

## Saturday, March 1, 2025

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### Step and Tone

Date and Time: Saturday, March 1 8:15 am - 9:15 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This dynamic workout blends high-energy step aerobics with targeted strength training to help you burn calories, build muscle, and boost your overall endurance.

### Hydrotherapy Pool

Date and Time: Saturday, March 1 9:00 am - 2:00 pm

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

### Length Swim

Date and Time: Saturday, March 1 9:00 am - 2:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### Full Body Fit

Date and Time: Saturday, March 1 9:30 am - 10:30 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Here is a great full body work out that will use some light equipment such as dumbbells or balls. It offers some cardio challenge, resistance sets, core work, and stretching or mobility movements. All this and more in just one work-out!

## Aquafit

Date and Time: Saturday, March 1 12:15 pm - 1:00 pm

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Public Swim

Date and Time: Saturday, March 1 2:00 pm - 4:00 pm

Address: 254 North Park Street

Splash in for a Public Swim. All ages are welcome. This swim takes place in the 65m pool and 25m pool when possible. The 5m, 7.5m and 10m diving boards are open during this swim. Please note that on occasion something may come up where pool availability may change without notice. The waterslide remains closed at this time. Please refer to the important age requirements below before attending the swim with those ages 14 and under.

### Important Age Requirements:

- **Ages 6 and under:** must remain within arm's reach at all times of a person ages 15 and over.
- **Ages 7 to 10:** if you wish to swim on your own, a swim test is required. To pass the swim test you must swim at least 18 meters in the shallow end without stopping. You can find details about Swim Admission Requirements online. [hyperlink: <https://www.waynegretzkysportscentre.ca/en/about-us/swim-admission-requirements.aspx>]
- **Ages 10 and under:** children who do not pass the swim test, or who do not want to take the swim test, must remain within eye contact of a person ages 15 or over that stays on the pool deck watching at all times.

## Length Swim (65m mid pool only)

Date and Time: Saturday, March 1 4:00 pm - 7:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 65m mid pool only.**

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Drop-in Basketball (Recreational)

Date and Time: Saturday, March 1 4:30 pm - 6:30 pm

Address: 254 North Park Street, Brantford, ON

Depending on the size and interests of the group, the court might be split (half for shooting and drills, half for game play). You'll have to work together to cooperate to determine how and when to split the court as needed and to ensure everyone has an equal share of playing time

## Drop-in Basketball (Competitive)

Date and Time: Saturday, March 1 7:00 pm - 9:00 pm

Address: 254 North Park Street, Brantford, ON

Depending on the size and interests of the group, the court might be split (half for shooting and drills, half for game play). You'll have to work together to cooperate to determine how and when to split the court as needed and to ensure everyone has an equal share of playing time

## Sunday, March 2, 2025

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### Hydrotherapy Pool

Date and Time: Sunday, March 2 9:00 am - 12:00 pm

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need support for accessibility. Seating is available in the pool

### Strength and Conditioning

Date and Time: Sunday, March 2 10:00 am - 11:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Dryland Training Room

This class is the selection and development of dynamic and static exercises used to improve physical performance. It is a great way to transform your body and get results, whether you're an athlete or amateur. It offers much more than just lifting weights and focuses on a variety of tools to improve movement, health, and physical performance.

### Drop-in Pickleball (Recreational)

Date and Time: Sunday, March 2 10:00 am - 12:00 pm

Address: 254 North Park Street, Brantford, ON

Pickleball is a 'tennis like' racquet game played with four people on a badminton sized court. Light weight paddles are used to rally a larger-type wiffle ball over a low net. It is a great way to stay moving, work on hand-eye coordination, and have fun too! There are two nets available. Paddles and balls are provided. You'll have to work together to ensure that everyone gets fair playing time and that equipment is shared as needed.

### Drop-in Pickleball (Competitive)

Date and Time: Sunday, March 2 1:30 pm - 3:30 pm

Address: 254 North Park Street, Brantford, ON

Pickleball is a 'tennis like' racquet game played with four people on a badminton sized court. Light weight paddles are used to rally a larger-type wiffle ball over a low net. It is a great way to stay moving, work on hand-eye coordinator, and have fun too! There are two nets available. Paddles and balls are provided. You'll have to work together to ensure that everyone gets fair playing time and that equipment is shared as needed.

### **Drop-in Badminton (Recreational)**

Date and Time: Sunday, March 2 4:00 pm - 6:00 pm

Address: 254 North Park Street, Brantford, ON

Bring your friends and enjoy playing badminton on our beautiful hardwood floor gymnasium. There are two nets, racquets and birdies available. You'll work together to ensure that everyone gets fair playing time and that equipment is shared as needed.

### **Public Skating**

Date and Time: Sunday, March 2 5:30 pm - 7:30 pm

Address: 254 North Park St. Brantford, ON

Join us for a skate, everyone welcome!

CSA approved helmets are strongly recommended. For safety reasons please skate with the flow of other skaters and equipment is not allowed on the ice. Arena personnel are there to help if you have any questions.

### **Drop-in Volleyball (Recreational)**

Date and Time: Sunday, March 2 6:30 pm - 8:30 pm

Address: 254 North Park Street, Brantford, ON

Bring your friends and enjoy playing volleyball with our new net system. You'll work together to ensure that everyone gets fair playing time.

## **Monday, March 3, 2025**

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### **Hydrotherapy Pool**

Date and Time: Monday, March 3 5:30 am - 9:30 am

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 d

egrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for a ccessibility. Seating is available in the pool

## **Length Swim (25m pool)**

Date and Time: Monday, March 3 5:30 am - 2:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Shallow Water Walking**

Date and Time: Monday, March 3 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Spin and Strength**

Date and Time: Monday, March 3 6:30 am - 7:30 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Main Floor Fitness Studio

You will spend half the class working on the bike and then half the class on body toning exercises with a special focus on the core. This allows you to get in both a cardio and resistance exercise in the one class.

## **Length Swim (65m pool deep only)**

Date and Time: Monday, March 3 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Length Swim (65m pool mid-section only)**

Date and Time: Monday, March 3 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](http://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Total Body Intervals

Date and Time: Monday, March 3 8:00 am - 8:45 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

## Be Fit for Life

Date and Time: Monday, March 3 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

## Parent and Child Skate

Date and Time: Monday, March 3 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

Bring your little one ages five and under for a skate! Rates apply to both parents and guardians as well as the child.

For your safety CSA approved helmets are highly recommended and we do not allow sticks and pucks or organized hockey games and scrimmages on the ice. Pushers, strollers or skating aids are allowed.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

Regular programming for Parent and Child Skate will not run on the following days:

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## Warm Water Workout

Date and Time: Monday, March 3 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Sit and Fit

Date and Time: Monday, March 3 10:15 am - 11:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

## Yoga

Date and Time: Monday, March 3 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

## Warm Water Workout

Date and Time: Monday, March 3 10:30 am - 11:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Aquafit

Date and Time: Monday, March 3 10:45 am - 11:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Stick n' Puck

Date and Time: Monday, March 3 11:00 am - 12:00 pm

Address: 254 North Park St. Brantford, ON

Bring your child 5 years and under for a skate and get them used to playing on the ice! Parents or guardians and the child must pay to skate.

For your safety CSA approved helmets, sticks and gloves are highly recommended. There is a maximum of two children per parent/guardian. We do not supply sticks and pucks and do not allow organized games or practices.

Pushers, strollers and skating aids are not allowed on the ice during Stick and Puck.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

Regular programming for Stick and Puck will not run on the following days:

Monday, October 14, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Monday, February 17, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## Tuesday, March 4, 2025

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## Hydrotherapy Pool

Date and Time: Tuesday, March 4 5:30 am - 9:30 am

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

## Length Swim (25m pool)

Date and Time: Tuesday, March 4 5:30 am - 2:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Shallow Water Walking

Date and Time: Tuesday, March 4 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Aquafit - Rise and Shine

Date and Time: Tuesday, March 4 7:00 am - 7:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Spin

Date and Time: Tuesday, March 4 7:00 am - 7:45 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 1st Floor Fitness Studio

This class is a great cardio workout while also creating less impact on the joints. You will go through a variety of interval drills such as sprinting and climbing. You can adjust the resistance on your bike to customize your workout.

orkout towards achieving your personal goals. No experience necessary; many options provided for all levels and abilities.

## **Length Swim (65m pool deep only)**

Date and Time: Tuesday, March 4 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Length Swim (65m pool mid-section only)**

Date and Time: Tuesday, March 4 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Step**

Date and Time: Tuesday, March 4 8:00 am - 9:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class uses an elevated platform (a step) where the height can be tailored to individual needs. Step to the beat following an instructor, break a sweat and have a great time.

## **Total Body Intervals**

Date and Time: Tuesday, March 4 9:00 am - 10:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

## **Parent and Child Skate**

Date and Time: Tuesday, March 4 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

Bring your little one ages five and under for a skate! Rates apply to both parents and guardians as well as the child.

For your safety CSA approved helmets are highly recommended and we do not allow sticks and pucks or organized hockey games and scrimmages on the ice. Pushers, strollers or skating aids are allowed.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

Regular programming for Parent and Child Skate will not run on the following days:

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## Family Swim

Date and Time: Tuesday, March 4 9:00 am - 10:00 am

Address: 254 North Park Street

Bring your family out for a swim in the pool. This swim takes place in the 65m pool shallow-end and Warm Water Pool located on the 65m pool deck. Diving boards are closed during this swim. The waterslide remains closed at this time.

### **Important age requirement:**

Swimmers ages 14 and under must be with a person ages 15 or over at all times and within reach during this swim. Swimmers ages 15 and over may swim on their own.

## Dancefit

Date and Time: Tuesday, March 4 9:15 am - 10:15 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This is a dance-based class that involves moving to the music to get in a great cardio workout. You will groove to different genres of music, coupled with some body weight moves or light dumbbells to improve your muscle strength. It's so much fun; you don't even realize that you're working out! No experience necessary and there are no wrong moves!

