

March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:15 am Step and Tone 9:00 am Hydrotherapy Pool 9:00 am Length Swim 9:30 am Full Body Fit 12:15 pm Aquafit 2:00 pm Public Swim 4:00 pm Length Swim (65m mid pool only) 4:30 pm Drop-in Basketball (Recreational) 7:00 pm Drop-in Basketball (Competitive)
2 9:00 am Hydrotherapy Pool 10:00 am Strength and Conditioning 10:00 am Drop-in Pickleball (Recreational) 1:30 pm Drop-in Pickleball (Competitive) 4:00 pm Drop-in Badminton (Recreational) 5:30 pm Public Skating	3 5:30 am Hydrotherapy Pool 5:30 am Length Swim (25m pool) 6:30 am Shallow Water Walking 6:30 am Spin and Strength 7:30 am Length Swim (65m pool deep only) 7:30 am Length Swim (65m pool mid-section only) 8:00 am Total Body	4 5:30 am Hydrotherapy Pool 5:30 am Length Swim (25m pool) 6:30 am Shallow Water Walking 7:00 am Aquafit - Rise and Shine 7:00 am Spin 7:30 am Length Swim (65m pool deep only) 7:30 am Length Swim (65m pool mid-section only)	5 5:30 am Length Swim (25m pool) 5:30 am Hydrotherapy Pool 6:30 am Shallow Water Walking 6:30 am Lower Body Strength and Core 7:30 am Length Swim (65m pool deep only) 7:30 am Length Swim (65m pool mid-section only)	6 5:30 am Hydrotherapy Pool 5:30 am Length Swim (25m pool) 6:30 am Shallow Water Walking 7:00 am Aquafit - Rise and Shine 7:30 am Length Swim (65m pool deep only) 7:30 am Length Swim (65m pool mid-section only) 9:00 am Parent and	7 5:30 am Length Swim (25m pool) 5:30 am Hydrotherapy Pool 6:30 am Shallow Water Walking 7:00 am Full Body Strength 7:30 am Length Swim (65m pool deep only) 7:30 am Length Swim (65m pool mid-section only) 9:00 am Parent and	8 8:15 am Step and Tone 9:00 am Hydrotherapy Pool 9:00 am Length Swim 9:30 am Full Body Fit 12:15 pm Aquafit 2:00 pm Public Swim 4:00 pm Length Swim

6:30 pm Drop-in Volleyball (Recreational)	Intervals	8:00 am Step	9:00 am Parent and Child Skate	Child Skate	Child Skate	(65m mid pool only)
	9:00 am Be Fit for Life	9:00 am Total Body Intervals	9:00 am Be Fit for Life	9:00 am Family Swim	9:00 am Be Fit for Life	4:30 pm Drop-in Basketball (Recreational)
	9:00 am Parent and Child Skate	9:00 am Parent and Child Skate	9:30 am Warm Water Workout	9:00 am Total Body Intervals	9:30 am Warm Water Workout	7:00 pm Drop-in Basketball (Competitive)
	9:30 am Warm Water Workout	9:00 am Family Swim	10:15 am Sit and Fit	9:30 am Warm Water Workout	10:30 am Warm Water Workout	
	10:15 am Sit and Fit	9:15 am Dancefit	10:15 am Pilates	10:30 am Warm Water Workout	10:30 am Yoga	
	10:30 am Yoga	9:30 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 Warm Water Workout	10:45 am Aquafit	10:45 am Aquafit	11:00 am Sit and Fit	
	10:45 am Aquafit	10:30 am Warm Water Workout	11:15 am Zoomer Fitness	11:00 am Stick n' Puck	12:00 pm Family Swim	
	11:00 am Stick n' Puck	10:30 am Yoga	12:00 pm Hydrotherapy Pool	12:00 pm Length Swim (65m pool mid-section only)	12:00 pm Hydrotherapy Pool	
	11:15 am Zoomer Fitness	12:00 pm Hydrotherapy Pool	12:00 pm Adult Shinny Hockey	12:00 pm Length Swim (65m pool half deep-end only)	12:00 pm 55+ Adult Shinny Hockey	
