January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Leisure Swim
				7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim
				7:30 am Lane & Leisure	7:30 am Lane & Leisure	9:00 am Lane & Leisure
				9:00 am Lane & Leisure	9:00 am Lane & Leisure	9:00 am Everyone
				9:00 am 3 Lane & Leisure	9:00 am 3 Lane & Leisure	Welcome Swim
				10:00 am 6 Lane & Leisure	10:00 am 6 Lane & Leisure	10:30 am Everyone Welcome
				10:00 am Lane & Leisure	10:00 am Lane & Leisure	Swim 11:00 am
				2:00 pm Pop in Tot 3:30 pm Leisure	11:00 am 3 Lane & Leisure	Everyone Welcome Swim
				Swim with Slides 5:00 pm Lane &	2:00 pm Pop in Tot 3:30 pm Leisure	12:00 pm
				Leisure 5:00 pm Everyone	Swim with Slides 5:00 pm Leisure	Lane & Leisure
				Welcome Swim	Swim with Slides	1:00 pm Everyone Welcome
				6:00 pm Everyone Welcome Swim	5:00 pm Lane & Leisure	Swim
				6:00 pm Everyone Welcome Swim	6:00 pm Everyone Welcome Swim	2:30 pm Everyone Welcome
				7:00 pm Everyone Welcome Swim	6:00 pm Everyone Welcome Swim	Swim 3:00 pm
				7:00 pm 6 Lane & Leisure	7:00 pm Everyone Welcome Swim	Everyone Welcome
					7:00 pm Everyone Welcome Swim	Swim 4:00 pm Lane
						& Leisure 5:30 pm Everyone Welcome
						Swim 5:30 pm Lane
						& Leisure 6:30 pm
						Everyone Welcome Swim
						7:00 pm 3 Lane & Leisure
5	6	7	8	9	10	11
7:00 am Lane & Leisure	7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Leisure Swim
7:00 am 6 Lane &	7:00 am Lane &	7:00 am Lane &	7:30 am 6 Lane	7:30 am 6 Lane	7:30 am 6 Lane	7:30 am 6

Leisure	Leisure	Leisure	Swim	Swim	Swim	Lane Swim
9:00 am Everyone Welcome Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am Lane & Leisure	7:30 am Lane & Leisure	7:30 am Lane & Leisure	9:00 am Lane & Leisure
11:00 am Everyone Welcome Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Leisure Swim
11:00 am Lane & Leisure	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	with Slides 10:00 am
1:00 pm Everyone Welcome Swim	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	Playgroup (Drop in)
2:30 pm Everyone Welcome Swim	9:30 am Playgroup - KFFRC	9:30 am Playgroup - KFFRC	10:00 am Leisure Swim	9:30 am Playgroup - KFFRC	10:00 am 6 Lane Swim	10:30 am Everyone Welcome
3:00 pm Everyone Welcome Swim	10:00 am Playgroup (Drop in)	10:00 am Playgroup (Drop in)	10:00 am Playgroup (Drop in)	10:00 am Playgroup (Drop in)	10:00 am Leisure Swim	Swim 11:15 am
4:00 pm Lane & Leisure	10:00 am Leisure Swim	10:00 am 6 Lane & Leisure	10:00 am Aquatic Fitness	10:00 am 6 Lane & Leisure	10:00 am Adults in Motion	Everyone Welcome
5:00 pm Everyone Welcome Swim	10:00 am Aquatic Fitness	10:00 am Lane & Leisure	10:00 am Adults in Motion	10:00 am Lane & Leisure	10:00 am Lane & Leisure	Swim 12:00 pm
5:30 pm Everyone Welcome Swim	10:00 am Lane & Leisure	10:00 am Core Balance	10:00 am Lane & Leisure	10:00 am Core Balance	10:30 am Leisure - Social Time	Lane & Leisure
6:00 pm Lane & Leisure	10:00 am Adults in Motion	11:00 am Fitness - Body Conditioning	11:00 am Core Balance	10:30 am Leisure - Social Time	11:00 am Adults in Motion	1:00 pm Everyone Welcome
