

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				5:30 am Length Swim (25m pool)	5:30 am Hydrotherapy Pool	9:00 am Length Swim (65m pool mid-section only)
				5:30 am Hydrotherapy Pool	5:30 am Length Swim (25m pool)	9:00 am Hydrotherapy Pool
				6:30 am Shallow Water Walking	6:30 am Shallow Water Walking	9:30 am Full Body Fit
				6:50 am Length Swim (65m pool mid-section)	6:30 am Full Body Strength	12:15 pm Aquafit (25m pool)
				7:00 am Aquafit - Rise and Shine	7:30 am Length Swim (65m pool mid-section)	2:00 pm Public Swim
				8:00 am Length Swim (25m pool)	9:00 am Be Fit for Life	4:00 pm Length Swim (65m pool mid-section only)
				9:00 am Family Swim	9:30 am Warm Water Workout	4:30 pm Drop-in Basketball (Recreational)
				9:00 am Total Body Intervals	10:30 am Yoga	7:00 pm Drop-in Basketball (Competitive)
				10:30 am Yoga	10:45 am Aquafit	
				11:30 am Hydrotherapy Pool	11:00 am Sit and Fit	
				12:00 pm Length Swim (25m pool, 65m mid-section, 4 lanes in deep end)	11:30 am Hydrotherapy Pool	
				12:15 pm Deep Aquafit	12:00 pm Family Swim	
				2:00 pm Public Swim (65m pool and warm water pool)	1:00 pm Drop-in Pickleball (Recreational) 55+	
				3:30 pm Length Swim (25m pool)	2:00 pm Public Swim (65m pool and warm water pool)	
				3:30 pm Length Swim	3:30 pm Length Swim (25m pool)	
				3:30 pm Hydrotherapy Pool	3:30 pm Hydrotherapy Pool	
				4:30 pm Length Swim (25m pool - 4 lanes)	4:30 pm Length Swim (25m pool - 4 lanes)	
				5:15 pm Spin	5:30 pm Total Body Intervals	
				6:15 pm Pilates	7:30 pm Hydrotherapy Pool	
				6:30 pm H.I.I.T.	7:30 pm Length Swim (65m pool mid-section)	
				7:30 pm Aquafit P.M.	7:30 pm Drop-in Volleyball (Open Skill)	
				7:30 pm Hydrotherapy Pool		
				7:30 pm Length Swim (65m pool mid-section)		

5	6	7	8	9	10	11
10:00 am Drop-in Pickleball (Recreational)	5:30 am Length Swim (25m pool)	5:30 am Hydrotherapy Pool	5:30 am Hydrotherapy Pool	5:30 am Length Swim (25m pool)	5:30 am Hydrotherapy Pool	9:00 am Hydrotherapy Pool
10:00 am Strength and Conditioning	5:30 am Hydrotherapy Pool	5:30 am Length Swim (25m pool)	5:30 am Length Swim (25m pool)	5:30 am Hydrotherapy Pool	5:30 am Length Swim (25m pool)	9:00 am Length Swim
1:30 pm Drop-in Pickleball (Competitive)	6:30 am Shallow Water Walking	6:30 am Shallow Water Walking	6:30 am Shallow Water Walking	6:30 am Shallow Water Walking	6:30 am Shallow Water Walking	9:30 am Full Body Fit
1:30 pm Drop-in Chess (Open Skill)	6:30 am Spin and Strength	7:00 am Aquafit - Rise and Shine	6:30 am Lower Body Strength and Core	7:00 am Aquafit - Rise and Shine	6:30 am Full Body Strength	12:15 pm Aquafit
2:00 pm Public Swim (25m pool and hydro pool)	7:30 am Length Swim (65m pool mid-section only)	7:30 am Length Swim (65m pool mid-section only)	7:30 am Length Swim (65m pool mid-section only)	7:30 am Length Swim (65m pool mid-section only)	7:30 am Length Swim (65m pool mid-section only)	2:00 pm Public Swim