## Warm Water Workout

Date and Time: Tuesday, March 4 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Warm Water Workout

Date and Time: Tuesday, March 4 10:30 am - 11:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Yoga

Date and Time: Tuesday, March 4 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

## Wednesday, March 5, 2025

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### Length Swim (25m pool)

Date and Time: Wednesday, March 5 5:30 am - 2:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Hydrotherapy Pool

Date and Time: Wednesday, March 5 5:30 am - 9:30 am

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

## Shallow Water Walking

Date and Time: Wednesday, March 5 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Lower Body Strength and Core

Date and Time: Wednesday, March 5 6:30 am - 7:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Keeps your weekly exercise schedule moving right along with this mid-week leg and core burner. This class focuses on strengthening the lower body muscles and core using weights, bars and powerful movements.

## Length Swim (65m pool deep only)

Date and Time: Wednesday, March 5 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Length Swim (65m pool mid-section only)

Date and Time: Wednesday, March 5 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Parent and Child Skate

Date and Time: Wednesday, March 5 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

Bring your little one ages five and under for a skate! Rates apply to both parents and guardians as well as the child.

For your safety CSA approved helmets are highly recommended and we do not allow sticks and pucks or organized hockey games and scrimmages on the ice. Pushers, strollers or skating aids are allowed.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

Regular programming for Parent and Child Skate will not run on the following days:

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## Be Fit for Life

Date and Time: Wednesday, March 5 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also

o improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

## Warm Water Workout

Date and Time: Wednesday, March 5 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Sit and Fit

Date and Time: Wednesday, March 5 10:15 am - 11:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

## Pilates

Date and Time: Wednesday, March 5 10:15 am - 11:15 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Main Floor Fitness Studio

This class will provide you with a core workout that uses free body exercise, and may include use of stability balls and gliding discs. It focuses on doing exercises at a slower pace with a focus on controlled strength and good posture.

## Warm Water Workout

Date and Time: Wednesday, March 5 10:30 am - 11:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## **Aquafit**

Date and Time: Wednesday, March 5 10:45 am - 11:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## **Zoomer Fitness**

Date and Time: Wednesday, March 5 11:15 am - 12:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

If you prefer lower impact exercises and slower movements then this class is ideal for you. Participants will use their body weight, bands and light weights for a full body workout.

## **Hydrotherapy Pool**

Date and Time: Wednesday, March 5 12:00 pm - 1:30 pm

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need support for accessibility. Seating is available in the pool

## **Thursday, March 6, 2025**

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## **Hydrotherapy Pool**

Date and Time: Thursday, March 6 5:30 am - 9:30 am

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need support for accessibility. Seating is available in the pool

## **Length Swim (25m pool)**

Date and Time: Thursday, March 6 5:30 am - 2:30 pm

Address: 254 North Park Street



Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Shallow Water Walking**

Date and Time: Thursday, March 6 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Aquafit - Rise and Shine**

Date and Time: Thursday, March 6 7:00 am - 7:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## **Length Swim (65m pool deep only)**

Date and Time: Thursday, March 6 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Length Swim (65m pool mid-section only)**

Date and Time: Thursday, March 6 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Parent and Child Skate**

Date and Time: Thursday, March 6 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

Bring your little one ages five and under for a skate! Rates apply to both parents and guardians as well as the child.

For your safety CSA approved helmets are highly recommended and we do not allow sticks and pucks or organized hockey games and scrimmages on the ice. Pushers, strollers or skating aids are allowed.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

Regular programming for Parent and Child Skate will not run on the following days:

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## Family Swim

Date and Time: Thursday, March 6 9:00 am - 10:00 am

Address: 254 North Park Street

Bring your family out for a swim in the pool. This swim takes place in the 65m pool shallow-end and Warm Water Pool located on the 65m pool deck. Diving boards are closed during this swim. The waterslide remains closed at this time.

### **Important age requirement:**

Swimmers ages 14 and under must be with a person ages 15 or over at all times and within reach during this swim. Swimmers ages 15 and over may swim on their own.

## Total Body Intervals

Date and Time: Thursday, March 6 9:00 am - 10:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

## Warm Water Workout

Date and Time: Thursday, March 6 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Warm Water Workout

Date and Time: Thursday, March 6 10:30 am - 11:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Yoga

Date and Time: Thursday, March 6 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

## Aquafit

Date and Time: Thursday, March 6 10:45 am - 11:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Stick n' Puck

Date and Time: Thursday, March 6 11:00 am - 12:00 pm

Address: 254 North Park St. Brantford, ON

Bring your child 5 years and under for a skate and get them used to playing on the ice! Parents or guardians and the child must pay to skate.

For your safety CSA approved helmets, sticks and gloves are highly recommended. There is a maximum of two children per parent/guardian. We do not supply sticks and pucks and do not allow organized games or practices.

Pushers, strollers and skating aids are not allowed on the ice during Stick and Puck.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

Regular programming for Stick and Puck will not run on the following days:

Monday, October 14, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Monday, February 17, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## **Length Swim (65m pool mid-section only)**

Date and Time: Thursday, March 6 12:00 pm - 1:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Friday, March 7, 2025**

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### **Length Swim (25m pool)**

Date and Time: Friday, March 7 5:30 am - 2:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Hydrotherapy Pool**

Date and Time: Friday, March 7 5:30 am - 9:30 am

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

## Shallow Water Walking

Date and Time: Friday, March 7 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Full Body Strength

Date and Time: Friday, March 7 7:00 am - 7:45 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class will improve your muscle strength and endurance for all major muscle groups in the body. It is a full head-to-toe challenge that uses dumbbells and body bars, and keeps the body wondering what's coming next!

## Length Swim (65m pool deep only)

Date and Time: Friday, March 7 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Length Swim (65m pool mid-section only)

Date and Time: Friday, March 7 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Parent and Child Skate

Date and Time: Friday, March 7 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

Bring your little one ages five and under for a skate! Rates apply to both parents and guardians as well as the child.

For your safety CSA approved helmets are highly recommended and we do not allow sticks and pucks or organized hockey games and scrimmages on the ice. Pushers, strollers or skating aids are allowed.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

Regular programming for Parent and Child Skate will not run on the following days:

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## Be Fit for Life

Date and Time: Friday, March 7 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

## Warm Water Workout

Date and Time: Friday, March 7 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Warm Water Workout

Date and Time: Friday, March 7 10:30 am - 11:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Yoga

Date and Time: Friday, March 7 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

## Aquafit

Date and Time: Friday, March 7 10:45 am - 11:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Sit and Fit

Date and Time: Friday, March 7 11:00 am - 11:45 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The

class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

## Family Swim

Date and Time: Friday, March 7 12:00 pm - 1:00 pm

Address: 254 North Park Street

Bring your family out for a swim in the pool. This swim takes place in the 65m pool shallow-end and Warm Water Pool located on the 65m pool deck. Diving boards are closed during this swim. The waterslide remains closed at this time.

### **Important age requirement:**

Swimmers ages 14 and under must be with a person ages 15 or over at all times and within reach during this swim. Swimmers ages 15 and over may swim on their own.

## Hydrotherapy Pool

Date and Time: Friday, March 7 12:00 pm - 1:30 pm

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

## Saturday, March 8, 2025

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### Step and Tone

Date and Time: Saturday, March 8 8:15 am - 9:15 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This dynamic workout blends high-energy step aerobics with targeted strength training to help you burn calories, build muscle, and boost your overall endurance.

### Hydrotherapy Pool

Date and Time: Saturday, March 8 9:00 am - 2:00 pm

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for a



ccessibility. Seating is available in the pool

## Length Swim

Date and Time: Saturday, March 8 9:00 am - 2:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Full Body Fit

Date and Time: Saturday, March 8 9:30 am - 10:30 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Here is a great full body work out that will use some light equipment such as dumbbells or balls. It offers some cardio challenge, resistance sets, core work, and stretching or mobility movements. All this and more in just one work-out!

## Aquafit

Date and Time: Saturday, March 8 12:15 pm - 1:00 pm

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Public Swim

Date and Time: Saturday, March 8 2:00 pm - 4:00 pm

Address: 254 North Park Street

Splash in for a Public Swim. All ages are welcome. This swim takes place in the 65m pool and 25m pool when possible. The 5m, 7.5m and 10m diving boards are open during this swim. Please note that on occasion something may come up where pool availability may change without notice. The waterslide remains closed at this time. Please refer to the important age requirements below before attending the swim with those ages 14 and under.

### Important Age Requirements:

- **Ages 6 and under:** must remain within arm's reach at all times of a person ages 15 and over.
- **Ages 7 to 10:** if you wish to swim on your own, a swim test is required. To pass the swim test you must swim at least 18 meters in the shallow end without stopping. You can find details about Swim Admission Requirements online. [hyperlink: <https://www.waynegretzkysportscentre.ca/en/about-us/swim-admission->

[requirements.aspx](#)]

- **Ages 10 and under:** children who do not pass the swim test, or who do not want to take the swim test, must remain within eye contact of a person ages 15 or over that stays on the pool deck watching at all times.

## Length Swim (65m mid pool only)

Date and Time: Saturday, March 8 4:00 pm - 7:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 65m mid pool only.**

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Drop-in Basketball (Recreational)

Date and Time: Saturday, March 8 4:30 pm - 6:30 pm

Address: 254 North Park Street, Brantford, ON

Depending on the size and interests of the group, the court might be split (half for shooting and drills, half for game play). You'll have to work together to cooperate to determine how and when to split the court as needed and to ensure everyone has an equal share of playing time

## Drop-in Basketball (Competitive)

Date and Time: Saturday, March 8 7:00 pm - 9:00 pm

Address: 254 North Park Street, Brantford, ON

Depending on the size and interests of the group, the court might be split (half for shooting and drills, half for game play). You'll have to work together to cooperate to determine how and when to split the court as needed and to ensure everyone has an equal share of playing time

## Sunday, March 9, 2025

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### Length Swim

Date and Time: Sunday, March 9 9:00 am - 3:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Hydrotherapy Pool

Date and Time: Sunday, March 9 9:00 am - 12:00 pm

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

## Strength and Conditioning

Date and Time: Sunday, March 9 10:00 am - 11:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Dryland Training Room

This class is the selection and development of dynamic and static exercises used to improve physical performance. It is a great way to transform your body and get results, whether you're an athlete or amateur. It offers much more than just lifting weights and focuses on a variety of tools to improve movement, health, and physical performance.