7:00 pm 6 Lane & Leisure	10:30 am Leisure - Social Time	12:00 pm Youth Lunch in	11:00 am 3 Lane & Leisure	11:00 am Fitness - Body Conditioning	11:00 am 3 Lane & Leisure	Swim 2:30 pm
	10:30 am Knitting Circle	12:00 pm Adult Drop in	11:45 am Walk & Wheel	12:00 pm Youth Lunch in	12:00 pm Youth Lunch in	Everyone Welcome Swim
	11:00 am Adults in Motion	2:00 pm Therapeutic Adult	12:00 pm Walk & Wheel	12:00 pm Adult Drop in	2:00 pm Pop in Tot 2:30 pm After	3:00 pm Everyone
	11:00 am 3 Lane & Leisure	Swim 2:30 pm After	12:00 pm Youth Lunch in	2:30 pm After school program	school program 2:30 pm After	Welcome Swim
	11:45 am Walk & Wheel	school program 2:30 pm After	1:00 pm Fitness - Body Conditioning	2:30 pm After School Program	School Program 3:00 pm After	5:30 pm Lane & Leisure
	12:00 pm Walk & Wheel	School Program 3:00 pm After	(Drop in) 2:00 pm Pop in Tot	3:00 pm After School Program	School Program 5:00 pm Leisure	5:30 pm Everyone
	12:00 pm Youth Lunch in	School Program 5:00 pm Leisure	2:30 pm After school program	5:00 pm Leisure Swim with Slides	Swim with Slides 5:00 pm Lane &	Welcome Swim
	2:00 pm Pop in Tot	Swim with Slides 5:00 pm Lane &	2:30 pm After School Program	5:00 pm Lane & Leisure	Leisure	6:30 pm Family Open Gym Drop in
	2:30 pm After school program	Leisure 6:00 pm Everyone	3:00 pm After School Program	6:00 pm Everyone Welcome Swim-	6:00 pm Everyone Welcome Swim	6:30 pm
	2:30 pm After School Program	Welcome Swim- Shallow end only	5:00 pm Everyone Welcome Swim	Shallow end only 7:00 pm 6 Lane &	7:00 pm Everyone Welcome Swim	Everyone Welcome Swim
	3:00 pm After School Program	6:00 pm Youth Drop in - Sport	5:00 pm Lane & Leisure	Leisure 7:00 pm Body	7:00 pm Everyone Welcome Swim	7:00 pm 3 Lane &
	5:00 pm Leisure Swim with Slides	7:00 pm 6 Lane & Leisure	6:00 pm Everyone Welcome Swim	Conditioning 7:00 pm Shallow		Leisure 8:00 pm NSO
	5:00 pm Lane & Leisure	7:00 pm Shallow End Only Everyone Welcome Swim	6:00 pm Youth Drop in	End Only Everyone Welcome Swim		Sinfonia 2: Elemental
	6:00 pm Everyone Welcome Swim	Welcome Swim 8:00 pm Adult Drop	6:00 pm Youth Drop			
	6:00 pm Youth Drop in	in	6:00 pm Youth Drop			
	6:30 pm Body Conditioning		6:30 pm Fitness - Mixed Level Yoga			
	7:00 pm Body Conditioning		6:30 pm Body Conditioning			
	7:00 pm Lane & Leisure		7:00 pm Lane & Leisure			
	7:00 pm Aquatic Fitness		7:00 pm Everyone Welcome Swim			
	7:00 pm Leisure Swim		8:00 pm Open Gym			

100 and Lance & 7.00 and Leaver & 7.00 a		7:30 pm Open Gym		Drop in			
700 am Leisure							
Table and Falance & 1.500 am Lance & 1.500 am	12	13	14	15	16	17	18
Leisure Leisure Leisure Color Svim Svim Svim Svim Lace Svim Svim Final Leisure 2-30 am fals Color							
Francis Swim Swim Swim Swim Lisiure Lisiure Lisiure Do an Aquatic Filmess Swim		1 1 1					
Leisure							
300 pm Everyone 900 am Aquatic Fitness 900 am Playgroup Fitness 900 am Aquatic Fitness							Playgroup
Pimes Pime							2:30 pm
10.00 am Playgroup 10.00 am Aquatic 10.00 am Adults in	1 1						Welcome
