

Tuesday, October 1, 2024

Hydrotherapy Pool

Date and Time: Tuesday, October 1 5:30 am - 9:30 am

Address: 254 North Park Street

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

Length Swim

Date and Time: Tuesday, October 1 5:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Shallow Water Walking

Date and Time: Tuesday, October 1 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Spin

Date and Time: Tuesday, October 1 7:00 am - 7:45 am

Address: 254 North Park Street, Brantford, ON

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

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

Aquafit - Rise and Shine

Date and Time: Tuesday, October 1 7:00 am - 7:45 am

Address: 254 North Park Street

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

Step

Date and Time: Tuesday, October 1 8:00 am - 9:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Family Swim

Date and Time: Tuesday, October 1 9:00 am - 10:00 am

Address: 254 North Park Street

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

Important age requirement:

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

Parent and Child Skate

Date and Time: Tuesday, October 1 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

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

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

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

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

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

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

Dancefit

Date and Time: Tuesday, October 1 9:15 am - 10:15 am

Address: 254 North Park Street, Brantford, ON

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

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

Warm Water Workout

Date and Time: Tuesday, October 1 9:30 am - 10:15 am

Address: 254 North Park Street

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

Warm Water Workout

Date and Time: Tuesday, October 1 10:30 am - 11:15 am

Address: 254 North Park Street

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

Yoga

Date and Time: Tuesday, October 1 10:30 am - 11:30 am

Address: 254 North Park Street

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

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

Length Swim (25m pool only)

Date and Time: Tuesday, October 1 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 25m pool only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Chair Yoga

Date and Time: Tuesday, October 1 10:30 am - 11:30 am

Address: 254 North Park Street

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

This is a gentle exercise class that you can do while seated or with the aid of a chair. It is ideal for older adults, for those with a physical disability or beginners.

Hydrotherapy Pool

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

Address: 254 North Park Street

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

Wednesday, October 2, 2024

Hydrotherapy Pool

Date and Time: Wednesday, October 2 5:30 am - 9:30 am

Address: 254 North Park Street

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

Length Swim

Date and Time: Wednesday, October 2 5:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Lower Body Strength and Core

Date and Time: Wednesday, October 2 6:30 am - 7:30 am

Address: 254 North Park Street, Brantford, ON

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

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

Shallow Water Walking

Date and Time: Wednesday, October 2 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Be Fit for Life

Date and Time: Wednesday, October 2 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

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

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our inst

ructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

Parent and Child Skate

Date and Time: Wednesday, October 2 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

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

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

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

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

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

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

Warm Water Workout

Date and Time: Wednesday, October 2 9:30 am - 10:15 am

Address: 254 North Park Street

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

Pilates

Date and Time: Wednesday, October 2 10:15 am - 11:15 am

Address: 254 North Park Street, Brantford, ON

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

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

Sit and Fit

Date and Time: Wednesday, October 2 10:15 am - 11:00 am

Address: 254 North Park Street

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

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

Warm Water Workout

Date and Time: Wednesday, October 2 10:30 am - 11:15 am

Address: 254 North Park Street

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

Length Swim (25m pool only)

Date and Time: Wednesday, October 2 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 25m pool only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Aquafit

Date and Time: Wednesday, October 2 10:45 am - 11:45 am

Address: 254 North Park Street

Water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water

er suspended exercises for a total body workout. This class uses foam water weights to build strength too.

Zoomer Fitness

Date and Time: Wednesday, October 2 11:15 am - 12:00 pm

Address: 254 North Park Street

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

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

Hydrotherapy Pool

Date and Time: Wednesday, October 2 11:30 am - 1:30 pm

Address: 254 North Park Street

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

Family Swim

Date and Time: Wednesday, October 2 12:00 pm - 1:00 pm

Address: 254 North Park Street

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

Important age requirement:

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

Thursday, October 3, 2024

Hydrotherapy Pool

Date and Time: Thursday, October 3 5:30 am - 9:30 am

Address: 254 North Park Street

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

ccessibility. Seating is available in the pool

Length Swim

Date and Time: Thursday, October 3 5:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Shallow Water Walking

Date and Time: Thursday, October 3 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Aquafit - Rise and Shine

Date and Time: Thursday, October 3 7:00 am - 7:45 am

Address: 254 North Park Street

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

Family Swim

Date and Time: Thursday, October 3 9:00 am - 10:00 am

Address: 254 North Park Street

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

Important age requirement:

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

Total Body Intervals

Date and Time: Thursday, October 3 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Parent and Child Skate

Date and Time: Thursday, October 3 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

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

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

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

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

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

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

Warm Water Workout

Date and Time: Thursday, October 3 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those

e with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

Warm Water Workout

Date and Time: Thursday, October 3 10:30 am - 11:15 am

Address: 254 North Park Street

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

Yoga

Date and Time: Thursday, October 3 10:30 am - 11:30 am

Address: 254 North Park Street

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

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

Length Swim (25m pool only)

Date and Time: Thursday, October 3 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 25m pool only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Aquafit

Date and Time: Thursday, October 3 10:45 am - 11:45 am

Address: 254 North Park Street

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

Stick n' Puck

Date and Time: Thursday, October 3 11:00 am - 12:00 pm

Address: 254 North Park St. Brantford, ON

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

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

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

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

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

Monday, October 14, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Monday, February 17, 2025

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

Hydrotherapy Pool

Date and Time: Thursday, October 3 11:30 am - 1:30 pm

Address: 254 North Park Street

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

Length Swim

Date and Time: Thursday, October 3 12:00 pm - 1:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Friday, October 4, 2024

Hydrotherapy Pool

Date and Time: Friday, October 4 5:30 am - 9:30 am

Address: 254 North Park Street

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

Length Swim

Date and Time: Friday, October 4 5:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Full Body Strength

Date and Time: Friday, October 4 6:30 am - 7:30 am

Address: 254 North Park Street

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

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

Shallow Water Walking

Date and Time: Friday, October 4 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Be Fit for Life

Date and Time: Friday, October 4 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Parent and Child Skate

Date and Time: Friday, October 4 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

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

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

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

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

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Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

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

Warm Water Workout

Date and Time: Friday, October 4 9:30 am - 10:15 am

Address: 254 North Park Street

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

Warm Water Workout

Date and Time: Friday, October 4 10:30 am - 11:15 am

Address: 254 North Park Street

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

Yoga

Date and Time: Friday, October 4 10:30 am - 11:30 am

Address: 254 North Park Street

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

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

Length Swim (25m pool only)

Date and Time: Friday, October 4 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 25m pool only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Aquafit

Date and Time: Friday, October 4 10:45 am - 11:45 am

Address: 254 North Park Street

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

Sit and Fit

Date and Time: Friday, October 4 11:00 am - 11:45 am

Address: 254 North Park Street

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

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

Hydrotherapy Pool

Date and Time: Friday, October 4 11:30 am - 1:30 pm

Address: 254 North Park Street

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

Family Swim

Date and Time: Friday, October 4 12:00 pm - 1:00 pm

Address: 254 North Park Street

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

Important age requirement:

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

Length Swim

Date and Time: Friday, October 4 12:00 pm - 1:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Saturday, October 5, 2024

Length Swim

Date and Time: Saturday, October 5 9:00 am - 2:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Hydrotherapy Pool

Date and Time: Saturday, October 5 9:00 am - 2:00 pm

Address: 254 North Park Street

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

Full Body Fit

Date and Time: Saturday, October 5 9:30 am - 10:30 am

Address: 254 North Park Street, Brantford, ON

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

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

Aquafit

Date and Time: Saturday, October 5 12:15 pm - 1:00 pm

Address: 254 North Park Street

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

Public Swim

Date and Time: Saturday, October 5 2:00 pm - 4:00 pm

Address: 254 North Park Street

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

Important Age Requirements:

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

Length Swim (65m mid pool only)

Date and Time: Saturday, October 5 4:00 pm - 7:00 pm

Address: 254 North Park Street

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

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Drop-in Basketball (Recreational)

Date and Time: Saturday, October 5 4:30 pm - 6:30 pm

Address: 254 North Park Street, Brantford, ON

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

Drop-in Basketball (Competitive)

Date and Time: Saturday, October 5 7:00 pm - 9:00 pm

Address: 254 North Park Street, Brantford, ON

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

Sunday, October 6, 2024

Hydrotherapy Pool

Date and Time: Sunday, October 6 9:00 am - 12:00 pm

Address: 254 North Park Street

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

Length Swim

Date and Time: Sunday, October 6 9:00 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Strength and Conditioning

Date and Time: Sunday, October 6 10:00 am - 11:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Drop-in Pickleball (Recreational)

Date and Time: Sunday, October 6 10:00 am - 12:00 pm

Address: 254 North Park Street, Brantford, ON

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

Family Swim (25m pool and hydro pool)

Date and Time: Sunday, October 6 12:00 pm - 2:00 pm

Address: 254 North Park Street

Bring your family out for a swim in the pool. **This swim takes place in the 25m pool and Warm Water Pool located on the 65m pool deck.** Diving boards are closed during this swim. The waterslide remains closed at this time.

Important age requirement:

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

Length Swim (65m mid pool only)

Date and Time: Sunday, October 6 12:00 pm - 3:30 pm

Address: 254 North Park Street

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

Drop-in Chess (Open Skill)

Date and Time: Sunday, October 6 1:30 pm - 3:30 pm

Address: 254 North Park Street Brantford ON N3R 4L1

Chess is a two player strategy board game where the aim is to move different types of playing piece, each with a prescribed set of possible moves, around a checkered square board trying to capture the opponents 'king' piece. All skill levels are welcome!

Drop-in Pickleball (Competitive) 55+

Date and Time: Sunday, October 6 1:30 pm - 3:30 pm

Address: 254 North Park Street, Brantford, ON

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

Drop-in Badminton (Recreational)

Date and Time: Sunday, October 6 4:00 pm - 6:00 pm

Address: 254 North Park Street, Brantford, ON

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

Public Skating

Date and Time: Sunday, October 6 5:30 pm - 7:30 pm

Address: 254 North Park St. Brantford, ON

Join us for a skate, everyone welcome!

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

Drop-in Volleyball (Recreational)

Date and Time: Sunday, October 6 6:30 pm - 8:30 pm

Address: 254 North Park Street, Brantford, ON

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

Monday, October 7, 2024

Length Swim

Date and Time: Monday, October 7 5:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Hydrotherapy Pool

Date and Time: Monday, October 7 5:30 am - 9:30 am

Address: 254 North Park Street

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

Shallow Water Walking

Date and Time: Monday, October 7 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Spin and Strength

Date and Time: Monday, October 7 6:30 am - 7:30 am

Address: 254 North Park Street, Brantford, ON

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

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

Total Body Intervals

Date and Time: Monday, October 7 8:00 am - 8:45 am

Address: 254 North Park Street

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

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

Be Fit for Life

Date and Time: Monday, October 7 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Parent and Child Skate

Date and Time: Monday, October 7 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

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

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

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

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

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

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

Warm Water Workout

Date and Time: Monday, October 7 9:30 am - 10:15 am

Address: 254 North Park Street

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

Sit and Fit

Date and Time: Monday, October 7 10:15 am - 11:00 am

Address: 254 North Park Street

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

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

Warm Water Workout

Date and Time: Monday, October 7 10:30 am - 11:15 am

Address: 254 North Park Street

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

Length Swim (25m pool only)

Date and Time: Monday, October 7 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 25m pool only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Yoga

Date and Time: Monday, October 7 10:30 am - 11:30 am

Address: 254 North Park Street

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

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

Aquafit

Date and Time: Monday, October 7 10:45 am - 11:45 am

Address: 254 North Park Street

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

Stick n' Puck

Date and Time: Monday, October 7 11:00 am - 12:00 pm

Address: 254 North Park St. Brantford, ON

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

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

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

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

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

Monday, October 14, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Monday, February 17, 2025

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

Zoomer Fitness

Date and Time: Monday, October 7 11:15 am - 12:00 pm

Address: 254 North Park Street

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

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

Tuesday, October 8, 2024

Hydrotherapy Pool

Date and Time: Tuesday, October 8 5:30 am - 9:30 am

Address: 254 North Park Street

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

Length Swim

Date and Time: Tuesday, October 8 5:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Shallow Water Walking

Date and Time: Tuesday, October 8 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Spin

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

Address: 254 North Park Street, Brantford, ON

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

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

Aquafit - Rise and Shine

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

Address: 254 North Park Street

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

Step

Date and Time: Tuesday, October 8 8:00 am - 9:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Family Swim

Date and Time: Tuesday, October 8 9:00 am - 10:00 am

Address: 254 North Park Street

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

Important age requirement:

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

Dancefit

Date and Time: Tuesday, October 8 9:15 am - 10:15 am

Address: 254 North Park Street, Brantford, ON

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

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

Warm Water Workout

Date and Time: Tuesday, October 8 9:30 am - 10:15 am

Address: 254 North Park Street

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

Warm Water Workout

Date and Time: Tuesday, October 8 10:30 am - 11:15 am

Address: 254 North Park Street

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

Yoga

Date and Time: Tuesday, October 8 10:30 am - 11:30 am

Address: 254 North Park Street

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

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

Length Swim (25m pool only)

Date and Time: Tuesday, October 8 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 25m pool only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Chair Yoga

Date and Time: Tuesday, October 8 10:30 am - 11:30 am

Address: 254 North Park Street

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

This is a gentle exercise class that you can do while seated or with the aid of a chair. It is ideal for older adults, f or those with a physical disability or beginners.