	12:00 pm Hydrotherapy Pool	12:00 pm Adult Shinny Hockey	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 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)	12:00 pm Family Swim	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 half deep-end only)	12:00 pm Family Swim	12:00 pm Family Swim	12:15 pm Deep Aquafit	
	12:00 pm Family Swim	12:15 pm Aqua Yoga	12:15 pm H.I.I.T.	12:15 pm H.I.I.T.	1:00 pm Adult Skate	1:00 pm Drop-in Pickleball (Recreational) 55+
	12:15 pm Spin	1:00 pm Adult Skate	12:15 pm Deep Aquafit	12:15 pm Deep Aquafit	3:30 pm Hydrotherapy Pool	3:30 pm Hydrotherapy Pool
	12:15 pm Deep Aquafit	1:30 pm Chair Yoga	1:30 pm Warm Water Workout	1:30 pm Warm Water Workout	3:30 pm Length Swim	3:30 pm Hydrotherapy Pool
	1:30 pm Warm Water Workout	3:30 pm Hydrotherapy Pool	1:30 pm Drop-in Pickleball (Recreational)	1:30 pm Drop-in Pickleball (Recreational)	4:30 pm Length Swim (25m pool lanes 1-4 only)	3:30 pm Length Swim (65m pool mid section)
	1:30 pm Drop-in Pickleball (Recreational)	4:00 pm Drop-in Pickleball (Recreational)	2:00 pm Stick n' Puck	2:00 pm Stick n' Puck	5:15 pm Spin	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 Hydrotherapy Pool	3:30 pm Hydrotherapy Pool	6:15 pm Pilates	5:00 pm Drop-in Volleyball (Recreational)
	3:30 pm Length Swim (65m pool mid section)	6:30 pm Aquafit P.M.	3:30 pm Length Swim (65m pool mid section)	3:30 pm Length Swim (65m pool mid section)	6:30 pm H.I.I.T.	5:30 pm Total Body Intervals
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)	4:30 pm Length Swim (25m pool lanes 1-4 only)	7:30 pm Aquafit P.M.	7:00 pm Length Swim (65m mid pool)	
5:30 pm Total Body Intervals	6:30 pm Full Body Fit	5:30 pm Spin Barre Fusion	5:30 pm Spin Barre Fusion	7:30 pm Hydrotherapy Pool	7:00 pm Friday Night Magic	
7:30 pm Cardio Kickboxing	7:00 pm Public Swim	5:30 pm Total Body Intervals	5:30 pm Total Body Intervals	7:30 pm Length Swim (65m mid pool)	7:00 pm Hydrotherapy Pool	
7:30 pm Hydrotherapy Pool		6:00 pm Yoga	6:00 pm Yoga	7:30 pm Length Swim (65m mid pool)	7:30 pm Drop-in Volleyball (Competitive)	
		7:30 pm Hydrotherapy Pool	7:30 pm Hydrotherapy Pool	7:45 pm Drop-in Underwater Rugby (Recreational)		

9	10	11	12	13	14	15
9:00 am Length Swim	5:30 am Hydrotherapy Pool	5:30 am Hydrotherapy Pool	5:30 am Hydrotherapy Pool	5:30 am Hydrotherapy Pool	5:30 am Hydrotherapy Pool	8:15 am Step and Tone
9:00 am	5:30 am Length	5:30 am Length	5:30 am Length	5:30 am Length	5:30 am Length	9:00 am

Hydrotherapy Pool	Swim (25m pool)	Swim (25m pool)	Swim (25m pool)	Swim (25m pool)	Swim (25m pool)	Swim (25m pool)	Hydrotherapy Pool
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	6:30 am Shallow Water Walking	9:00 am Length Swim
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		9:30 am Full Body Fit
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 deep only)	7:30 am Length Swim (65m pool mid-section only)	7:30 am Length Swim (65m pool deep only)		12:15 pm Aquafit