3.00 pm Everyone 10:00 am Aquatic 10:00 am Adults in 10:00 am Lane & Leisure 10:00 am Adults in 10:00 am Lane & Leisure 10:00 am Adults in 10:00 am Lane & Leisure 10:00 am Adults in 10:00 am Lane & Leisure 10:00 am Adults in 10:00 am Lane & Leisure 10:00 am Adults in 10:00 am Lane & Leisure 10:00 am Adults in 10:00 am Lane & Leisure 10:00	1 1		Fitness	1 20 1			
10-00 am Aquatic 10-00 am Aquatic 10-00 am 6 Lane & Leisure 10-00 am Seal Imm 10-00 am Core 10-00 am Lane & Leisure 10-00 am Seal & Balance 10-00 am Seal & Leisure 10-00 am Seal & Le		1	KFFRC		KFFRC		1
Leisure Course	1 *				(Drop in)		1 * 1
13-30 am Leisure 10-00 am Core 10-00 am Core 11-00 am Core 11-00 am Leisure 10-00 am Leisure 10-00 am Leisure 10-00 am Leisure 10-00 am Leisure 11-00 am Sand Knitting Circle 11-00 am Adults in Motion 11-00 am Sand Leisure 11-00 am Sand Leis							Everyone
10:30 am Knitting Circle 10:00 am Care Balance 10:00 am Core 10:00 am Core 10:00 am Social & 10:00 am So							Swim
Circle 11:00 am Adults in Motion 11:30 am Lunch des 11:00 am 3 Lane & Leisure 11:00 am 3 Lane & Leisure 11:45 am Walk & Wheel 11:45 am Walk & Lunch in 11:45 am Walk & Lunch in 12:00 pm Youth 12:00 pm Adult 12:00 pm Youth 12:00 pm Pop in Tot 2:00 pm Pop in Tot 2:00 pm Pop in Tot 2:00 pm Pop in Tot 2:30 pm After school program 2:30 pm After school program 2:30 pm After School Program 3:00 pm After School Program							Family Open
Motion M		Circle	_			_	Everyone
Leisure Leisure Li2-00 pm Youth Lunch in Lu							I I
11:45 am Walk & Wheel 12:00 pm Walk & Wheel 12:00 pm Walk & Wheel 12:00 pm Youth Lunch in 12:00 pm Adult Drop in 12:00 pm After School Program 3:00 pm After School Program 6:00 pm Oil Painting - Snowy Owl 7:00 pm Body Conditioning 7:00 pm Body Conditioning 12:00 pm After School Program 3:00 pm After School Program 3:00 pm After School Progr			Débrouillards	1	Social Time	school program	Banff Centre
12:00 pm Walk & Wheel 2:00 pm 12:00 pm Youth 2:00 pm Youth Lunch in 2:00 pm Pop in Tot 2:30 pm After school program 2:30 pm After School Program 3:00 pm After School Program			Lunch in	1 *	Body Conditioning	School Program	Film Festival
12:00 pm Youth Lunch in Swim 2:00 pm Pop in Tot 2:00 pm Pop in Tot 2:00 pm After 2:30 pm After school program school program school program school program school program 2:30 pm After school Program Sc		_	Drop in		Lunch in	parascolaires:	
2:00 pm Pop in Tot 2:30 pm After school program 3:00 pm Activités parascolaires: 3:00 pm After School Program 4:00 pm After School Program 3:00 pm After School Program 3:00 pm After School Program 4:00 pm After School Program 3:00 pm After School Program 4:00 pm Oil Painting 7:00 pm Body Conditioning 7:00 pm Body Conditioning 7:00 pm Body Conditioning 7:00 pm Shallow End Only Everyone Welcome Swim 7:00 pm Shallow End Only Everyone Welcome Swim 7:00 pm Shallow End Only Everyone Welcome Swim			Therapeutic Adult		Drop in	School Program	1
