

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 7:00 am 6 Lane Swim 7:00 am Leisure Swim 7:00 am Lane & Leisure 8:30 am Open Call Casting The Great Canadian Baking Show 9:00 am Club du samedi 10:00 am Playgroup (Drop in) 2:30 pm Everyone Welcome Swim 3:00 pm Everyone Welcome Swim 5:30 pm Lane & Leisure 5:30 pm Everyone Welcome Swim 6:30 pm Family Open Gym Drop in 6:30 pm Everyone Welcome Swim 7:00 pm 3 Lane & Leisure
2 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 Welcome Swim	3 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 Fitness	4 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 Fitness	5 7:00 am Leisure Swim 7:30 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim 9:00 am Aquatic Fitness	6 7:00 am Leisure Swim 7:30 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim 9:00 am Aquatic Fitness	7 7:00 am Leisure Swim 7:30 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim 9:00 am Aquatic Fitness	8 7:00 am Leisure Swim 7:30 am 6 Lane Swim 9:00 am Club du samedi 10:00 am Playgroup (Drop in) 2:30 pm

1:30 pm Groundhog DIY Terrarium Workshop	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	Everyone Welcome Swim
2:30 pm Everyone Welcome Swim	9:00 am Rug Hooking - Hook Your Favourite Childhood Fairy Tale	9:00 am Preschool	9:30 am Downtown Pedestrian Mall Business Engagement Session	9:00 am Preschool	10:00 am Adults in Motion	3:00 pm Everyone Welcome Swim
3:00 pm Everyone Welcome Swim	9:00 am groupe de jeu « Les P'tits poussins ».	9:30 am Playgroup - KFFRC	10:00 am Bridge Level 2	9:30 am Playgroup - KFFRC	10:00 am Lane & Leisure	5:30 pm Lane & Leisure
4:00 pm Lane & Leisure	9:30 am Playgroup - KFFRC	10:00 am Playgroup (Drop in)	10:00 am Aquatic Fitness	10:00 am Playgroup (Drop in)	10:00 am 6 Lane Swim	5:30 pm Everyone Welcome Swim
5:30 pm Everyone Welcome Swim	10:00 am Playgroup (Drop in)	10:00 am Leisure - Bridge Level 1	10:00 am Adults in Motion	10:00 am Preschool Drop in	10:30 am Leisure - Social Time	6:00 pm Black History Paint & Sip
6:00 pm Lane & Leisure	10:00 am Adults in Motion	10:00 am Lane & Leisure	10:00 am Lane & Leisure	10:00 am Core Balance	11:00 am Adults in Motion	6:30 pm Family Open Gym Drop in
7:30 pm 6 Lane & Leisure	10:00 am Aquatic Fitness	10:00 am Core Balance	10:00 am Playgroup (Drop in)	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	10:30 am Leisure - Social Time	11:00 am Fitness - Body Conditioning	12:00 pm Youth Lunch in	7:00 pm 3 Lane & Leisure
	10:30 am Knitting Circle	11:00 am Food on the Move + Library @ 77 Charter Avenue, Pleasantville	11:00 am Core Balance	12:00 pm Adult Drop in	2:00 pm Pop in Tot	
	11:00 am Adults in Motion	12:00 pm Adult Drop in	11:00 am 3 Lane & Leisure	11:00 am Food on the Move + Library @ Buckmaster's Circle Community Centre	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 Youth Lunch in	2:30 pm After school program	
	11:45 am Walk & Wheel	2:00 pm Therapeutic Adult Swim	12:00 pm Walk & Wheel	12:00 pm Walk & Wheel	3:00 pm After School Program	
	12:00 pm Youth Lunch in	2:30 pm After School Program	1:00 pm Fitness - Body Conditioning (Drop in)	2:00 pm Pop in Tot	3:00 pm Activités Parascolaires au CSC Des Grands Vents	