## Drop-in Pickleball (Recreational)

Date and Time: Sunday, March 9 10:00 am - 12:00 pm

Address: 254 North Park Street, Brantford, ON

Pickleball is a 'tennis like' racquet game played with four people on a badminton sized court. Light weight paddles are used to rally a larger-type wiffle ball over a low net. It is a great way to stay moving, work on hand-eye coordination, and have fun too! There are two nets available. Paddles and balls are provided. You'll have to work together to ensure that everyone gets fair playing time and that equipment is shared as needed.

## Family Swim

Date and Time: Sunday, March 9 12:00 pm - 2:00 pm

Address: 254 North Park Street

Bring your family out for a swim in the pool. This swim takes place in the 65m pool shallow-end and Warm Water Pool located on the 65m pool deck. Diving boards are closed during this swim. The waterslide remains closed at this time.

### **Important age requirement:**

Swimmers ages 14 and under must be with a person ages 15 or over at all times and within reach during this swim. Swimmers ages 15 and over may swim on their own.

## Drop-in Pickleball (Competitive)

Date and Time: Sunday, March 9 1:30 pm - 3:30 pm

Address: 254 North Park Street, Brantford, ON

Pickleball is a 'tennis like' racquet game played with four people on a badminton sized court. Light weight paddles are used to rally a larger-type wiffle ball over a low net. It is a great way to stay moving, work on hand-eye coordinator, and have fun too! There are two nets available. Paddles and balls are provided. You'll have to work together to ensure that everyone gets fair playing time and that equipment is shared as needed.

## Public Swim (25m pool)

Date and Time: Sunday, March 9 2:00 pm - 4:00 pm

Address: 254 North Park Street

Splash in for a Public Swim. All ages are welcome. This swim takes place in the 25m pool and hydrotherapy pool. Please note that on occasion something may come up where pool availability may change without notice. Please refer to the important age requirements below before attending the swim with those ages 14 and under.

### Important Age Requirements:

- **Ages 6 and under:** must remain within arm's reach at all times of a person ages 15 and over.
- **Ages 7 to 10:** if you wish to swim on your own, a swim test is required. To pass the swim test you must swim at least 18 meters in the shallow end without stopping. You can find details about Swim Admission Requirements online. [hyperlink: <https://www.waynegretzkysportscentre.ca/en/about-us/swim-admission-requirements.aspx>]
- **Ages 10 and under:** children who do not pass the swim test, or who do not want to take the swim test, must remain within eye contact of a person ages 15 or over that stays on the pool deck watching at all times.

## Drop-in Badminton (Recreational)

Date and Time: Sunday, March 9 4:00 pm - 6:00 pm

Address: 254 North Park Street, Brantford, ON

Bring your friends and enjoy playing badminton on our beautiful hardwood floor gymnasium. There are two nets, racquets and birdies available. You'll work together to ensure that everyone gets fair playing time and that equipment is shared as needed.

## Public Skating

Date and Time: Sunday, March 9 5:30 pm - 7:30 pm

Address: 254 North Park St. Brantford, ON

Join us for a skate, everyone welcome!

CSA approved helmets are strongly recommended. For safety reasons please skate with the flow of other skaters and equipment is not allowed on the ice. Arena personnel are there to help if you have any questions.

## Drop-in Volleyball (Recreational)

Date and Time: Sunday, March 9 6:30 pm - 8:30 pm

Address: 254 North Park Street, Brantford, ON

Bring your friends and enjoy playing volleyball with our new net system. You'll work together to ensure that everyone gets fair playing time.

## Monday, March 10, 2025

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### Hydrotherapy Pool

Date and Time: Monday, March 10 5:30 am - 9:30 am

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

### Length Swim (25m pool)

Date and Time: Monday, March 10 5:30 am - 2:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### Shallow Water Walking

Date and Time: Monday, March 10 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### Spin and Strength

Date and Time: Monday, March 10 6:30 am - 7:30 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Main Floor Fitness Studio

You will spend half the class working on the bike and then half the class on body toning exercises with a special focus on the core. This allows you to get in both a cardio and resistance exercise in the one class.

## **Length Swim (65m pool mid-section only)**

Date and Time: Monday, March 10 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Length Swim (65m pool deep only)**

Date and Time: Monday, March 10 7:30 am - 8:00 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Total Body Intervals**

Date and Time: Monday, March 10 8:00 am - 8:45 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

## **Be Fit for Life**

Date and Time: Monday, March 10 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

## Warm Water Workout

Date and Time: Monday, March 10 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Sit and Fit

Date and Time: Monday, March 10 10:15 am - 11:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

## Yoga

Date and Time: Monday, March 10 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

## Warm Water Workout

Date and Time: Monday, March 10 10:30 am - 11:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Aquafit

Date and Time: Monday, March 10 10:45 am - 11:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## **Zoomer Fitness**

Date and Time: Monday, March 10 11:15 am - 12:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

If you prefer lower impact exercises and slower movements then this class is ideal for you. Participants will use their body weight, bands and light weights for a full body workout.

## **Hydrotherapy Pool**

Date and Time: Monday, March 10 11:30 am - 1:30 pm

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need support for accessibility. Seating is available in the pool

## **Tuesday, March 11, 2025**

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## **Hydrotherapy Pool**

Date and Time: Tuesday, March 11 5:30 am - 9:30 am

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need support for accessibility. Seating is available in the pool

## **Length Swim (25m pool)**

Date and Time: Tuesday, March 11 5:30 am - 2:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)



## Shallow Water Walking

Date and Time: Tuesday, March 11 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Aquafit - Rise and Shine

Date and Time: Tuesday, March 11 7:00 am - 7:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Spin

Date and Time: Tuesday, March 11 7:00 am - 7:45 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 1st Floor Fitness Studio

This class is a great cardio workout while also creating less impact on the joints. You will go through a variety of interval drills such as sprinting and climbing. You can adjust the resistance on your bike to customize your workout towards achieving your personal goals. No experience necessary; many options provided for all levels and abilities.

## Length Swim (65m pool mid-section only)

Date and Time: Tuesday, March 11 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Length Swim (65m pool deep only)

Date and Time: Tuesday, March 11 7:45 am - 8:00 am

Address: 254 North Park Street

Join us in the pool for a length swim.

## Step

Date and Time: Tuesday, March 11 8:00 am - 9:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class uses an elevated platform (a step) where the height can be tailored to individual needs. Step to the beat following an instructor, break a sweat and have a great time.

## Total Body Intervals

Date and Time: Tuesday, March 11 9:00 am - 10:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

## Family Swim

Date and Time: Tuesday, March 11 9:00 am - 10:00 am

Address: 254 North Park Street

Bring your family out for a swim in the pool. This swim takes place in the 65m pool shallow-end and Warm Water Pool located on the 65m pool deck. Diving boards are closed during this swim. The waterslide remains closed at this time.

### **Important age requirement:**

Swimmers ages 14 and under must be with a person ages 15 or over at all times and within reach during this swim. Swimmers ages 15 and over may swim on their own.

## Dancefit

Date and Time: Tuesday, March 11 9:15 am - 10:15 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This is a dance-based class that involves moving to the music to get in a great cardio workout. You will groove to different genres of music, coupled with some body weight moves or light dumbbells to improve your muscle

strength. It's so much fun, you don't even realize that you're working out! No experience necessary and there are no wrong moves!

## Warm Water Workout

Date and Time: Tuesday, March 11 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Warm Water Workout

Date and Time: Tuesday, March 11 10:30 am - 11:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Yoga

Date and Time: Tuesday, March 11 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

## Hydrotherapy Pool

Date and Time: Tuesday, March 11 11:30 am - 1:30 pm

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need support for accessibility. Seating is available in the pool

## Wednesday, March 12, 2025

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## Hydrotherapy Pool

Date and Time: Wednesday, March 12 5:30 am - 9:30 am

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

## Length Swim (25m pool)

Date and Time: Wednesday, March 12 5:30 am - 2:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Shallow Water Walking

Date and Time: Wednesday, March 12 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Lower Body Strength and Core

Date and Time: Wednesday, March 12 6:30 am - 7:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Keeps your weekly exercise schedule moving right along with this mid-week leg and core burner. This class focuses on strengthening the lower body muscles and core using weights, bars and powerful movements.

## Length Swim (65m pool deep only)

Date and Time: Wednesday, March 12 7:30 am - 8:00 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Length Swim (65m pool mid-section only)**

Date and Time: Wednesday, March 12 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Be Fit for Life**

Date and Time: Wednesday, March 12 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

## **Warm Water Workout**

Date and Time: Wednesday, March 12 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## **Sit and Fit**

Date and Time: Wednesday, March 12 10:15 am - 11:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

## **Pilates**

Date and Time: Wednesday, March 12 10:15 am - 11:15 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Main Floor Fitness Studio

This class will provide you with a core workout that uses free body exercise, and may include use of stability balls and gliding discs. It focuses on doing exercises at a slower pace with a focus on controlled strength and good posture.

## Warm Water Workout

Date and Time: Wednesday, March 12 10:30 am - 11:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Aquafit

Date and Time: Wednesday, March 12 10:45 am - 11:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Zoomer Fitness

Date and Time: Wednesday, March 12 11:15 am - 12:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

If you prefer lower impact exercises and slower movements then this class is ideal for you. Participants will use their body weight, bands and light weights for a full body workout.