4:00 pm Drop-in Badminton (Recreational)	7:30 am Length Swim (65m pool deep only)	7:30 am Length Swim (65m pool deep only)	7:30 am Length Swim (65m pool deep only)	7:30 am Length Swim (65m pool deep only)	7:30 am Length Swim (65m pool deep only)	4:00 pm Length Swim (65m mid pool only)
5:30 pm Public Skating	8:00 am Total Body Intervals	8:00 am Step	9:00 am Parent and Child Skate	9:00 am Parent and Child Skate	9:00 am Parent and Child Skate	4:30 pm Drop-in Basketball (Recreational)
6:30 pm Drop-in Volleyball (Recreational)	9:00 am Parent and Child Skate	9:00 am Parent and Child Skate	9:00 am Be Fit for Life	9:00 am Family Swim	9:00 am Be Fit for Life	7:00 pm Drop-in Basketball (Competitive)
	9:00 am Be Fit for Life	9:00 am Family Swim	9:30 am Warm Water Workout	9:00 am Total Body Intervals	9:30 am Warm Water Workout	
	9:30 am Warm Water Workout	9:15 am Dancefit	10:15 am Pilates	9:30 am Warm Water Workout	10:30 am Warm Water Workout	
	10:15 am Sit and Fit	9:30 am Warm Water Workout	10:15 am Sit and Fit	10:30 am Warm Water Workout	10:30 am Yoga	
	10:30 am Yoga	10:30 am Warm Water Workout	10:30 am Warm Water Workout	10:30 am Yoga	10:45 am Aquafit	
	10:30 am Warm Water Workout	10:30 am Yoga	10:45 am Aquafit	10:45 am Aquafit	11:00 am Sit and Fit	
	10:45 am Aquafit	12:00 pm Hydrotherapy Pool	11:15 am Zoomer Fitness	11:00 am Stick n' Puck	12:00 pm Family Swim	
	11:00 am Stick n' Puck	12:00 pm Length Swim (65m pool half deep-end only)	12:00 pm Family Swim	12:00 pm Length Swim (65m pool mid-section only)	12:00 pm Hydrotherapy Pool	
	11:15 am Zoomer Fitness	12:00 pm Adult Shinny Hockey	12:00 pm Hydrotherapy Pool	12:00 pm Hydrotherapy Pool	12:00 pm Length Swim (65m pool half deep-end only)	
	12:00 pm Family Swim	12:00 pm Length Swim (65m pool mid-section only)	12:00 pm Length Swim (65m pool half deep-end only)	12:00 pm Length Swim (65m pool half deep-end only)	12:00 pm Length Swim (65m pool mid-section only)	
	12:00 pm Length Swim (65m pool mid-section only)	12:15 pm Aqua Yoga	12:00 pm Adult Shinny Hockey	12:15 pm Deep Aquafit	12:00 pm 55+ Adult Shinny Hockey	
	12:00 pm Hydrotherapy Pool	1:00 pm Adult Skate	12:00 pm Length Swim (65m pool mid-section only)	12:00 pm Length Swim (65m pool mid-section only)	12:00 pm Length Swim (65m pool mid-section only)	
	12:00 pm Length Swim (65m pool half deep-end only)	1:30 pm Chair Yoga	12:15 pm Deep Aquafit	12:15 pm Deep Aquafit	12:15 pm Deep Aquafit	
	12:15 pm Deep Aquafit	3:30 pm Hydrotherapy Pool	1:30 pm Warm Water Workout	1:00 pm Adult Skate	1:00 pm Drop-in Pickleball (Recreational) 55+	
	1:30 pm Warm Water Workout	3:30 pm Length Swim	1:30 pm Drop-in Pickleball (Recreational)	3:30 pm Hydrotherapy Pool	3:30 pm Hydrotherapy Pool	
	1:30 pm Drop-in Pickleball (Recreational)	4:00 pm Drop-in Pickleball (Recreational)	2:00 pm Stick n' Puck	3:30 pm Length Swim	3:30 pm Length Swim (25m pool lanes 1-4 only)	
	3:30 pm Hydrotherapy Pool	4:30 pm Length Swim (25m pool lanes 1-4 only)	3:30 pm Hydrotherapy Pool	4:30 pm Length Swim (25m pool lanes 1-4 only)	3:30 pm Length Swim (65m pool mid section)	
