September 2021

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

Kinsmen	12:30 pm -	registration	
(Pre-	1:15 pm	required)	
registration		1:30 pm -	
required)	Public Swim	2:45 pm	
10:30 am -	at Kinsmen		
11:45 am	(Pre-	Public Swim	
	<u>registration</u>	at Kinsmen	
Lane Swim	<u>required)</u>	(Pre-	
at Kinsmen	1:30 pm -	<u>registration</u>	
(Pre-	2:45 pm	<u>required)</u>	
<u>registration</u>		3:15 pm -	
required)	Public Swim	4:25 pm	
12:00 pm -	at Kinsmen		
1:00 pm	(Pre-		
	<u>registration</u>		
Public Swim	<u>required)</u>		
at Kinsmen	3:15 pm -		
(Pre-	4:25 pm		
<u>registration</u>	T 0		
<u>required</u>)	Lane Swim		
1:30 pm -	at Kinsmen		
2:45 pm	(Pre-		
	registration		
Public Swim	<u>required</u>)		
at Kinsmen	4:30 pm -		
(Pre-	5:30 pm		
<u>registration</u>	D-11' - C		
<u>required)</u>	Public Swim		
3:15 pm -	at Kinsmen		
4:25 pm	(Pre-		
	registration		
	required)		
	5:45 pm -		
	7:00 pm		

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

26	27	28	29	30	1	2

https://calendar.quintesportsandwellnesscentre.ca