

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:30 am Hydrotherapy Pool 5:30 am Length Swim 6:30 am Shallow Water Walking 7:00 am Spin 7:00 am Aquafit - Rise and Shine 8:00 am Step 9:00 am Family Swim 9:00 am Parent and Child Skate 9:15 am Dancefit 9:30 am Warm Water Workout 10:30 am Warm Water Workout 10:30 am Yoga 10:30 am Length Swim (25m pool only) 10:30 am Chair Yoga 11:30 am Hydrotherapy Pool 12:00 pm Length Swim 12:00 pm Adult Shinny Hockey 12:15 pm Aqua Yoga 1:00 pm Adult Skate 1:30 pm Length Swim (25m pool only) 3:30 pm Hydrotherapy Pool 3:30 pm Length Swim 4:00 pm Drop-in Pickleball (Recreational)	2 5:30 am Hydrotherapy Pool 5:30 am Length Swim 6:30 am Lower Body Strength and Core 6:30 am Shallow Water Walking 9:00 am Be Fit for Life 9:00 am Parent and Child Skate 9:30 am Warm Water Workout 10:15 am Pilates 10:15 am Sit and Fit 10:30 am Warm Water Workout 10:30 am Length Swim (25m pool only) 10:45 am Aquafit 11:15 am Zoomer Fitness 11:30 am Hydrotherapy Pool 12:00 pm Family Swim 12:00 pm Length Swim 12:00 pm Adult Shinny Hockey 12:15 pm Deep Aquafit 1:30 pm Drop-in Pickleball (Recreational) 1:30 pm Warm Water Workout 1:30 pm Length Swim (25m pool only) 2:00 pm Stick n' Puck	3 5:30 am Hydrotherapy Pool 5:30 am Length Swim 6:30 am Shallow Water Walking 7:00 am Aquafit - Rise and Shine 9:00 am Family Swim 9:00 am Total Body Intervals 9:00 am Parent and Child Skate 9:30 am Warm Water Workout 10:30 am Warm Water Workout 10:30 am Yoga 10:30 am Length Swim (25m pool only) 10:45 am Aquafit 11:00 am Stick n' Puck 11:30 am Hydrotherapy Pool 12:00 pm Length Swim 12:15 pm Deep Aquafit 1:00 pm Adult Skate 1:30 pm Length Swim (25m pool only) 3:30 pm Hydrotherapy Pool 3:30 pm Length Swim 4:30 pm Length Swim (25m pool lanes 1-4 only) 5:15 pm Spin 6:15 pm Pilates	4 5:30 am Hydrotherapy Pool 5:30 am Length Swim 6:30 am Full Body Strength 6:30 am Shallow Water Walking 9:00 am Be Fit for Life 9:00 am Parent and Child Skate 9:30 am Warm Water Workout 10:30 am Warm Water Workout 10:30 am Yoga 10:30 am Length Swim (25m pool only) 10:45 am Aquafit 11:00 am Sit and Fit 11:30 am Hydrotherapy Pool 12:00 pm Family Swim 12:00 pm Length Swim 12:00 pm 55+ Adult Shinny Hockey 12:15 pm Deep Aquafit 1:00 pm Drop-in Pickleball (Recreational) 55+ 1:30 pm Length Swim (25m pool only) 3:30 pm Length Swim 3:30 pm Hydrotherapy Pool 4:30 pm Length Swim (25m pool lanes 1-4 only)	5 9:00 am Length Swim 9:00 am Hydrotherapy Pool 9:30 am Full Body Fit 12:15 pm Aquafit 2:00 pm Public Swim 4:00 pm Length Swim (65m mid pool only) 4:30 pm Drop-in Basketball (Recreational) 7:00 pm Drop-in Basketball (Competitive)

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

