

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 7:00 am Leisure Swim 7:30 am 6 Lane Swim 7:30 am Lane & Leisure 9:00 am Lane & Leisure 9:00 am 3 Lane & Leisure 10:00 am 6 Lane & Leisure 10:00 am Lane & Leisure 2:00 pm Pop in Tot 3:30 pm Leisure Swim with Slides 5:00 pm Lane & Leisure 5:00 pm Everyone Welcome Swim 6:00 pm Everyone Welcome Swim 6:00 pm Everyone Welcome Swim 7:00 pm Everyone Welcome Swim 7:00 pm 6 Lane & Leisure	3 7:00 am Leisure Swim 7:30 am 6 Lane Swim 7:30 am Lane & Leisure 9:00 am Lane & Leisure 9:00 am 3 Lane & Leisure 10:00 am 6 Lane & Leisure 10:00 am Lane & Leisure 11:00 am 3 Lane & Leisure 2:00 pm Pop in Tot 3:30 pm Leisure Swim with Slides 5:00 pm Leisure Swim with Slides 5:00 pm Leisure Swim with Slides 5:00 pm Lane & Leisure 6:00 pm Everyone Welcome Swim 6:00 pm Everyone Welcome Swim 7:00 pm Everyone Welcome Swim 7:00 pm Everyone Welcome Swim 7:00 pm Everyone Welcome Swim	4 7:00 am Leisure Swim 7:30 am 6 Lane Swim 9:00 am Lane & Leisure 9:00 am Everyone Welcome Swim 10:30 am Everyone Welcome Swim 11:00 am Everyone Welcome Swim 12:00 pm Lane & Leisure 1:00 pm Everyone Welcome Swim 2:30 pm Everyone Welcome Swim 3:00 pm Everyone Welcome 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 7:00 am Lane & Leisure 7:00 am 6 Lane &	6 7:00 am Leisure Swim 7:00 am Lane &	7 7:00 am Leisure Swim 7:00 am Lane &	8 7:00 am Leisure Swim 7:30 am 6 Lane	9 7:00 am Leisure Swim 7:30 am 6 Lane	10 7:00 am Leisure Swim 7:30 am 6 Lane	11 7:00 am Leisure Swim 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 with Slides
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	10:00 am Playgroup (Drop in)
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	10:30 am Everyone Welcome Swim
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	
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	11:15 am Everyone Welcome Swim
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	12:00 pm Lane & Leisure
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	1:00 pm Everyone Welcome Swim
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	2:30 pm Everyone Welcome Swim
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	3:00 pm Everyone Welcome Swim
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	5:30 pm Lane & Leisure
	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	5:30 pm Everyone Welcome Swim
	11:00 am Adults in Motion	2:00 pm Therapeutic Adult Swim	12:00 pm Walk & Wheel	12:00 pm Adult Drop in	2:00 pm Pop in Tot	6:30 pm Family Open Gym Drop in
	11:00 am 3 Lane & Leisure	2:30 pm After school program	12:00 pm Youth Lunch in	2:30 pm After school program	2:30 pm After school program	6:30 pm Everyone Welcome Swim
	11:45 am Walk & Wheel	2:30 pm After School Program	1:00 pm Fitness - Body Conditioning (Drop in)	2:30 pm After School Program	3:00 pm After School Program	7:00 pm 3 Lane & Leisure
	12:00 pm Walk & Wheel	3:00 pm After School Program	2:00 pm Pop in Tot	3:00 pm After School Program	5:00 pm Leisure Swim with Slides	8:00 pm NSO Sinfonia 2: Elemental
	12:00 pm Youth Lunch in	5:00 pm Leisure Swim with Slides	2:30 pm After school program	5:00 pm Leisure Swim with Slides		
	2:00 pm Pop in Tot	5:00 pm Lane & Leisure	2:30 pm After School Program	5:00 pm Lane & Leisure	5:00 pm Lane & Leisure	
	2:30 pm After school program	6:00 pm Everyone Welcome Swim-Shallow end only	3:00 pm After School Program	6:00 pm Everyone Welcome Swim-Shallow end only	6:00 pm Everyone Welcome Swim	
	2:30 pm After School Program	6:00 pm Youth Drop in - Sport	5:00 pm Everyone Welcome Swim	7:00 pm 6 Lane & Leisure	7:00 pm Everyone Welcome Swim	
	3:00 pm After School Program		5:00 pm Lane & Leisure	7:00 pm Body Conditioning	7:00 pm Everyone Welcome Swim	
	5:00 pm Leisure Swim with Slides	7:00 pm 6 Lane & Leisure	6:00 pm Everyone Welcome Swim	7:00 pm Shallow End Only Everyone Welcome Swim		
	5:00 pm Lane & Leisure	7:00 pm Shallow End Only Everyone Welcome Swim	6:00 pm Youth Drop in			
	6:00 pm Everyone Welcome Swim	8:00 pm Adult Drop in	6:00 pm Youth Drop in			
	6:00 pm Youth Drop in		6:00 pm Youth Drop in			
	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			