	3:30 pm Length Swim (65m pool mid section)	6:30 pm Aquafit P.M.	3:30 pm Length Swim (65m pool mid section)	6:15 pm Pilates	4:30 pm Length Swim (25m pool lanes 1-4 only)	
	4:30 pm Length Swim (25m pool lanes 1-4 only)	6:30 pm Yoga with Weights	4:30 pm Length Swim (25m pool lanes 1-4 only)	6:30 pm H.I.I.T.	5:00 pm Drop-in Volleyball (Recreational)	
	5:30 pm Total Body Intervals	6:30 pm Full Body Fit	5:30 pm Spin Barre Fusion	7:30 pm Aquafit P.M.	5:30 pm Total Body Intervals	
	6:30 pm Drop-in Cornhole	7:00 pm Public Swim	5:30 pm Spin Barre Fusion	7:30 pm Length Swim (65m mid pool)	7:00 pm Length Swim (65m mid pool)	
			5:30 pm Total Body	7:30 pm Hydrotherapy Pool	7:00 pm Hydrotherapy Pool	

	(Recreational) 7:30 pm Length Swim (65m mid pool) 7:30 pm Hydrotherapy Pool		Intervals 6:00 pm Yoga 7:30 pm Length Swim (65m mid pool) 7:30 pm Hydrotherapy Pool 7:45 pm Drop-in Underwater Rugby (Recreational)		7:30 pm Drop-in Volleyball (Competitive)	
12	13	14	15	16	17	18
9:00 am Hydrotherapy Pool	5:30 am Length Swim (25m pool)	5:30 am Hydrotherapy Pool	5:30 am Hydrotherapy Pool	5:30 am Length Swim (25m pool)	5:30 am Hydrotherapy Pool	9:00 am Hydrotherapy Pool
9:00 am Length Swim	5:30 am Hydrotherapy Pool	5:30 am Length Swim (25m pool)	5:30 am Length Swim (25m pool)	5:30 am Hydrotherapy Pool	5:30 am Length Swim (25m pool)	9:00 am Length Swim
10:00 am Strength and Conditioning	6:30 am Shallow Water Walking	6:30 am Shallow Water Walking	6:30 am Shallow Water Walking	6:30 am Shallow Water Walking	6:30 am Shallow Water Walking	9:30 am Full Body Fit
10:00 am Drop-in Pickleball (Recreational)	6:30 am Spin and Strength	7:00 am Aquafit - Rise and Shine	6:30 am Lower Body Strength and Core	7:00 am Aquafit - Rise and Shine	6:30 am Full Body Strength	12:15 pm Aquafit
12:00 pm Family Swim	7:30 am Length Swim (65m pool mid-section only)	7:00 am Spin	7:30 am Length Swim (65m pool mid-section only)	7:30 am Length Swim (65m pool mid-section only)	7:30 am Length Swim (65m pool mid-section only)	2:00 pm Public Swim
1:30 pm Drop-in Pickleball (Competitive)	7:30 am Length Swim (65m pool deep only)	7:30 am Length Swim (65m pool deep only)	7:30 am Length Swim (65m pool deep only)	7:30 am Length Swim (65m pool deep only)	7:30 am Length Swim (65m pool deep only)	4:00 pm Length Swim (65m mid pool only)
1:30 pm Drop-in Chess (Open Skill)	8:00 am Total Body Intervals	8:00 am Step	9:00 am Parent and Child Skate	9:00 am Parent and Child Skate	9:00 am Parent and Child Skate	4:30 pm Drop-in Basketball (Recreational)
4:00 pm Drop-in Badminton (Recreational)	9:00 am Parent and Child Skate	9:00 am Parent and Child Skate	9:00 am Be Fit for Life	9:00 am Family Swim	9:00 am Be Fit for Life	7:00 pm Drop-in Basketball (Competitive)
5:30 pm Public Skating	9:00 am Be Fit for Life	9:00 am Family Swim	9:30 am Warm Water Workout	9:00 am Total Body Intervals	9:30 am Warm Water Workout	