	<p>1:30 pm Warm Water Workout</p> <p>1:30 pm Length Swim (25m pool only)</p> <p>3:30 pm Length Swim</p> <p>3:30 pm Hydrotherapy Pool</p> <p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>5:30 pm Total Body Intervals</p> <p>6:30 pm Drop-in Cornhole (Recreational)</p> <p>7:30 pm Hydrotherapy Pool</p> <p>7:30 pm Length Swim</p>	<p>6:30 pm Aquafit P.M.</p> <p>6:30 pm Full Body Fit</p> <p>6:30 pm Yoga with Weights</p> <p>7:00 pm Public Swim</p>	<p>Water Workout</p> <p>1:30 pm Length Swim (25m pool only)</p> <p>2:00 pm Stick n' Puck</p> <p>3:30 pm Hydrotherapy Pool</p> <p>3:30 pm Length Swim</p> <p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>5:30 pm Spin Barre Fusion</p> <p>5:30 pm Total Body Intervals</p> <p>6:00 pm Yoga</p> <p>7:30 pm Length Swim</p> <p>7:30 pm Hydrotherapy Pool</p> <p>7:45 pm Drop-in Underwater Rugby (Recreational)</p>	<p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>5:15 pm Spin</p> <p>6:15 pm Pilates</p> <p>6:30 pm H.I.I.T.</p> <p>7:30 pm Length Swim</p> <p>7:30 pm Hydrotherapy Pool</p> <p>7:30 pm Aquafit P.M.</p>	<p>Swim</p> <p>3:30 pm Hydrotherapy Pool</p> <p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>5:00 pm Drop-in Volleyball (Recreational)</p> <p>5:30 pm Total Body Intervals</p> <p>7:00 pm Length Swim</p> <p>7:00 pm Hydrotherapy Pool</p> <p>7:30 pm Drop-in Volleyball (Competitive)</p>	
<p>13</p> <p>9:00 am Hydrotherapy Pool</p> <p>9:00 am Length Swim</p> <p>10:00 am Strength and Conditioning</p> <p>10:00 am Drop-in Pickleball (Recreational)</p> <p>12:00 pm Family Swim (25m pool and hydro pool)</p> <p>12:00 pm Length Swim (65m mid pool only)</p> <p>1:30 pm Drop-in Chess (Open Skill)</p> <p>1:30 pm Drop-in Pickleball (Competitive) 55+</p> <p>4:00 pm Drop-in Badminton (Recreational)</p> <p>5:30 pm Public Skating</p> <p>6:30 pm Drop-in Volleyball (Recreational)</p>	<p>14</p> <p>10:30 am Yoga</p>	<p>15</p> <p>5:30 am Length Swim</p> <p>5:30 am Hydrotherapy Pool</p> <p>6:30 am Shallow Water Walking</p> <p>7:00 am Spin</p> <p>7:00 am Aquafit - Rise and Shine</p> <p>8:00 am Step</p> <p>9:00 am Family Swim</p> <p>9:00 am Parent and Child Skate</p> <p>9:15 am Dancefit</p> <p>9:30 am Warm Water Workout</p> <p>10:30 am Warm Water Workout</p> <p>10:30 am Yoga</p> <p>10:30 am Length Swim (25m pool only)</p> <p>10:30 am Chair Yoga</p> <p>11:30 am Hydrotherapy Pool</p> <p>12:00 pm Length Swim</p> <p>12:00 pm Adult Shinny Hockey</p> <p>12:15 pm Aqua Yoga</p>	<p>16</p> <p>5:30 am Hydrotherapy Pool</p> <p>5:30 am Length Swim</p> <p>6:30 am Lower Body Strength and Core</p> <p>6:30 am Shallow Water Walking</p> <p>9:00 am Be Fit for Life</p> <p>9:00 am Parent and Child Skate</p> <p>9:30 am Warm Water Workout</p> <p>10:15 am Pilates</p> <p>10:15 am Sit and Fit</p> <p>10:30 am Warm Water Workout</p> <p>10:30 am Length Swim (25m pool only)</p> <p>10:45 am Aquafit</p> <p>11:15 am Zoomer Fitness</p> <p>11:30 am Hydrotherapy Pool</p> <p>12:00 pm Family Swim</p> <p>12:00 pm Length Swim</p> <p>12:00 pm Adult Shinny Hockey</p>	<p>17</p> <p>5:30 am Hydrotherapy Pool</p> <p>5:30 am Length Swim</p> <p>6:30 am Shallow Water Walking</p> <p>7:00 am Aquafit - Rise and Shine</p> <p>9:00 am Family Swim</p> <p>9:00 am Total Body Intervals</p> <p>9:00 am