

Monday, April 1, 2019

Circle Swim

Date and Time: Monday, April 1 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Hydrotherapy Pool

Date and Time: Monday, April 1 05:30 a.m. - 7:00 a.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Dryland drop-in

Date and Time: Monday, April 1 05:30 a.m. - 8:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use the dryland room space to workout. A valid fitness pass is required and free orientations are available.

Upper Body and Cardio

Date and Time: Monday, April 1 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

Start your week off right with this quick class that combines upper body strength exercises using weights, bars, and bands with cardio intervals to improve your heart health. This class pairs perfectly with the Lower Body and Core workout.

Length Swim

Date and Time: Monday, April 1 07:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Family Swim

Date and Time: Monday, April 1 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

SYNRGY Circuit

Date and Time: Monday, April 1 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

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

cardio, strength, and core training.

Gentle Fit

Date and Time: Monday, April 1 09:00 a.m. - 9:45 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is similar to our Aquafit class, but the movements are done slower and there is less impact on the joints because your feet usually stay planted on the pool floor.

Warm Water Workout

Date and Time: Monday, April 1 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Sit & Fit

Date and Time: Monday, April 1 10:15 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

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!

Aquafit

Date and Time: Monday, April 1 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

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.

Warm Water Workout

Date and Time: Monday, April 1 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Zoomer Fitness

Date and Time: Monday, April 1 11:15 a.m. - 12:00 p.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

Lower impact and slower movements, this class is geared for seniors or people who want to exercise at a bit lower intensity. Full body workout focusing on free body exercise.

Family Swim

Date and Time: Monday, April 1 11:30 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Hydrotherapy Pool

Date and Time: Monday, April 1 11:30 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Tuesday, April 2, 2019

Circle Swim

Date and Time: Tuesday, April 2 05:30 a.m. - 7:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Hydrotherapy Pool

Date and Time: Tuesday, April 2 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Dryland drop-in

Date and Time: Tuesday, April 2 05:30 a.m. - 8:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use the dryland room space to workout. A valid fitness pass is required and free orientations are available.

Gentle Fit

Date and Time: Tuesday, April 2 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is similar to our Aquafit class, but the movements are done slower and there is less impact on the joints because your feet

generally stay planted on the pool floor.

Length Swim

Date and Time: Tuesday, April 2 07:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Spin

Date and Time: Tuesday, April 2 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

This class is a great cardio workout while also creating minimal 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 work out towards achieving your personal goals.

Circle Swim

Date and Time: Tuesday, April 2 07:45 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Step

Date and Time: Tuesday, April 2 08:00 a.m. - 8:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

It's a choreographed routine of stepping up and down using a platform. It combines step aerobics with body sculpting, jumping, and more.

Family Swim

Date and Time: Tuesday, April 2 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Full Body Strength

Date and Time: Tuesday, April 2 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

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 incorporates different equipment and keeps the body wondering what's coming next!

Warm Water Workout

Date and Time: Tuesday, April 2 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Yoga

Date and Time: Tuesday, April 2 10:15 a.m. - 11:15 a.m.

Event Location: 254 North Park St. Brantford, ON

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 participants of all levels and abilities. Yoga mats, blocks and straps are provided for all yoga classes, or you can bring your own.

Warm Water Workout

Date and Time: Tuesday, April 2 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Aquafit

Date and Time: Tuesday, April 2 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

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

Date and Time: Tuesday, April 2 11:30 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Wednesday, April 3, 2019

Dryland drop-in

Date and Time: Wednesday, April 3 05:30 a.m. - 8:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use the dryland room space to workout. A valid fitness pass is required and free orientations are available.

Hydrotherapy Pool

Date and Time: Wednesday, April 3 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Circle Swim

Date and Time: Wednesday, April 3 05:30 a.m. - 7:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Lower Body and Core

Date and Time: Wednesday, April 3 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

Keep 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, bands and powerful movements.

Length Swim

Date and Time: Wednesday, April 3 07:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Family Swim

Date and Time: Wednesday, April 3 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Calorie Blast

Date and Time: Wednesday, April 3 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

A cardio intensive class that uses body weight and some light equipment for a full body work out. The class will keep you on your toes by incorporating cardio circuits and interval training.

Warm Water Workout

Date and Time: Wednesday, April 3 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and

strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Gentle Fit

Date and Time: Wednesday, April 3 09:00 a.m. - 9:45 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is similar to our Aquafit class, but the movements are done slower and there is less impact on the joints because your feet usually stay planted on the pool floor.

Length Swim

Date and Time: Wednesday, April 3 09:15 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Sit & Fit

Date and Time: Wednesday, April 3 10:15 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

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!

Yogalates

Date and Time: Wednesday, April 3 10:15 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

Blending yoga and Pilates into a single workout. Focus is on core exercise and full body stretching. Yoga mats, blocks and straps are provided for all yoga classes, or you can bring your own.

Aquafit

Date and Time: Wednesday, April 3 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

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.

Warm Water Workout

Date and Time: Wednesday, April 3 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Drop-in basketball

Date and Time: Wednesday, April 3 11:30 a.m. - 12:30 p.m.

Event Location: 254 North Park Street

Depending on the size and interests of the group the court might be split (half for shooting and drills, half for game play). Participants will work together to cooperate to determine how/when to split the court accordingly.

Thursday, April 4, 2019

Hydrotherapy Pool

Date and Time: Thursday, April 4 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Circle Swim

Date and Time: Thursday, April 4 05:30 a.m. - 7:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Dryland drop-in

Date and Time: Thursday, April 4 05:30 a.m. - 8:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use the dryland room space to workout. A valid fitness pass is required and free orientations are available.

Spin

Date and Time: Thursday, April 4 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

This class is a great cardio workout while also creating minimal 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 work out towards achieving your personal goals.

Gentle Fit

Date and Time: Thursday, April 4 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is similar to our Aquafit class, but the movements are done slower and there is less impact on the joints because your feet generally stay planted on the pool floor.

