

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 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	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	10:30 am Everyone Welcome 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	12:00 pm Lane & Leisure
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	1:00 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	1:00 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	2:30 pm Everyone Welcome Swim
	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	2:30 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	3:00 pm Everyone Welcome Swim
	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	3:00 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	2:30 pm After School Program	5:30 pm 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	3:00 pm After School Program	5:30 pm Everyone Welcome Swim
	12:00 pm Youth Lunch in	5:00 pm Lane & Leisure	2:30 pm After school program	5:00 pm Leisure Swim with Slides	5:00 pm Lane & Leisure	6:30 pm Family Open Gym Drop in
	2:00 pm Pop in Tot	5:00 pm Leisure Swim with Slides	2:30 pm After School Program	5:00 pm Lane & Leisure	5:00 pm Leisure Swim with Slides	6:30 pm Family Open Gym Drop in
	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	6:30 pm Everyone Welcome Swim
	2:30 pm After School Program	6:00 pm Youth Drop in - Sport	5:00 pm Lane & Leisure	7:00 pm 6 Lane & Leisure	7:00 pm Everyone Welcome Swim	6:30 pm Everyone Welcome Swim
	3:00 pm After School Program	7:00 pm 6 Lane & Leisure	5:00 pm Everyone Welcome Swim	7:00 pm Body Conditioning	7:00 pm Everyone Welcome Swim	7:00 pm 3 Lane & Leisure
	5:00 pm Lane & Leisure	7:00 pm Shallow End Only Everyone Welcome Swim	6:00 pm Everyone Welcome Swim	7:00 pm Shallow End Only Everyone Welcome Swim		8:00 pm NSO Sinfonia 2: Elemental
	5:00 pm Leisure Swim with Slides	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 Lane & Leisure			
	7:00 pm Leisure Swim		7:00 pm Everyone Welcome 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 / Soccer in French	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 Preschool	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
3:00 pm Everyone Welcome Swim	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Preschool	9:00 am Preschool	9:00 am Preschool	3:00 pm Everyone Welcome Swim
4:00 pm Lane & Leisure	9:00 am groupe de jeu « Les P'tits poussins ».	9:30 am Playgroup - KFFRC	10:00 am Playgroup (Drop in)	9:00 am Preschool	10:00 am 6 Lane Swim	5:30 pm Lane & Leisure
5:30 pm Everyone Welcome Swim	9:30 am Playgroup - KFFRC	10:00 am Playgroup (Drop in)	10:00 am Aquatic Fitness	9:30 am Playgroup - KFFRC	10:00 am Adults in Motion	5:30 pm Everyone Welcome Swim
6:00 pm Lane & Leisure	10:00 am Playgroup (Drop in)	10:00 am 6 Lane & Leisure	10:00 am Adults in Motion	10:00 am Playgroup (Drop in)	10:00 am Lane & Leisure	6:30 pm Family Open Gym Drop in
7:30 pm 6 Lane & Leisure	10:00 am Aquatic Fitness	10:00 am Lane & Leisure	10:00 am Lane & Leisure	10:00 am Preschool Drop in	10:30 am Leisure - Social Time	6:30 pm Everyone Welcome Swim
	10:00 am Lane & Leisure	10:00 am Core Balance	10:00 am Bridge Level 2	10:00 am 6 Lane & Leisure	11:00 am Adults in Motion	6:30 pm Family Open Gym Drop in
	10:00 am Adults in Motion	10:00 am Leisure - Bridge Level 1	11:00 am Core Balance	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	6:30 pm Everyone Welcome Swim
	10:30 am Leisure - Social Time	11:00 am Fitness - Body Conditioning	11:00 am 3 Lane & Leisure	10:00 am Core Balance	12:00 pm Youth Lunch in	6:30 pm Everyone Welcome Swim