6:30 pm Drop-in Volleyball (Recreational)	9:30 am Warm Water Workout	9:15 am Dancefit	10:15 am Pilates	9:30 am Warm Water Workout	10:30 am Warm Water Workout	
	10:15 am Sit and Fit	9:30 am Warm Water Workout	10:15 am Sit and Fit	10:30 am Warm Water Workout	10:30 am Yoga	
	10:30 am Yoga	10:30 am Warm Water Workout	10:30 am Warm Water Workout	10:30 am Yoga	10:45 am Aquafit	
	10:30 am Warm Water Workout	10:30 am Yoga	10:45 am Aquafit	10:45 am Aquafit	11:00 am Sit and Fit	
	10:45 am Aquafit	12:00 pm Hydrotherapy Pool	11:15 am Zoomer Fitness	11:00 am Stick n' Puck	12:00 pm Family Swim	
	11:00 am Stick n' Puck	12:00 pm Length Swim (65m pool half deep-end only)	12:00 pm Family Swim	12:00 pm Length Swim (65m pool mid-section only)	12:00 pm Hydrotherapy Pool	
	11:15 am Zoomer Fitness	12:00 pm Adult Shinny Hockey	12:00 pm Hydrotherapy Pool	12:00 pm Length Swim (65m pool mid-section only)	12:00 pm Length Swim (65m pool half deep-end only)	
	12:00 pm Family Swim	12:00 pm Length Swim (65m pool mid-section only)	12:00 pm Length Swim (65m pool half deep-end only)	12:00 pm Length Swim (65m pool half deep-end only)	12:00 pm 55+ Adult Shinny Hockey	
	12:00 pm Length Swim (65m pool mid-section only)	12:15 pm Aqua Yoga	12:00 pm Adult Shinny Hockey	12:15 pm Deep Aquafit	12:00 pm Length Swim (65m pool mid-section only)	
	12:00 pm Hydrotherapy Pool	1:00 pm Adult Skate	12:00 pm Length Swim (65m pool mid-section only)	1:00 pm Adult Skate	12:15 pm Deep Aquafit	
	12:00 pm Length Swim (65m pool half deep-end only)	1:30 pm Chair Yoga	12:15 pm Deep Aquafit	3:30 pm Hydrotherapy Pool	1:00 pm Drop-in Pickleball (Recreational) 55+	
	12:15 pm Deep Aquafit	3:30 pm Hydrotherapy Pool	1:30 pm Warm Water Workout	3:30 pm Length Swim	12:00 pm Length Swim (65m pool mid-section only)	
	1:30 pm Warm Water Workout	3:30 pm Length Swim	1:30 pm Drop-in	4:30 pm Length Swim (25m pool)	12:15 pm Deep Aquafit	
					3:30 pm Hydrotherapy Pool	
					3:30 pm Length	

	<p>1:30 pm Drop-in Pickleball (Recreational)</p> <p>3:30 pm Hydrotherapy Pool</p> <p>3:30 pm Length Swim (65m pool mid section)</p> <p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>5:30 pm Total Body Intervals</p> <p>6:30 pm Drop-in Cornhole (Recreational)</p> <p>7:30 pm Hydrotherapy Pool</p>	<p>4:00 pm Drop-in Pickleball (Recreational)</p> <p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>6:30 pm Aquafit P.M.</p> <p>6:30 pm Full Body Fit</p> <p>6:30 pm Yoga with Weights</p> <p>7:00 pm Public Swim</p>	<p>Pickleball (Recreational)</p> <p>2:00 pm Stick n' Puck</p> <p>3:30 pm Hydrotherapy Pool</p> <p>3:30 pm Length Swim (65m pool mid section)</p> <p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>5:30 pm Spin Barre Fusion</p> <p>5:30 pm Total Body Intervals</p> <p>6:00 pm Yoga</p> <p>7:30 pm Length Swim (65m mid pool)</p> <p>7:30 pm Hydrotherapy Pool</p> <p>7:45 pm Drop-in Underwater Rugby (Recreational)</p>	<p>lanes 1-4 only)</p> <p>5:15 pm Spin</p> <p>6:15 pm Pilates</p> <p>6:30 pm H.I.I.T.</p> <p>7:30 pm Aquafit P.M.</p> <p>7:30 pm Length Swim (65m mid pool)</p> <p>7:30 pm Hydrotherapy Pool</p>	<p>Swim (65m pool mid section)</p> <p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>5:00 pm Drop-in Volleyball (Recreational)</p> <p>5:30 pm Total Body Intervals</p> <p>7:00 pm Hydrotherapy Pool</p> <p>7:00 pm Length Swim (65m mid pool)</p> <p>7:30 pm Drop-in Volleyball (Competitive)</p>	