Hydrotherapy Pool

Date and Time: Tuesday, October 8 11:30 am - 1:30 pm

Address: 254 North Park Street

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

Length Swim

Date and Time: Tuesday, October 8 12:00 pm - 1:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Wednesday, October 9, 2024

Hydrotherapy Pool

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

Address: 254 North Park Street

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

Length Swim

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

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Lower Body Strength and Core

Date and Time: Wednesday, October 9 6:30 am - 7:30 am

Address: 254 North Park Street, Brantford, ON

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

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

Shallow Water Walking

Date and Time: Wednesday, October 9 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Be Fit for Life

Date and Time: Wednesday, October 9 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Parent and Child Skate

Date and Time: Wednesday, October 9 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

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

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

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

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

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

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

Warm Water Workout

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

Address: 254 North Park Street

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

Pilates

Date and Time: Wednesday, October 9 10:15 am - 11:15 am

Address: 254 North Park Street, Brantford, ON

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

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

Sit and Fit

Date and Time: Wednesday, October 9 10:15 am - 11:00 am

Address: 254 North Park Street

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

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

Warm Water Workout

Date and Time: Wednesday, October 9 10:30 am - 11:15 am

Address: 254 North Park Street

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

Length Swim (25m pool only)

Date and Time: Wednesday, October 9 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 25m pool only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Aquafit

Date and Time: Wednesday, October 9 10:45 am - 11:45 am

Address: 254 North Park Street

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

Zoomer Fitness

Date and Time: Wednesday, October 9 11:15 am - 12:00 pm

Address: 254 North Park Street

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

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

Hydrotherapy Pool

Date and Time: Wednesday, October 9 11:30 am - 1:30 pm

Address: 254 North Park Street

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

Family Swim

Date and Time: Wednesday, October 9 12:00 pm - 1:00 pm

Address: 254 North Park Street

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

Important age requirement:

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

Thursday, October 10, 2024

Hydrotherapy Pool

Date and Time: Thursday, October 10 5:30 am - 9:30 am

Address: 254 North Park Street

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

Length Swim

Date and Time: Thursday, October 10 5:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Shallow Water Walking

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

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Aquafit - Rise and Shine

Date and Time: Thursday, October 10 7:00 am - 7:45 am

Address: 254 North Park Street

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

Family Swim

Date and Time: Thursday, October 10 9:00 am - 10:00 am

Address: 254 North Park Street

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

Important age requirement:

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

Total Body Intervals

Date and Time: Thursday, October 10 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Parent and Child Skate

Date and Time: Thursday, October 10 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

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

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

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

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

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

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

Warm Water Workout

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

Address: 254 North Park Street

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

Warm Water Workout

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

Address: 254 North Park Street

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

Yoga

Date and Time: Thursday, October 10 10:30 am - 11:30 am

Address: 254 North Park Street

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

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

Length Swim (25m pool only)

Date and Time: Thursday, October 10 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 25m pool only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Aquafit

Date and Time: Thursday, October 10 10:45 am - 11:45 am

Address: 254 North Park Street

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

Stick n' Puck

Date and Time: Thursday, October 10 11:00 am - 12:00 pm

Address: 254 North Park St. Brantford, ON

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

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

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

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

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

Monday, October 14, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Monday, February 17, 2025

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

Hydrotherapy Pool

Date and Time: Thursday, October 10 11:30 am - 1:30 pm

Address: 254 North Park Street

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

Length Swim

Date and Time: Thursday, October 10 12:00 pm - 1:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Friday, October 11, 2024

Hydrotherapy Pool

Date and Time: Friday, October 11 5:30 am - 9:30 am

Address: 254 North Park Street

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

Length Swim

Date and Time: Friday, October 11 5:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Full Body Strength

Date and Time: Friday, October 11 6:30 am - 7:30 am

Address: 254 North Park Street

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

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

Shallow Water Walking

Date and Time: Friday, October 11 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Be Fit for Life

Date and Time: Friday, October 11 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Parent and Child Skate

Date and Time: Friday, October 11 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

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

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

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

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

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

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

Warm Water Workout

Date and Time: Friday, October 11 9:30 am - 10:15 am

Address: 254 North Park Street

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

Warm Water Workout

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

Address: 254 North Park Street

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

Yoga

Date and Time: Friday, October 11 10:30 am - 11:30 am

Address: 254 North Park Street

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

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

Length Swim (25m pool only)

Date and Time: Friday, October 11 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 25m pool only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Aquafit

Date and Time: Friday, October 11 10:45 am - 11:45 am

Address: 254 North Park Street

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

Sit and Fit

Date and Time: Friday, October 11 11:00 am - 11:45 am

Address: 254 North Park Street

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

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

Hydrotherapy Pool

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

Address: 254 North Park Street

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

Family Swim

Date and Time: Friday, October 11 12:00 pm - 1:00 pm

Address: 254 North Park Street

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

Important age requirement:

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

Length Swim

Date and Time: Friday, October 11 12:00 pm - 1:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Saturday, October 12, 2024

Length Swim

Date and Time: Saturday, October 12 9:00 am - 2:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Hydrotherapy Pool

Date and Time: Saturday, October 12 9:00 am - 2:00 pm

Address: 254 North Park Street

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

Full Body Fit

Date and Time: Saturday, October 12 9:30 am - 10:30 am

Address: 254 North Park Street, Brantford, ON

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

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

Aquafit

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

Address: 254 North Park Street

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

Public Swim

Date and Time: Saturday, October 12 2:00 pm - 4:00 pm

Address: 254 North Park Street

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

Important Age Requirements:

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

Length Swim (65m mid pool only)

Date and Time: Saturday, October 12 4:00 pm - 7:00 pm

Address: 254 North Park Street

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

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Drop-in Basketball (Recreational)

Date and Time: Saturday, October 12 4:30 pm - 6:30 pm

Address: 254 North Park Street, Brantford, ON

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

Drop-in Basketball (Competitive)

Date and Time: Saturday, October 12 7:00 pm - 9:00 pm

Address: 254 North Park Street, Brantford, ON

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

Sunday, October 13, 2024

Hydrotherapy Pool

Date and Time: Sunday, October 13 9:00 am - 12:00 pm

Address: 254 North Park Street

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

Length Swim

Date and Time: Sunday, October 13 9:00 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Strength and Conditioning

Date and Time: Sunday, October 13 10:00 am - 11:00 am

Address: 254 North Park Street, Brantford, ON

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

This class is the selection and development of dynamic and static exercises used to improve physical performance. It is a great way to transform your body and get results, whether you're an athlete or amateur. It offers much

more than just lifting weights and focuses on a variety of tools to improve movement, health, and physical performance.

Drop-in Pickleball (Recreational)

Date and Time: Sunday, October 13 10:00 am - 12:00 pm

Address: 254 North Park Street, Brantford, ON

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

Family Swim (25m pool and hydro pool)

Date and Time: Sunday, October 13 12:00 pm - 2:00 pm

Address: 254 North Park Street

Bring your family out for a swim in the pool. **This swim takes place in the 25m pool and Warm Water Pool located on the 65m pool deck.** Diving boards are closed during this swim. The waterslide remains closed at this time.