	12:00 pm Walk & Wheel	2:30 pm After school program	2:00 pm Pop in Tot	2:30 pm After School Program	7:00 pm Everyone Welcome Swim	
	2:00 pm Pop in Tot	3:00 pm After School Program	2:30 pm After school program	2:30 pm After school program	7:00 pm Everyone Welcome Swim	
	2:00 pm Downtown Pedestrian Mall Business Engagement Session	3:00 pm Activités Parascolaires au CSC Des Grands Vents	3:00 pm After School Program	3:00 pm After School Program	8:00 pm NSO Masterworks 3: Love Notes	
	2:30 pm After School Program	6:00 pm Youth Drop in - Sport	3:00 pm After School Program	3:00 pm Activités Parascolaires au CSC Des Grands Vents		
	2:30 pm After school program	7:00 pm Shallow End Only Everyone Welcome Swim	3:00 pm After School Program	5:30 pm French class Intermediate 1 - In person		
	3:00 pm After School Program	7:00 pm 6 Lane & Leisure	3:00 pm Activités Parascolaires au CSC Des Grands Vents	6:00 pm Youth Drop in		
	3:00 pm Activités Parascolaires au CSC Des Grands Vents	8:00 pm Adult Drop in	5:30 pm French class Intermediate 1 - In person	6:00 pm Youth Drop in		
	5:30 pm Yoga avec Cindy de Far Out Fitness		6:00 pm Youth Drop in	6:30 pm Body Conditioning		
	6:00 pm Youth Drop in		6:30 pm Body Conditioning	7:00 pm Lane & Leisure		
	6:30 pm Body Conditioning		7:00 pm Lane & Leisure	7:00 pm Everyone Welcome Swim		
	7:00 pm Body Conditioning		7:00 pm Everyone Welcome Swim	8:00 pm Open Gym Drop in		
	7:00 pm Aquatic Fitness					
	7:00 pm Lane & Leisure					

	7:00 pm Leisure Swim 7:00 pm Rejoignez la chorale La Rose des Vents 7:30 pm Open Gym Drop in		8:00 pm Soccer en Français 8:00 pm Fitness - Mixed Level Yoga 8:00 pm Fitness - Beginner Yoga			
9	10	11	12	13	14	15
7:00 am 6 Lane & Leisure 7:00 am Lane & Leisure 10:00 am Soccer en Français 11:00 am Lane & Leisure 11:00 am The Rec Room's Big Game Sunday 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	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 Fitness 9:00 am Aquatic Fitness 9:00 am Rug Hooking - Hook Your Favourite Childhood Fairy Tale 9:00 am groupe de jeu « Les P'tits poussins ». 9:30 am Playgroup - KFFRC 10:00 am Playgroup (Drop in) 10:00 am Adults in Motion 10:00 am Aquatic Fitness 10:00 am Lane & Leisure 10:00 am Aquatic Fitness 10:00 am Lane & Leisure 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 Youth Lunch in 12:00 pm Walk & Wheel 2:00 pm Pop in Tot	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 Fitness 9:00 am Aquatic Fitness 9:00 am Preschool 9:30 am Playgroup - KFFRC 10:00 am Playgroup (Drop in) 10:00 am Leisure - Bridge Level 1 10:00 am Lane & Leisure 10:00 am Core Balance 10:00 am 6 Lane & Leisure 11:00 am Fitness - Body Conditioning 11:30 am Lunch des Débrouillards 11:30 am Festival Hiver 2025 – Une semaine d'activités pour toute la famille 12:00 pm Adult Drop in 12:00 pm Youth Lunch in 2:00 pm Therapeutic Adult Swim 2:30 pm After School Program 2:30 pm After school program 3:00 pm After	7:00 am Leisure Swim 7:30 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 10:00 am Aquatic Fitness 10:00 am Adults in Motion 10:00 am Lane & Leisure 10:00 am Playgroup (Drop in) 10:00 am