<p>19</p> <p>9:00 am Hydrotherapy Pool</p> <p>9:00 am Length Swim</p> <p>10:00 am Strength and Conditioning</p> <p>10:00 am Drop-in Pickleball (Recreational)</p> <p>12:00 pm Family Swim</p> <p>1:30 pm Drop-in Pickleball (Competitive)</p> <p>1:30 pm Drop-in Chess (Open Skill)</p> <p>4:00 pm Drop-in Badminton (Recreational)</p> <p>5:30 pm Public Skating</p> <p>6:30 pm Drop-in Volleyball (Recreational)</p>	<p>20</p> <p>5:30 am Length Swim (25m pool)</p> <p>5:30 am Hydrotherapy Pool</p> <p>6:30 am Shallow Water Walking</p> <p>6:30 am Spin and Strength</p> <p>7:30 am Length Swim (65m pool mid-section only)</p> <p>7:30 am Length Swim (65m pool deep only)</p> <p>8:00 am Total Body Intervals</p> <p>9:00 am Be Fit for Life</p> <p>9:30 am Warm Water Workout</p> <p>10:15 am Sit and Fit</p> <p>10:30 am Yoga</p> <p>10:30 am Warm Water Workout</p> <p>10:45 am Aquafit</p> <p>11:15 am Zoomer Fitness</p> <p>12:00 pm Family Swim</p> <p>12:00 pm Hydrotherapy Pool</p> <p>12:00 pm Length Swim (65m pool</p>	<p>21</p> <p>5:30 am Hydrotherapy Pool</p> <p>5:30 am Length Swim (25m pool)</p> <p>6:30 am Shallow Water Walking</p> <p>7:00 am Aquafit - Rise and Shine</p> <p>7:00 am Spin</p> <p>7:30 am Length Swim (65m pool mid-section only)</p> <p>7:30 am Length Swim (65m pool deep only)</p> <p>8:00 am Step</p> <p>9:00 am Parent and Child Skate</p> <p>9:00 am Family Swim</p> <p>9:15 am Dancefit</p> <p>9:30 am Warm Water Workout</p> <p>10:30 am Warm Water Workout</p> <p>10:30 am Yoga</p> <p>12:00 pm Hydrotherapy Pool</p> <p>12:00 pm Length Swim (65m pool half deep-end only)</p> <p>12:00 pm Adult Shiny Hockey</p>	<p>22</p> <p>5:30 am Hydrotherapy Pool</p> <p>5:30 am Length Swim (25m pool)</p> <p>6:30 am Shallow Water Walking</p> <p>6:30 am Lower Body Strength and Core</p> <p>7:30 am Length Swim (65m pool mid-section only)</p> <p>7:30 am Length Swim (65m pool deep only)</p> <p>9:00 am Parent and Child Skate</p> <p>9:00 am Be Fit for Life</p> <p>9:30 am Warm Water Workout</p> <p>10:15 am Pilates</p> <p>10:15 am Sit and Fit</p> <p>10:30 am Warm Water Workout</p> <p>10:45 am Aquafit</p> <p>11:15 am Zoomer Fitness</p> <p>12:00 pm Family Swim</p> <p>12:00 pm Hydrotherapy Pool</p> <p>12:00 pm Length</p>	<p>23</p> <p>5:30 am Length Swim (25m pool)</p> <p>5:30 am Hydrotherapy Pool</p> <p>6:30 am Shallow Water Walking</p> <p>7:00 am Aquafit - Rise and Shine</p> <p>7:30 am Length Swim (65m pool mid-section only)</p> <p>7:30 am Length Swim (65m pool deep only)</p> <p>9:00 am Parent and Child Skate</p> <p>9:00 am Family Swim</p> <p>9:00 