

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	<p><u>Lane Swim at Kinsmen (Pre-registration required)</u> 6:00 am - 6:55 am</p> <p><u>Lane Swim at Kinsmen (Pre-registration required)</u> 7:00 am - 7:55 am</p> <p><u>Lane Swim at Kinsmen (Pre-registration required)</u> 8:00 am - 8:45 am</p> <p><u>Lane Swim at Kinsmen (Pre-registration required)</u> 8:00 am - 8:45 am</p> <p><u>Family Swim at Kinsmen (Pre-registration required)</u> 9:15 am - 10:25 am</p> <p><u>Family Swim at Kinsmen (Pre-registration required)</u> 9:15 am - 10:25 am</p> <p><u>Family Swim at Kinsmen (Pre-registration required)</u> 9:15 am - 10:25 am</p>	<p>2</p> <p><u>Lane Swim at Kinsmen (Pre-registration required)</u> 7:30 am - 8:30 am</p> <p><u>Aqua Fitness at Kinsmen</u> 9:00 am - 9:50 am</p> <p><u>Family Swim at Kinsmen (Pre-registration required)</u> 9:15 am - 10:25 am</p> <p><u>Family Swim at Kinsmen (Pre-registration required)</u> 10:30 am - 11:45 am</p> <p><u>Lane Swim at Kinsmen (Pre-registration required)</u> 12:00 pm - 1:00 pm</p> <p><u>Aqua Fitness at Kinsmen</u></p>	<p>3</p> <p><u>Lane Swim at Kinsmen (Pre-registration required)</u> 6:00 am - 6:55 am</p> <p><u>Lane Swim at Kinsmen (Pre-registration required)</u> 7:00 am - 7:55 am</p> <p><u>Lane Swim at Kinsmen (Pre-registration required)</u> 8:00 am - 8:45 am</p> <p><u>Lane Swim at Kinsmen (Pre-registration required)</u> 8:00 am - 8:45 am</p> <p><u>Lane Swim at Kinsmen (Pre-registration required)</u> 12:00 pm - 1:00 pm</p> <p><u>Public Swim at Kinsmen (Pre-registration required)</u></p>	<p>4</p> <p><u>Lane Swim at Kinsmen (Pre-registration required)</u> 8:00 am - 8:45 am</p> <p><u>Lane Swim at Kinsmen (Pre-registration required)</u> 9:15 am - 10:15 am</p> <p><u>Public Swim at Kinsmen (Pre-registration required)</u> 10:30 am - 12:00 pm</p> <p><u>Public Swim at Kinsmen (Pre-registration required)</u> 12:30 pm - 2:00 pm</p> <p><u>Public Swim at Kinsmen (Pre-registration required)</u> 2:30 pm - 3:55 pm</p>

				<u>Kinsmen</u> <u>(Pre-</u> <u>registration</u> <u>required)</u> 10:30 am - 11:45 am <u>Lane Swim</u> <u>at Kinsmen</u> <u>(Pre-</u> <u>registration</u> <u>required)</u> 12:00 pm - 1:00 pm <u>Public Swim</u> <u>at Kinsmen</u> <u>(Pre-</u> <u>registration</u> <u>required)</u> 1:30 pm - 2:45 pm <u>Public Swim</u> <u>at Kinsmen</u> <u>(Pre-</u> <u>registration</u> <u>required)</u> 3:15 pm - 4:25 pm	12:30 pm - 1:15 pm <u>Public Swim</u> <u>at Kinsmen</u> <u>(Pre-</u> <u>registration</u> <u>required)</u> 1:30 pm - 2:45 pm <u>Public Swim</u> <u>at Kinsmen</u> <u>(Pre-</u> <u>registration</u> <u>required)</u> 3:15 pm - 4:25 pm <u>Lane Swim</u> <u>at Kinsmen</u> <u>(Pre-</u> <u>registration</u> <u>required)</u> 4:30 pm - 5:30 pm <u>Public Swim</u> <u>at Kinsmen</u> <u>(Pre-</u> <u>registration</u> <u>required)</u> 5:45 pm - 7:00 pm	<u>registration</u> <u>required)</u> 1:30 pm - 2:45 pm <u>Public Swim</u> <u>at Kinsmen</u> <u>(Pre-</u> <u>registration</u> <u>required)</u> 3:15 pm - 4:25 pm	
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5	6	7	8	9	10	11
<p><u>Lane Swim at Kinsmen (Pre-registration required)</u> 8:00 am - 8:45 am</p> <p><u>Lane Swim at Kinsmen (Pre-registration required)</u> 9:15 am - 10:15 am</p> <p><u>Public Swim at Kinsmen (Pre-registration required)</u> 10:30 am - 12:00 pm</p> <p><u>Public Swim at Kinsmen (Pre-registration required)</u> 12:30 pm - 2:00 pm</p> <p><u>Public Swim at Kinsmen (Pre-registration required)</u> 2:30 pm - 3:55 pm</p>						
12	13	14	15	16	17	18
19	20	21	22	23	24	25

26	27	28	29	30	1	2
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<https://calendar.quintesportsandwellnesscentre.ca>