1:30 pm Drop-in Pickleball (Competitive)	7:30 am Length Swim (65m pool deep only)	7:30 am Length Swim (65m pool mid-section only)	7:30 am Length Swim (65m pool mid-section only)	7:45 am Length Swim (65m pool deep only)	7:30 am Length Swim (65m pool mid-section only)		2:00 pm Public Swim
2:00 pm Public Swim (25m pool)	8:00 am Total Body Intervals	7:45 am Length Swim (65m pool deep only)	8:00 am Step	9:00 am Total Body Intervals	9:00 am Be Fit for Life		4:00 pm Length Swim (65m mid pool only)
4:00 pm Drop-in Badminton (Recreational)	9:00 am Be Fit for Life	8:00 am Step	9:00 am Be Fit for Life	9:00 am Family Swim	9:00 am Be Fit for Life		4:30 pm Drop-in Basketball (Recreational)
5:30 pm Public Skating	9:30 am Warm Water Workout	9:00 am Total Body Intervals	9:30 am Warm Water Workout	9:00 am Family Swim	9:30 am Warm Water Workout		
6:30 pm Drop-in Volleyball (Recreational)	10:15 am Sit and Fit	9:00 am Family Swim	10:15 am Sit and Fit	9:15 am Dancefit	10:30 am Warm Water Workout		7:00 pm Drop-in Basketball (Competitive)
	10:30 am Yoga	9:15 am Dancefit	10:15 am Pilates	10:30 am Warm Water Workout	10:30 am Yoga		
	10:30 am Warm Water Workout	9:30 am Warm Water Workout	10:30 am Warm Water Workout	10:30 am Warm Water Workout	10:45 am Aquafit		
	10:45 am Aquafit	10:30 am Warm Water Workout	10:45 am Aquafit	11:15 am Zoomer Fitness	11:30 am Hydrotherapy Pool		
	11:15 am Zoomer Fitness	10:30 am Yoga	11:15 am Zoomer Fitness	11:30 am Hydrotherapy Pool	11:30 am Hydrotherapy Pool		
	11:30 am Hydrotherapy Pool	11:30 am Hydrotherapy Pool	11:30 am Hydrotherapy Pool	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 mid-section only)	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 half deep-end only)	12:00 pm Length Swim (65m pool half deep-end only)	12:00 pm Length Swim (65m pool half deep-end only)	12:15 pm Deep Aquafit	12:15 pm Deep Aquafit		
	12:00 pm Family Swim	12:15 pm Aqua Yoga	12:00 pm Family Swim	2:00 pm Public Swim	2:00 pm Public Swim		
	12:15 pm Spin	1:30 pm Chair Yoga (Main Floor Studio)	12:15 pm H.I.I.T.	12:15 pm Deep Aquafit	2:00 pm Public Swim		
	12:15 pm Deep Aquafit	2:00 pm Public Swim	12:15 pm Deep Aquafit	1:30 pm Warm Water Workout	3:30 pm Hydrotherapy Pool		
	1:30 pm Warm Water Workout	3:30 pm Hydrotherapy Pool	1:30 pm Warm Water Workout	2:00 pm Public Swim	3:30 pm Length Swim (65m pool mid section 4 lanes only)		
	2:00 pm Public Swim	3:30 pm Length Swim (65m pool mid section 4 lanes only)	2:00 pm Public Swim	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 Hydrotherapy Pool	3:30 pm Length Swim (65m pool mid section 4 lanes only)	5:15 pm Spin		
	3:30 pm Length Swim (65m pool mid section 4 lanes only)	6:30 pm Aquafit P.M.	3:30 pm Length Swim (65m pool mid section 4 lanes only)	3:30 pm Length Swim (65m pool mid section 4 lanes only)	6:15 pm Pilates		
	4:30 pm Length Swim (25m pool lanes 1-4 only)	6:30 pm Aquafit P.M.	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 H.I.I.T.		
	5:30 pm Total Body Intervals	6:30 pm Full Body Fit	5:30 pm Spin Barre Fusion	5:30 pm Total Body Intervals	7:30 pm Aquafit P.M.		