Length Swim

Date and Time: Thursday, April 4 07:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Circle Swim

Date and Time: Thursday, April 4 07:45 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Full Body Strength

Date and Time: Thursday, April 4 08:00 a.m. - 8:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

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 incorporates different equipment and keeps the body wondering what's coming next!

Family Swim

Date and Time: Thursday, April 4 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Full Body Strength

Date and Time: Thursday, April 4 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

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 incorporates different equipment and keeps the body wondering what's coming next!

Warm Water Workout

Date and Time: Thursday, April 4 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Yoga

Date and Time: Thursday, April 4 10:15 a.m. - 11:15 a.m.

Event Location: 254 North Park St. Brantford, ON

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 participants of all levels and abilities. Yoga mats, blocks and straps are provided for all yoga classes, or you can bring your own.

Warm Water Workout

Date and Time: Thursday, April 4 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Aquafit

Date and Time: Thursday, April 4 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

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, April 4 11:30 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Friday, April 5, 2019

Dryland drop-in

Date and Time: Friday, April 5 05:30 a.m. - 8:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use the dryland room space to workout. A valid fitness pass is required and free orientations are available.

Circle Swim

Date and Time: Friday, April 5 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Full Body Strength

Date and Time: Friday, April 5 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

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 incorporates different equipment and keeps the body wondering what's coming next!

Length Swim

Date and Time: Friday, April 5 07:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only. Takes place in the 65m pool today due to the swim meet.

Circle Swim

Date and Time: Friday, April 5 08:00 a.m. - 12:30 p.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Family Swim

Date and Time: Friday, April 5 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool and the warm water pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Family Swim

Date and Time: Friday, April 5 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Warm Water Workout

Date and Time: Friday, April 5 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Spin & Tone

Date and Time: Friday, April 5 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

30 minutes standard spin and 30 minutes 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.

Zumba

Date and Time: Friday, April 5 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

Latin dance based class that involves moving to the music to get in a great cardio workout. The class is fast paced but there are no wrong moves in Zumba!

Sit & Fit

Date and Time: Friday, April 5 10:15 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

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!

Cardio & Core

Date and Time: Friday, April 5 10:15 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

This class features intervals of high intensity cardio, paired with a variety of core exercises and target back and abdominal muscles. This class also incorporates functional exercise movements that improve balance and flexibility through the trunk of the body.

Warm Water Workout

Date and Time: Friday, April 5 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Aquafit

Date and Time: Friday, April 5 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

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: Friday, April 5 11:15 a.m. - 12:00 p.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

Lower impact and slower movements, this class is geared for seniors or people who want to exercise at a bit lower intensity. Full body workout focusing on free body exercise.

Saturday, April 6, 2019

Hydrotherapy Pool

Date and Time: Saturday, April 6 08:00 a.m. - 4:00 p.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Circle Swim

Date and Time: Saturday, April 6 08:00 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Spin

Date and Time: Saturday, April 6 08:15 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

This class is a great cardio workout while also creating minimal 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 work out towards achieving your personal goals.

Calorie Blast

Date and Time: Saturday, April 6 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

A cardio intensive class that uses body weight and some light equipment for a full body work out. The class will keep you on your toes by incorporating cardio circuits and interval training.

Adult basketball

Date and Time: Saturday, April 6 12:15 p.m. - 1:45 p.m.

Event Location: 254 North Park St. 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). Participants will work together to cooperate to determine how/when to split the court accordingly.

Public Swim

Date and Time: Saturday, April 6 02:00 p.m. - 4:00 p.m.

Event Location: 254 North Park St. Brantford, ON

This Swim is open to all ages. Non-swimmers aged 10 and under, and all children aged 7 and under, must be with a person at least 16 or over within arms reach. Children Aged 7-10 must be tested to show they can swim 18 meters without stopping to be allowed to swim alone.

This swim takes place in the 25m pool and is only \$2 per person.

Sunday, April 7, 2019

Hydrotherapy Pool

Date and Time: Sunday, April 7 08:00 a.m. - 4:00 p.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Dryland drop-in

Date and Time: Sunday, April 7 08:00 a.m. - 9:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use our dryland space to workout. A valid fitness pass is required and free orientations are available.

Spin

Date and Time: Sunday, April 7 09:00 a.m. - 9:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

This class is a great cardio workout while also creating minimal 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 work out towards achieving your personal goals.

SYNRGY Circuit

Date and Time: Sunday, April 7 10:00 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

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

cardio, strength, and core training.

Drop-in badminton

Date and Time: Sunday, April 7 10:00 a.m. - 11:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Bring your friends and enjoy playing badminton on our beautiful hardwood floor gymnasium. There are 2 nets, as well as, racquets and birdies available. Participants work together to ensure that everyone gets fair playing time and that equipment is shared

Family Swim

Date and Time: Sunday, April 7 12:30 p.m. - 2:00 p.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 25m shallow end of the pool and the hydrotherapy pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Public Swim

Date and Time: Sunday, April 7 02:00 p.m. - 4:00 p.m.

Event Location: 254 North Park St. Brantford, ON

This Swim is open to all ages. Non-swimmers aged 10 and under, and all children aged 7 and under, must be with a person at least 16 or over within arms reach. Children Aged 7-10 must be tested to show they can swim 18 meters without stopping to be allowed to

swim alone.

This swim takes place in the 25m pool and is only \$2 per person.

Monday, April 8, 2019

Dryland drop-in

Date and Time: Monday, April 8 05:30 a.m. - 8:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use the dryland room space to workout. A valid fitness pass is required and free orientations are available.

Hydrotherapy Pool

Date and Time: Monday, April 8 05:30 a.m. - 7:00 a.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Circle Swim

Date and Time: Monday, April 8 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Upper Body and Cardio

Date and Time: Monday, April 8 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

Start your week off right with this quick class that combines upper body strength exercises using weights, bars, and bands with cardio intervals to improve your heart health. This class pairs perfectly with the Lower Body and Core workout.

Length Swim

Date and Time: Monday, April 8 07:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Family Swim

Date and Time: Monday, April 8 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this

swim.