## Hydrotherapy Pool

Date and Time: Wednesday, March 12 11:30 am - 1:30 pm

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

## **Length Swim (65m pool mid-section only)**

Date and Time: Wednesday, March 12 12:00 pm - 1:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Thursday, March 13, 2025**

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### **Hydrotherapy Pool**

Date and Time: Thursday, March 13 5:30 am - 9:30 am

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

### **Length Swim (25m pool)**

Date and Time: Thursday, March 13 5:30 am - 2:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### **Shallow Water Walking**

Date and Time: Thursday, March 13 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### **Aquafit - Rise and Shine**

Date and Time: Thursday, March 13 7:00 am - 7:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Length Swim (65m pool mid-section only)

Date and Time: Thursday, March 13 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Length Swim (65m pool deep only)

Date and Time: Thursday, March 13 7:45 am - 8:00 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Total Body Intervals

Date and Time: Thursday, March 13 9:00 am - 10:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

## Family Swim

Date and Time: Thursday, March 13 9:00 am - 10:00 am

Address: 254 North Park Street

Bring your family out for a swim in the pool. This swim takes place in the 65m pool shallow-end and Warm Water Pool located on the 65m pool deck. Diving boards are closed during this swim. The waterslide remains closed at this time.

### Important age requirement:

Swimmers ages 14 and under must be with a person ages 15 or over at all times and within reach during this swim. Swimmers ages 15 and over may swim on their own.



## Warm Water Workout

Date and Time: Thursday, March 13 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Warm Water Workout

Date and Time: Thursday, March 13 10:30 am - 11:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Yoga

Date and Time: Thursday, March 13 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

## Aquafit

Date and Time: Thursday, March 13 10:45 am - 11:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Hydrotherapy Pool

Date and Time: Thursday, March 13 11:30 am - 1:30 pm

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for a

accessibility. Seating is available in the pool

### **Length Swim (65m pool mid-section only)**

Date and Time: Thursday, March 13 12:00 pm - 1:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### **Length Swim (65m pool half deep-end only)**

Date and Time: Thursday, March 13 12:00 pm - 1:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Friday, March 14, 2025**

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### **Hydrotherapy Pool**

Date and Time: Friday, March 14 5:30 am - 9:30 am

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

### **Length Swim (25m pool)**

Date and Time: Friday, March 14 5:30 am - 2:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### **Shallow Water Walking**

Date and Time: Friday, March 14 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Full Body Strength

Date and Time: Friday, March 14 6:30 am - 7:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class will improve your muscle strength and endurance for all major muscle groups in the body. It is a full head-to-toe challenge that uses dumbbells and body bars, and keeps the body wondering what's coming next!

## Length Swim (65m pool deep only)

Date and Time: Friday, March 14 7:30 am - 8:00 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Length Swim (65m pool mid-section only)

Date and Time: Friday, March 14 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Be Fit for Life

Date and Time: Friday, March 14 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be—easier or harder. This

class is also great for those 50 years and over who are looking to improve their health and stay active.

## Warm Water Workout

Date and Time: Friday, March 14 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Warm Water Workout

Date and Time: Friday, March 14 10:30 am - 11:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Yoga

Date and Time: Friday, March 14 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

## Aquafit

Date and Time: Friday, March 14 10:45 am - 11:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Sit and Fit

Date and Time: Friday, March 14 11:00 am - 11:45 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

## Hydrotherapy Pool

Date and Time: Friday, March 14 11:30 am - 1:30 pm

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

## Length Swim (65m pool mid-section only)

Date and Time: Friday, March 14 12:00 pm - 1:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Length Swim (65m pool half deep-end only)

Date and Time: Friday, March 14 12:00 pm - 1:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Saturday, March 15, 2025

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### Step and Tone

Date and Time: Saturday, March 15 8:15 am - 9:15 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This dynamic workout blends high-energy step aerobics with targeted strength training to help you burn calories, build muscle, and boost your overall endurance.

## Hydrotherapy Pool

Date and Time: Saturday, March 15 9:00 am - 2:00 pm

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

## Length Swim

Date and Time: Saturday, March 15 9:00 am - 2:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](http://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Full Body Fit

Date and Time: Saturday, March 15 9:30 am - 10:30 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Here is a great full body work out that will use some light equipment such as dumbbells or balls. It offers some cardio challenge, resistance sets, core work, and stretching or mobility movements. All this and more in just one work-out!

## Aquafit

Date and Time: Saturday, March 15 12:15 pm - 1:00 pm

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Public Swim

Date and Time: Saturday, March 15 2:00 pm - 4:00 pm

Address: 254 North Park Street

Splash in for a Public Swim. All ages are welcome. This swim takes place in the 65m pool and 25m pool when

possible. The 5m, 7.5m and 10m diving boards are open during this swim. Please note that on occasion something may come up where pool availability may change without notice. The waterslide remains closed at this time. Please refer to the important age requirements below before attending the swim with those ages 14 and under.

### **Important Age Requirements:**

- **Ages 6 and under:** must remain within arm's reach at all times of a person ages 15 and over.
- **Ages 7 to 10:** if you wish to swim on your own, a swim test is required. To pass the swim test you must swim at least 18 meters in the shallow end without stopping. You can find details about Swim Admission Requirements online. [hyperlink: <https://www.waynegretzkysportscentre.ca/en/about-us/swim-admission-requirements.aspx>]
- **Ages 10 and under:** children who do not pass the swim test, or who do not want to take the swim test, must remain within eye contact of a person ages 15 or over that stays on the pool deck watching at all times.

### **Length Swim (65m mid pool only)**

Date and Time: Saturday, March 15 4:00 pm - 7:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 65m mid pool only.**

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### **Drop-in Basketball (Recreational)**

Date and Time: Saturday, March 15 4:30 pm - 6:30 pm

Address: 254 North Park Street, Brantford, ON

Depending on the size and interests of the group, the court might be split (half for shooting and drills, half for game play). You'll have to work together to cooperate to determine how and when to split the court as needed and to ensure everyone has an equal share of playing time

### **Drop-in Basketball (Competitive)**

Date and Time: Saturday, March 15 7:00 pm - 9:00 pm

Address: 254 North Park Street, Brantford, ON

Depending on the size and interests of the group, the court might be split (half for shooting and drills, half for game play). You'll have to work together to cooperate to determine how and when to split the court as needed and to ensure everyone has an equal share of playing time

## **Sunday, March 16, 2025**

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### **Length Swim**

Date and Time: Sunday, March 16 9:00 am - 3:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Hydrotherapy Pool

Date and Time: Sunday, March 16 9:00 am - 12:00 pm

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

## Strength and Conditioning

Date and Time: Sunday, March 16 10:00 am - 11:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Dryland Training Room

This class is the selection and development of dynamic and static exercises used to improve physical performance. It is a great way to transform your body and get results, whether you're an athlete or amateur. It offers much more than just lifting weights and focuses on a variety of tools to improve movement, health, and physical performance.

## Drop-in Pickleball (Recreational)

Date and Time: Sunday, March 16 10:00 am - 12:00 pm

Address: 254 North Park Street, Brantford, ON

Pickleball is a 'tennis like' racquet game played with four people on a badminton sized court. Light weight paddles are used to rally a larger-type wiffle ball over a low net. It is a great way to stay moving, work on hand-eye coordination, and have fun too! There are two nets available. Paddles and balls are provided. You'll have to work together to ensure that everyone gets fair playing time and that equipment is shared as needed.

## Family Swim

Date and Time: Sunday, March 16 12:00 pm - 2:00 pm

Address: 254 North Park Street

Bring your family out for a swim in the pool. This swim takes place in the 65m pool shallow-end and Warm Water Pool located on the 65m pool deck. Diving boards are closed during this swim. The waterslide remains closed.



ed at this time.

### **Important age requirement:**

Swimmers ages 14 and under must be with a person ages 15 or over at all times and within reach during this swim. Swimmers ages 15 and over may swim on their own.

## **Drop-in Pickleball (Competitive)**

Date and Time: Sunday, March 16 1:30 pm - 3:30 pm

Address: 254 North Park Street, Brantford, ON

Pickleball is a 'tennis like' racquet game played with four people on a badminton sized court. Light weight paddles are used to rally a larger-type wiffle ball over a low net. It is a great way to stay moving, work on hand-eye coordination, and have fun too! There are two nets available. Paddles and balls are provided. You'll have to work together to ensure that everyone gets fair playing time and that equipment is shared as needed.

## **Public Swim (25m pool)**

Date and Time: Sunday, March 16 2:00 pm - 4:00 pm

Address: 254 North Park Street

Splash in for a Public Swim. All ages are welcome. This swim takes place in the 25m pool and hydrotherapy pool. Please note that on occasion something may come up where pool availability may change without notice. Please refer to the important age requirements below before attending the swim with those ages 14 and under.

### **Important Age Requirements:**

- **Ages 6 and under:** must remain within arm's reach at all times of a person ages 15 and over.
- **Ages 7 to 10:** if you wish to swim on your own, a swim test is required. To pass the swim test you must swim at least 18 meters in the shallow end without stopping. You can find details about Swim Admission Requirements online. [hyperlink: <https://www.waynegretzkysportscentre.ca/en/about-us/swim-admission-requirements.aspx>]
- **Ages 10 and under:** children who do not pass the swim test, or who do not want to take the swim test, must remain within eye contact of a person ages 15 or over that stays on the pool deck watching at all times.

## **Drop-in Badminton (Recreational)**

Date and Time: Sunday, March 16 4:00 pm - 6:00 pm

Address: 254 North Park Street, Brantford, ON

Bring your friends and enjoy playing badminton on our beautiful hardwood floor gymnasium. There are two nets, racquets and birdies available. You'll work together to ensure that everyone gets fair playing time and that equipment is shared as needed.

## **Public Skating**

Date and Time: Sunday, March 16 5:30 pm - 7:30 pm

Address: 254 North Park St. Brantford, ON

Join us for a skate, everyone welcome!

CSA approved helmets are strongly recommended. For safety reasons please skate with the flow of other skaters and equipment is not allowed on the ice. Arena personnel are there to help if you have any questions.

### **Drop-in Volleyball (Recreational)**

Date and Time: Sunday, March 16 6:30 pm - 8:30 pm

Address: 254 North Park Street, Brantford, ON

Bring your friends and enjoy playing volleyball with our new net system. You'll work together to ensure that everyone gets fair playing time.