am Total Body Intervals</p> <p>9:30 am Warm Water Workout</p> <p>10:30 am Warm Water Workout</p> <p>10:30 am Yoga</p> <p>10:45 am Aquafit</p> <p>11:00 am Stick n' Puck</p> <p>12:00 pm Length Swim (65m pool mid-section only)</p> <p>12:00 pm Hydrotherapy Pool</p>	<p>24</p> <p>5:30 am Hydrotherapy Pool</p> <p>5:30 am Length Swim (25m pool)</p> <p>6:30 am Shallow Water Walking</p> <p>6:30 am Full Body Strength</p> <p>7:30 am Length Swim (65m pool mid-section only)</p> <p>7:30 am Length Swim (65m pool deep only)</p> <p>9:00 am Parent and Child Skate</p> <p>9:00 am Be Fit for Life</p> <p>9:30 am Warm Water Workout</p> <p>10:30 am Warm Water Workout</p> <p>10:30 am Yoga</p> <p>10:45 am Aquafit</p> <p>11:00 am Sit and Fit</p> <p>12:00 pm Family Swim</p> <p>12:00 pm Hydrotherapy Pool</p> <p>12:00 pm Length Swim (65m pool half deep-end only)</p> <p>12:00 pm 55+ Adult</p>	<p>25</p> <p>9:00 am Hydrotherapy Pool</p> <p>9:00 am Length Swim</p> <p>9:30 am Full Body Fit</p> <p>12:15 pm Aquafit</p> <p>2:00 pm Public Swim</p> <p>4:00 pm Length Swim (65m mid pool only)</p> <p>4:30 pm Drop-in Basketball (Recreational)</p> <p>7:00 pm Drop-in Basketball (Competitive)</p>

	<p>half deep-end only)</p> <p>12:00 pm Length Swim (65m pool mid-section only)</p> <p>12:15 pm Deep Aquafit</p> <p>1:30 pm Warm Water Workout</p> <p>1:30 pm Drop-in Pickleball (Recreational)</p> <p>3:30 pm Hydrotherapy Pool</p> <p>3:30 pm Length Swim (65m pool mid section)</p> <p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>5:30 pm Total Body Intervals</p> <p>6:30 pm Drop-in Cornhole (Recreational)</p> <p>7:30 pm Hydrotherapy Pool</p>	<p>12:00 pm Length Swim (65m pool mid-section only)</p> <p>12:15 pm Aqua Yoga</p> <p>1:00 pm Adult Skate</p> <p>1:30 pm Chair Yoga</p> <p>3:30 pm Hydrotherapy Pool</p> <p>3:30 pm Length Swim</p> <p>4:00 pm Drop-in Pickleball (Recreational)</p> <p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>6:30 pm Aquafit P.M.</p> <p>6:30 pm Yoga with Weights</p> <p>6:30 pm Full Body Fit</p> <p>7:00 pm Public Swim</p>	<p>Swim (65m pool half deep-end only)</p> <p>12:00 pm Adult Shinny Hockey</p> <p>12:00 pm Length Swim (65m pool mid-section only)</p> <p>12:15 pm Deep Aquafit</p> <p>1:30 pm Warm Water Workout</p> <p>1:30 pm Drop-in Pickleball (Recreational)</p> <p>2:00 pm Stick n' Puck</p> <p>3:30 pm Hydrotherapy Pool</p> <p>3:30 pm Length Swim (65m pool mid section)</p> <p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>5:30 pm Spin Barre Fusion</p> <p>5:30 pm Total Body Intervals</p> <p>6:00 pm Yoga</p> <p>7:30 pm Length Swim (65m mid pool)</p> <p>7:30 pm Hydrotherapy Pool</p> <p>7:45 pm Drop-in Underwater Rugby (Recreational)</p>	<p>12:00 pm Length Swim (65m pool half deep-end only)</p> <p>12:15 pm Deep Aquafit</p> <p>1:00 pm Adult Skate</p> <p>3:30 pm Hydrotherapy Pool</p> <p>3:30 pm Length Swim</p> <p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>5:15 pm Spin</p> <p>6:15 pm Pilates</p> <p>6:30 pm H.I.I.T.