SYNRGY Circuit

Date and Time: Monday, April 8 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

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

cardio, strength, and core training.

Warm Water Workout

Date and Time: Monday, April 8 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Gentle Fit

Date and Time: Monday, April 8 09:00 a.m. - 9:45 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is similar to our Aquafit class, but the movements are done slower and there is less impact on the joints because your feet usually stay planted on the pool floor.

Sit & Fit

Date and Time: Monday, April 8 10:15 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

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!

Aquafit

Date and Time: Monday, April 8 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

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.

Warm Water Workout

Date and Time: Monday, April 8 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Zoomer Fitness

Date and Time: Monday, April 8 11:15 a.m. - 12:00 p.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

Lower impact and slower movements, this class is geared for seniors or people who want to exercise at a bit lower intensity. Full body workout focusing on free body exercise.

Family Swim

Date and Time: Monday, April 8 11:30 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Hydrotherapy Pool

Date and Time: Monday, April 8 11:30 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Tuesday, April 9, 2019

Circle Swim

Date and Time: Tuesday, April 9 05:30 a.m. - 7:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Hydrotherapy Pool

Date and Time: Tuesday, April 9 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Dryland drop-in

Date and Time: Tuesday, April 9 05:30 a.m. - 8:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use the dryland room space to workout. A valid fitness pass is required and free orientations are available.

Gentle Fit

Date and Time: Tuesday, April 9 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is similar to our Aquafit class, but the movements are done slower and there is less impact on the joints because your feet generally stay planted on the pool floor.

Length Swim

Date and Time: Tuesday, April 9 07:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Spin

Date and Time: Tuesday, April 9 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

This class is a great cardio workout while also creating minimal 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 work out towards achieving your personal goals.

Circle Swim

Date and Time: Tuesday, April 9 07:45 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Step

Date and Time: Tuesday, April 9 08:00 a.m. - 8:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

It's a choreographed routine of stepping up and down using a platform. It combines step aerobics with body sculpting, jumping, and more.

Family Swim

Date and Time: Tuesday, April 9 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Full Body Strength

Date and Time: Tuesday, April 9 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

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

incorporates different equipment and keeps the body wondering what's coming next!

Warm Water Workout

Date and Time: Tuesday, April 9 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Yoga

Date and Time: Tuesday, April 9 10:15 a.m. - 11:15 a.m.

Event Location: 254 North Park St. Brantford, ON

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 participants of all levels and abilities. Yoga mats, blocks and straps are provided for all yoga classes, or you can bring your own.

Warm Water Workout

Date and Time: Tuesday, April 9 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Aquafit

Date and Time: Tuesday, April 9 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

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

Date and Time: Tuesday, April 9 11:30 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Wednesday, April 10, 2019

Dryland drop-in

Date and Time: Wednesday, April 10 05:30 a.m. - 8:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use the dryland room space to workout. A valid fitness pass is required and free orientations are available.

Hydrotherapy Pool

Date and Time: Wednesday, April 10 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Circle Swim

Date and Time: Wednesday, April 10 05:30 a.m. - 7:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Lower Body and Core

Date and Time: Wednesday, April 10 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

Keep 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, bands and powerful movements.

Length Swim

Date and Time: Wednesday, April 10 07:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Family Swim

Date and Time: Wednesday, April 10 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Calorie Blast

Date and Time: Wednesday, April 10 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

A cardio intensive class that uses body weight and some light equipment for a full body work out. The class will keep you on your toes by incorporating cardio circuits and interval training.

Gentle Fit

Date and Time: Wednesday, April 10 09:00 a.m. - 9:45 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is similar to our Aquafit class, but the movements are done slower and there is less impact on the joints because your feet usually stay planted on the pool floor.ÿ

Length Swim

Date and Time: Wednesday, April 10 09:15 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Sit & Fit

Date and Time: Wednesday, April 10 10:15 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

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!

Yogalates

Date and Time: Wednesday, April 10 10:15 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

Blending yoga and Pilates into a single workout. Focus is on core exercise and full body stretching. Yoga mats, blocks and straps are provided for all yoga classes, or you can bring your own.

Warm Water Workout

Date and Time: Wednesday, April 10 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Aquafit

Date and Time: Wednesday, April 10 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

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.ÿ

Drop-in basketball

Date and Time: Wednesday, April 10 11:30 a.m. - 12:30 p.m.

Event Location: 254 North Park Street

Depending on the size and interests of the group the court might be split (half for shooting and drills, half for game play). Participants will work together to cooperate to determine how/when to split the court accordingly.

Hydrotherapy Pool

Date and Time: Wednesday, April 10 11:30 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Thursday, April 11, 2019

Hydrotherapy Pool

Date and Time: Thursday, April 11 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Circle Swim

Date and Time: Thursday, April 11 05:30 a.m. - 7:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Dryland drop-in

Date and Time: Thursday, April 11 05:30 a.m. - 8:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use the dryland room space to workout. A valid fitness pass is required and free orientations are available.

Gentle Fit

Date and Time: Thursday, April 11 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is similar to our Aquafit class, but the movements are done slower and there is less impact on the joints because your feet generally stay planted on the pool floor.

Length Swim

Date and Time: Thursday, April 11 07:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Spin

Date and Time: Thursday, April 11 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

This class is a great cardio workout while also creating minimal 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 work out towards achieving your personal

goals.

Circle Swim

Date and Time: Thursday, April 11 07:45 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Full Body Strength

Date and Time: Thursday, April 11 08:00 a.m. - 8:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

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 incorporates different equipment and keeps the body wondering what's coming next!

Family Swim

Date and Time: Thursday, April 11 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Full Body Strength

Date and Time: Thursday, April 11 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

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 incorporates different equipment and keeps the body wondering what's coming next!

Yoga

Date and Time: Thursday, April 11 10:15 a.m. - 11:15 a.m.

Event Location: 254 North Park St. Brantford, ON

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 participants of all levels and abilities. Yoga mats, blocks and straps are provided for all yoga classes, or you can bring your own.