Bridge Level 2 10:30 am Leisure - Social Time 11:00 am Core Balance 11:00 am 3 Lane & Leisure 11:45 am Walk & Wheel 12:00 pm Youth Lunch in 12:00 pm Walk & Wheel 1:00 pm Fitness - Body Conditioning (Drop in) 1:00 pm Festival Hiver 2025 – Une semaine d'activités pour toute la famille 2:00 pm Pop in Tot 2:30 pm After School Program 2:30 pm After	7:00 am Leisure Swim 7:30 am Lane & Leisure 7:30 am 6 Lane Swim 8:00 am Scavenger Hunt 9:00 am Festival Hiver 2025 – Une semaine d'activités pour toute la famille 9:00 am Leisure Swim 9:00 am Aquatic Fitness 9:00 am Leisure Swim 9:00 am Aquatic Fitness 9:00 am Preschool 9:30 am Playgroup - KFFRC 10:00 am Playgroup (Drop in) 10:00 am Preschool Drop in 10:00 am Core Balance 10:00 am Lane & Leisure 10:00 am 6 Lane & Leisure 11:00 am Fitness - Body Conditioning 12:00 pm Adult Drop in 12:00 pm Youth Lunch in 12:00 pm Ski and Snowshoe 2:30 pm After School Program 2:30 pm After school program 3:00 pm After School Program	7:00 am Leisure Swim 7:30 am Lane & Leisure 7:30 am 6 Lane Swim 8:00 am Scavenger Hunt 9:00 am Leisure Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 9:30 am Friday Free Play 10:00 am Adults in Motion 10:00 am Lane & Leisure 10:00 am 6 Lane Swim 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 au CSC Des Grands Vents 6:00 pm Festival Hiver 2025 – Une semaine d'activités pour toute la famille	12:00 am Festival Hiver 2025 – Une semaine d'activités pour toute la famille 7:00 am Leisure Swim 7:30 am 6 Lane Swim 8:00 am Scavenger Hunt 9:00 am Club du samedi 10:00 am Learn to Play Disc Golf 10:00 am ChillFest 2025 Introduction and Learn to Play Disc Golf 12:00 pm Valentine's Tea Party 1:30 pm MegaPlay 2:30 pm Everyone Welcome Swim 3:00 pm Everyone Welcome Swim 5:30 pm Lane & Leisure 5:30 pm Everyone Welcome Swim 6:30 pm Family Open Gym Drop in 6:30 pm Everyone

	<p>2:30 pm After School Program</p> <p>2:30 pm After school program</p> <p>3:00 pm After School Program</p> <p>3:00 pm Activités Parascolaires au CSC Des Grands Vents</p> <p>5:30 pm Yoga avec Cindy de Far Out Fitness</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 Aquatic Fitness</p> <p>7:00 pm Lane & Leisure</p> <p>7:00 pm Leisure Swim</p> <p>7:00 pm Rejoignez la chorale La Rose des Vents</p> <p>7:30 pm Open Gym Drop in</p>	<p>School Program</p> <p>3:00 pm Activités Parascolaires au CSC Des Grands Vents</p> <p>5:00 pm Festival Hiver 2025 – Une semaine d’activités pour toute la famille</p> <p>6:00 pm Festival Hiver 2025 – Une semaine d’activités pour toute la famille</p> <p>6:00 pm Youth Drop in - Sport</p> <p>7:00 pm Shallow End Only Everyone Welcome Swim</p> <p>7:00 pm 6 Lane & Leisure</p> <p>8:00 pm Adult Drop in</p>	<p>school program</p> <p>3:00 pm After School Program</p> <p>3:00 pm Activités Parascolaires au CSC Des Grands Vents</p> <p>5:30 pm French class Intermediate 1 - In person</p> <p>6:00 pm Youth Drop in</p> <p>6:00 pm Festival Hiver 2025 – Une semaine d’activités pour toute la famille</p> <p>6:00 pm Youth Drop in</p> <p>6:30 pm Body Conditioning</p> <p>7:00 pm Lane & Leisure</p> <p>7:00 pm Public Hearing - 34 New Cove Road</p> <p>7:00 pm Everyone Welcome