	7:30 pm Cardio Kickboxing	6:30 pm Yoga with Weights	5:30 pm Total Body Intervals	6:00 pm Yoga	7:30 pm Length Swim (65m mid pool)		
	7:30 pm Hydrotherapy Pool	7:00 pm Public Swim	7:30 pm Length Swim (65m mid pool)	7:30 pm Length Swim (65m mid pool)	7:30 pm Hydrotherapy Pool		
			7:30 pm Hydrotherapy Pool	7:30 pm Hydrotherapy Pool			
			7:45 pm Drop-in Underwater Rugby	7:45 pm Drop-in Underwater Rugby			

			(Recreational)			
16	17	18	19	20	21	22
9:00 am Length Swim	5:30 am Hydrotherapy Pool	5:30 am Hydrotherapy Pool	5:30 am Length Swim (25m pool)	5:30 am Hydrotherapy Pool	5:30 am Length Swim (25m pool)	8:15 am Step and Tone
9:00 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)	5:30 am Hydrotherapy Pool	9:00 am Hydrotherapy Pool
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	9:00 am Length Swim
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	9:30 am Full Body Fit
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)	12:15 pm Aquafit
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)	2:00 pm Public Swim
2:00 pm Public Swim (25m pool)	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 Be Fit for Life	9:00 am Total Body Intervals	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 Parent and Child Skate	9:00 am Parent and Child Skate	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	9:00 am Family Swim	10:15 am Sit and Fit	9:30 am Warm Water Workout	10:30 am Warm Water Workout	
	10:15 am Sit and Fit	9:15 am Dancefit	10:15 am Pilates	10:30 am Warm Water Workout	10:30 am Yoga	
	10:30 am Yoga	9:30 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 Warm Water Workout	10:45 am Aquafit	10:45 am Aquafit	11:00 am Sit and Fit	
	10:45 am Aquafit	10:30 am Warm Water Workout	11:15 am Zoomer Fitness	11:00 am Stick n' Puck	12:00 pm Family Swim	
	11:00 am Stick n' Puck	10:30 am Yoga	12:00 pm Hydrotherapy Pool	12:00 pm Length Swim (65m pool mid-section only)	12:00 pm Hydrotherapy Pool	
	11:15 am Zoomer Fitness	12:00 pm Hydrotherapy Pool	12:00 pm Adult Shinny Hockey	12:00 pm Length Swim (65m pool half deep end only)	12:00 pm 55+ Adult Shinny Hockey	
	12:00 pm Hydrotherapy Pool	12:00 pm Adult Shinny Hockey	12:00 pm Length Swim (65m pool mid-section only)	12:00 pm Hydrotherapy Pool	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)	12:15 pm Deep Aquafit	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 half deep end only)	12:00 pm Family Swim	1:00 pm Adult Skate	12:15 pm Deep Aquafit	
	12:00 pm Family Swim	12:15 pm Aqua Yoga	12:00 pm Family Swim	3:30 pm Hydrotherapy Pool	1:00 pm Drop-in Pickleball (Recreational) 55+	
	12:15 pm Spin	1:00 pm Adult Skate	12:15 pm H.I.I.T.	3:30 pm Length Swim	3:30 pm Hydrotherapy Pool	
	12:15 pm Deep Aquafit	1:30 pm Chair Yoga	12:15 pm Deep Aquafit	4:30 pm Length Swim (25m pool lanes 1-4 only)	3:30 pm Length Swim (65m pool mid section)	
	1:30 pm Warm Water Workout	3:30 pm Hydrotherapy Pool	1:30 pm Warm Water Workout	5:15 pm Spin	4:30 pm Length Swim (25m pool lanes 1-4 only)	
	1:30 pm Drop-in Pickleball (Recreational)	4:00 pm Drop-in Pickleball (Recreational)	1:30 pm Drop-in Pickleball (Recreational)	6:15 pm Pilates	5:00 pm Drop-in Volleyball (Recreational)	
	3:30 pm Hydrotherapy Pool	4:30 pm Length Swim (25m pool lanes 1-4 only)	2:00 pm Stick n' Puck	6:30 pm H.I.I.T.	5:30 pm Total Body Intervals	
	3:30 pm Length Swim (65m pool mid section)	6:30 pm Aquafit P.M.	3:30 pm Hydrotherapy Pool	7:30 pm Aquafit P.M.	7:00 pm Friday Night Magic	
	4:30 pm Length Swim (25m pool lanes 1-4 only)	6:30 pm Yoga with Weights	3:30 pm Length Swim (65m pool mid section)	7:30 pm Hydrotherapy Pool		
			4:30 pm Length Swim (25m pool	7:30 pm Length Swim (65m mid pool)		