Aquafit

Date and Time: Thursday, April 11 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

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.

Warm Water Workout

Date and Time: Thursday, April 11 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Hydrotherapy Pool

Date and Time: Thursday, April 11 11:30 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Family Swim

Date and Time: Thursday, April 11 11:30 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Friday, April 12, 2019

Dryland drop-in

Date and Time: Friday, April 12 05:30 a.m. - 8:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use the dryland room space to workout. A valid fitness pass is required and free orientations are available.

Hydrotherapy Pool

Date and Time: Friday, April 12 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Circle Swim

Date and Time: Friday, April 12 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Full Body Strength

Date and Time: Friday, April 12 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

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 incorporates different equipment and keeps the body wondering what's coming next!

Length Swim

Date and Time: Friday, April 12 07:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Family Swim

Date and Time: Friday, April 12 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Warm Water Workout

Date and Time: Friday, April 12 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Spin & Tone

Date and Time: Friday, April 12 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

30 minutes standard spin and 30 minutes 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.

Zumba

Date and Time: Friday, April 12 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

Latin dance based class that involves moving to the music to get in a great cardio workout. The class is fast paced but there are no wrong moves in Zumba!

Sit & Fit

Date and Time: Friday, April 12 10:15 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

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!

Cardio & Core

Date and Time: Friday, April 12 10:15 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

This class features intervals of high intensity cardio, paired with a variety of core exercises and target back and abdominal muscles. This class also incorporates functional exercise movements that improve balance and flexibility through the trunk of the body.

Aquafit

Date and Time: Friday, April 12 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

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.

Warm Water Workout

Date and Time: Friday, April 12 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Zoomer Fitness

Date and Time: Friday, April 12 11:15 a.m. - 12:00 p.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

Lower impact and slower movements, this class is geared for seniors or people who want to exercise at a bit lower intensity. Full body workout focusing on free body exercise.

Drop-in basketball

Date and Time: Friday, April 12 11:30 a.m. - 12:30 p.m.

Event Location: 254 North Park St. 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). Participants will work together to cooperate to determine how/when to split the court accordingly.

Saturday, April 13, 2019

Circle Swim

Date and Time: Saturday, April 13 08:00 a.m. - 9:30 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Hydrotherapy Pool

Date and Time: Saturday, April 13 08:00 a.m. - 4:00 p.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Hydrotherapy Pool

Date and Time: Saturday, April 13 08:00 a.m. - 4:00 p.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Spin

Date and Time: Saturday, April 13 08:15 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

This class is a great cardio workout while also creating minimal 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 work out towards achieving your personal goals.

Calorie Blast

Date and Time: Saturday, April 13 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

A cardio intensive class that uses body weight and some light equipment for a full body work out. The class will keep you on your toes by incorporating cardio circuits and interval training.

Length Swim

Date and Time: Saturday, April 13 09:30 a.m. - 4:00 p.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Deep Water Aquafit

Date and Time: Saturday, April 13 12:00 p.m. - 1:00 p.m.

Event Location: 254 North Park St. Brantford, ON

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. This class will run in the deep end of the 65m pool.

Adult basketball

Date and Time: Saturday, April 13 12:15 p.m. - 1:45 p.m.

Event Location: 254 North Park St. 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). Participants will work together to cooperate to determine how/when to split the court accordingly.

Public Swim

Date and Time: Saturday, April 13 02:00 p.m. - 4:00 p.m.

Event Location: 254 North Park St. Brantford, ON

This swim is open to all ages. Non-swimmers aged 10 and under, and all children aged 7 and under, must be with a person at least 16 or over within arms reach. Children ages 7-10 must be tested to show they can swim 18 meters without stopping to be allowed to swim alone.

Sunday, April 14, 2019

Circle Swim

Date and Time: Sunday, April 14 08:00 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Hydrotherapy Pool

Date and Time: Sunday, April 14 08:00 a.m. - 4:00 p.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Dryland drop-in

Date and Time: Sunday, April 14 08:00 a.m. - 9:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use our dryland space to workout. A valid fitness pass is required and free orientations are available.

Spin

Date and Time: Sunday, April 14 09:00 a.m. - 9:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

This class is a great cardio workout while also creating minimal 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 work out towards achieving your personal goals.

Length Swim

Date and Time: Sunday, April 14 09:00 a.m. - 12:30 p.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

SYNRGY Circuit

Date and Time: Sunday, April 14 10:00 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

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

cardio, strength, and core training.

Drop-in badminton

Date and Time: Sunday, April 14 10:00 a.m. - 11:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Bring your friends and enjoy playing badminton on our beautiful hardwood floor gymnasium. There are 2 nets, as well as, racquets and birdies available. Participants work together to ensure that everyone gets fair playing time and that equipment is shared

Family Swim

Date and Time: Sunday, April 14 12:30 p.m. - 2:00 p.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Public Swim

Date and Time: Sunday, April 14 02:00 p.m. - 4:00 p.m.

Event Location: 254 North Park St. Brantford, ON

This swim is open to all ages. Non-swimmers aged 10 and under, and all children aged 7 and under, must be with a person at least 16 or over within arms reach. Children ages 7-10 must be tested to show they can swim 18 meters without stopping to be allowed to swim alone.

Monday, April 15, 2019

Hydrotherapy Pool

Date and Time: Monday, April 15 05:30 a.m. - 7:00 a.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Circle Swim

Date and Time: Monday, April 15 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your

speed.

Dryland drop-in

Date and Time: Monday, April 15 05:30 a.m. - 8:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use the dryland room space to workout. A valid fitness pass is required and free orientations are available.

Upper Body and Cardio

Date and Time: Monday, April 15 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

Start your week off right with this quick class that combines upper body strength exercises using weights, bars, and bands with cardio intervals to improve your heart health. This class pairs perfectly with the Lower Body and Core workout.

Length Swim

Date and Time: Monday, April 15 07:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Family Swim

Date and Time: Monday, April 15 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

SYNRGY Circuit

Date and Time: Monday, April 15 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

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

cardio, strength, and core training.