Swim</p> <p>8:00 pm Open Gym Drop in</p> <p>8:00 pm Soccer en Français</p> <p>8:00 pm Fitness - Beginner Yoga</p> <p>8:00 pm Fitness - Mixed Level Yoga</p>	<p>3:00 pm Activités Parascolaires au CSC Des Grands Vents</p> <p>5:30 pm Festival Hiver 2025 – Une semaine d’activités pour toute la famille</p> <p>6:00 pm Galentine's Day- DIY Bouquet, Dessert Bar, Love letter station</p> <p>6:30 pm Advanced Conversation & Grammar Winter 2025</p> <p>7:00 pm Badminton en Français</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>6:00 pm Soirée Saint-Valentin – Vendredi 14 février à 18h00</p> <p>6:00 pm Valentine's Day Family Skating Party @ The Loop</p> <p>7:00 pm Everyone Welcome Swim</p> <p>7:00 pm ChillFest Everyone Welcome Swim</p> <p>7:00 pm Everyone Welcome Swim</p> <p>8:00 pm Valentine's Sweetheart Skate @ The Loop</p>	<p>Welcome Swim</p> <p>7:00 pm 3 Lane & Leisure</p>
<p>16</p> <p>5:09 am St. John's ChillFest Ice Bowl 2025</p> <p>7:00 am 6 Lane & Leisure</p> <p>7:00 am Lane & Leisure</p> <p>8:00 am Scavenger Hunt</p> <p>9:30 am Freez'n Fun Run & Stroll or Roll</p>	<p>17</p> <p>7:00 am Leisure Swim</p> <p>7:00 am Lane & Leisure</p> <p>7:30 am 6 Lane Swim</p> <p>8:00 am Scavenger Hunt</p> <p>9:00 am Leisure Swim</p> <p>9:00 am Aquatic Fitness</p>	<p>18</p> <p>7:00 am Leisure Swim</p> <p>7:00 am Lane & Leisure</p> <p>7:30 am 6 Lane Swim</p> <p>8:00 am Scavenger Hunt</p> <p>9:00 am Leisure Swim</p> <p>9:00 am Aquatic Fitness</p>	<p>19</p> <p>7:00 am Leisure Swim</p> <p>7:30 am Lane & Leisure</p> <p>7:30 am 6 Lane Swim</p> <p>9:00 am Leisure Swim</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic Fitness</p>	<p>20</p> <p>7:00 am Leisure Swim</p> <p>7:30 am Lane & Leisure</p> <p>7:30 am 6 Lane Swim</p> <p>9:00 am Leisure Swim</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic Fitness</p>	<p>21</p> <p>7:00 am Lane & Leisure</p> <p>7:00 am Leisure Swim</p> <p>7:30 am 6 Lane Swim</p> <p>9:00 am Leisure Swim</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic Fitness</p>	<p>22</p> <p>7:00 am 6 Lane Swim</p> <p>7:00 am Leisure Swim</p> <p>7:00 am Lane & Leisure</p> <p>9:00 am Club du samedi</p> <p>11:00 am Natural Vibe - Self Love Yoga Class</p>

10:00 am Soccer en Français	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	10:00 am Aquatic Fitness	9:00 am Preschool	10:00 am Adults in Motion	2:30 pm Everyone Welcome Swim
11:00 am Lane & Leisure	9:00 am Rug Hooking - Hook Your Favourite Childhood Fairy Tale	9:00 am Preschool	10:00 am Adults in Motion	9:30 am Playgroup - KFFRC	10:00 am Lane & Leisure	Welcome Swim
1:00 pm Everyone Welcome Swim	9:00 am groupe de jeu « Les P'tits poussins ».	9:30 am Playgroup - KFFRC	10:00 am Lane & Leisure	10:00 am Playgroup (Drop in)	10:00 am 6 Lane Swim	3:00 pm Everyone Welcome Swim
2:00 pm Musical Crafternoon	9:30 am Playgroup - KFFRC	10:00 am Playgroup (Drop in)	10:00 am Playgroup (Drop in)	10:00 am Preschool Drop in	10:30 am Leisure - Social Time	Welcome Swim
2:30 pm Everyone Welcome Swim	10:00 am Playgroup (Drop in)	10:00 am Leisure - Bridge Level 1	10:00 am Bridge Level 2	10:00 am Core Balance	11:00 am Adults in Motion	5:30 pm Lane & Leisure