	10:30 am Knitting Circle	11:30 am Lunch des Débrouillards	11:45 am Walk & Wheel	10:00 am Social & Bingo	2:00 pm Pop in Tot	7:00 pm 2025 Banff Centre Mountain Film Festival World Tour - St. John's NL
	11:00 am Adults in Motion	12:00 pm Youth Lunch in	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
	11:00 am 3 Lane & Leisure	12:00 pm Adult Drop in	12:00 pm Youth Lunch in	11:00 am Fitness - Body Conditioning	2:30 pm After School Program	7:00 pm 3 Lane & Leisure
	11:45 am Walk & Wheel	2:00 pm Therapeutic Adult Swim	1:00 pm Fitness - Body Conditioning (Drop in)	12:00 pm Youth Lunch in	3:00 pm After School Program	7:00 pm 3 Lane & Leisure
	12:00 pm Walk & Wheel	2:30 pm After school program	2:00 pm Pop in Tot	12:00 pm Adult Drop in	3:00 pm After School Program	
	12:00 pm Youth Lunch in	2:30 pm After school program	2:30 pm After school program	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	7:00 pm Everyone Welcome Swim	
	2:30 pm After school program	3:00 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	6:00 pm Youth Drop in - Sport	3:00 pm After School Program	3:00 pm After School Program		
	3:00 pm After School Program	7:00 pm 6 Lane & Leisure	3:00 pm Activités parascolaires:	3:00 pm Activités parascolaires:		
	5:00 pm Winter 2025 French	7:00 pm Shallow End Only Everyone	6:00 pm Youth Drop in	6:00 pm Oil Painting - Snowy Owl		
			6:00 pm Youth Drop in	7:00 pm Séances de pratique de badminton - Centre		

	<p>Courses – Registration Now Open</p> <p>6:00 pm Youth Drop in</p> <p>6:30 pm Body Conditioning</p> <p>7:00 pm Body Conditioning</p> <p>7:00 pm Lane & Leisure</p> <p>7:00 pm Aquatic Fitness</p> <p>7:00 pm Leisure Swim</p> <p>7:00 pm La Rose des Vents - Répétitions de la chorale</p> <p>7:00 pm La Rose des Vents - Répétitions de la chorale</p> <p>7:30 pm Open Gym Drop in</p>	<p>Welcome Swim</p> <p>8:00 pm Adult Drop in</p>	<p>6:30 pm Body Conditioning</p> <p>7:00 pm Lane & Leisure</p> <p>7:00 pm Everyone Welcome Swim</p> <p>8:00 pm Soccer en Français / Soccer in French</p> <p>8:00 pm Fitness - Beginner Yoga</p> <p>8:00 pm Fitness - Mixed Level Yoga</p> <p>8:00 pm Open Gym Drop in</p>	<p>CGV</p> <p>7:00 pm Body Conditioning</p> <p>7:00 pm Shallow End Only Everyone Welcome Swim</p> <p>7:00 pm 6 Lane & Leisure</p>		
<p>19</p> <p>7:00 am 6 Lane & Leisure</p> <p>7:00 am Lane & Leisure</p> <p>10:00 am Soccer en Français / Soccer in French</p> <p>11:00 am Lane & Leisure</p>	<p>20</p> <p>7:00 am Leisure Swim</p> <p>7:00 am Lane & Leisure</p> <p>7:30 am 6 Lane Swim</p> <p>9:00 am Leisure Swim</p> <p>9:00 am Preschool</p>	<p>21</p> <p>7:00 am Leisure Swim</p> <p>7:00 am Lane & Leisure</p> <p>7:30 am 6 Lane Swim</p> <p>9:00 am Leisure Swim</p> <p>9:00 am Preschool</p>	<p>22</p> <p>7:00 am Leisure Swim</p> <p>7:30 am 6 Lane Swim</p> <p>7:30 am Lane & Leisure</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic</p>	<p>23</p> <p>7:00 am Leisure Swim</p> <p>7:30 am 6 Lane Swim</p> <p>7:30 am Lane & Leisure</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic</p>	<p>24</p> <p>7:00 am Leisure Swim</p> <p>7:30 am 6 Lane Swim</p> <p>7:30 am Lane & Leisure</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic</p>	<p>25</p> <p>7:00 am Leisure Swim</p> <p>7:30 am 6 Lane Swim</p> <p>9:00 am Club du samedi</p> <p>10:00 am Playgroup (Drop in)</p>

1:00 pm Everyone Welcome Swim	9:00 am Aquatic Fitness	9:00 am Preschool	Fitness	Fitness	Fitness	2:30 pm Everyone Welcome Swim
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	3:00 pm Everyone Welcome Swim