Warm Water Workout

Date and Time: Monday, April 15 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Gentle Fit

Date and Time: Monday, April 15 09:00 a.m. - 9:45 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is similar to our Aquafit class, but the movements are done slower and there is less impact on the joints because your feet usually stay planted on the pool floor.ÿ

Sit & Fit

Date and Time: Monday, April 15 10:15 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

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!

Aquafit

Date and Time: Monday, April 15 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

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.ÿ

Warm Water Workout

Date and Time: Monday, April 15 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Zoomer Fitness

Date and Time: Monday, April 15 11:15 a.m. - 12:00 p.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

Lower impact and slower movements, this class is geared for seniors or people who want to exercise at a bit lower intensity. Full body workout focusing on free body exercise.

Family Swim

Date and Time: Monday, April 15 11:30 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Hydrotherapy Pool

Date and Time: Monday, April 15 11:30 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Tuesday, April 16, 2019

Circle Swim

Date and Time: Tuesday, April 16 05:30 a.m. - 7:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Hydrotherapy Pool

Date and Time: Tuesday, April 16 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Dryland drop-in

Date and Time: Tuesday, April 16 05:30 a.m. - 8:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use the dryland room space to workout. A valid fitness pass is required and free orientations are available.

Gentle Fit

Date and Time: Tuesday, April 16 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is similar to our Aquafit class, but the movements are done slower and there is less impact on the joints because your feet generally stay planted on the pool floor.

Length Swim

Date and Time: Tuesday, April 16 07:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Spin

Date and Time: Tuesday, April 16 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

This class is a great cardio workout while also creating minimal 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 work out towards achieving your personal goals.

Circle Swim

Date and Time: Tuesday, April 16 07:45 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Step

Date and Time: Tuesday, April 16 08:00 a.m. - 8:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

It's a choreographed routine of stepping up and down using a platform. It combines step aerobics with body sculpting, jumping, and more.

Family Swim

Date and Time: Tuesday, April 16 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Full Body Strength

Date and Time: Tuesday, April 16 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

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 incorporates different equipment and keeps the body wondering what's coming next!

Warm Water Workout

Date and Time: Tuesday, April 16 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Yoga

Date and Time: Tuesday, April 16 10:15 a.m. - 11:15 a.m.

Event Location: 254 North Park St. Brantford, ON

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 participants of all levels and abilities. Yoga mats, blocks and straps are provided for all yoga classes, or you can bring your own.

Warm Water Workout

Date and Time: Tuesday, April 16 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Aquafit

Date and Time: Tuesday, April 16 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

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

Date and Time: Tuesday, April 16 11:30 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Wednesday, April 17, 2019

Dryland drop-in

Date and Time: Wednesday, April 17 05:30 a.m. - 8:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use the dryland room space to workout. A valid fitness pass is required and free orientations are available.

Hydrotherapy Pool

Date and Time: Wednesday, April 17 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Circle Swim

Date and Time: Wednesday, April 17 05:30 a.m. - 7:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Lower Body and Core

Date and Time: Wednesday, April 17 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

Keep 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, bands and powerful movements.

Length Swim

Date and Time: Wednesday, April 17 07:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Family Swim

Date and Time: Wednesday, April 17 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Calorie Blast

Date and Time: Wednesday, April 17 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

A cardio intensive class that uses body weight and some light equipment for a full body work out. The class will keep you on your toes by incorporating cardio circuits and interval training.

Warm Water Workout

Date and Time: Wednesday, April 17 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Gentle Fit

Date and Time: Wednesday, April 17 09:00 a.m. - 9:45 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is similar to our Aquafit class, but the movements are done slower and there is less impact on the joints because your feet usually stay planted on the pool floor.

Length Swim

Date and Time: Wednesday, April 17 09:15 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Sit & Fit

Date and Time: Wednesday, April 17 10:15 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

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!

Yogalates

Date and Time: Wednesday, April 17 10:15 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

Blending yoga and Pilates into a single workout. Focus is on core exercise and full body stretching. Yoga mats, blocks and straps are provided for all yoga classes, or you can bring your own.

Aquafit

Date and Time: Wednesday, April 17 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

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.ÿ

Warm Water Workout

Date and Time: Wednesday, April 17 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Drop-in basketball

Date and Time: Wednesday, April 17 11:30 a.m. - 12:30 p.m.

Event Location: 254 North Park Street

Depending on the size and interests of the group the court might be split (half for shooting and drills, half for game play). Participants will work together to cooperate to determine how/when to split the court accordingly.

Thursday, April 18, 2019

Hydrotherapy Pool

Date and Time: Thursday, April 18 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Circle Swim

Date and Time: Thursday, April 18 05:30 a.m. - 7:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Dryland drop-in

Date and Time: Thursday, April 18 05:30 a.m. - 8:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use the dryland room space to workout. A valid fitness pass is required and free orientations are available.

Gentle Fit

Date and Time: Thursday, April 18 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is similar to our Aquafit class, but the movements are done slower and there is less impact on the joints because your feet generally stay planted on the pool floor.

Length Swim

Date and Time: Thursday, April 18 07:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Spin

Date and Time: Thursday, April 18 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

This class is a great cardio workout while also creating minimal 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 work out towards achieving your personal goals.

Circle Swim

Date and Time: Thursday, April 18 07:45 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Full Body Strength

Date and Time: Thursday, April 18 08:00 a.m. - 8:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

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 incorporates different equipment and keeps the body wondering what's coming next!

Family Swim

Date and Time: Thursday, April 18 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Full Body Strength

Date and Time: Thursday, April 18 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

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 incorporates different equipment and keeps the body wondering what's coming next!

Warm Water Workout

Date and Time: Thursday, April 18 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Yoga

Date and Time: Thursday, April 18 10:15 a.m. - 11:15 a.m.

Event Location: 254 North Park St. Brantford, ON

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 participants of all levels and abilities. Yoga mats, blocks and straps are provided for all yoga classes, or you can bring your own.