3:00 pm Everyone Welcome Swim	10:00 am Aquatic Fitness	10:00 am Lane & Leisure	10:30 am Leisure - Social Time	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	5:30 pm Everyone Welcome Swim
4:00 pm Lane & Leisure	10:00 am Playgroup (Drop in)	10:00 am Core Balance	11:00 am Core Balance	10:00 am 6 Lane & Leisure	12:00 pm Youth Lunch in	6:30 pm Family Open Gym Drop in
5:30 pm Everyone Welcome Swim	10:00 am Lane & Leisure	10:00 am 6 Lane & Leisure	11:00 am 3 Lane & Leisure	11:00 am Fitness - Body Conditioning	2:00 pm Pop in Tot	
6:00 pm Lane & Leisure	10:00 am Adults in Motion Fitness Class	11:00 am Fitness - Body Conditioning	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	12:00 pm Adult Drop in	3:00 pm Activités Parascolaires au CSC Des Grands Vents	6:30 pm Everyone Welcome Swim
6:00 pm Acrylic Painting	10:00 am ChillFest Adults in Motion	11:00 am Food on the Move + Library @ Shea Heights Community Centre	11:45 am Walk & Wheel	12:00 pm Youth Lunch in	7:00 pm Everyone Welcome Swim	7:00 pm 3 Lane & Leisure
7:30 pm 6 Lane & Leisure	10:30 am Leisure - Social Time	12:00 pm Adult Drop in	12:00 pm Walk & Wheel	12:00 pm Walk & Wheel	7:00 pm Everyone Welcome Swim	
	10:30 am Knitting Circle	12:00 pm Youth Lunch in	1:00 pm Fitness - Body Conditioning (Drop in)	1:00 pm Fitness - Body Conditioning (Drop in)	8:00 pm NSO Big Ticket: From Far and Wide - Presented by ExxonMobil and NSB Omega	
	11:00 am Adults in Motion	1:00 pm Coffeehouse Music Crawl	2:00 pm Pop in Tot	2:00 pm Pop in Tot		
	11:00 am 3 Lane & Leisure	2:00 pm Therapeutic Adult Swim	2:30 pm After School Program	2:30 pm After School Program	6:00 pm Youth Night	
	11:45 am Walk & Wheel	2:30 pm After School Program	2:30 pm After school program	2:30 pm After school program	6:30 pm Advanced Conversation & Grammar Winter 2025	
	12:00 pm Youth Lunch in	2:30 pm After school program	3:00 pm After School Program	3:00 pm After School Program	7:00 pm Badminton en Français	
	12:00 pm Walk & Wheel	3:00 pm After School Program	3:00 pm Activités Parascolaires au CSC Des Grands Vents	3:00 pm Activités Parascolaires au CSC Des Grands Vents	7:00 pm Body Conditioning	
	12:30 pm Adult Skate	3:00 pm Activités Parascolaires au CSC Des Grands Vents	5:30 pm French class Intermediate 1 - In person	5:30 pm French class Intermediate 1 - In person	7:00 pm Shallow End Only Everyone Welcome Swim	
	2:00 pm Family Skate	6:00 pm Youth Drop in - Sport	6:00 pm Youth Drop in	6:00 pm Youth Drop in	7:00 pm 6 Lane & Leisure	
	2:00 pm Pop in Tot	7:00 pm Shallow End Only Everyone Welcome Swim	6:00 pm Youth Drop in	6:00 pm Youth Drop in		
	2:30 pm After School Program	7:00 pm 6 Lane & Leisure	6:30 pm Body Conditioning	6:30 pm Body Conditioning		
	2:30 pm After school program	8:00 pm Adult Drop in	7:00 pm Lane & Leisure	7:00 pm Lane & Leisure		
	3:00 pm After School Program	8:30 pm ChillFest Trivia Night at Cojones	7:00 pm Everyone Welcome Swim	7:00 pm Everyone Welcome Swim		
	3:00 pm Activités Parascolaires au CSC Des Grands Vents		8:00 pm Open Gym Drop in	8:00 pm Open Gym Drop in		
	5:30 pm Yoga avec Cindy de Far Out Fitness		8:00 pm Soccer en Français	8:00 pm Soccer en Français		