school program 2:30 pm After School Program 3:00 pm Activités parascolaires: 3:00 pm After School Program 5:00 pm Winter 2025 French Courses – Registration Now Open 6:00 pm Youth Drop in 6:30 pm Body Conditioning 7:00 pm Everyone 7:00 pm Everyone 8:300 pm After School Program 3:00 pm After 3:00 pm After School Program 3:00 pm After 3:00 pm After School Program 3:00 pm After 3:00 pm After School Program 3:00 pm After School Program 3:00 pm After 3:00 pm After School Program 3:00 pm Activités parascolaires: 3:00 pm After School Program 6:00 pm Oil Painting 7:00 pm Selalew Leisure 7:00 pm Body Conditioning 7:00 pm Body Conditioning 7:00 pm Shallow End Only Everyone Welcome Swim 7:00 pm Shallow End Only Everyone Welcome Swim				1	school program	Welcome Swim	
School Program 3:00 pm After School Program 6:00 pm Youth Drop in 5:00 pm Winter 2025 French Courses — Registration Now Open 6:00 pm Youth Drop in 6:30 pm Body Conditioning 7:00 pm Body Conditioning 3:00 pm Activités parascolaires: 3:00 pm After School Program 6:00 pm Youth Drop in 7:00 pm Body Conditioning 7:00 pm Body Conditioning 7:00 pm Body Conditioning 7:00 pm Everyone 7:00 pm Everyone 7:00 pm Everyone 8:00 pm Activités parascolaires: 3:00 pm Activités parascolaires: 3:00 pm After School Program 6:00 pm Youth Drop in 7:00 pm Shallow Conditioning 7:00 pm Body Conditioning 7:00 pm Body Conditioning 7:00 pm Everyone		school program			School Program		
School Program 5:00 pm Winter 2025 French Courses — Registration Now Open 6:00 pm Youth Drop in 7:00 pm Shallow End Only Everyone Welcome Swim 6:30 pm Body Conditioning 7:00 pm Body Conditioning 7:00 pm Body Conditioning 7:00 pm Everyone Welcome Swim		School Program	1 *	_ ·	parascolaires:		
2025 French Courses – Registration Now Open 6:00 pm Youth Drop in 7:00 pm 6 Lane & Leisure 7:00 pm 6 Lane & Leisure 7:00 pm Body Conditioning 7:00 pm Body Conditioning 7:00 pm Lane & Leisure 7:00 pm Shallow End Only Everyone End Only Everyone 8:00 pm Adult Drop in 7:00 pm Lane & Leisure 7:00 pm Shallow End Only Everyone Welcome Swim 7:00 pm Everyone		School Program			School Program		
7:00 pm Shallow End Only Everyone 6:00 pm Youth Drop in 6:30 pm Body Conditioning 7:00 pm Shallow End Only Everyone Welcome Swim 8:00 pm Adult Drop in 7:00 pm Body Conditioning 7:00 pm Body Conditioning 7:00 pm Lane & End Only Everyone Welcome Swim 7:00 pm Lane & Welcome Swim 7:00 pm Everyone Welcome Swim 7:00 pm Everyone Welcome Swim 7:00 pm Everyone		2025 French Courses –			- Snowy Owl		
6:30 pm Body Conditioning 6:30 pm Body Conditioning 7:00 pm Lane & End Only Everyone Leisure 7:00 pm Body Conditioning 7:00 pm Everyone Welcome Swim		Open	End Only Everyone		Leisure		
6:30 pm Body Conditioning in 7:00 pm Lane & End Only Everyone Leisure Welcome Swim 7:00 pm Body Conditioning 7:00 pm Everyone					Conditioning		
7:00 pm Body Conditioning 7:00 pm Everyone				7:00 pm Lane &	End Only Everyone		
				7:00 pm Everyone			

	7:00 pm Lane & Leisure 7:00 pm Aquatic Fitness 7:00 pm Leisure Swim 7:00 pm La Rose des Vents - Répétitions de la chorale 7:00 pm La Rose des Vents - Répétitions de la chorale 7:00 pm La Rose des Vents - Répétitions de la chorale 7:30 pm Open Gym Drop in		8:00 pm Fitness - Beginner Yoga 8:00 pm Soccer en Français 8:00 pm Fitness - Mixed Level Yoga 8:00 pm Open Gym Drop in			
19	20	21	22	23	24	25