## **Monday, March 17, 2025**

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### **Hydrotherapy Pool**

Date and Time: Monday, March 17 5:30 am - 9:30 am

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need support for accessibility. Seating is available in the pool

### **Length Swim (25m pool)**

Date and Time: Monday, March 17 5:30 am - 2:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### **Shallow Water Walking**

Date and Time: Monday, March 17 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Spin and Strength

Date and Time: Monday, March 17 6:30 am - 7:30 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Main Floor Fitness Studio

You will spend half the class working on the bike and then half the class on body toning exercises with a special focus on the core. This allows you to get in both a cardio and resistance exercise in the one class.

## Length Swim (65m pool mid-section only)

Date and Time: Monday, March 17 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Length Swim (65m pool deep only)

Date and Time: Monday, March 17 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Total Body Intervals

Date and Time: Monday, March 17 8:00 am - 8:45 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

## Be Fit for Life

Date and Time: Monday, March 17 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

## Parent and Child Skate

Date and Time: Monday, March 17 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

Bring your little one ages five and under for a skate! Rates apply to both parents and guardians as well as the child.

For your safety CSA approved helmets are highly recommended and we do not allow sticks and pucks or organized hockey games and scrimmages on the ice. Pushers, strollers or skating aids are allowed.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

Regular programming for Parent and Child Skate will not run on the following days:

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## Warm Water Workout

Date and Time: Monday, March 17 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Sit and Fit

Date and Time: Monday, March 17 10:15 am - 11:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

## Yoga

Date and Time: Monday, March 17 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

## Warm Water Workout

Date and Time: Monday, March 17 10:30 am - 11:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Aquafit

Date and Time: Monday, March 17 10:45 am - 11:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Stick n' Puck

Date and Time: Monday, March 17 11:00 am - 12:00 pm

Address: 254 North Park St. Brantford, ON

Bring your child 5 years and under for a skate and get them used to playing on the ice! Parents or guardians and the child must pay to skate.

For your safety CSA approved helmets, sticks and gloves are highly recommended. There is a maximum of two children per parent/guardian. We do not supply sticks and pucks and do not allow organized games or practices.

Pushers, strollers and skating aids are not allowed on the ice during Stick and Puck.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

Regular programming for Stick and Puck will not run on the following days:

Monday, October 14, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Monday, February 17, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## Tuesday, March 18, 2025

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### Hydrotherapy Pool

Date and Time: Tuesday, March 18 5:30 am - 9:30 am

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

### Length Swim (25m pool)

Date and Time: Tuesday, March 18 5:30 am - 2:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.wayneregretzkysportscentre.ca/SwimSchedules](https://calendar.wayneregretzkysportscentre.ca/SwimSchedules)

## Shallow Water Walking

Date and Time: Tuesday, March 18 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Aquafit - Rise and Shine

Date and Time: Tuesday, March 18 7:00 am - 7:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Spin

Date and Time: Tuesday, March 18 7:00 am - 7:45 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 1st Floor Fitness Studio

This class is a great cardio workout while also creating less impact on the joints. You will go through a variety of interval drills such as sprinting and climbing. You can adjust the resistance on your bike to customize your workout towards achieving your personal goals. No experience necessary; many options provided for all levels and abilities.

## Length Swim (65m pool mid-section only)

Date and Time: Tuesday, March 18 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Length Swim (65m pool deep only)

Date and Time: Tuesday, March 18 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

## Step

Date and Time: Tuesday, March 18 8:00 am - 9:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class uses an elevated platform (a step) where the height can be tailored to individual needs. Step to the beat following an instructor, break a sweat and have a great time.

## Total Body Intervals

Date and Time: Tuesday, March 18 9:00 am - 10:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

## Parent and Child Skate

Date and Time: Tuesday, March 18 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

Bring your little one ages five and under for a skate! Rates apply to both parents and guardians as well as the child.

For your safety CSA approved helmets are highly recommended and we do not allow sticks and pucks or organized hockey games and scrimmages on the ice. Pushers, strollers or skating aids are allowed.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

Regular programming for Parent and Child Skate will not run on the following days:

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Friday, November 22, 2024

Friday, December 20, 2024



Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## Family Swim

Date and Time: Tuesday, March 18 9:00 am - 10:00 am

Address: 254 North Park Street

Bring your family out for a swim in the pool. This swim takes place in the 65m pool shallow-end and Warm Water Pool located on the 65m pool deck. Diving boards are closed during this swim. The waterslide remains closed at this time.

### Important age requirement:

Swimmers ages 14 and under must be with a person ages 15 or over at all times and within reach during this swim. Swimmers ages 15 and over may swim on their own.

## Dancefit

Date and Time: Tuesday, March 18 9:15 am - 10:15 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This is a dance-based class that involves moving to the music to get in a great cardio workout. You will groove to different genres of music, coupled with some body weight moves or light dumbbells to improve your muscle strength. It's so much fun; you don't even realize that you're working out! No experience necessary and there are no wrong moves!

## Warm Water Workout

Date and Time: Tuesday, March 18 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Warm Water Workout

Date and Time: Tuesday, March 18 10:30 am - 11:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Yoga

Date and Time: Tuesday, March 18 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

## Wednesday, March 19, 2025

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### Length Swim (25m pool)

Date and Time: Wednesday, March 19 5:30 am - 2:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### Hydrotherapy Pool

Date and Time: Wednesday, March 19 5:30 am - 9:30 am

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need support for accessibility. Seating is available in the pool

### Shallow Water Walking

Date and Time: Wednesday, March 19 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Lower Body Strength and Core

Date and Time: Wednesday, March 19 6:30 am - 7:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Keeps your weekly exercise schedule moving right along with this mid-week leg and core burner. This class focuses on strengthening the lower body muscles and core using weights, bars and powerful movements.

## Length Swim (65m pool mid-section only)

Date and Time: Wednesday, March 19 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Length Swim (65m pool deep only)

Date and Time: Wednesday, March 19 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Parent and Child Skate

Date and Time: Wednesday, March 19 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

Bring your little one ages five and under for a skate! Rates apply to both parents and guardians as well as the child.

For your safety CSA approved helmets are highly recommended and we do not allow sticks and pucks or organized hockey games and scrimmages on the ice. Pushers, strollers or skating aids are allowed.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

Regular programming for Parent and Child Skate will not run on the following days:

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## **Be Fit for Life**

Date and Time: Wednesday, March 19 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

## **Warm Water Workout**

Date and Time: Wednesday, March 19 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## **Sit and Fit**

Date and Time: Wednesday, March 19 10:15 am - 11:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

## Pilates

Date and Time: Wednesday, March 19 10:15 am - 11:15 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Main Floor Fitness Studio

This class will provide you with a core workout that uses free body exercise, and may include use of stability balls and gliding discs. It focuses on doing exercises at a slower pace with a focus on controlled strength and good posture.

## Warm Water Workout

Date and Time: Wednesday, March 19 10:30 am - 11:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Aquafit

Date and Time: Wednesday, March 19 10:45 am - 11:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Zoomer Fitness

Date and Time: Wednesday, March 19 11:15 am - 12:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

If you prefer lower impact exercises and slower movements then this class is ideal for you. Participants will use their body weight, bands and light weights for a full body workout.

## Hydrotherapy Pool

Date and Time: Wednesday, March 19 12:00 pm - 1:30 pm

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

## Thursday, March 20, 2025

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### Hydrotherapy Pool

Date and Time: Thursday, March 20 5:30 am - 9:30 am

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

### Length Swim (25m pool)

Date and Time: Thursday, March 20 5:30 am - 2:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### Shallow Water Walking

Date and Time: Thursday, March 20 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### Aquafit - Rise and Shine

Date and Time: Thursday, March 20 7:00 am - 7:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

### **Length Swim (65m pool mid-section only)**

Date and Time: Thursday, March 20 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### **Length Swim (65m pool deep only)**

Date and Time: Thursday, March 20 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### **Parent and Child Skate**

Date and Time: Thursday, March 20 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

Bring your little one ages five and under for a skate! Rates apply to both parents and guardians as well as the child.

For your safety CSA approved helmets are highly recommended and we do not allow sticks and pucks or organized hockey games and scrimmages on the ice. Pushers, strollers or skating aids are allowed.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

Regular programming for Parent and Child Skate will not run on the following days:

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## Family Swim

Date and Time: Thursday, March 20 9:00 am - 10:00 am

Address: 254 North Park Street

Bring your family out for a swim in the pool. This swim takes place in the 65m pool shallow-end and Warm Water Pool located on the 65m pool deck. Diving boards are closed during this swim. The waterslide remains closed at this time.

### Important age requirement:

Swimmers ages 14 and under must be with a person ages 15 or over at all times and within reach during this swim. Swimmers ages 15 and over may swim on their own.

## Total Body Intervals

Date and Time: Thursday, March 20 9:00 am - 10:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

## Warm Water Workout

Date and Time: Thursday, March 20 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Warm Water Workout

Date and Time: Thursday, March 20 10:30 am - 11:15 am

Address: 254 North Park Street



This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Yoga

Date and Time: Thursday, March 20 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

## Aquafit

Date and Time: Thursday, March 20 10:45 am - 11:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Stick n' Puck

Date and Time: Thursday, March 20 11:00 am - 12:00 pm

Address: 254 North Park St. Brantford, ON

Bring your child 5 years and under for a skate and get them used to playing on the ice! Parents or guardians and the child must pay to skate.

For your safety CSA approved helmets, sticks and gloves are highly recommended. There is a maximum of two children per parent/guardian. We do not supply sticks and pucks and do not allow organized games or practices.

Pushers, strollers and skating aids are not allowed on the ice during Stick and Puck.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

Regular programming for Stick and Puck will not run on the following days:

Monday, October 14, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Monday, February 17, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## **Length Swim (65m pool mid-section only)**

Date and Time: Thursday, March 20 12:00 pm - 1:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Friday, March 21, 2025**

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### **Length Swim (25m pool)**

Date and Time: Friday, March 21 5:30 am - 2:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### **Hydrotherapy Pool**

Date and Time: Friday, March 21 5:30 am - 9:30 am

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need support for accessibility. Seating is available in the pool

### **Shallow Water Walking**

Date and Time: Friday, March 21 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### **Full Body Strength**

Date and Time: Friday, March 21 6:30 am - 7:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class will improve your muscle strength and endurance for all major muscle groups in the body. It is a full head-to-toe challenge that uses dumbbells and body bars, and keeps the body wondering what's coming next!