Important age requirement:

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

Length Swim (65m mid pool only)

Date and Time: Sunday, October 13 12:00 pm - 3:30 pm

Address: 254 North Park Street

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

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Drop-in Chess (Open Skill)

Date and Time: Sunday, October 13 1:30 pm - 3:30 pm

Address: 254 North Park Street Brantford ON N3R 4L1

Chess is a two player strategy board game where the aim is to move different types of playing piece, each with a prescribed set of possible moves, around a checkered square board trying to capture the opponents 'king' piece. All skill levels are welcome!

Drop-in Pickleball (Competitive) 55+

Date and Time: Sunday, October 13 1:30 pm - 3:30 pm

Address: 254 North Park Street, Brantford, ON

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

Drop-in Badminton (Recreational)

Date and Time: Sunday, October 13 4:00 pm - 6:00 pm

Address: 254 North Park Street, Brantford, ON

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

Public Skating

Date and Time: Sunday, October 13 5:30 pm - 7:30 pm

Address: 254 North Park St. Brantford, ON

Join us for a skate, everyone welcome!

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

Drop-in Volleyball (Recreational)

Date and Time: Sunday, October 13 6:30 pm - 8:30 pm

Address: 254 North Park Street, Brantford, ON

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

Monday, October 14, 2024

Yoga

Date and Time: Monday, October 14 10:30 am - 11:30 am

Address: 254 North Park Street

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

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

Tuesday, October 15, 2024

Length Swim

Date and Time: Tuesday, October 15 5:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Hydrotherapy Pool

Date and Time: Tuesday, October 15 5:30 am - 9:30 am

Address: 254 North Park Street

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

Shallow Water Walking

Date and Time: Tuesday, October 15 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Spin

Date and Time: Tuesday, October 15 7:00 am - 7:45 am

Address: 254 North Park Street, Brantford, ON

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

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

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

Aquafit - Rise and Shine

Date and Time: Tuesday, October 15 7:00 am - 7:45 am

Address: 254 North Park Street

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

Step

Date and Time: Tuesday, October 15 8:00 am - 9:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Family Swim

Date and Time: Tuesday, October 15 9:00 am - 10:00 am

Address: 254 North Park Street

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

Important age requirement:

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

Parent and Child Skate

Date and Time: Tuesday, October 15 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

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

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

Regular programming will not run on P.D. Days, School Breaks, Holidays or during Tournaments. Public Skating

g will be offered on these occasions when possible based on facility hours and Tournament schedules. Check out the Skating Schedule Calendar for all updates.

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

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

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

Dancefit

Date and Time: Tuesday, October 15 9:15 am - 10:15 am

Address: 254 North Park Street, Brantford, ON

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

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

Warm Water Workout

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

Address: 254 North Park Street

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

Warm Water Workout

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

Address: 254 North Park Street

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

Yoga

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

Address: 254 North Park Street

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

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

Length Swim (25m pool only)

Date and Time: Tuesday, October 15 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 25m pool only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Chair Yoga

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

Address: 254 North Park Street

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

This is a gentle exercise class that you can do while seated or with the aid of a chair. It is ideal for older adults, those with a physical disability or beginners.

Hydrotherapy Pool

Date and Time: Tuesday, October 15 11:30 am - 1:30 pm

Address: 254 North Park Street

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

Wednesday, October 16, 2024

Hydrotherapy Pool

Date and Time: Wednesday, October 16 5:30 am - 9:30 am

Address: 254 North Park Street

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

Length Swim

Date and Time: Wednesday, October 16 5:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Lower Body Strength and Core

Date and Time: Wednesday, October 16 6:30 am - 7:30 am

Address: 254 North Park Street, Brantford, ON

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

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

Shallow Water Walking

Date and Time: Wednesday, October 16 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Be Fit for Life

Date and Time: Wednesday, October 16 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Parent and Child Skate

Date and Time: Wednesday, October 16 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

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

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

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

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

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

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

Warm Water Workout

Date and Time: Wednesday, October 16 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those

e with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is 96 to 98 degrees Fahrenheit.

Pilates

Date and Time: Wednesday, October 16 10:15 am - 11:15 am

Address: 254 North Park Street, Brantford, ON

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

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

Sit and Fit

Date and Time: Wednesday, October 16 10:15 am - 11:00 am

Address: 254 North Park Street

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

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

Warm Water Workout

Date and Time: Wednesday, October 16 10:30 am - 11:15 am

Address: 254 North Park Street

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

Length Swim (25m pool only)

Date and Time: Wednesday, October 16 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 25m pool only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Aquafit

Date and Time: Wednesday, October 16 10:45 am - 11:45 am

Address: 254 North Park Street

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

Zoomer Fitness

Date and Time: Wednesday, October 16 11:15 am - 12:00 pm

Address: 254 North Park Street

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

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

Hydrotherapy Pool

Date and Time: Wednesday, October 16 11:30 am - 1:30 pm

Address: 254 North Park Street

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

Family Swim

Date and Time: Wednesday, October 16 12:00 pm - 1:00 pm

Address: 254 North Park Street

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

Important age requirement:

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

Thursday, October 17, 2024

Hydrotherapy Pool

Date and Time: Thursday, October 17 5:30 am - 9:30 am

Address: 254 North Park Street

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

Length Swim

Date and Time: Thursday, October 17 5:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Shallow Water Walking

Date and Time: Thursday, October 17 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Aquafit - Rise and Shine

Date and Time: Thursday, October 17 7:00 am - 7:45 am

Address: 254 North Park Street

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

Family Swim

Date and Time: Thursday, October 17 9:00 am - 10:00 am

Address: 254 North Park Street

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

Important age requirement:

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

Total Body Intervals

Date and Time: Thursday, October 17 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Parent and Child Skate

Date and Time: Thursday, October 17 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

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

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

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

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Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

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

Warm Water Workout

Date and Time: Thursday, October 17 9:30 am - 10:15 am

Address: 254 North Park Street

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

Warm Water Workout

Date and Time: Thursday, October 17 10:30 am - 11:15 am

Address: 254 North Park Street

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

Yoga

Date and Time: Thursday, October 17 10:30 am - 11:30 am

Address: 254 North Park Street

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

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

Length Swim (25m pool only)

Date and Time: Thursday, October 17 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 25m pool only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Aquafit

Date and Time: Thursday, October 17 10:45 am - 11:45 am

Address: 254 North Park Street

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

Stick n' Puck

Date and Time: Thursday, October 17 11:00 am - 12:00 pm

Address: 254 North Park St. Brantford, ON

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

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

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

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

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

Monday, October 14, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Monday, February 17, 2025

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

Hydrotherapy Pool

Date and Time: Thursday, October 17 11:30 am - 1:30 pm

Address: 254 North Park Street

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

Length Swim

Date and Time: Thursday, October 17 12:00 pm - 1:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Friday, October 18, 2024