Parent and Child Skate</p> <p>9:30 am Warm Water Workout</p> <p>10:30 am Warm Water Workout</p> <p>10:30 am Yoga</p> <p>10:30 am Length Swim (25m pool only)</p> <p>10:45 am Aquafit</p> <p>11:00 am Stick n' Puck</p> <p>11:30 am Hydrotherapy Pool</p> <p>12:00 pm Length Swim</p> <p>12:15 pm Deep Aquafit</p> <p>1:00 pm Adult Skate</p> <p>1:30 pm Length</p>	<p>18</p> <p>5:30 am Hydrotherapy Pool</p> <p>5:30 am Length Swim</p> <p>6:30 am Full Body Strength</p> <p>6:30 am Shallow Water Walking</p> <p>9:00 am Be Fit for Life</p> <p>9:00 am Parent and Child Skate</p> <p>9:30 am Warm Water Workout</p> <p>10:30 am Warm Water Workout</p> <p>10:30 am Yoga</p> <p>10:30 am Length Swim (25m pool only)</p> <p>10:45 am Aquafit</p> <p>11:00 am Sit and Fit</p> <p>11:30 am Hydrotherapy Pool</p> <p>12:00 pm Family Swim</p> <p>12:00 pm Length Swim</p> <p>12:00 pm 55+ Adult Shinny Hockey</p> <p>12:15 pm Deep Aquafit</p> <p>1:00 pm Drop-in</p>	<p>19</p> <p>9:00 am Length Swim</p> <p>9:00 am Hydrotherapy Pool</p> <p>9:30 am Full Body Fit</p> <p>12:15 pm Aquafit</p> <p>2:00 pm Public Swim</p> <p>4:00 pm Length Swim (65m mid pool only)</p> <p>4:30 pm Drop-in Basketball (Recreational)</p> <p>7:00 pm Drop-in Basketball (Competitive)</p>

		<p>1:00 pm Adult Skate</p> <p>1:30 pm Length Swim (25m pool only)</p> <p>3:30 pm Length Swim</p> <p>3:30 pm Hydrotherapy Pool</p> <p>4:00 pm Drop-in Pickleball (Recreational)</p> <p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>6:30 pm Aquafit P.M.</p> <p>6:30 pm Yoga with Weights</p> <p>6:30 pm Full Body Fit</p> <p>7:00 pm Public Swim</p>	<p>12:15 pm Deep Aquafit</p> <p>1:30 pm Drop-in Pickleball (Recreational)</p> <p>1:30 pm Warm Water Workout</p> <p>1:30 pm Length Swim (25m pool only)</p> <p>2:00 pm Stick n' Puck</p> <p>3:30 pm Hydrotherapy Pool</p> <p>3:30 pm Length Swim</p> <p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>5:30 pm Spin Barre Fusion</p> <p>5:30 pm Total Body Intervals</p> <p>6:00 pm Yoga</p> <p>7:30 pm Length Swim</p> <p>7:30 pm Hydrotherapy Pool</p> <p>7:45 pm Drop-in Underwater Rugby (Recreational)</p>	<p>Swim (25m pool only)</p> <p>3:30 pm Hydrotherapy Pool</p> <p>3:30 pm Length Swim</p> <p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>5:15 pm Spin</p> <p>6:15 pm Pilates</p> <p>6:30 pm H.I.I.T.</p> <p>7:30 pm Length Swim</p> <p>7:30 pm Hydrotherapy Pool</p> <p>7:30 pm Aquafit P.M.</p>	<p>Pickleball (Recreational) 55+</p> <p>1:30 pm Length Swim (25m pool only)</p> <p>3:30 pm Length Swim</p> <p>3:30 pm Hydrotherapy Pool</p> <p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>5:00 pm Drop-in Volleyball (Recreational)</p> <p>5:30 pm Total Body Intervals</p> <p>7:00 pm Length Swim</p> <p>7:00 pm Hydrotherapy Pool</p> <p>7:30 pm Drop-in Volleyball (Competitive)</p>	