7:00 am 6 Lane &	7:00 am Leisure	7:00 am Leisure	7:00 am Leisure	7:00 am Leisure	7:00 am Leisure	7:00 am
Leisure	Swim	Swim	Swim	Swim	Swim	Leisure Swim
7:00 am Lane &	7:00 am Lane &	7:00 am Lane &	7:30 am 6 Lane	7:30 am 6 Lane	7:30 am 6 Lane	7:30 am 6
Leisure	Leisure	Leisure	Swim	Swim	Swim	Lane Swim
10:00 am Soccer en	7:30 am 6 Lane	7:30 am 6 Lane	7:30 am Lane &	7:30 am Lane &	7:30 am Lane &	9:00 am Club
Français	Swim	Swim	Leisure	Leisure	Leisure	du samedi
11:00 am Lane &	9:00 am Leisure	9:00 am Leisure	9:00 am Aquatic	9:00 am Aquatic	9:00 am Aquatic	10:00 am
Leisure	Swim	Swim	Fitness	Fitness	Fitness	Playgroup
1:00 pm Everyone	9:00 am Aquatic	9:00 am Preschool	9:00 am Aquatic	9:00 am Aquatic	9:00 am Aquatic	(Drop in)

Welcome Swim	Fitness	9:00 am Aquatic	Fitness	Fitness	Fitness	2:30 pm
2:00 pm Appel aux bénévoles : souper	9:00 am Aquatic Fitness	Fitness 9:00 am Aquatic	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	Everyone Welcome Swim
communautaire 2:30 pm Everyone	9:30 am Playgroup - KFFRC	Fitness 9:30 am Playgroup -	9:30 am Downtown Pedestrian Mall	9:00 am Preschool 9:30 am Playgroup -	10:00 am 6 Lane Swim	3:00 pm Everyone
Welcome Swim 3:00 pm Everyone	9:30 am Downtown Pedestrian Mall	KFFRC	Business Engagement Session	KFFRC	10:00 am Adults in Motion	Welcome Swim
Welcome Swim 4:00 pm Lane &	Business Engagement Session	10:00 am Playgroup (Drop in)	10:00 am Bridge Level 2	10:00 am Playgroup (Drop in)	10:00 am Lane & Leisure	5:30 pm Lane & Leisure
Leisure 5:30 pm Everyone	10:00 am Playgroup (Drop in)	10:00 am 6 Lane & Leisure	10:00 am Playgroup (Drop in)	10:00 am Preschool Drop in	10:30 am Leisure - Social Time	5:30 pm Everyone
Welcome Swim 6:00 pm Lane &	10:00 am Aquatic Fitness	10:00 am Lane & Leisure	10:00 am Aquatic Fitness	10:00 am 6 Lane & Leisure	11:00 am Adults in Motion	Welcome Swim
Leisure	10:00 am Lane & Leisure	10:00 am Core Balance	10:00 am Adults in Motion	10:00 am Lane & Leisure	11:00 am 3 Lane &	6:30 pm Family Open
6:00 pm Souper communautaire	10:00 am Adults in Motion	10:00 am Leisure - Bridge Level 1	10:00 am Lane & Leisure	10:00 am Core Balance	Leisure 12:00 pm Youth	Gym Drop in 6:30 pm
7:00 pm 2025 Banff Centre Mountain Film Festival World	10:30 am Knitting Circle	11:00 am Fitness - Body Conditioning	11:00 am Core Balance	10:30 am Leisure - Social Time	Lunch in 2:00 pm Pop in Tot	Everyone Welcome Swim
Tour - St. John's NL	10:30 am Leisure - Social Time	11:00 am Food on the Move + Library	11:00 am 3 Lane & Leisure	11:00 am Fitness - Body Conditioning	2:30 pm After school program	7:00 pm 3 Lane &
7:30 pm 6 Lane & Leisure	11:00 am Adults in Motion	@ Shea Heights Community Centre	11:00 am Food on the Move + Library	12:00 pm Youth Lunch in	2:30 pm After School Program	Leisure 8:00 pm NSO
	11:00 am 3 Lane & Leisure	12:00 pm Youth Lunch in	@ Froude Avenue Community Centre	12:00 pm Adult Drop in	3:00 pm Activités parascolaires:	Winter Pops: Every Breath
	11:45 am Walk & Wheel	12:00 pm Adult Drop in	11:45 am Walk & Wheel	2:30 pm After school program	3:00 pm After School Program	You Take