Hydrotherapy Pool

Date and Time: Friday, October 18 5:30 am - 9:30 am

Address: 254 North Park Street

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

Length Swim

Date and Time: Friday, October 18 5:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Full Body Strength

Date and Time: Friday, October 18 6:30 am - 7:30 am

Address: 254 North Park Street

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

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

Shallow Water Walking

Date and Time: Friday, October 18 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Be Fit for Life

Date and Time: Friday, October 18 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

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

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you w

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

Parent and Child Skate

Date and Time: Friday, October 18 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

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

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

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

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

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

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

Warm Water Workout

Date and Time: Friday, October 18 9:30 am - 10:15 am

Address: 254 North Park Street

This warm water exercise class is designed to improve mobility, strength, and cardiovascular fitness. It's ideal for individuals recovering from injuries, those with arthritis, or anyone looking to enjoy a gentler yet effective workout. Classes are held in the Hydrotherapy Pool which is 3.5 ft. deep and water temperature is maintained at 30°C.

perature is 96 to 98 degrees Fahrenheit.

Warm Water Workout

Date and Time: Friday, October 18 10:30 am - 11:15 am

Address: 254 North Park Street

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

Yoga

Date and Time: Friday, October 18 10:30 am - 11:30 am

Address: 254 North Park Street

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

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

Length Swim (25m pool only)

Date and Time: Friday, October 18 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 25m pool only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Aquafit

Date and Time: Friday, October 18 10:45 am - 11:45 am

Address: 254 North Park Street

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

Sit and Fit

Date and Time: Friday, October 18 11:00 am - 11:45 am

Address: 254 North Park Street

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

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

Hydrotherapy Pool

Date and Time: Friday, October 18 11:30 am - 1:30 pm

Address: 254 North Park Street

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

Family Swim

Date and Time: Friday, October 18 12:00 pm - 1:00 pm

Address: 254 North Park Street

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

Important age requirement:

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

Length Swim

Date and Time: Friday, October 18 12:00 pm - 1:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Saturday, October 19, 2024

Length Swim

Date and Time: Saturday, October 19 9:00 am - 2:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Hydrotherapy Pool

Date and Time: Saturday, October 19 9:00 am - 2:00 pm

Address: 254 North Park Street

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

Full Body Fit

Date and Time: Saturday, October 19 9:30 am - 10:30 am

Address: 254 North Park Street, Brantford, ON

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

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

Aquafit

Date and Time: Saturday, October 19 12:15 pm - 1:00 pm

Address: 254 North Park Street

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

Public Swim

Date and Time: Saturday, October 19 2:00 pm - 4:00 pm

Address: 254 North Park Street

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

Important Age Requirements:

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

Requirements online. [hyperlink: <https://www.waynegretzkysportscentre.ca/en/about-us/swim-admission-requirements.aspx>]

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

Length Swim (65m mid pool only)

Date and Time: Saturday, October 19 4:00 pm - 7:00 pm

Address: 254 North Park Street

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

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Drop-in Basketball (Recreational)

Date and Time: Saturday, October 19 4:30 pm - 6:30 pm

Address: 254 North Park Street, Brantford, ON

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

Drop-in Basketball (Competitive)

Date and Time: Saturday, October 19 7:00 pm - 9:00 pm

Address: 254 North Park Street, Brantford, ON

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

Sunday, October 20, 2024

Hydrotherapy Pool

Date and Time: Sunday, October 20 9:00 am - 12:00 pm

Address: 254 North Park Street

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

Length Swim

Date and Time: Sunday, October 20 9:00 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Strength and Conditioning

Date and Time: Sunday, October 20 10:00 am - 11:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Drop-in Pickleball (Recreational)

Date and Time: Sunday, October 20 10:00 am - 12:00 pm

Address: 254 North Park Street, Brantford, ON

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

Family Swim (25m pool and hydro pool)

Date and Time: Sunday, October 20 12:00 pm - 2:00 pm

Address: 254 North Park Street

Bring your family out for a swim in the pool. **This swim takes place in the 25m pool and Warm Water Pool located on the 65m pool deck.** Diving boards are closed during this swim. The waterslide remains closed at this time.

Important age requirement:

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

Length Swim (65m mid pool only)

Date and Time: Sunday, October 20 12:00 pm - 3:30 pm

Address: 254 North Park Street

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

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Drop-in Chess (Open Skill)

Date and Time: Sunday, October 20 1:30 pm - 3:30 pm

Address: 254 North Park Street Brantford ON N3R 4L1

Chess is a two player strategy board game where the aim is to move different types of playing piece, each with a prescribed set of possible moves, around a checkered square board trying to capture the opponents 'king' piece. All skill levels are welcome!

Drop-in Pickleball (Competitive) 55+

Date and Time: Sunday, October 20 1:30 pm - 3:30 pm

Address: 254 North Park Street, Brantford, ON

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

Drop-in Badminton (Recreational)

Date and Time: Sunday, October 20 4:00 pm - 6:00 pm

Address: 254 North Park Street, Brantford, ON

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

Public Skating

Date and Time: Sunday, October 20 5:30 pm - 7:30 pm

Address: 254 North Park St. Brantford, ON

Join us for a skate, everyone welcome!

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

Drop-in Volleyball (Recreational)

Date and Time: Sunday, October 20 6:30 pm - 8:30 pm

Address: 254 North Park Street, Brantford, ON

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

Monday, October 21, 2024

Length Swim

Date and Time: Monday, October 21 5:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Hydrotherapy Pool

Date and Time: Monday, October 21 5:30 am - 9:30 am

Address: 254 North Park Street

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

Shallow Water Walking

Date and Time: Monday, October 21 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Spin and Strength

Date and Time: Monday, October 21 6:30 am - 7:30 am

Address: 254 North Park Street, Brantford, ON

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

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

Total Body Intervals

Date and Time: Monday, October 21 8:00 am - 8:45 am

Address: 254 North Park Street

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

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

Be Fit for Life

Date and Time: Monday, October 21 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Parent and Child Skate

Date and Time: Monday, October 21 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

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

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

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

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

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

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

Warm Water Workout

Date and Time: Monday, October 21 9:30 am - 10:15 am

Address: 254 North Park Street

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

Sit and Fit

Date and Time: Monday, October 21 10:15 am - 11:00 am

Address: 254 North Park Street

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

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

Warm Water Workout

Date and Time: Monday, October 21 10:30 am - 11:15 am

Address: 254 North Park Street

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

Length Swim (25m pool only)

Date and Time: Monday, October 21 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 25m pool only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Yoga

Date and Time: Monday, October 21 10:30 am - 11:30 am

Address: 254 North Park Street

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

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

Aquafit

Date and Time: Monday, October 21 10:45 am - 11:45 am

Address: 254 North Park Street

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

Stick n' Puck

Date and Time: Monday, October 21 11:00 am - 12:00 pm

Address: 254 North Park St. Brantford, ON

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

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

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

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

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

Monday, October 14, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Monday, February 17, 2025