<p>20</p> <p>9:00 am Hydrotherapy Pool</p> <p>9:00 am Length Swim</p> <p>10:00 am Strength and Conditioning</p> <p>10:00 am Drop-in Pickleball (Recreational)</p> <p>12:00 pm Family Swim (25m pool and hydro pool)</p> <p>12:00 pm Length Swim (65m mid pool only)</p> <p>1:30 pm Drop-in Chess (Open Skill)</p> <p>1:30 pm Drop-in Pickleball (Competitive) 55+</p> <p>4:00 pm Drop-in Badminton (Recreational)</p> <p>5:30 pm Public Skating</p> <p>6:30 pm Drop-in Volleyball (Recreational)</p>	<p>21</p> <p>5:30 am Length Swim</p> <p>5:30 am Hydrotherapy Pool</p> <p>6:30 am Shallow Water Walking</p> <p>6:30 am Spin and Strength</p> <p>8:00 am Total Body Intervals</p> <p>9:00 am Be Fit for Life</p> <p>9:00 am Parent and Child Skate</p> <p>9:30 am Warm Water Workout</p> <p>10:15 am Sit and Fit</p> <p>10:30 am Warm Water Workout</p> <p>10:30 am Length Swim (25m pool only)</p> <p>10:30 am Yoga</p> <p>10:45 am Aquafit</p> <p>11:00 am Stick n' Puck</p> <p>11:15 am Zoomer</p>	<p>22</p> <p>5:30 am Hydrotherapy Pool</p> <p>5:30 am Length Swim</p> <p>6:30 am Shallow Water Walking</p> <p>7:00 am Spin</p> <p>7:00 am Aquafit - Rise and Shine</p> <p>8:00 am Step</p> <p>9:00 am Family Swim</p> <p>9:00 am Parent and Child Skate</p> <p>9:15 am Dancefit</p> <p>9:30 am Warm Water Workout</p> <p>10:30 am Warm Water Workout</p> <p>10:30 am Yoga</p> <p>10:30 am Length Swim (25m pool only)</p> <p>10:30 am Chair Yoga</p> <p>11:30 am Hydrotherapy Pool</p>	<p>23</p> <p>5:30 am Hydrotherapy Pool</p> <p>5:30 am Length Swim</p> <p>6:30 am Lower Body Strength and Core</p> <p>6:30 am Shallow Water Walking</p> <p>9:00 am Be Fit for Life</p> <p>9:00 am Parent and Child Skate</p> <p>9:30 am Warm Water Workout</p> <p>10:15 am Pilates</p> <p>10:15 am Sit and Fit</p> <p>10:30 am Warm Water Workout</p> <p>10:30 am Length Swim (25m pool only)</p> <p>10:45 am Aquafit</p> <p>11:15 am Zoomer Fitness</p> <p>11:30 am Hydrotherapy Pool</p>	<p>24</p> <p>5:30 am Hydrotherapy Pool</p> <p>5:30 am Length Swim</p> <p>6:30 am Shallow Water Walking</p> <p>7:00 am Aquafit - Rise and Shine</p> <p>9:00 am Family Swim</p> <p>9:00 am Total Body Intervals</p> <p>9:00 am Parent and Child Skate</p> <p>9:30 am Warm Water Workout</p> <p>10:30 am Warm Water Workout</p> <p>10:30 am Yoga</p> <p>10:30 am Length Swim (25m pool only)</p> <p>10:45 am Aquafit</p> <p>11:00 am Stick n' Puck</p> <p>11:30 am Hydrotherapy Pool</p>	<p>25</p> <p>5:30 am Hydrotherapy Pool</p> <p>5:30 am Length Swim</p> <p>6:30 am Full Body Strength</p> <p>6:30 am Shallow Water Walking</p> <p>9:00 am Be Fit for Life</p> <p>9:00 am Parent and Child Skate</p> <p>9:30 am Warm Water Workout</p> <p>10:30 am Warm Water Workout</p> <p>10:30 am Yoga</p> <p>10:30 am Length Swim (25m pool only)</p> <p>10:45 am Aquafit</p> <p>11:00 am Sit and Fit</p> <p>11:30 am Hydrotherapy Pool</p> <p>12:00 pm Family Swim</p> <p>12:00 pm Length</p>	<p>26</p> <p>9:00 am Length Swim</p> <p>9:00 am Hydrotherapy Pool</p> <p>9:30 am Full Body Fit</p> <p>12:15 pm Aquafit</p> <p>2:00 pm Public Swim</p> <p>4:00 pm Length Swim (65m mid pool only)</p> <p>4:30 pm Drop-in Basketball (Recreational)</p> <p>4:30 pm Pumpkin Plunge</p> <p>7:00 pm Drop-in Basketball (Competitive)</p>