	12:00 pm Walk & Wheel	2:00 pm Therapeutic Adult Swim	12:00 pm Walk & Wheel	2:30 pm After School Program	6:00 pm Drawing: Water - Ocean,	
	12:00 pm Youth Lunch in	2:30 pm After school program	12:00 pm Youth Lunch in	3:00 pm Activités parascolaires:	Rivers & Waterfalls 7:00 pm Everyone	
	2:00 pm Pop in Tot	2:30 pm After School Program	1:00 pm Fitness - Body Conditioning	3:00 pm After School Program	Welcome Swim 7:00 pm Everyone	
	2:30 pm After school program	3:00 pm Activités parascolaires:	(Drop in) 2:00 pm Pop in Tot	5:30 pm French class Intermediate 1	Welcome Swim 8:00 pm NSO	
	2:30 pm After School Program	3:00 pm After	2:30 pm After school program	- In person 6:00 pm Oil Painting	Winter Pops: Every Breath You Take	
	3:00 pm Activités parascolaires:	School Program 6:00 pm Youth Drop	2:30 pm After School Program	- Snowy Owl 6:00 pm Youth Night		
	3:00 pm After School Program	in - Sport 7:00 pm 6 Lane &	3:00 pm Activités parascolaires:	6:30 pm Advanced Conversation &		
	5:30 pm Yoga avec Cindy de Far Out	Leisure 7:00 pm Shallow	3:00 pm After School Program	Grammar Winter 2025		
	Fitness 6:00 pm Youth Drop	End Only Everyone Welcome Swim	5:30 pm Event Title: French Course -	7:00 pm 6 Lane & Leisure		
	in 6:30 pm Body	8:00 pm Adult Drop in	Beginner 1 Winter 2025	7:00 pm Body Conditioning		
	Conditioning 7:00 pm Body		6:00 pm Youth Drop in	7:00 pm Shallow End Only Everyone		
	Conditioning 7:00 pm Lane &		6:00 pm Youth Drop in	Welcome Swim 7:15 pm French		
	Leisure 7:00 pm Aquatic		6:30 pm Body Conditioning	Beginner 2 course Online		
	Fitness 7:00 pm Leisure		7:00 pm Lane & Leisure			
	Swim 7:30 pm Open Gym		7:00 pm Everyone Welcome Swim			
	Drop in		7:00 pm Film Festival: Climate & Arctic Voices			
			8:00 pm Fitness - Beginner Yoga			

			8:00 pm Soccer en Français			
			8:00 pm Fitness - Mixed Level Yoga			
			8:00 pm Open Gym Drop in			
26	27	28	29	30	31	
7:00 am Lane & Leisure	7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Leisure Swim	
7:00 am 6 Lane & Leisure	7:00 am Lane & Leisure	7:00 am Lane & Leisure	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	
10:00 am Soccer en Français	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am Lane & Leisure	7:30 am Lane & Leisure	7:30 am Lane & Leisure	
11:00 am Lane & Leisure	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	
1:00 pm Everyone Welcome Swim	9:00 am Aquatic Fitness	9:00 am Preschool 9:00 am Aquatic	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	
2:30 pm Everyone Welcome Swim	9:00 am Aquatic Fitness	Fitness 9:00 am Aquatic	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	
3:00 pm Everyone Welcome Swim	9:30 am Playgroup - KFFRC	Fitness 9:30 am Playgroup -	10:00 am Playgroup (Drop in)	9:00 am Preschool 9:30 am Playgroup -	10:00 am 6 Lane Swim	
4:00 pm Lane & Leisure	10:00 am Playgroup (Drop in)	KFFRC 10:00 am Playgroup	10:00 am Aquatic Fitness	KFFRC 9:30 am Downtown	10:00 am Adults in Motion	
5:30 pm Everyone Welcome Swim	10:00 am Aquatic Fitness	(Drop in) 10:00 am 6 Lane &	10:00 am Adults in Motion	Pedestrian Mall Business	10:00 am Lane & Leisure	