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

Zoomer Fitness

Date and Time: Monday, October 21 11:15 am - 12:00 pm

Address: 254 North Park Street

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

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

Tuesday, October 22, 2024

Hydrotherapy Pool

Date and Time: Tuesday, October 22 5:30 am - 9:30 am

Address: 254 North Park Street

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

Length Swim

Date and Time: Tuesday, October 22 5:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Shallow Water Walking

Date and Time: Tuesday, October 22 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

Spin

Date and Time: Tuesday, October 22 7:00 am - 7:45 am

Address: 254 North Park Street, Brantford, ON

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

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

Aquafit - Rise and Shine

Date and Time: Tuesday, October 22 7:00 am - 7:45 am

Address: 254 North Park Street

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

Step

Date and Time: Tuesday, October 22 8:00 am - 9:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Family Swim

Date and Time: Tuesday, October 22 9:00 am - 10:00 am

Address: 254 North Park Street

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

Important age requirement:

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

Parent and Child Skate

Date and Time: Tuesday, October 22 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

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

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

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

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

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

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

Dancefit

Date and Time: Tuesday, October 22 9:15 am - 10:15 am

Address: 254 North Park Street, Brantford, ON

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

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

Warm Water Workout

Date and Time: Tuesday, October 22 9:30 am - 10:15 am

Address: 254 North Park Street

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

Warm Water Workout

Date and Time: Tuesday, October 22 10:30 am - 11:15 am

Address: 254 North Park Street

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

Yoga

Date and Time: Tuesday, October 22 10:30 am - 11:30 am

Address: 254 North Park Street

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

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

Length Swim (25m pool only)

Date and Time: Tuesday, October 22 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 25m pool only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Chair Yoga

Date and Time: Tuesday, October 22 10:30 am - 11:30 am

Address: 254 North Park Street

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

This is a gentle exercise class that you can do while seated or with the aid of a chair. It is ideal for older adults, for those with a physical disability or beginners.

Hydrotherapy Pool

Date and Time: Tuesday, October 22 11:30 am - 1:30 pm

Address: 254 North Park Street

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

Wednesday, October 23, 2024

Hydrotherapy Pool

Date and Time: Wednesday, October 23 5:30 am - 9:30 am

Address: 254 North Park Street

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

Length Swim

Date and Time: Wednesday, October 23 5:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Lower Body Strength and Core

Date and Time: Wednesday, October 23 6:30 am - 7:30 am

Address: 254 North Park Street, Brantford, ON

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

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

Shallow Water Walking

Date and Time: Wednesday, October 23 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Be Fit for Life

Date and Time: Wednesday, October 23 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Parent and Child Skate

Date and Time: Wednesday, October 23 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

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

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

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

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

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

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

Warm Water Workout

Date and Time: Wednesday, October 23 9:30 am - 10:15 am

Address: 254 North Park Street

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

Pilates

Date and Time: Wednesday, October 23 10:15 am - 11:15 am

Address: 254 North Park Street, Brantford, ON

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

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

Sit and Fit

Date and Time: Wednesday, October 23 10:15 am - 11:00 am

Address: 254 North Park Street

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

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

Warm Water Workout

Date and Time: Wednesday, October 23 10:30 am - 11:15 am

Address: 254 North Park Street

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

Length Swim (25m pool only)

Date and Time: Wednesday, October 23 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 25m pool only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Aquafit

Date and Time: Wednesday, October 23 10:45 am - 11:45 am

Address: 254 North Park Street

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

Zoomer Fitness

Date and Time: Wednesday, October 23 11:15 am - 12:00 pm

Address: 254 North Park Street

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

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

Hydrotherapy Pool

Date and Time: Wednesday, October 23 11:30 am - 1:30 pm

Address: 254 North Park Street

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

Family Swim

Date and Time: Wednesday, October 23 12:00 pm - 1:00 pm

Address: 254 North Park Street

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

Important age requirement:

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

Thursday, October 24, 2024

Hydrotherapy Pool

Date and Time: Thursday, October 24 5:30 am - 9:30 am

Address: 254 North Park Street

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

Length Swim

Date and Time: Thursday, October 24 5:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Shallow Water Walking

Date and Time: Thursday, October 24 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Aquafit - Rise and Shine

Date and Time: Thursday, October 24 7:00 am - 7:45 am

Address: 254 North Park Street

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

Family Swim

Date and Time: Thursday, October 24 9:00 am - 10:00 am

Address: 254 North Park Street

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

Important age requirement:

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

Total Body Intervals

Date and Time: Thursday, October 24 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Parent and Child Skate

Date and Time: Thursday, October 24 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

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

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

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

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

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

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

Warm Water Workout

Date and Time: Thursday, October 24 9:30 am - 10:15 am

Address: 254 North Park Street

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

Warm Water Workout

Date and Time: Thursday, October 24 10:30 am - 11:15 am

Address: 254 North Park Street

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

Yoga

Date and Time: Thursday, October 24 10:30 am - 11:30 am

Address: 254 North Park Street

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

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

Length Swim (25m pool only)

Date and Time: Thursday, October 24 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 25m pool only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Aquafit

Date and Time: Thursday, October 24 10:45 am - 11:45 am

Address: 254 North Park Street

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

Stick n' Puck

Date and Time: Thursday, October 24 11:00 am - 12:00 pm

Address: 254 North Park St. Brantford, ON

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

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

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

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

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

Monday, October 14, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Monday, February 17, 2025

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

Hydrotherapy Pool

Date and Time: Thursday, October 24 11:30 am - 1:30 pm

Address: 254 North Park Street

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

Length Swim

Date and Time: Thursday, October 24 12:00 pm - 1:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Friday, October 25, 2024

Hydrotherapy Pool

Date and Time: Friday, October 25 5:30 am - 9:30 am

Address: 254 North Park Street

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

Length Swim

Date and Time: Friday, October 25 5:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Full Body Strength

Date and Time: Friday, October 25 6:30 am - 7:30 am

Address: 254 North Park Street

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

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

Shallow Water Walking

Date and Time: Friday, October 25 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

Be Fit for Life

Date and Time: Friday, October 25 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Parent and Child Skate

Date and Time: Friday, October 25 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

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

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

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

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

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

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

Warm Water Workout

Date and Time: Friday, October 25 9:30 am - 10:15 am

Address: 254 North Park Street

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

Warm Water Workout

Date and Time: Friday, October 25 10:30 am - 11:15 am

Address: 254 North Park Street

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

Yoga

Date and Time: Friday, October 25 10:30 am - 11:30 am

Address: 254 North Park Street

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

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

Length Swim (25m pool only)

Date and Time: Friday, October 25 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 25m pool only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Aquafit