	7:30 pm Open Gym Drop in		Drop in 8:00 pm Fitness - Beginner Yoga			
12	13	14	15	16	17	18
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 & 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	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	9:00 am Club du samedi
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	10:00 am Playgroup (Drop in)
1:00 pm Everyone Welcome Swim	9:00 am Aquatic Fitness	9:00 am Preschool	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	2:30 pm Everyone Welcome Swim
2:30 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	
3:00 pm Everyone Welcome Swim	9:30 am Playgroup - KFFRC	9:00 am Aquatic Fitness	10:00 am Playgroup (Drop in)	9:00 am Preschool	10:00 am 6 Lane Swim	3:00 pm Everyone Welcome Swim
4:00 pm Lane & Leisure	10:00 am Playgroup (Drop in)	9:30 am Playgroup - KFFRC	10:00 am Aquatic Fitness	9:30 am Playgroup - KFFRC	10:00 am Adults in Motion	5:30 pm Lane & Leisure
5:30 pm Everyone Welcome Swim	10:00 am Aquatic Fitness	10:00 am Playgroup (Drop in)	10:00 am Adults in Motion	10:00 am Playgroup (Drop in)	10:00 am Lane & Leisure	5:30 pm Everyone Welcome Swim
6:00 pm Lane & Leisure	10:00 am Lane & Leisure	10:00 am 6 Lane & Leisure	10:00 am Lane & Leisure	10:00 am Preschool Drop in	10:30 am Leisure - Social Time	
7:30 pm 6 Lane & Leisure	10:00 am Adults in Motion	10:00 am Lane & Leisure	10:00 am Bridge Level 2	10:00 am 6 Lane & Leisure	11:00 am Adults in Motion	5:30 pm Everyone Welcome Swim
	10:30 am Leisure - Social Time	10:00 am Core Balance	11:00 am Core Balance	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	6:30 pm Family Open Gym Drop in
	10:30 am Knitting Circle	10:00 am Leisure - Bridge Level 1	11:00 am 3 Lane & Leisure	10:00 am Core Balance	12:00 pm Youth Lunch in	6:30 pm Everyone Welcome Swim
	11:00 am Adults in Motion	11:00 am Fitness - Body Conditioning	11:45 am Walk & Wheel	10:00 am Social & Bingo	2:00 pm Pop in Tot	
	11:00 am 3 Lane & Leisure	11:30 am Lunch des Débrouillards	12:00 pm Walk & Wheel	10:30 am Leisure - Social Time	2:30 pm After school program	7:00 pm 2025 Banff Centre Mountain Film Festival World Tour - St. John's NL
	11:45 am Walk & Wheel	12:00 pm Youth Lunch in	12:00 pm Youth Lunch in	11:00 am Fitness - Body Conditioning	2:30 pm After School Program	
	12:00 pm Walk & Wheel	12:00 pm Adult Drop in	1:00 pm Fitness - Body Conditioning (Drop in)	12:00 pm Youth Lunch in	3:00 pm Activités parascolaires:	
	12:00 pm Youth Lunch in	2:00 pm Therapeutic Adult Swim	2:00 pm Pop in Tot	12:00 pm Adult Drop in	3:00 pm After School Program	7:00 pm 3 Lane & Leisure
	2:00 pm Pop in Tot	2:30 pm After school program	2:30 pm After school program	2:30 pm After school program	7:00 pm Everyone Welcome Swim	
	2:30 pm After school program	2:30 pm After School Program	2:30 pm After School Program	2:30 pm After School Program	7:00 pm Everyone Welcome Swim	
	2:30 pm After School Program	3:00 pm After School Program	3:00 pm Activités parascolaires:	3:00 pm Activités parascolaires:		
	3:00 pm After School Program	6:00 pm Youth Drop in - Sport	3:00 pm After School Program	3:00 pm After School Program		
	5:00 pm Winter 2025 French Courses – Registration Now Open	7:00 pm 6 Lane & Leisure	6:00 pm Youth Drop in	6:00 pm Oil Painting - Snowy Owl		
	6:00 pm Youth Drop in	7:00 pm Shallow End Only Everyone Welcome Swim	6:00 pm Youth Drop in	7:00 pm 6 Lane & Leisure		
	6:30 pm Body Conditioning	8:00 pm Adult Drop in	6:30 pm Body Conditioning	7:00 pm Body Conditioning		
	7:00 pm Body Conditioning		7:00 pm Lane & Leisure	7:00 pm Shallow End Only Everyone Welcome Swim		
			7:00 pm Everyone Welcome Swim			

	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 7:30 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 7:00 am 6 Lane & Leisure 7:00 am Lane & Leisure 10:00 am Soccer en Français 11:00 am Lane & Leisure 1:00 pm Everyone	20 7:00 am Leisure Swim 7:00 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim 9:00 am Aquatic	21 7:00 am Leisure Swim 7:00 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim 9:00 am Preschool	22 7:00 am Leisure Swim 7:30 am 6 Lane Swim 7:30 am Lane & Leisure 9:00 am Aquatic Fitness 9:00 am Aquatic	23 7:00 am Leisure Swim 7:30 am 6 Lane Swim 7:30 am Lane & Leisure 9:00 am Aquatic Fitness 9:00 am Aquatic	24 7:00 am Leisure Swim 7:30 am 6 Lane Swim 7:30 am Lane & Leisure 9:00 am Aquatic Fitness 9:00 am Aquatic	25 7:00 am Leisure Swim 7:30 am 6 Lane Swim 9:00 am Club du samedi 10:00 am Playgroup (Drop in)

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

	Fitness 6:00 pm Youth Drop in 6:30 pm Body Conditioning 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 Drop in		6:30 pm Body Conditioning 7:00 pm Lane & Leisure 7:00 pm Everyone 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 Drop in	7:00 pm 6 Lane & Leisure 7:00 pm Body Conditioning 7:00 pm Shallow End Only Everyone Welcome Swim		
--	---	--	---	---	--	--

<https://calendar.stjohns.ca>