### **Length Swim (65m pool mid-section only)**

Date and Time: Friday, March 21 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### **Length Swim (65m pool deep only)**

Date and Time: Friday, March 21 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### **Parent and Child Skate**

Date and Time: Friday, March 21 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

Bring your little one ages five and under for a skate! Rates apply to both parents and guardians as well as the child.

For your safety CSA approved helmets are highly recommended and we do not allow sticks and pucks or organized hockey games and scrimmages on the ice. Pushers, strollers or skating aids are allowed.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

Regular programming for Parent and Child Skate will not run on the following days:

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Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## **Be Fit for Life**

Date and Time: Friday, March 21 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

## **Warm Water Workout**

Date and Time: Friday, March 21 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## **Warm Water Workout**

Date and Time: Friday, March 21 10:30 am - 11:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Yoga

Date and Time: Friday, March 21 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

## Aquafit

Date and Time: Friday, March 21 10:45 am - 11:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Sit and Fit

Date and Time: Friday, March 21 11:00 am - 11:45 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

## Family Swim

Date and Time: Friday, March 21 12:00 pm - 1:00 pm

Address: 254 North Park Street

Bring your family out for a swim in the pool. This swim takes place in the 65m pool shallow-end and Warm Water Pool located on the 65m pool deck. Diving boards are closed during this swim. The waterslide remains closed at this time.

### **Important age requirement:**

Swimmers ages 14 and under must be with a person ages 15 or over at all times and within reach during this swim. Swimmers ages 15 and over may swim on their own.

## Hydrotherapy Pool

Date and Time: Friday, March 21 12:00 pm - 1:30 pm

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

## **Saturday, March 22, 2025**

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### **Step and Tone**

Date and Time: Saturday, March 22 8:15 am - 9:15 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This dynamic workout blends high-energy step aerobics with targeted strength training to help you burn calories, build muscle, and boost your overall endurance.

### **Hydrotherapy Pool**

Date and Time: Saturday, March 22 9:00 am - 2:00 pm

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

### **Length Swim**

Date and Time: Saturday, March 22 9:00 am - 2:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### **Full Body Fit**

Date and Time: Saturday, March 22 9:30 am - 10:30 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Here is a great full body work out that will use some light equipment such as dumbbells or balls. It offers some

cardio challenge, resistance sets, core work, and stretching or mobility movements. All this and more in just one work-out!

## Aquafit

Date and Time: Saturday, March 22 12:15 pm - 1:00 pm

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Public Swim

Date and Time: Saturday, March 22 2:00 pm - 4:00 pm

Address: 254 North Park Street

Splash in for a Public Swim. All ages are welcome. This swim takes place in the 65m pool and 25m pool when possible. The 5m, 7.5m and 10m diving boards are open during this swim. Please note that on occasion something may come up where pool availability may change without notice. The waterslide remains closed at this time. Please refer to the important age requirements below before attending the swim with those ages 14 and under.

### Important Age Requirements:

- **Ages 6 and under:** must remain within arm's reach at all times of a person ages 15 and over.
- **Ages 7 to 10:** if you wish to swim on your own, a swim test is required. To pass the swim test you must swim at least 18 meters in the shallow end without stopping. You can find details about Swim Admission Requirements online. [hyperlink: <https://www.waynegretzkysportscentre.ca/en/about-us/swim-admission-requirements.aspx>]
- **Ages 10 and under:** children who do not pass the swim test, or who do not want to take the swim test, must remain within eye contact of a person ages 15 or over that stays on the pool deck watching at all times.

## Drop-in Basketball (Recreational)

Date and Time: Saturday, March 22 4:30 pm - 6:30 pm

Address: 254 North Park Street, Brantford, ON

Depending on the size and interests of the group, the court might be split (half for shooting and drills, half for game play). You'll have to work together to cooperate to determine how and when to split the court as needed and to ensure everyone has an equal share of playing time

## Drop-in Basketball (Competitive)

Date and Time: Saturday, March 22 7:00 pm - 9:00 pm

Address: 254 North Park Street, Brantford, ON

Depending on the size and interests of the group, the court might be split (half for shooting and drills, half for game play). You'll have to work together to cooperate to determine how and when to split the court as needed and to ensure everyone has an equal share of playing time

## **Sunday, March 23, 2025**

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### **Length Swim**

Date and Time: Sunday, March 23 9:00 am - 3:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### **Hydrotherapy Pool**

Date and Time: Sunday, March 23 9:00 am - 12:00 pm

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need support for accessibility. Seating is available in the pool

### **Strength and Conditioning**

Date and Time: Sunday, March 23 10:00 am - 11:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Dryland Training Room

This class is the selection and development of dynamic and static exercises used to improve physical performance. It is a great way to transform your body and get results, whether you're an athlete or amateur. It offers much more than just lifting weights and focuses on a variety of tools to improve movement, health, and physical performance.

### **Drop-in Pickleball (Recreational)**

Date and Time: Sunday, March 23 10:00 am - 12:00 pm

Address: 254 North Park Street, Brantford, ON

Pickleball is a 'tennis like' racquet game played with four people on a badminton sized court. Light weight paddles are used to rally a larger-type wiffle ball over a low net. It is a great way to stay moving, work on hand-eye coordination, and have fun too! There are two nets available. Paddles and balls are provided. You'll have to work



together to ensure that everyone gets fair playing time and that equipment is shared as needed.

## Family Swim

Date and Time: Sunday, March 23 12:00 pm - 2:00 pm

Address: 254 North Park Street

Bring your family out for a swim in the pool. This swim takes place in the 65m pool shallow-end and Warm Water Pool located on the 65m pool deck. Diving boards are closed during this swim. The waterslide remains closed at this time.

### Important age requirement:

Swimmers ages 14 and under must be with a person ages 15 or over at all times and within reach during this swim. Swimmers ages 15 and over may swim on their own.

## Drop-in Pickleball (Competitive)

Date and Time: Sunday, March 23 1:30 pm - 3:30 pm

Address: 254 North Park Street, Brantford, ON

Pickleball is a 'tennis like' racquet game played with four people on a badminton sized court. Light weight paddles are used to rally a larger-type wiffle ball over a low net. It is a great way to stay moving, work on hand-eye coordination, and have fun too! There are two nets available. Paddles and balls are provided. You'll have to work together to ensure that everyone gets fair playing time and that equipment is shared as needed.

## Public Swim (25m pool)

Date and Time: Sunday, March 23 2:00 pm - 4:00 pm

Address: 254 North Park Street

Splash in for a Public Swim. All ages are welcome. This swim takes place in the 25m pool and hydrotherapy pool. Please note that on occasion something may come up where pool availability may change without notice. Please refer to the important age requirements below before attending the swim with those ages 14 and under.

### Important Age Requirements:

- **Ages 6 and under:** must remain within arm's reach at all times of a person ages 15 and over.
- **Ages 7 to 10:** if you wish to swim on your own, a swim test is required. To pass the swim test you must swim at least 18 meters in the shallow end without stopping. You can find details about Swim Admission Requirements online. [hyperlink: <https://www.waynegretzkysportscentre.ca/en/about-us/swim-admission-requirements.aspx>]
- **Ages 10 and under:** children who do not pass the swim test, or who do not want to take the swim test, must remain within eye contact of a person ages 15 or over that stays on the pool deck watching at all times.

## Drop-in Badminton (Recreational)

Date and Time: Sunday, March 23 4:00 pm - 6:00 pm

Address: 254 North Park Street, Brantford, ON

Bring your friends and enjoy playing badminton on our beautiful hardwood floor gymnasium. There are two nets, racquets and birdies available. You'll work together to ensure that everyone gets fair playing time and that equipment is shared as needed.

## **Public Skating**

Date and Time: Sunday, March 23 5:30 pm - 7:30 pm

Address: 254 North Park St. Brantford, ON

Join us for a skate, everyone welcome!

CSA approved helmets are strongly recommended. For safety reasons please skate with the flow of other skaters and equipment is not allowed on the ice. Arena personnel are there to help if you have any questions.

## **Drop-in Volleyball (Recreational)**

Date and Time: Sunday, March 23 6:30 pm - 8:30 pm

Address: 254 North Park Street, Brantford, ON

Bring your friends and enjoy playing volleyball with our new net system. You'll work together to ensure that everyone gets fair playing time.

## **Monday, March 24, 2025**

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### **Hydrotherapy Pool**

Date and Time: Monday, March 24 5:30 am - 9:30 am

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need support for accessibility. Seating is available in the pool

### **Length Swim (25m pool)**

Date and Time: Monday, March 24 5:30 am - 2:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Shallow Water Walking

Date and Time: Monday, March 24 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Spin and Strength

Date and Time: Monday, March 24 6:30 am - 7:30 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Main Floor Fitness Studio

You will spend half the class working on the bike and then half the class on body toning exercises with a special focus on the core. This allows you to get in both a cardio and resistance exercise in the one class.

## Length Swim (65m pool mid-section only)

Date and Time: Monday, March 24 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Length Swim (65m pool deep only)

Date and Time: Monday, March 24 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Total Body Intervals

Date and Time: Monday, March 24 8:00 am - 8:45 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

## Be Fit for Life

Date and Time: Monday, March 24 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

## Parent and Child Skate

Date and Time: Monday, March 24 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

Bring your little one ages five and under for a skate! Rates apply to both parents and guardians as well as the child.