Warm Water Workout

Date and Time: Thursday, April 18 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Aquafit

Date and Time: Thursday, April 18 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

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, April 18 11:30 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Friday, April 19, 2019

Family Swim

Date and Time: Friday, April 19 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Saturday, April 20, 2019

Hydrotherapy Pool

Date and Time: Saturday, April 20 08:00 a.m. - 4:00 p.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Hydrotherapy Pool

Date and Time: Saturday, April 20 08:00 a.m. - 4:00 p.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Circle Swim

Date and Time: Saturday, April 20 08:00 a.m. - 9:30 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Spin

Date and Time: Saturday, April 20 08:15 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

This class is a great cardio workout while also creating minimal 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 work out towards achieving your personal goals.

Calorie Blast

Date and Time: Saturday, April 20 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

A cardio intensive class that uses body weight and some light equipment for a full body work out. The class will keep you on your toes by incorporating cardio circuits and interval training.

Length Swim

Date and Time: Saturday, April 20 09:30 a.m. - 4:00 p.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Aquafit

Date and Time: Saturday, April 20 12:00 p.m. - 1:00 p.m.

Event Location: 254 North Park St. Brantford, ON

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. This class will run in the 25m pool.

Adult basketball

Date and Time: Saturday, April 20 12:15 p.m. - 1:45 p.m.

Event Location: 254 North Park St. 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). Participants will work together to cooperate to determine how/when to split the court accordingly.

Public Swim

Date and Time: Saturday, April 20 02:00 p.m. - 4:00 p.m.

Event Location: 254 North Park St. Brantford, ON

This swim is open to all ages. Non-swimmers aged 10 and under, and all children aged 7 and under, must be with a person at least 16 or over within arms reach. Children ages 7-10 must be tested to show they can swim 18 meters without stopping to be allowed to swim alone.

Monday, April 22, 2019

Hydrotherapy Pool

Date and Time: Monday, April 22 05:30 a.m. - 7:00 a.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Circle Swim

Date and Time: Monday, April 22 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your

speed.

Dryland drop-in

Date and Time: Monday, April 22 05:30 a.m. - 8:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use the dryland room space to workout. A valid fitness pass is required and free orientations are available.

Upper Body and Cardio

Date and Time: Monday, April 22 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

Start your week off right with this quick class that combines upper body strength exercises using weights, bars, and bands with cardio intervals to improve your heart health. This class pairs perfectly with the Lower Body and Core workout.

Length Swim

Date and Time: Monday, April 22 07:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Family Swim

Date and Time: Monday, April 22 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

SYNRGY Circuit

Date and Time: Monday, April 22 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

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

cardio, strength, and core training.

Warm Water Workout

Date and Time: Monday, April 22 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Gentle Fit

Date and Time: Monday, April 22 09:00 a.m. - 9:45 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is similar to our Aquafit class, but the movements are done slower and there is less impact on the joints because your feet usually stay planted on the pool floor.ÿ

Sit & Fit

Date and Time: Monday, April 22 10:15 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

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!

Aquafit

Date and Time: Monday, April 22 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

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.ÿ

Warm Water Workout

Date and Time: Monday, April 22 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Zoomer Fitness

Date and Time: Monday, April 22 11:15 a.m. - 12:00 p.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

Lower impact and slower movements, this class is geared for seniors or people who want to exercise at a bit lower intensity. Full body workout focusing on free body exercise.

Family Swim

Date and Time: Monday, April 22 11:30 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Hydrotherapy Pool

Date and Time: Monday, April 22 11:30 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Tuesday, April 23, 2019

Circle Swim

Date and Time: Tuesday, April 23 05:30 a.m. - 7:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Hydrotherapy Pool

Date and Time: Tuesday, April 23 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Dryland drop-in

Date and Time: Tuesday, April 23 05:30 a.m. - 8:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use the dryland room space to workout. A valid fitness pass is required and free orientations are available.

Gentle Fit

Date and Time: Tuesday, April 23 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is similar to our Aquafit class, but the movements are done slower and there is less impact on the joints because your feet generally stay planted on the pool floor.

Length Swim

Date and Time: Tuesday, April 23 07:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Spin

Date and Time: Tuesday, April 23 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

This class is a great cardio workout while also creating minimal 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 work out towards achieving your personal goals.

Circle Swim

Date and Time: Tuesday, April 23 07:45 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Step

Date and Time: Tuesday, April 23 08:00 a.m. - 8:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

It's a choreographed routine of stepping up and down using a platform. It combines step aerobics with body sculpting, jumping, and more.

Family Swim

Date and Time: Tuesday, April 23 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Full Body Strength

Date and Time: Tuesday, April 23 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

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 incorporates different equipment and keeps the body wondering what's coming next!

Warm Water Workout

Date and Time: Tuesday, April 23 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Yoga

Date and Time: Tuesday, April 23 10:15 a.m. - 11:15 a.m.

Event Location: 254 North Park St. Brantford, ON

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 participants of all levels and abilities. Yoga mats, blocks and straps are provided for all yoga classes, or you can bring your own.

Warm Water Workout

Date and Time: Tuesday, April 23 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Aquafit

Date and Time: Tuesday, April 23 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

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

Date and Time: Tuesday, April 23 11:30 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Wednesday, April 24, 2019

Dryland drop-in

Date and Time: Wednesday, April 24 05:30 a.m. - 8:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use the dryland room space to workout. A valid fitness pass is required and free orientations are available.

Hydrotherapy Pool

Date and Time: Wednesday, April 24 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Circle Swim

Date and Time: Wednesday, April 24 05:30 a.m. - 7:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Lower Body and Core

Date and Time: Wednesday, April 24 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

Keep 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, bands and powerful movements.

Length Swim

Date and Time: Wednesday, April 24 07:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Family Swim

Date and Time: Wednesday, April 24 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Calorie Blast

Date and Time: Wednesday, April 24 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

A cardio intensive class that uses body weight and some light equipment for a full body work out. The class will keep you on your toes by incorporating cardio circuits and interval training.