Date and Time: Friday, October 25 10:45 am - 11:45 am

Address: 254 North Park Street

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

Sit and Fit

Date and Time: Friday, October 25 11:00 am - 11:45 am

Address: 254 North Park Street

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

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

Hydrotherapy Pool

Date and Time: Friday, October 25 11:30 am - 1:30 pm

Address: 254 North Park Street

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

Family Swim

Date and Time: Friday, October 25 12:00 pm - 1:00 pm

Address: 254 North Park Street

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

Important age requirement:

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

Length Swim

Date and Time: Friday, October 25 12:00 pm - 1:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Saturday, October 26, 2024

Length Swim

Date and Time: Saturday, October 26 9:00 am - 2:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Hydrotherapy Pool

Date and Time: Saturday, October 26 9:00 am - 2:00 pm

Address: 254 North Park Street

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

Full Body Fit

Date and Time: Saturday, October 26 9:30 am - 10:30 am

Address: 254 North Park Street, Brantford, ON

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

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

Aquafit

Date and Time: Saturday, October 26 12:15 pm - 1:00 pm

Address: 254 North Park Street

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

Public Swim

Date and Time: Saturday, October 26 2:00 pm - 4:00 pm

Address: 254 North Park Street

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

Important Age Requirements:

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

Length Swim (65m mid pool only)

Date and Time: Saturday, October 26 4:00 pm - 7:00 pm

Address: 254 North Park Street

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

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Drop-in Basketball (Recreational)

Date and Time: Saturday, October 26 4:30 pm - 6:30 pm

Address: 254 North Park Street, Brantford, ON

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

Pumpkin Plunge

Date and Time: Saturday, October 26 4:30 pm - 7:00 pm

Address: 254 North Park Street, Brantford, ON, N3R 4L1

Splash in for a Halloween-themed swim on Saturday, October 26 from 4:30 p.m. to 6:00 p.m. There will be spooky Halloween music and a chance to jump in and pick your very own pumpkin to decorate later. There is a limit of one pumpkin per person, while supplies last. This swim will take place in the 65-metre pool and Warm Water Pool. Free for Facility and Pool Members or regular [swim admission rates](#) will apply. Public [Swim Admission Requirements](#) will apply.

Attendees of the Pumpkin Plunge can participate in extra 'fang'-tastic fun activities from 4:30 p.m. to 7:00 p.m. in the 2nd floor Activity Room. Paint your pumpkin, play cornhole and giant Jenga games and have your face p

ainted. Splash our polar bear will be available to take photos with guests between 5:30 p.m. and 6:00 p.m. and 6:30 p.m. and 7:00 p.m.

Drop-in Basketball (Competitive)

Date and Time: Saturday, October 26 7:00 pm - 9:00 pm

Address: 254 North Park Street, Brantford, ON

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

Sunday, October 27, 2024

Hydrotherapy Pool

Date and Time: Sunday, October 27 9:00 am - 12:00 pm

Address: 254 North Park Street

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

Length Swim

Date and Time: Sunday, October 27 9:00 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Strength and Conditioning

Date and Time: Sunday, October 27 10:00 am - 11:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Drop-in Pickleball (Recreational)

Date and Time: Sunday, October 27 10:00 am - 12:00 pm

Address: 254 North Park Street, Brantford, ON

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

Family Swim (25m pool and hydro pool)

Date and Time: Sunday, October 27 12:00 pm - 2:00 pm

Address: 254 North Park Street

Bring your family out for a swim in the pool. **This swim takes place in the 25m pool and Warm Water Pool located on the 65m pool deck.** Diving boards are closed during this swim. The waterslide remains closed at this time.

Important age requirement:

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

Length Swim (65m mid pool only)

Date and Time: Sunday, October 27 12:00 pm - 3:30 pm

Address: 254 North Park Street

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

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Drop-in Chess (Open Skill)

Date and Time: Sunday, October 27 1:30 pm - 3:30 pm

Address: 254 North Park Street Brantford ON N3R 4L1

Chess is a two player strategy board game where the aim is to move different types of playing piece, each with a prescribed set of possible moves, around a checkered square board trying to capture the opponents 'king' piece. All skill levels are welcome!

Drop-in Pickleball (Competitive) 55+

Date and Time: Sunday, October 27 1:30 pm - 3:30 pm

Address: 254 North Park Street, Brantford, ON

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

Drop-in Badminton (Recreational)

Date and Time: Sunday, October 27 4:00 pm - 6:00 pm

Address: 254 North Park Street, Brantford, ON

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

Public Skating

Date and Time: Sunday, October 27 5:30 pm - 7:30 pm

Address: 254 North Park St. Brantford, ON

Join us for a skate, everyone welcome!

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

Drop-in Volleyball (Recreational)

Date and Time: Sunday, October 27 6:30 pm - 8:30 pm

Address: 254 North Park Street, Brantford, ON

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

Monday, October 28, 2024

Spin and Strength

Date and Time: Monday, October 28 6:30 am - 7:30 am

Address: 254 North Park Street, Brantford, ON

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

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

Shallow Water Walking

Date and Time: Monday, October 28 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Length Swim (65m mid-section and deep-end)

Date and Time: Monday, October 28 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 65m mid-section and deep-end only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Total Body Intervals

Date and Time: Monday, October 28 8:00 am - 8:45 am

Address: 254 North Park Street

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

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

Be Fit for Life

Date and Time: Monday, October 28 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Parent and Child Skate

Date and Time: Monday, October 28 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

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

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

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

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

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

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

Sit and Fit

Date and Time: Monday, October 28 10:15 am - 11:00 am

Address: 254 North Park Street

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

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

Yoga

Date and Time: Monday, October 28 10:30 am - 11:30 am

Address: 254 North Park Street

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

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

Length Swim (65m deep-end, 4 lanes only)

Date and Time: Monday, October 28 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 65m deep-end, four lanes only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Aquafit

Date and Time: Monday, October 28 10:45 am - 11:45 am

Address: 254 North Park Street

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

Stick n' Puck

Date and Time: Monday, October 28 11:00 am - 12:00 pm

Address: 254 North Park St. Brantford, ON

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

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

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

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

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

Monday, October 14, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Monday, February 17, 2025

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

Zoomer Fitness

Date and Time: Monday, October 28 11:15 am - 12:00 pm

Address: 254 North Park Street

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

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

Family Swim

Date and Time: Monday, October 28 12:00 pm - 1:00 pm

Address: 254 North Park Street

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

Important age requirement:

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

Length Swim (65m mid-section, 8 lanes only)

Date and Time: Monday, October 28 12:00 pm - 1:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 65m mid-section (8 lanes only).**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Deep Aquafit

Date and Time: Monday, October 28 12:15 pm - 1:00 pm

Address: 254 North Park Street

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

Length Swim (65m mid-section, 8 lanes only)

Date and Time: Tuesday, October 29 5:30 am - 7:30 am

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 65m mid-section (8 lanes only).**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Shallow Water Walking

Date and Time: Tuesday, October 29 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Spin

Date and Time: Tuesday, October 29 7:00 am - 7:45 am

Address: 254 North Park Street, Brantford, ON

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

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

Length Swim (65m mid-section and deep-end)

Date and Time: Tuesday, October 29 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 65m mid-section and deep-end only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Step

Date and Time: Tuesday, October 29 8:00 am - 9:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Family Swim

Date and Time: Tuesday, October 29 9:00 am - 10:00 am

Address: 254 North Park Street

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

Important age requirement:

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

Parent and Child Skate

Date and Time: Tuesday, October 29 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

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

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

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

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

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

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

Dancefit

Date and Time: Tuesday, October 29 9:15 am - 10:15 am

Address: 254 North Park Street, Brantford, ON

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

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

Chair Yoga

Date and Time: Tuesday, October 29 10:30 am - 11:30 am

Address: 254 North Park Street

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

This is a gentle exercise class that you can do while seated or with the aid of a chair. It is ideal for older adults, for those with a physical disability or beginners.