</p> <p>7:30 pm Aquafit P.M.</p> <p>7:30 pm Length Swim (65m mid pool)</p> <p>7:30 pm Hydrotherapy Pool</p>	<p>Shinny Hockey</p> <p>12:00 pm Length Swim (65m pool mid-section only)</p> <p>12:15 pm Deep Aquafit</p> <p>1:00 pm Drop-in Pickleball (Recreational) 55+</p> <p>3:30 pm Hydrotherapy Pool</p> <p>3:30 pm Length Swim (65m pool mid section)</p> <p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>5:00 pm Drop-in Volleyball (Recreational)</p> <p>5:30 pm Total Body Intervals</p> <p>7:00 pm Friday Night Magic</p> <p>7:00 pm Length Swim (65m mid pool)</p> <p>7:00 pm Hydrotherapy Pool</p> <p>7:30 pm Drop-in Volleyball (Competitive)</p>
<p>26</p> <p>9:00 am Hydrotherapy Pool</p> <p>9:00 am Length Swim</p> <p>10:00 am Strength and Conditioning</p> <p>10:00 am Drop-in Pickleball (Recreational)</p> <p>12:00 pm Family Swim</p> <p>1:30 pm Drop-in Pickleball (Competitive)</p> <p>1:30 pm Drop-in Chess (Open Skill)</p> <p>4:00 pm Drop-in Badminton (Recreational)</p> <p>5:30 pm Public Skating</p> <p>6:30 pm Drop-in</p>	<p>27</p> <p>5:30 am Length Swim (25m pool)</p> <p>5:30 am Hydrotherapy Pool</p> <p>6:30 am Shallow Water Walking</p> <p>6:30 am Spin and Strength</p> <p>7:30 am Length Swim (65m pool mid-section only)</p> <p>7:30 am Length Swim (65m pool deep only)</p> <p>8:00 am Total Body Intervals</p> <p>9:00 am Parent and Child Skate</p> <p>9:00 am Be Fit for Life</p> <p>9:30 am Warm Water Workout</p>	<p>28</p> <p>5:30 am Hydrotherapy Pool</p> <p>5:30 am Length Swim (25m pool)</p> <p>6:30 am Shallow Water Walking</p> <p>7:00 am Aquafit - Rise and Shine</p> <p>7:00 am Spin</p> <p>7:30 am Length Swim (65m pool mid-section only)</p> <p>7:30 am Length Swim (65m pool deep only)</p> <p>8:00 am Step</p> <p>9:00 am Parent and Child Skate</p> <p>9:00 am Family Swim</p> <p>9:15 am Dancefit</p>	<p>29</p> <p>5:30 am Hydrotherapy Pool</p> <p>5:30 am Length Swim (25m pool)</p> <p>6:30 am Shallow Water Walking</p> <p>6:30 am Lower Body Strength and Core</p> <p>7:30 am Length Swim (65m pool mid-section only)</p> <p>7:30 am Length Swim (65m pool deep only)</p> <p>9:00 am Parent and Child Skate</p> <p>9:00 am Be Fit for Life</p> <p>9:30 am Warm Water Workout</p> <p>10:15 am Pilates</p>	<p>30</p> <p>5:30 am Length Swim (25m pool)</p> <p>5:30 am Hydrotherapy Pool</p> <p>6:30 am Shallow Water Walking</p> <p>7:00 am Aquafit - Rise and Shine</p> <p>7:30 am Length Swim (65m pool mid-section only)</p> <p>7:30 am Length Swim (65m pool deep only)</p> <p>9:00 am Parent and Child Skate</p> <p>9:00 am Family Swim</p> <p>9:00 am Total Body Intervals</p> <p>9:30 am Warm Water Workout</p>	<p>31</p> <p>5:30 am Hydrotherapy Pool</p> <p>5:30 am Length Swim (25m pool)</p> <p>6:30 am Shallow Water Walking</p> <p>6:30 am Full Body Strength</p> <p>7:30 am Length Swim (65m pool mid-section only)</p> <p>7:30 am Length Swim (65m pool deep only)</p> <p>9:00 am Parent and Child Skate</p> <p>9:00 am Be Fit for Life</p> <p>9:30 am Warm Water Workout</p> <p>10:30 am Warm Water Workout</p>