	<p>Fitness</p> <p>11:30 am Hydrotherapy Pool</p> <p>12:00 pm Family Swim</p> <p>12:00 pm Length Swim</p> <p>12:15 pm Deep Aquafit</p> <p>1:30 pm Drop-in Pickleball (Recreational)</p> <p>1:30 pm Warm Water Workout</p> <p>1:30 pm Length Swim (25m pool only)</p> <p>3:30 pm Length Swim</p> <p>3:30 pm Hydrotherapy Pool</p> <p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>5:30 pm Total Body Intervals</p> <p>6:30 pm Drop-in Cornhole (Recreational)</p> <p>7:30 pm Hydrotherapy Pool</p> <p>7:30 pm Length Swim</p>	<p>12:00 pm Length Swim</p> <p>12:00 pm Adult Shinny Hockey</p> <p>12:15 pm Aqua Yoga</p> <p>1:00 pm Adult Skate</p> <p>1:30 pm Length Swim (25m pool only)</p> <p>3:30 pm Hydrotherapy Pool</p> <p>3:30 pm Length Swim</p> <p>4:00 pm Drop-in Pickleball (Recreational)</p> <p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>6:30 pm Aquafit P.M.</p> <p>6:30 pm Full Body Fit</p> <p>6:30 pm Yoga with Weights</p> <p>7:00 pm Public Swim</p>	<p>12:00 pm Family Swim</p> <p>12:00 pm Length Swim</p> <p>12:00 pm Adult Shinny Hockey</p> <p>12:15 pm Deep Aquafit</p> <p>1:30 pm Drop-in Pickleball (Recreational)</p> <p>1:30 pm Warm Water Workout</p> <p>1:30 pm Length Swim (25m pool only)</p> <p>2:00 pm Stick n' Puck</p> <p>3:30 pm Hydrotherapy Pool</p> <p>3:30 pm Length Swim</p> <p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>5:30 pm Spin Barre Fusion</p> <p>5:30 pm Total Body Intervals</p> <p>6:00 pm Yoga</p> <p>7:30 pm Length Swim</p> <p>7:30 pm Hydrotherapy Pool</p> <p>7:45 pm Drop-in Underwater Rugby (Recreational)</p>	<p>12:00 pm Length Swim</p> <p>12:15 pm Deep Aquafit</p> <p>1:00 pm Adult Skate</p> <p>1:30 pm Length Swim (25m pool only)</p> <p>3:30 pm Hydrotherapy Pool</p> <p>3:30 pm Length Swim</p> <p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>5:15 pm Spin</p> <p>6:15 pm Pilates</p> <p>6:30 pm H.I.I.T.</p> <p>7:30 pm Length Swim</p> <p>7:30 pm Hydrotherapy Pool</p> <p>7:30 pm Aquafit P.M.</p>	<p>Swim</p> <p>12:00 pm 55+ Adult Shinny Hockey</p> <p>12:15 pm Deep Aquafit</p> <p>1:00 pm Drop-in Pickleball (Recreational) 55+</p> <p>1:30 pm Length Swim (25m pool only)</p> <p>3:30 pm Length Swim</p> <p>3:30 pm Hydrotherapy Pool</p> <p>4:30 pm Length Swim (25m pool lanes 1-4 only)</p> <p>5:30 pm Total Body Intervals</p> <p>7:00 pm Length Swim</p> <p>7:00 pm Hydrotherapy Pool</p> <p>7:30 pm Drop-in Volleyball (Open Skill)</p>	
27	28	29	30	31		
<p>9:00 am Hydrotherapy Pool</p> <p>9:00 am Length Swim</p> <p>10:00 am Strength and Conditioning</p> <p>10:00 am Drop-in Pickleball (Recreational)</p> <p>12:00 pm Family Swim (25m pool and hydro pool)</p> <p>12:00 pm Length Swim (65m mid pool only)</p> <p>1:30 pm Drop-in Chess (Open Skill)</p> <p>1:30 pm Drop-in Pickleball (Competitive) 55+</p> <p>4:00 pm Drop-in Badminton (Recreational)</p>	<p>6:30 am Spin and Strength</p> <p>6:30 am Shallow Water Walking</p> <p>7:30 am Length Swim (65m mid-section and