Warm Water Workout

Date and Time: Wednesday, April 24 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Gentle Fit

Date and Time: Wednesday, April 24 09:00 a.m. - 9:45 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is similar to our Aquafit class, but the movements are done slower and there is less impact on the joints because your feet usually stay planted on the pool floor.

Length Swim

Date and Time: Wednesday, April 24 09:15 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Sit & Fit

Date and Time: Wednesday, April 24 10:15 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

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!

Yogalates

Date and Time: Wednesday, April 24 10:15 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

Blending yoga and Pilates into a single workout. Focus is on core exercise and full body stretching. Yoga mats, blocks and straps are provided for all yoga classes, or you can bring your own.

Aquafit

Date and Time: Wednesday, April 24 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

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.ÿ

Warm Water Workout

Date and Time: Wednesday, April 24 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Drop-in basketball

Date and Time: Wednesday, April 24 11:30 a.m. - 12:30 p.m.

Event Location: 254 North Park Street

Depending on the size and interests of the group the court might be split (half for shooting and drills, half for game play). Participants will work together to cooperate to determine how/when to split the court accordingly.

Thursday, April 25, 2019

Hydrotherapy Pool

Date and Time: Thursday, April 25 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Circle Swim

Date and Time: Thursday, April 25 05:30 a.m. - 7:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Dryland drop-in

Date and Time: Thursday, April 25 05:30 a.m. - 8:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use the dryland room space to workout. A valid fitness pass is required and free orientations are available.

Gentle Fit

Date and Time: Thursday, April 25 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is similar to our Aquafit class, but the movements are done slower and there is less impact on the joints because your feet generally stay planted on the pool floor.

Length Swim

Date and Time: Thursday, April 25 07:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Spin

Date and Time: Thursday, April 25 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

This class is a great cardio workout while also creating minimal 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 work out towards achieving your personal goals.

Circle Swim

Date and Time: Thursday, April 25 07:45 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Full Body Strength

Date and Time: Thursday, April 25 08:00 a.m. - 8:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

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 incorporates different equipment and keeps the body wondering what's coming next!

Family Swim

Date and Time: Thursday, April 25 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Full Body Strength

Date and Time: Thursday, April 25 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

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 incorporates different equipment and keeps the body wondering what's coming next!

Warm Water Workout

Date and Time: Thursday, April 25 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Yoga

Date and Time: Thursday, April 25 10:15 a.m. - 11:15 a.m.

Event Location: 254 North Park St. Brantford, ON

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 participants of all levels and abilities. Yoga mats, blocks and straps are provided for all yoga classes, or you can bring your own.

Warm Water Workout

Date and Time: Thursday, April 25 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Aquafit

Date and Time: Thursday, April 25 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

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, April 25 11:30 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Friday, April 26, 2019

Dryland drop-in

Date and Time: Friday, April 26 05:30 a.m. - 8:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use the dryland room space to workout. A valid fitness pass is required and free orientations are available.

Hydrotherapy Pool

Date and Time: Friday, April 26 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Circle Swim

Date and Time: Friday, April 26 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Full Body Strength

Date and Time: Friday, April 26 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

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 incorporates different equipment and keeps the body wondering what's coming next!

Length Swim

Date and Time: Friday, April 26 07:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Family Swim

Date and Time: Friday, April 26 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Spin & Tone

Date and Time: Friday, April 26 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

30 minutes standard spin and 30 minutes 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.

Warm Water Workout

Date and Time: Friday, April 26 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Zumba

Date and Time: Friday, April 26 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

Latin dance based class that involves moving to the music to get in a great cardio workout. The class is fast paced but there are no wrong moves in Zumba!

Sit & Fit

Date and Time: Friday, April 26 10:15 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

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!

Cardio & Core

Date and Time: Friday, April 26 10:15 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

This class features intervals of high intensity cardio, paired with a variety of core exercises and target back and abdominal muscles. This class also incorporates functional exercise movements that improve balance and flexibility through the trunk of the body.

Aquafit

Date and Time: Friday, April 26 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

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.

Warm Water Workout

Date and Time: Friday, April 26 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Zoomer Fitness

Date and Time: Friday, April 26 11:15 a.m. - 12:00 p.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

Lower impact and slower movements, this class is geared for seniors or people who want to exercise at a bit lower intensity. Full body workout focusing on free body exercise.

Drop-in basketball

Date and Time: Friday, April 26 11:30 a.m. - 12:30 p.m.

Event Location: 254 North Park St. 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). Participants will work together to cooperate to determine how/when to split the court accordingly.

Saturday, April 27, 2019

Circle Swim

Date and Time: Saturday, April 27 08:00 a.m. - 9:30 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Hydrotherapy Pool

Date and Time: Saturday, April 27 08:00 a.m. - 4:00 p.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Hydrotherapy Pool

Date and Time: Saturday, April 27 08:00 a.m. - 4:00 p.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Spin

Date and Time: Saturday, April 27 08:15 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

This class is a great cardio workout while also creating minimal 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 work out towards achieving your personal goals.

Calorie Blast

Date and Time: Saturday, April 27 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

A cardio intensive class that uses body weight and some light equipment for a full body work out. The class will keep you on your toes by incorporating cardio circuits and interval training.

Length Swim

Date and Time: Saturday, April 27 09:30 a.m. - 4:00 p.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Aquafit

Date and Time: Saturday, April 27 12:00 p.m. - 1:00 p.m.

Event Location: 254 North Park St. Brantford, ON

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. This class will run in the 25m pool.

Adult basketball

Date and Time: Saturday, April 27 12:15 p.m. - 1:45 p.m.

Event Location: 254 North Park St. 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). Participants will work together to cooperate to determine how/when to split the court accordingly.

Public Swim

Date and Time: Saturday, April 27 02:00 p.m. - 4:00 p.m.

Event Location: 254 North Park St. Brantford, ON

This swim is open to all ages. Non-swimmers aged 10 and under, and all children aged 7 and under, must be with a person at least 16 or over within arms reach. Children ages 7-10 must be tested to show they can swim 18 meters without stopping to be allowed to swim alone.