2:30 pm Everyone Welcome Swim	9:00 am groupe de jeu « Les P'tits poussins ».	9:00 am Aquatic Fitness	9:00 am Preschool	9:00 am Preschool	9:00 am Preschool	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	9:30 am Downtown Pedestrian Mall Business Engagement Session	9:30 am Playgroup - KFFRC	10:00 am 6 Lane Swim	5:30 pm Lane & Leisure
4:00 pm Lane & Leisure	9:30 am Downtown Pedestrian Mall Business Engagement Session	10:00 am Playgroup (Drop in)	10:00 am Bridge Level 2	10:00 am Playgroup (Drop in)	10:00 am Adults in Motion	5:30 pm Everyone Welcome Swim
5:30 pm Everyone Welcome Swim	9:30 am Playgroup - KFFRC	10:00 am 6 Lane & Leisure	10:00 am Playgroup (Drop in)	10:00 am Preschool Drop in	10:00 am Lane & Leisure	6:30 pm Family Open Gym Drop in
6:00 pm Lane & Leisure	10:00 am Playgroup (Drop in)	10:00 am Lane & Leisure	10:00 am Aquatic Fitness	10:00 am 6 Lane & Leisure	10:30 am Leisure - Social Time	6:30 pm Everyone Welcome Swim
6:00 pm Souper communautaire	10:00 am Aquatic Fitness	10:00 am Core Balance	10:00 am Adults in Motion	10:00 am Lane & Leisure	11:00 am Adults in Motion	6:30 pm Everyone Welcome Swim
7:00 pm 2025 Banff Centre Mountain Film Festival World Tour - St. John's NL	10:00 am Lane & Leisure	10:00 am Leisure - Bridge Level 1	10:00 am Lane & Leisure	10:00 am Core Balance	11:00 am 3 Lane & Leisure	7:00 pm 3 Lane & Leisure
7:30 pm 6 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	10:30 am Leisure - Body Conditioning	8:00 pm NSO Winter Pops: Every Breath You Take
	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	11:00 am Food on the Move + Library @ Shea Heights Community Centre	
	10:30 am Knitting Circle	12:00 pm Youth Lunch in	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	12:00 pm Youth Lunch in	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	
	11:00 am Adults in Motion	12:00 pm Adult Drop in		12:00 pm Adult Drop in		
	11:00 am 3 Lane & Leisure	2:00 pm Therapeutic Adult Swim	11:45 am Walk & Wheel	2:30 pm After school program		
	11:45 am Walk & Wheel	2:30 pm After school program	12:00 pm Walk & Wheel	2:30 pm After school program		
	12:00 pm Walk & Wheel	2:30 pm After School Program	12:00 pm Youth Lunch in	3:00 pm After School Program		
	12:00 pm Youth Lunch in	3:00 pm After School Program	1:00 pm Fitness - Body Conditioning (Drop in)	3:00 pm Activités parascolaires:		
	2:00 pm Pop in Tot	3:00 pm After School Program	2:00 pm Pop in Tot	6:00 pm Oil Painting - Snowy Owl		
	2:30 pm After school program	3:00 pm Activités parascolaires:	2:30 pm After school program	6:00 pm Youth Night		
	2:30 pm After School Program	6:00 pm Youth Drop in - Sport	2:30 pm After School Program	7:00 pm Séances de pratique de badminton - Centre CGV		
	3:00 pm After School Program	7:00 pm 6 Lane & Leisure	3:00 pm After School Program	7:00 pm Body Conditioning		
	3:00 pm Activités parascolaires:	7:00 pm Shallow End Only Everyone Welcome Swim	3:00 pm Activités parascolaires:	7:00 pm Shallow End Only Everyone Welcome Swim		
	6:00 pm Youth Drop in	8:00 pm Adult Drop in	6:00 pm Youth Drop in	7:00 pm 6 Lane & Leisure		
	6:30 pm Body Conditioning		6:00 pm Youth Drop in			
	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		7:00 pm Film Festival: Climate & Arctic Voices			
	7:30 pm Open Gym Drop in		8:00 pm Soccer en Français / Soccer in French			
			8:00 pm Fitness -			

			Mixed Level Yoga 8:00 pm Fitness - Beginner Yoga 8:00 pm Open Gym Drop in			