deep-end)</p> <p>8:00 am Total Body Intervals</p> <p>9:00 am Be Fit for Life</p> <p>9:00 am Parent and Child Skate</p> <p>10:15 am Sit and Fit</p> <p>10:30 am Yoga</p> <p>10:30 am Length Swim (65m deep-end, 4 lanes only)</p> <p>10:45 am Aquafit</p> <p>11:00 am Stick n' Puck</p>	<p>5:30 am Length Swim (65m mid-section, 8 lanes only)</p> <p>6:30 am Shallow Water Walking</p> <p>7:00 am Spin</p> <p>7:30 am Length Swim (65m mid-section and deep-end)</p> <p>8:00 am Step</p> <p>9:00 am Family Swim</p> <p>9:00 am Parent and Child Skate</p> <p>9:15 am Dancefit</p> <p>10:30 am Chair Yoga</p> <p>10:30 am Yoga</p> <p>10:30 am Length Swim (65m deep-</p>	<p>6:30 am Lower Body Strength and Core</p> <p>6:30 am Shallow Water Walking</p> <p>7:30 am Length Swim (65m mid-section and deep-end)</p> <p>9:00 am Parent and Child Skate</p> <p>9:00 am Be Fit for Life</p> <p>10:15 am Pilates</p> <p>10:15 am Sit and Fit</p> <p>10:30 am Length Swim (65m deep-end, 4 lanes only)</p> <p>10:45 am Aquafit</p> <p>11:15 am Zoomer Fitness</p> <p>12:00 pm Family</p>	<p>5:30 am Length Swim</p> <p>5:30 am Hydrotherapy Pool</p> <p>6:30 am Shallow Water Walking</p> <p>7:00 am Aquafit - Rise and Shine</p> <p>9:00 am Family Swim</p> <p>9:00 am Total Body Intervals</p> <p>9:00 am Parent and Child Skate</p> <p>9:30 am Warm Water Workout</p> <p>10:30 am Warm Water Workout</p> <p>10:30 am Yoga</p> <p>10:30 am Length Swim (25m pool only)</p>		

5:30 pm Public Skating	11:15 am Zoomer Fitness	end, 4 lanes only)	Swim	10:45 am Aquafit
6:30 pm Drop-in Volleyball (Recreational)	12:00 pm Family Swim	12:00 pm Length Swim (65m mid-section, 8 lanes only)	12:00 pm Length Swim (65m mid-section, 8 lanes only)	11:00 am Stick n' Puck
	12:00 pm Length Swim (65m mid-section, 8 lanes only)	12:00 pm Adult Shinny Hockey	12:00 pm Adult Shinny Hockey	11:30 am Hydrotherapy Pool
	12:15 pm Deep Aquafit	12:00 pm Length Swim	12:15 pm Deep Aquafit	12:00 pm Length Swim
	1:30 pm Drop-in Pickleball (Recreational)	1:00 pm Adult Skate	1:30 pm Drop-in Pickleball (Recreational)	12:15 pm Deep Aquafit
	1:30 pm Length Swim (65m mid-section, 8 lanes only)	1:30 pm Length Swim (65m mid-section, 8 lanes only)	1:30 pm Length Swim (65m mid-section, 8 lanes only)	1:00 pm Adult Skate
	5:30 pm Total Body Intervals	3:30 pm Length Swim (65m mid-section, 4 lanes only)	2:00 pm Stick n' Puck	1:30 pm Length Swim (25m pool only)
	6:30 pm Drop-in Cornhole (Recreational)	4:00 pm Drop-in Pickleball (Recreational)	5:30 pm Spin Barre Fusion	3:30 pm Length Swim
		6:30 pm Yoga with Weights	5:30 pm Total Body Intervals	3:30 pm Hydrotherapy Pool
		6:30 pm Full Body Fit	6:00 pm Yoga	4:30 pm Length Swim (25m pool lanes 1-4 only)
		7:00 pm Public Swim (65m pool only)	7:30 pm Spooktacular Showdown	5:15 pm Spin
			8:00 pm Length Swim (65m mid-section, 8 lanes only)	6:15 pm Pilates
				6:30 pm H.I.I.T.
				7:30 pm Length Swim
				7:30 pm Hydrotherapy Pool
				7:30 pm Aquafit P.M.

<https://calendar.waynegretzkysportscentre.ca>