6:00 pm Lane & Leisure	10:00 am Lane & Leisure	Leisure 10:00 am Lane &	10:00 am Lane & Leisure	Engagement Session 10:00 am Playgroup	10:00 am Downtown	
7:30 pm 6 Lane & Leisure	10:00 am Adults in Motion	Leisure 10:00 am Core	10:00 am Bridge Level 2	(Drop in) 10:00 am Preschool	Pedestrian Mall Business Engagement Session	
	10:30 am Leisure - Social Time	Balance 10:00 am Leisure -	11:00 am Core Balance	Drop in 10:00 am 6 Lane &	10:30 am Leisure - Social Time	
	10:30 am Knitting Circle	Bridge Level 1 11:00 am Fitness -	11:00 am 3 Lane & Leisure	Leisure 10:00 am Lane &	11:00 am Adults in Motion	
	11:00 am Adults in Motion	Body Conditioning 12:00 pm Youth	11:45 am Walk & Wheel	Leisure 10:00 am Core	11:00 am 3 Lane & Leisure	
	11:00 am 3 Lane & Leisure	Lunch in 12:00 pm Adult	12:00 pm Walk & Wheel	Balance 10:30 am Leisure -	12:00 pm Youth Lunch in	
	11:45 am Walk & Wheel	Drop in	12:00 pm Youth Lunch in	Social Time 11:00 am Fitness -	2:00 pm Pop in Tot	
	12:00 pm Walk & Wheel	2:00 pm Therapeutic Adult Swim	1:00 pm Fitness - Body Conditioning	Body Conditioning 12:00 pm Youth	2:30 pm After school program	
	12:00 pm Youth Lunch in	2:30 pm After school program	(Drop in) 2:00 pm Pop in Tot	Lunch in 12:00 pm Adult	2:30 pm After School Program	
	2:00 pm Pop in Tot	2:30 pm After School Program	2:30 pm After school program	Drop in 2:30 pm After	3:00 pm Activités parascolaires:	
	2:00 pm Downtown Pedestrian Mall Business	3:00 pm Activités parascolaires:	2:30 pm After School Program	school program 2:30 pm After	3:00 pm After School Program	
	Engagement Session 2:30 pm After	3:00 pm After School Program	3:00 pm Activités parascolaires:	School Program 3:00 pm Activités	6:00 pm Acrylic Painting - Crocus Bloom	
	School Program 2:30 pm After	6:00 pm Youth Drop in - Sport	3:00 pm After School Program	parascolaires: 3:00 pm After	6:00 pm 2025 Vision Board Workshop	
	school program 3:00 pm After	7:00 pm 6 Lane & Leisure	5:30 pm French class Intermediate 1	School Program 6:00 pm Oil Painting	7:00 pm Everyone Welcome Swim	
	School Program 3:00 pm Activités	7:00 pm Shallow End Only Everyone	- In person 6:00 pm Youth Drop	- Snowy Owl 6:30 pm Advanced	7:00 pm Everyone	
	parascolaires: 5:30 pm Yoga avec	Welcome Swim 8:00 pm Adult Drop	in 6:00 pm Youth Drop	Conversation & Grammar Winter	Welcome Swim	
	Cindy de Far Out	in	in	2025		

Conditioning 7:00 pm Body Conditioning 7:00 pm Body Conditioning 8:00 pm Fitness - Beginner Yoga Leisure 8:00 pm Soccer en Français Fitness 7:00 pm Lane & Beginner Yoga 8:00 pm Fitness - Mixed Level Yoga 8:00 pm Open Gym Drop in T:00 pm Shallow End Only Everyone Welcome Swim 7:00 pm Shallow End Only Everyone Welcome Swim Find Only Everyone Welcome Swim Too pm Shallow End Only Everyone Welcome Swim Too pm Soccer en Français Too pm Fitness - Mixed Level Yoga Too pm Open Gym Drop in		7:00 pm Body Conditioning 7:00 pm Lane & Leisure 7:00 pm Aquatic Fitness 7:00 pm Leisure Swim 7:30 pm Open Gym	Welcome Swim 8:00 pm Fitness - Beginner Yoga 8:00 pm Soccer en Français 8:00 pm Fitness - Mixed Level Yoga 8:00 pm Open Gym	End Only Everyone			
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