26 7:00 am Lane & Leisure 7:00 am 6 Lane & Leisure 10:00 am Soccer en Français / Soccer in French 11:00 am 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 6:00 pm Lane & Leisure 7:30 pm 6 Lane & Leisure	27 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 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 9:00 am groupe de jeu « Les P'tits poussins ». 9:30 am Playgroup - KFFRC 10:00 am Playgroup (Drop in) 10:00 am Aquatic Fitness 10:00 am Lane & Leisure 10:00 am Adults in Motion 10:30 am Leisure - Social Time 10:30 am Knitting Circle 11:00 am Adults in Motion 11:00 am 3 Lane & Leisure 11:45 am Walk & Wheel 12:00 pm Walk & Wheel 12:00 pm Youth Lunch in 2:00 pm Pop in Tot 2:00 pm Downtown Pedestrian Mall Business Engagement Session 2:30 pm After School Program 2:30 pm After school program	28 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 9:00 am Preschool 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 10:00 am Playgroup (Drop in) 10:00 am 6 Lane & Leisure 10:00 am Lane & Leisure 10:00 am Core Balance 10:00 am Leisure - Bridge Level 1 11:00 am Fitness - Body Conditioning 12:00 pm Youth Lunch in 12:00 pm Adult Drop in 2:00 pm Therapeutic Adult Swim 2:30 pm After school program 2:30 pm After School Program 3:00 pm After School Program 3:00 pm Activités parascolaires: 6:00 pm Youth Drop in - Sport 7:00 pm 6 Lane & Leisure 7:00 pm Shallow End Only Everyone	29 7:00 am Leisure Swim 7:30 am 6 Lane Swim 7:30 am Lane & Leisure 9:00 am Aquatic Fitness 9:00 am Leisure Swim 9:00 am Preschool 10:00 am Playgroup (Drop in) 10:00 am Aquatic Fitness 10:00 am Adults in Motion 10:00 am Lane & Leisure 10:00 am Bridge Level 2 11:00 am Core Balance 11:00 am 3 Lane & Leisure 11:45 am Walk & Wheel 12:00 pm Walk & Wheel 12:00 pm Youth Lunch in 1:00 pm Fitness - Body Conditioning (Drop 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 3:00 pm Activités parascolaires: 6:00 pm Youth Drop in 6:00 pm Youth Drop in	30 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 Fitness 9:00 am Leisure Swim 9:00 am Preschool 9:00 am Preschool 9:30 am Playgroup - KFFRC 9:30 am Downtown Pedestrian Mall Business Engagement Session 10:00 am Playgroup (Drop in) 10:00 am Preschool Drop in 10:00 am 6 Lane & Leisure 10:00 am Lane & Leisure 10:00 am Core Balance 10:30 am Leisure - Social Time 11:00 am Fitness - Body Conditioning 12:00 pm Youth Lunch in 12:00 pm Adult Drop in 2:30 pm After school program 2:30 pm After School Program 3:00 pm After School Program 3:00 pm Activités parascolaires: 6:00 pm Oil Painting - Snowy Owl 7:00 pm Séances de	31 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 Fitness 9:00 am Leisure Swim 9:00 am Preschool 10:00 am 6 Lane Swim 10:00 am Adults in Motion 10:00 am Lane & Leisure 10:00 am Downtown Pedestrian Mall Business Engagement Session 10:30 am Leisure - Social Time 11:00 am Adults in Motion 11:00 am 3 Lane & Leisure 12:00 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 3:00 pm Activités parascolaires: 6:00 pm Acrylic Painting - Crocus Bloom 7:00 pm Everyone Welcome Swim 7:00 pm Everyone Welcome Swim	

<p>3:00 pm After School Program</p> <p>3:00 pm Activités parascolaires:</p> <p>6:00 pm Youth Drop in</p> <p>6:30 pm Body Conditioning</p> <p>7:00 pm Body Conditioning</p> <p>7:00 pm Lane & Leisure</p> <p>7:00 pm Aquatic Fitness</p> <p>7:00 pm Leisure Swim</p> <p>7:30 pm Open Gym Drop in</p>	<p>Welcome Swim</p> <p>8:00 pm Adult Drop in</p>	<p>6:30 pm Body Conditioning</p> <p>7:00 pm Lane & Leisure</p> <p>7:00 pm Everyone Welcome Swim</p> <p>8:00 pm Soccer en Français / Soccer in French</p> <p>8:00 pm Fitness - Beginner Yoga</p> <p>8:00 pm Fitness - Mixed Level Yoga</p> <p>8:00 pm Open Gym Drop in</p>	<p>pratique de badminton - Centre CGV</p> <p>7:00 pm Body Conditioning</p> <p>7:00 pm Shallow End Only Everyone Welcome Swim</p> <p>7:00 pm 6 Lane & Leisure</p>		
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