For your safety CSA approved helmets are highly recommended and we do not allow sticks and pucks or organized hockey games and scrimmages on the ice. Pushers, strollers or skating aids are allowed.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

Regular programming for Parent and Child Skate will not run on the following days:

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## **Warm Water Workout**

Date and Time: Monday, March 24 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## **Sit and Fit**

Date and Time: Monday, March 24 10:15 am - 11:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

## **Yoga**

Date and Time: Monday, March 24 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

## **Warm Water Workout**

Date and Time: Monday, March 24 10:30 am - 11:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Aquafit

Date and Time: Monday, March 24 10:45 am - 11:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Stick n' Puck

Date and Time: Monday, March 24 11:00 am - 12:00 pm

Address: 254 North Park St. Brantford, ON

Bring your child 5 years and under for a skate and get them used to playing on the ice! Parents or guardians and the child must pay to skate.

For your safety CSA approved helmets, sticks and gloves are highly recommended. There is a maximum of two children per parent/guardian. We do not supply sticks and pucks and do not allow organized games or practices.

Pushers, strollers and skating aids are not allowed on the ice during Stick and Puck.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

Regular programming for Stick and Puck will not run on the following days:

Monday, October 14, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Monday, February 17, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## Tuesday, March 25, 2025

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### Hydrotherapy Pool

Date and Time: Tuesday, March 25 5:30 am - 9:30 am

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

## Length Swim (25m pool)

Date and Time: Tuesday, March 25 5:30 am - 2:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Shallow Water Walking

Date and Time: Tuesday, March 25 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Aquafit - Rise and Shine

Date and Time: Tuesday, March 25 7:00 am - 7:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Spin

Date and Time: Tuesday, March 25 7:00 am - 7:45 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 1st Floor Fitness Studio

This class is a great cardio workout while also creating less impact on the joints. You will go through a variety of interval drills such as sprinting and climbing. You can adjust the resistance on your bike to customize your workout towards achieving your personal goals. No experience necessary; many options provided for all levels and abilities.

## Length Swim (65m pool mid-section only)

Date and Time: Tuesday, March 25 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Length Swim (65m pool deep only)

Date and Time: Tuesday, March 25 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Step

Date and Time: Tuesday, March 25 8:00 am - 9:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class uses an elevated platform (a step) where the height can be tailored to individual needs. Step to the beat following an instructor, break a sweat and have a great time.

## Total Body Intervals

Date and Time: Tuesday, March 25 9:00 am - 10:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

## Parent and Child Skate

Date and Time: Tuesday, March 25 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

Bring your little one ages five and under for a skate! Rates apply to both parents and guardians as well as the child.

For your safety CSA approved helmets are highly recommended and we do not allow sticks and pucks or organized hockey games and scrimmages on the ice. Pushers, strollers or skating aids are allowed.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out



t the Skating Schedule Calendar for all updates.

Regular programming for Parent and Child Skate will not run on the following days:

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## Family Swim

Date and Time: Tuesday, March 25 9:00 am - 10:00 am

Address: 254 North Park Street

Bring your family out for a swim in the pool. This swim takes place in the 65m pool shallow-end and Warm Water Pool located on the 65m pool deck. Diving boards are closed during this swim. The waterslide remains closed at this time.

### **Important age requirement:**

Swimmers ages 14 and under must be with a person ages 15 or over at all times and within reach during this swim. Swimmers ages 15 and over may swim on their own.

## Dancefit

Date and Time: Tuesday, March 25 9:15 am - 10:15 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This is a dance-based class that involves moving to the music to get in a great cardio workout. You will groove to different genres of music, coupled with some body weight moves or light dumbbells to improve your muscle strength. It's so much fun; you don't even realize that you're working out! No experience necessary and there are no wrong moves!

## Warm Water Workout

Date and Time: Tuesday, March 25 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Warm Water Workout

Date and Time: Tuesday, March 25 10:30 am - 11:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Yoga

Date and Time: Tuesday, March 25 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

## Wednesday, March 26, 2025

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### Length Swim (25m pool)

Date and Time: Wednesday, March 26 5:30 am - 2:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### Hydrotherapy Pool

Date and Time: Wednesday, March 26 5:30 am - 9:30 am

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

## Shallow Water Walking

Date and Time: Wednesday, March 26 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Lower Body Strength and Core

Date and Time: Wednesday, March 26 6:30 am - 7:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Keeps your weekly exercise schedule moving right along with this mid-week leg and core burner. This class focuses on strengthening the lower body muscles and core using weights, bars and powerful movements.

## Length Swim (65m pool mid-section only)

Date and Time: Wednesday, March 26 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Length Swim (65m pool deep only)

Date and Time: Wednesday, March 26 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Parent and Child Skate

Date and Time: Wednesday, March 26 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

Bring your little one ages five and under for a skate! Rates apply to both parents and guardians as well as the child.

For your safety CSA approved helmets are highly recommended and we do not allow sticks and pucks or organized hockey games and scrimmages on the ice. Pushers, strollers or skating aids are allowed.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

Regular programming for Parent and Child Skate will not run on the following days:

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## Be Fit for Life

Date and Time: Wednesday, March 26 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

## Warm Water Workout

Date and Time: Wednesday, March 26 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Sit and Fit

Date and Time: Wednesday, March 26 10:15 am - 11:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

## Pilates

Date and Time: Wednesday, March 26 10:15 am - 11:15 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Main Floor Fitness Studio

This class will provide you with a core workout that uses free body exercise, and may include use of stability balls and gliding discs. It focuses on doing exercises at a slower pace with a focus on controlled strength and good posture.

## Warm Water Workout

Date and Time: Wednesday, March 26 10:30 am - 11:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Aquafit

Date and Time: Wednesday, March 26 10:45 am - 11:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Zoomer Fitness

Date and Time: Wednesday, March 26 11:15 am - 12:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

If you prefer lower impact exercises and slower movements then this class is ideal for you. Participants will use their body weight, bands and light weights for a full body workout.

## Hydrotherapy Pool

Date and Time: Wednesday, March 26 12:00 pm - 1:30 pm

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

## Thursday, March 27, 2025

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### Hydrotherapy Pool

Date and Time: Thursday, March 27 5:30 am - 9:30 am

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

### Length Swim (25m pool)

Date and Time: Thursday, March 27 5:30 am - 2:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### Shallow Water Walking

Date and Time: Thursday, March 27 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Aquafit - Rise and Shine**

Date and Time: Thursday, March 27 7:00 am - 7:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## **Length Swim (65m pool mid-section only)**

Date and Time: Thursday, March 27 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Length Swim (65m pool deep only)**

Date and Time: Thursday, March 27 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Parent and Child Skate**

Date and Time: Thursday, March 27 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

Bring your little one ages five and under for a skate! Rates apply to both parents and guardians as well as the child.

For your safety CSA approved helmets are highly recommended and we do not allow sticks and pucks or organized hockey games and scrimmages on the ice. Pushers, strollers or skating aids are allowed.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

Regular programming for Parent and Child Skate will not run on the following days:

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## Family Swim

Date and Time: Thursday, March 27 9:00 am - 10:00 am

Address: 254 North Park Street

Bring your family out for a swim in the pool. This swim takes place in the 65m pool shallow-end and Warm Water Pool located on the 65m pool deck. Diving boards are closed during this swim. The waterslide remains closed at this time.

### Important age requirement:

Swimmers ages 14 and under must be with a person ages 15 or over at all times and within reach during this swim. Swimmers ages 15 and over may swim on their own.

## Total Body Intervals

Date and Time: Thursday, March 27 9:00 am - 10:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

## Warm Water Workout

Date and Time: Thursday, March 27 9:30 am - 10:15 am

Address: 254 North Park Street



This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Warm Water Workout

Date and Time: Thursday, March 27 10:30 am - 11:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Yoga

Date and Time: Thursday, March 27 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

## Aquafit

Date and Time: Thursday, March 27 10:45 am - 11:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Stick n' Puck

Date and Time: Thursday, March 27 11:00 am - 12:00 pm

Address: 254 North Park St. Brantford, ON

Bring your child 5 years and under for a skate and get them used to playing on the ice! Parents or guardians and the child must pay to skate.

For your safety CSA approved helmets, sticks and gloves are highly recommended. There is a maximum of two children per parent/guardian. We do not supply sticks and pucks and do not allow organized games or practices.

Pushers, strollers and skating aids are not allowed on the ice during Stick and Puck.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out

t the Skating Schedule Calendar for all updates.

Regular programming for Stick and Puck will not run on the following days:

Monday, October 14, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Monday, February 17, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## **Length Swim (65m pool mid-section only)**

Date and Time: Thursday, March 27 12:00 pm - 1:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Friday, March 28, 2025**

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### **Length Swim (25m pool)**

Date and Time: Friday, March 28 5:30 am - 2:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### **Hydrotherapy Pool**

Date and Time: Friday, March 28 5:30 am - 9:30 am

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

### **Shallow Water Walking**

Date and Time: Friday, March 28 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Full Body Strength

Date and Time: Friday, March 28 6:30 am - 7:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class will improve your muscle strength and endurance for all major muscle groups in the body. It is a full head-to-toe challenge that uses dumbbells and body bars, and keeps the body wondering what's coming next!

## Length Swim (65m pool mid-section only)

Date and Time: Friday, March 28 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Length Swim (65m pool deep only)

Date and Time: Friday, March 28 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Parent and Child Skate

Date and Time: Friday, March 28 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

Bring your little one ages five and under for a skate! Rates apply to both parents and guardians as well as the child.

For your safety CSA approved helmets are highly recommended and we do not allow sticks and pucks or organized hockey games and scrimmages on the ice. Pushers, strollers or skating aids are allowed.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating

g will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

Regular programming for Parent and Child Skate will not run on the following days:

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## **Be Fit for Life**

Date and Time: Friday, March 28 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

## **Warm Water Workout**

Date and Time: Friday, March 28 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## **Warm Water Workout**

Date and Time: Friday, March 28 10:30 am - 11:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Yoga

Date and Time: Friday, March 28 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

## Aquafit

Date and Time: Friday, March 28 10:45 am - 11:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Sit and Fit

Date and Time: Friday, March 28 11:00 am - 11:45 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

## Family Swim

Date and Time: Friday, March 28 12:00 pm - 1:00 pm

Address: 254 North Park Street

Bring your family out for a swim in the pool. This swim takes place in the 65m pool shallow-end and Warm Water Pool located on the 65m pool deck. Diving boards are closed during this swim. The waterslide remains closed at this time.