Volleyball (Recreational)	10:15 am Sit and Fit 10:30 am Yoga 10:30 am Warm Water Workout 10:45 am Aquafit 11:00 am Stick n' Puck 11:15 am Zoomer Fitness 12:00 pm Family Swim 12:00 pm Length Swim (65m pool mid-section only) 12:00 pm Hydrotherapy Pool 12:00 pm Length Swim (65m pool half deep-end only) 12:15 pm Deep Aquafit 1:30 pm Warm Water Workout 1:30 pm Drop-in Pickleball (Recreational) 3:30 pm Hydrotherapy Pool 3:30 pm Length Swim (65m pool mid section) 4:30 pm Length Swim (25m pool lanes 1-4 only) 5:30 pm Total Body Intervals 6:30 pm Drop-in Cornhole (Recreational) 7:30 pm Hydrotherapy Pool	9:30 am Warm Water Workout 10:30 am Warm Water Workout 10:30 am Yoga 12:00 pm Hydrotherapy Pool 12:00 pm Length Swim (65m pool half deep-end only) 12:00 pm Adult Shinny Hockey 12:00 pm Length Swim (65m pool mid-section only) 12:15 pm Aqua Yoga 1:00 pm Adult Skate 1:30 pm Chair Yoga 3:30 pm Hydrotherapy Pool 3:30 pm Length Swim 4:00 pm Drop-in Pickleball (Recreational) 4:30 pm Length Swim (25m pool lanes 1-4 only) 6:30 pm Aquafit P.M. 6:30 pm Full Body Fit 6:30 pm Yoga with Weights 7:00 pm Public Swim	10:15 am Sit and Fit 10:30 am Warm Water Workout 10:45 am Aquafit 11:15 am Zoomer Fitness 12:00 pm Family Swim 12:00 pm Hydrotherapy Pool 12:00 pm Length Swim (65m pool half deep-end only) 12:00 pm Adult Shinny Hockey 12:00 pm Length Swim (65m pool mid-section only) 12:15 pm Deep Aquafit 1:30 pm Warm Water Workout 1:30 pm Drop-in Pickleball (Recreational) 2:00 pm Stick n' Puck 3:30 pm Hydrotherapy Pool 3:30 pm Length Swim (65m pool mid section) 4:30 pm Length Swim (25m pool lanes 1-4 only) 5:30 pm Spin Barre Fusion 5:30 pm Total Body Intervals 6:00 pm Yoga 7:30 pm Length Swim (65m mid pool) 7:30 pm Hydrotherapy Pool 7:45 pm Drop-in Underwater Rugby (Recreational)	10:30 am Warm Water Workout 10:30 am Yoga 10:45 am Aquafit 11:00 am Stick n' Puck 12:00 pm Length Swim (65m pool mid-section only) 12:00 pm Hydrotherapy Pool 12:00 pm Length Swim (65m pool half deep-end only) 12:15 pm Deep Aquafit 1:00 pm Adult Skate 3:30 pm Hydrotherapy Pool 3:30 pm Length Swim 4:30 pm Length Swim (25m pool lanes 1-4 only) 5:15 pm Spin 6:15 pm Pilates 6:30 pm H.I.I.T. 7:30 pm Aquafit P.M. 7:30 pm Length Swim (65m mid pool) 7:30 pm Hydrotherapy Pool	10:30 am Yoga 10:45 am Aquafit 11:00 am Sit and Fit 12:00 pm Family Swim 12:00 pm Hydrotherapy Pool 12:00 pm Length Swim (65m pool half deep-end only) 12:00 pm 55+ Adult Shinny Hockey 12:00 pm Length Swim (65m pool mid-section only) 12:15 pm Deep Aquafit 1:00 pm Drop-in Pickleball (Recreational) 55+ 3:30 pm Hydrotherapy Pool 3:30 pm Length Swim (65m pool mid section) 4:30 pm Length Swim (25m pool lanes 1-4 only) 5:00 pm Drop-in Volleyball (Recreational) 5:30 pm Total Body Intervals 7:00 pm Friday Night Magic 7:00 pm Hydrotherapy Pool 7:00 pm Length Swim (65m mid pool) 7:30 pm Drop-in Volleyball (Competitive)
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