	<p>5:30 pm Total Body Intervals</p> <p>7:30 pm Cardio Kickboxing</p> <p>7:30 pm Hydrotherapy Pool</p>	<p>6:30 pm Full Body Fit</p> <p>7:00 pm Public Swim</p>	<p>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 Hydrotherapy Pool</p> <p>7:30 pm Length Swim (65m mid pool)</p> <p>7:45 pm Drop-in Underwater Rugby (Recreational)</p>		<p>7:30 pm Hydrotherapy Pool</p> <p>7:30 pm Drop-in Volleyball (Competitive)</p> <p>7:30 pm Length Swim (65m mid pool)</p>	
<p>23</p> <p>9:00 am Length Swim</p> <p>9:00 am Hydrotherapy Pool</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>2:00 pm Public Swim (25m pool)</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>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 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>9:00 am Parent and Child Skate</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>11:00 am Stick n' Puck</p> <p>11:15 am Zoomer Fitness</p> <p>12:00 pm Hydrotherapy Pool</p> <p>12:00 pm Length Swim (65m pool mid-section only)</p> <p>12:00 pm Length Swim (65m pool half deep end only)</p> <p>12:00 pm Family</p>	<p>25</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 Total Body Intervals</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 Warm Water Workout</p> <p>10:30 am Yoga</p> <p>12:00 pm Hydrotherapy Pool</p> <p>12:00 pm Adult Shinny Hockey</p> <p>12:00 pm Length Swim (65m pool mid-section only)</p> <p>12:00 pm Length Swim (65m pool half deep end only)</p> <p>12:15 pm Aqua Yoga</p>	<p>26</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 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 Sit and Fit</p> <p>10:15 am Pilates</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 Hydrotherapy Pool</p> <p>12:00 pm Adult Shinny Hockey</p> <p>12:00 pm Length Swim (65m pool mid-section only)</p> <p>12:00 pm Length Swim (65m pool half deep end only)</p> <p>12:00 pm Family Swim</p>	<p>27</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>7:30 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 Length Swim (65m pool half deep end only)</p> <p>12:00 pm Hydrotherapy Pool</p> <p>12:15 pm Deep Aquafit</p> <p>1:00 pm Adult Skate</p> <p>3:30 pm</p>	<p>28</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 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 55+ Adult Shinny Hockey</p> <p>12:00 pm Length Swim (65m pool mid-section only)</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 Drop-in</p>	<p>29</p> <p>8:15 am Step and Tone</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>Swim</p> <p>12:15 pm Spin</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>7:30 pm Cardio Kickboxing</p> <p>7:30 pm Hydrotherapy Pool</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>12:15 pm H.I.I.T.</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 Hydrotherapy Pool</p> <p>7:30 pm Length Swim (65m mid pool)</p> <p>7:45 pm Drop-in Underwater Rugby (Recreational)</p>	<p>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 Hydrotherapy Pool</p> <p>7:30 pm Length Swim (65m mid pool)</p>	<p>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>7:30 pm Hydrotherapy Pool</p> <p>7:30 pm Drop-in Volleyball (Competitive)</p> <p>7:30 pm Length Swim (65m mid pool)</p>	
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<p>30</p> <p>9:00 am Length Swim</p> <p>9:00 am Hydrotherapy Pool</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>2:00 pm Public Swim (25m pool)</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>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 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>9:00 am Parent and Child Skate</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>11:00 am Stick n'</p>					
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Puck					
11:15 am Zoomer Fitness					
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					
12:15 pm Spin					
12:15 pm Deep Aquafit					
1:30 pm Warm Water Workout					
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7:30 pm Cardio Kickboxing					
7:30 pm Hydrotherapy Pool					