## **Important age requirement:**

Swimmers ages 14 and under must be with a person ages 15 or over at all times and within reach during this swim. Swimmers ages 15 and over may swim on their own.

## **Hydrotherapy Pool**

Date and Time: Friday, March 28 12:00 pm - 1:30 pm

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

## **Saturday, March 29, 2025**

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### **Step and Tone**

Date and Time: Saturday, March 29 8:15 am - 9:15 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This dynamic workout blends high-energy step aerobics with targeted strength training to help you burn calories, build muscle, and boost your overall endurance.

### **Hydrotherapy Pool**

Date and Time: Saturday, March 29 9:00 am - 2:00 pm

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

### **Length Swim**

Date and Time: Saturday, March 29 9:00 am - 2:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegratzkysportscentre.ca/SwimSchedules](https://calendar.waynegratzkysportscentre.ca/SwimSchedules)

## Full Body Fit

Date and Time: Saturday, March 29 9:30 am - 10:30 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Here is a great full body work out that will use some light equipment such as dumbbells or balls. It offers some cardio challenge, resistance sets, core work, and stretching or mobility movements. All this and more in just one work-out!

## Aquafit

Date and Time: Saturday, March 29 12:15 pm - 1:00 pm

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Public Swim

Date and Time: Saturday, March 29 2:00 pm - 4:00 pm

Address: 254 North Park Street

Splash in for a Public Swim. All ages are welcome. This swim takes place in the 65m pool and 25m pool when possible. The 5m, 7.5m and 10m diving boards are open during this swim. Please note that on occasion something may come up where pool availability may change without notice. The waterslide remains closed at this time. Please refer to the important age requirements below before attending the swim with those ages 14 and under.

### Important Age Requirements:

- **Ages 6 and under:** must remain within arm's reach at all times of a person ages 15 and over.
- **Ages 7 to 10:** if you wish to swim on your own, a swim test is required. To pass the swim test you must swim at least 18 meters in the shallow end without stopping. You can find details about Swim Admission Requirements online. [hyperlink: <https://www.waynegretzkysportscentre.ca/en/about-us/swim-admission-requirements.aspx>]
- **Ages 10 and under:** children who do not pass the swim test, or who do not want to take the swim test, must remain within eye contact of a person ages 15 or over that stays on the pool deck watching at all times.

## Length Swim (65m mid pool only)

Date and Time: Saturday, March 29 4:00 pm - 7:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 65m mid pool only.**

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Drop-in Basketball (Recreational)

Date and Time: Saturday, March 29 4:30 pm - 6:30 pm

Address: 254 North Park Street, Brantford, ON

Depending on the size and interests of the group, the court might be split (half for shooting and drills, half for game play). You'll have to work together to cooperate to determine how and when to split the court as needed and to ensure everyone has an equal share of playing time

## Drop-in Basketball (Competitive)

Date and Time: Saturday, March 29 7:00 pm - 9:00 pm

Address: 254 North Park Street, Brantford, ON

Depending on the size and interests of the group, the court might be split (half for shooting and drills, half for game play). You'll have to work together to cooperate to determine how and when to split the court as needed and to ensure everyone has an equal share of playing time

## Sunday, March 30, 2025

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### Length Swim

Date and Time: Sunday, March 30 9:00 am - 3:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

### Hydrotherapy Pool

Date and Time: Sunday, March 30 9:00 am - 12:00 pm

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

### Strength and Conditioning

Date and Time: Sunday, March 30 10:00 am - 11:00 am



Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Dryland Training Room

This class is the selection and development of dynamic and static exercises used to improve physical performance. It is a great way to transform your body and get results, whether you're an athlete or amateur. It offers much more than just lifting weights and focuses on a variety of tools to improve movement, health, and physical performance.

## **Drop-in Pickleball (Recreational)**

Date and Time: Sunday, March 30 10:00 am - 12:00 pm

Address: 254 North Park Street, Brantford, ON

Pickleball is a 'tennis like' racquet game played with four people on a badminton sized court. Light weight paddles are used to rally a larger-type wiffle ball over a low net. It is a great way to stay moving, work on hand-eye coordinator, and have fun too! There are two nets available. Paddles and balls are provided. You'll have to work together to ensure that everyone gets fair playing time and that equipment is shared as needed.

## **Family Swim**

Date and Time: Sunday, March 30 12:00 pm - 2:00 pm

Address: 254 North Park Street

Bring your family out for a swim in the pool. This swim takes place in the 65m pool shallow-end and Warm Water Pool located on the 65m pool deck. Diving boards are closed during this swim. The waterslide remains closed at this time.

### **Important age requirement:**

Swimmers ages 14 and under must be with a person ages 15 or over at all times and within reach during this swim. Swimmers ages 15 and over may swim on their own.

## **Drop-in Pickleball (Competitive)**

Date and Time: Sunday, March 30 1:30 pm - 3:30 pm

Address: 254 North Park Street, Brantford, ON

Pickleball is a 'tennis like' racquet game played with four people on a badminton sized court. Light weight paddles are used to rally a larger-type wiffle ball over a low net. It is a great way to stay moving, work on hand-eye coordinator, and have fun too! There are two nets available. Paddles and balls are provided. You'll have to work together to ensure that everyone gets fair playing time and that equipment is shared as needed.

## **Public Swim (25m pool)**

Date and Time: Sunday, March 30 2:00 pm - 4:00 pm

Address: 254 North Park Street

Splash in for a Public Swim. All ages are welcome. This swim takes place in the 25m pool and hydrotherapy pool. Please note that on occasion something may come up where pool availability may change without notice. Please refer to the important age requirements below before attending the swim with those ages 14 and under.

### **Important Age Requirements:**

- **Ages 6 and under:** must remain within arm's reach at all times of a person ages 15 and over.
- **Ages 7 to 10:** if you wish to swim on your own, a swim test is required. To pass the swim test you must swim at least 18 meters in the shallow end without stopping. You can find details about Swim Admission Requirements online. [hyperlink: <https://www.waynegretzkysportscentre.ca/en/about-us/swim-admission-requirements.aspx>]
- **Ages 10 and under:** children who do not pass the swim test, or who do not want to take the swim test, must remain within eye contact of a person ages 15 or over that stays on the pool deck watching at all times.

### **Drop-in Badminton (Recreational)**

Date and Time: Sunday, March 30 4:00 pm - 6:00 pm

Address: 254 North Park Street, Brantford, ON

Bring your friends and enjoy playing badminton on our beautiful hardwood floor gymnasium. There are two nets, racquets and birdies available. You'll work together to ensure that everyone gets fair playing time and that equipment is shared as needed.

### **Public Skating**

Date and Time: Sunday, March 30 5:30 pm - 7:30 pm

Address: 254 North Park St. Brantford, ON

Join us for a skate, everyone welcome!

CSA approved helmets are strongly recommended. For safety reasons please skate with the flow of other skaters and equipment is not allowed on the ice. Arena personnel are there to help if you have any questions.

### **Drop-in Volleyball (Recreational)**

Date and Time: Sunday, March 30 6:30 pm - 8:30 pm

Address: 254 North Park Street, Brantford, ON

Bring your friends and enjoy playing volleyball with our new net system. You'll work together to ensure that everyone gets fair playing time.

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## **Monday, March 31, 2025**

## Hydrotherapy Pool

Date and Time: Monday, March 31 5:30 am - 9:30 am

Address: 254 North Park Street

The hydrotherapy pool is open to enjoy the warmer water and jets. The pool is kept at approximately 94 to 96 degrees. You can access the pool by using the steps and handrail or speak to available staff if you need sport for accessibility. Seating is available in the pool

## Length Swim (25m pool)

Date and Time: Monday, March 31 5:30 am - 2:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Shallow Water Walking

Date and Time: Monday, March 31 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## Spin and Strength

Date and Time: Monday, March 31 6:30 am - 7:30 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Main Floor Fitness Studio

You will spend half the class working on the bike and then half the class on body toning exercises with a special focus on the core. This allows you to get in both a cardio and resistance exercise in the one class.

## Length Swim (65m pool mid-section only)

Date and Time: Monday, March 31 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Length Swim (65m pool deep only)**

Date and Time: Monday, March 31 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at [calendar.waynegretzkysportscentre.ca/SwimSchedules](https://calendar.waynegretzkysportscentre.ca/SwimSchedules)

## **Total Body Intervals**

Date and Time: Monday, March 31 8:00 am - 8:45 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body workout, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

## **Be Fit for Life**

Date and Time: Monday, March 31 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

## **Parent and Child Skate**

Date and Time: Monday, March 31 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

Bring your little one ages five and under for a skate! Rates apply to both parents and guardians as well as the child.

For your safety CSA approved helmets are highly recommended and we do not allow sticks and pucks or organi

zed hockey games and scrimmages on the ice. Pushers, strollers or skating aids are allowed.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

Regular programming for Parent and Child Skate will not run on the following days:

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

## **Warm Water Workout**

Date and Time: Monday, March 31 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## **Sit and Fit**

Date and Time: Monday, March 31 10:15 am - 11:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

## **Yoga**

Date and Time: Monday, March 31 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

## Warm Water Workout

Date and Time: Monday, March 31 10:30 am - 11:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

## Aquafit

Date and Time: Monday, March 31 10:45 am - 11:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too.

## Stick n' Puck

Date and Time: Monday, March 31 11:00 am - 12:00 pm

Address: 254 North Park St. Brantford, ON

Bring your child 5 years and under for a skate and get them used to playing on the ice! Parents or guardians and the child must pay to skate.

For your safety CSA approved helmets, sticks and gloves are highly recommended. There is a maximum of two children per parent/guardian. We do not supply sticks and pucks and do not allow organized games or practices.

Pushers, strollers and skating aids are not allowed on the ice during Stick and Puck.

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

Regular programming for Stick and Puck will not run on the following days:

Monday, October 14, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Monday, February 17, 2025

Monday, March 10, 2025 to Friday, March 14, 2025

<https://calendar.waynegretzkysportscentre.ca>