move N' Groove (18 months to 4 Years)

9:00 am -
9:45 am

Mix It Up - 10:00 -

11:00 a.m.
10:00 am -
11:00 am

Older Adult

Yoga
10:00 am -
11:00 am

Aqua Fitness

10:00 am -
10:45 am

Family

Pickleball - Intermediate /

Advanced
8:45 am -
10:30 am

Strong Seniors

9:00 am -
9:45 am

Stitches
9:00 am -
12:00 pm

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 -

Beginners "Vacation in Quebec"

8:45 am -
9:45 am

Pickleball - Intermediate

8:45 am -
10:30 am

Older Adult Flow Yoga

8:45 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

Women's Weight Training

9:15 am -
10:00 am

Stretch and Strengthen

10:00 am -
11:00 am

Falls Prevention

10:00 am -
12:00 pm

<p><u>Lane Swim</u> 10:00 am - 11:00 am</p> <p><u>Gentle Core</u> <u>Strengthening</u> 10:15 am - 11:15 am</p> <p><u>Pickleball -</u> <u>Intermediate /</u> <u>Advanced</u> 10:45 am - 12:30 pm</p> <p><u>Lane Swim</u> 11:00 am - 12:00 pm</p>	<p><u>Swim (Main</u> <u>Pool Only)</u> 10:00 am - 10:45 am</p> <p><u>Family</u> <u>Skating</u> 10:00 am - 10:50 am</p> <p><u>Rehabilitati</u> <u>on Swim</u> 11:00 am - 11:45 am</p>	<p>12:00 pm</p> <p><u>Lane Swim</u> 12:00 pm - 12:45 pm</p> <p><u>Adult</u> <u>Recreational</u> <u>Skating</u> 12:00 pm - 12:50 pm</p>	<p><u>Pickleball -</u> <u>Intermediate /</u> <u>Advanced</u> 10:45 am - 12:30 pm</p> <p><u>Therapy</u> <u>Fitness</u> 11:00 am - 11:50 am</p> <p><u>Older Adult</u> <u>Yoga</u> 11:15 am - 12:15 pm</p> <p><u>Mini</u> <u>Scientists</u> <u>(18 months</u> <u>to 3 Years)</u> 11:45 am - 12:30 pm</p>			
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