Sunday, April 28, 2019

Circle Swim

Date and Time: Sunday, April 28 08:00 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Hydrotherapy Pool

Date and Time: Sunday, April 28 08:00 a.m. - 4:00 p.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Dryland drop-in

Date and Time: Sunday, April 28 08:00 a.m. - 9:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use our dryland space to workout. A valid fitness pass is required and free orientations are available.

Spin

Date and Time: Sunday, April 28 09:00 a.m. - 9:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

This class is a great cardio workout while also creating minimal 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 work out towards achieving your personal goals.

Length Swim

Date and Time: Sunday, April 28 09:00 a.m. - 12:30 p.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

SYNRGY Circuit

Date and Time: Sunday, April 28 10:00 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

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

cardio, strength, and core training.

Drop-in badminton

Date and Time: Sunday, April 28 10:00 a.m. - 11:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Bring your friends and enjoy playing badminton on our beautiful hardwood floor gymnasium. There are 2 nets, as well as, racquets and birdies available. Participants work together to ensure that everyone gets fair playing time and that equipment is shared

Family Swim

Date and Time: Sunday, April 28 12:30 p.m. - 2:00 p.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Public Swim

Date and Time: Sunday, April 28 02:00 p.m. - 4:00 p.m.

Event Location: 254 North Park St. Brantford, ON

This swim is open to all ages. Non-swimmers aged 10 and under, and all children aged 7 and under, must be with a person at least 16 or over within arms reach. Children ages 7-10 must be tested to show they can swim 18 meters without stopping to be allowed to swim alone.

Monday, April 29, 2019

Hydrotherapy Pool

Date and Time: Monday, April 29 05:30 a.m. - 7:00 a.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Circle Swim

Date and Time: Monday, April 29 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Dryland drop-in

Date and Time: Monday, April 29 05:30 a.m. - 8:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use the dryland room space to workout. A valid fitness pass is required and free orientations are available.

Upper Body and Cardio

Date and Time: Monday, April 29 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

Start your week off right with this quick class that combines upper body strength exercises using weights, bars, and bands with cardio intervals to improve your heart health. This class pairs perfectly with the Lower Body and Core workout.

Length Swim

Date and Time: Monday, April 29 07:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Family Swim

Date and Time: Monday, April 29 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

SYNRGY Circuit

Date and Time: Monday, April 29 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

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

cardio, strength, and core training.

Warm Water Workout

Date and Time: Monday, April 29 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is excellent for people who suffer from back injuries, arthritis, and joint problems. The exercises focus on mobility and strength. Classes are held in the Hydro Therapy Pool which is 3.5' deep and water temperature is 96-98 degrees.

Gentle Fit

Date and Time: Monday, April 29 09:00 a.m. - 9:45 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is similar to our Aquafit class, but the movements are done slower and there is less impact on the joints because your feet usually stay planted on the pool floor.

Sit & Fit

Date and Time: Monday, April 29 10:15 a.m. - 11:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

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!

Aquafit

Date and Time: Monday, April 29 10:30 a.m. - 11:30 a.m.

Event Location: 254 North Park St. Brantford, ON

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.

Warm Water Workout

Date and Time: Monday, April 29 10:30 a.m. - 11:30 a.m.

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Zoomer Fitness

Date and Time: Monday, April 29 11:15 a.m. - 12:00 p.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

Lower impact and slower movements, this class is geared for seniors or people who want to exercise at a bit lower intensity. Full body workout focusing on free body exercise.

Family Swim

Date and Time: Monday, April 29 11:30 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Hydrotherapy Pool

Date and Time: Monday, April 29 11:30 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Tuesday, April 30, 2019

Circle Swim

Date and Time: Tuesday, April 30 05:30 a.m. - 7:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Hydrotherapy Pool

Date and Time: Tuesday, April 30 05:30 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

The hydrotherapy pool is 3.5 feet deep with seating and about 96-98 degrees. There are stairs, a railing, and jets.

Dryland drop-in

Date and Time: Tuesday, April 30 05:30 a.m. - 8:45 a.m.

Event Location: 254 North Park Street

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

This is a time for you to use the dryland room space to workout. A valid fitness pass is required and free orientations are available.

Gentle Fit

Date and Time: Tuesday, April 30 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

This class is similar to our Aquafit class, but the movements are done slower and there is less impact on the joints because your feet generally stay planted on the pool floor.

Length Swim

Date and Time: Tuesday, April 30 07:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

Spin

Date and Time: Tuesday, April 30 07:00 a.m. - 7:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-main floor

This class is a great cardio workout while also creating minimal 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 work out towards achieving your personal goals.

Circle Swim

Date and Time: Tuesday, April 30 07:45 a.m. - 9:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Swim lanes must be shared with other swimmers. We have fast medium and slow swimmer lanes. Select a lane that suits with your speed.

Step

Date and Time: Tuesday, April 30 08:00 a.m. - 8:45 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

It's a choreographed routine of stepping up and down using a platform. It combines step aerobics with body sculpting, jumping, and more.

Family Swim

Date and Time: Tuesday, April 30 08:30 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Children and Youth must be with a person at least 16 years or over in the water within arms reach. If you are 16 or over, you may swim on your own.

This swim takes place in the 65m shallow end of the pool only. Diving boards, climbing wall and waterslide are closed during this swim.

Full Body Strength

Date and Time: Tuesday, April 30 09:00 a.m. - 10:00 a.m.

Event Location: 254 North Park St. Brantford, ON

Location (i.e. Studio / Room): Fitness Studio-second floor

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 incorporates different equipment and keeps the body wondering what's coming next!

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Yoga

Date and Time: Tuesday, April 30 10:15 a.m. - 11:15 a.m.

Event Location: 254 North Park St. Brantford, ON

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 participants of all levels and abilities. Yoga mats, blocks and straps are provided for all yoga classes, or you can bring your own.

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Length Swim

Date and Time: Tuesday, April 30 11:30 a.m. - 1:30 p.m.

Event Location: 254 North Park St. Brantford, ON

Lane swimming for youth and adults only.