Yoga

Date and Time: Tuesday, October 29 10:30 am - 11:30 am

Address: 254 North Park Street

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

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

Length Swim (65m deep-end, 4 lanes only)

Date and Time: Tuesday, October 29 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 65m deep-end, four lanes only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Length Swim (65m mid-section, 8 lanes only)

Date and Time: Tuesday, October 29 12:00 pm - 1:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 65m mid-section (8 lanes only).**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Adult Shinny Hockey

Date and Time: Tuesday, October 29 12:00 pm - 1:30 pm

Address: 254 North Park St. Brantford, ON

Pick up recreational hockey for ages 18+. Maximum of 30 participants per session (excluding goaltenders). Full equipment is recommended and CSA approved helmets are mandatory.

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

Regular programming for Adult Shinny will not run on the following days:

Tuesday, October 8, 2024

Monday, December 23, 2024 to January 3, 2025

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

Length Swim

Date and Time: Tuesday, October 29 12:00 pm - 1:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Adult Skate

Date and Time: Tuesday, October 29 1:00 pm - 2:30 pm

Address: 254 North Park St. Brantford, ON

Join us for an afternoon skate!

CSA approved helmets are highly recommended. No hockey equipment allowed on the ice. Skating aids are perm

itted.

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

Regular programming for Adult Skate will not run on the following days:

Tuesday, October 8, 2024

Monday, December 23, 2024 to January 3, 2025

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

Wednesday, October 30, 2024

Lower Body Strength and Core

Date and Time: Wednesday, October 30 6:30 am - 7:30 am

Address: 254 North Park Street, Brantford, ON

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

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

Shallow Water Walking

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

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Length Swim (65m mid-section and deep-end)

Date and Time: Wednesday, October 30 7:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 65m mid-section and deep-end only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Parent and Child Skate

Date and Time: Wednesday, October 30 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

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

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

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

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

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

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

Be Fit for Life

Date and Time: Wednesday, October 30 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Pilates

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

Address: 254 North Park Street, Brantford, ON

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

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

Sit and Fit

Date and Time: Wednesday, October 30 10:15 am - 11:00 am

Address: 254 North Park Street

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

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

Length Swim (65m deep-end, 4 lanes only)

Date and Time: Wednesday, October 30 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 65m deep-end, four lanes only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Aquafit

Date and Time: Wednesday, October 30 10:45 am - 11:45 am

Address: 254 North Park Street

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

Zoomer Fitness

Date and Time: Wednesday, October 30 11:15 am - 12:00 pm

Address: 254 North Park Street

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

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

Family Swim

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

Address: 254 North Park Street

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

Important age requirement:

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

Length Swim (65m mid-section, 8 lanes only)

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

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 65m mid-section (8 lanes only).**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Adult Shinny Hockey

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

Address: 254 North Park St. Brantford, ON

Pick up recreational hockey for ages 18+. Maximum of 30 participants per session (excluding goaltenders). Full equipment is recommended and CSA approved helmets are mandatory.

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

Regular programming for Adult Shinny will not run on the following days:

Tuesday, October 8, 2024

Monday, December 23, 2024 to January 3, 2025

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

Deep Aquafit

Date and Time: Wednesday, October 30 12:15 pm - 1:00 pm

Address: 254 North Park Street

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

Drop-in Pickleball (Recreational)

Date and Time: Wednesday, October 30 1:30 pm - 3:30 pm

Address: 254 North Park Street, Brantford, ON

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

Thursday, October 31, 2024

Length Swim

Date and Time: Thursday, October 31 5:30 am - 10:30 am

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Hydrotherapy Pool

Date and Time: Thursday, October 31 5:30 am - 9:30 am

Address: 254 North Park Street

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

Shallow Water Walking

Date and Time: Thursday, October 31 6:30 am - 10:00 am

Address: 254 North Park Street

Join us in the pool for water walking

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Aquafit - Rise and Shine

Date and Time: Thursday, October 31 7:00 am - 7:45 am

Address: 254 North Park Street

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

Family Swim

Date and Time: Thursday, October 31 9:00 am - 10:00 am

Address: 254 North Park Street

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

Important age requirement:

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

Total Body Intervals

Date and Time: Thursday, October 31 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

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

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

Parent and Child Skate

Date and Time: Thursday, October 31 9:00 am - 10:00 am

Address: 254 North Park St. Brantford, ON

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

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

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

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

Tuesday, October 8, 2024

Friday, November 15, 2024

Friday, November 22, 2024

Friday, December 20, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Friday, February 7, 2025

Monday, February 17, 2025

Friday, February 21, 2025

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

Warm Water Workout

Date and Time: Thursday, October 31 9:30 am - 10:15 am

Address: 254 North Park Street

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

Warm Water Workout

Date and Time: Thursday, October 31 10:30 am - 11:15 am

Address: 254 North Park Street

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

Yoga

Date and Time: Thursday, October 31 10:30 am - 11:30 am

Address: 254 North Park Street

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

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

ourage you to bring your own mat. Blocks and straps provided.

Length Swim (25m pool only)

Date and Time: Thursday, October 31 10:30 am - 12:00 pm

Address: 254 North Park Street

Join us in the pool for a length swim. **This swim takes place in the 25m pool only.**

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

Aquafit

Date and Time: Thursday, October 31 10:45 am - 11:45 am

Address: 254 North Park Street

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

Stick n' Puck

Date and Time: Thursday, October 31 11:00 am - 12:00 pm

Address: 254 North Park St. Brantford, ON

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

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

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

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

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

Monday, October 14, 2024

Monday, December 23, 2024 to January 3, 2025

Monday, January 20, 2025

Monday, February 17, 2025

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

Hydrotherapy Pool

Date and Time: Thursday, October 31 11:30 am - 1:30 pm

Address: 254 North Park Street

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

Length Swim

Date and Time: Thursday, October 31 12:00 pm - 1:30 pm

Address: 254 North Park Street

Join us in the pool for a length swim.

View additional swim schedules online at calendar.waynegretzkysportscentre.ca/SwimSchedules

<https://calendar.waynegretzkysportscentre.ca>