	6:00 pm Youth Drop in		8:00 pm Fitness - Mixed Level Yoga	8:00 pm Fitness - Mixed Level Yoga		
	6:30 pm Body Conditioning		8:00 pm Fitness - Beginner Yoga	8:00 pm Fitness - Beginner Yoga		
	7:00 pm Body Conditioning					

	7:00 pm Aquatic Fitness 7:00 pm Lane & Leisure 7:00 pm Leisure Swim 7:00 pm Rejoignez la chorale La Rose des Vents 7:30 pm Open Gym Drop in				
23	24	25	26	27	28
7:00 am 6 Lane & Leisure 7:00 am Lane & Leisure 9:00 am Lane & Leisure 10:00 am Soccer en Français 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	7:00 am Leisure Swim 7:00 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 9:00 am Rug Hooking - Hook Your Favourite Childhood Fairy Tale 9:00 am groupe de jeu « Les P'tits poussins ». 9:00 am Home Alone Course 9:30 am Playgroup - KFFRC 10:00 am Playgroup (Drop in) 10:00 am Adults in Motion 10:00 am Aquatic Fitness 10:00 am Lane & Leisure 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 Youth Lunch in 12:00 pm Walk & Wheel 2:00 pm Pop in Tot 3:00 pm Activités	7:00 am Leisure Swim 7:00 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 9:00 am Preschool 9:30 am Playgroup - KFFRC 10:00 am Playgroup (Drop in) 10:00 am Leisure - Bridge Level 1 10:00 am Lane & Leisure 10:00 am Core Balance 10:00 am 6 Lane & Leisure 11:00 am Fitness - Body Conditioning 12:00 pm Adult Drop in 12:00 pm Youth Lunch 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 au CSC Des Grands Vents 6:00 pm Youth Drop in - Sport 7:00 pm Shallow End Only Everyone	7:00 am Leisure Swim 7:30 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 10:00 am Aquatic Fitness 10:00 am Adults in Motion 10:00 am Lane & Leisure 10:00 am Playgroup (Drop in) 10:00 am Bridge Level 2 10:30 am Leisure - Social Time 11:00 am Core Balance 11:00 am 3 Lane & Leisure 11:45 am Walk & Wheel 12:00 pm Youth Lunch in 12:00 pm Walk & Wheel 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 2:30 pm After school program 3:00 pm After School Program 3:00 pm Activités Parascolaires au CSC Des Grands Vents	7:00 am Leisure Swim 7:30 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 9:00 am Preschool 9:30 am Playgroup - KFFRC 10:00 am Playgroup (Drop in) 10:00 am Preschool Drop in 10:00 am Core Balance 10:00 am Lane & Leisure 10:00 am 6 Lane & Leisure 11:00 am Fitness - Body Conditioning 12:00 pm Adult Drop in 12:00 pm Youth Lunch in 2:30 pm After School Program 2:30 pm After school program 3:00 pm After School Program 3:00 pm Activités Parascolaires au CSC Des Grands Vents 6:30 pm Advanced Conversation & Grammar Winter 2025 7:00 pm Badminton en Français 7:00 pm Body	7:00 am Leisure Swim 7:30 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 10:00 am Adults in Motion 10:00 am Lane & Leisure 10:00 am 6 Lane Swim 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 au CSC Des Grands Vents 7:00 pm Everyone Welcome Swim 7:00 pm Everyone Welcome Swim

<p>Parascolaires au CSC Des Grands Vents</p> <p>5:30 pm Yoga avec Cindy de Far Out Fitness</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 Aquatic Fitness</p> <p>7:00 pm Lane & Leisure</p> <p>7:00 pm Leisure Swim</p> <p>7:00 pm Rejoignez la chorale La Rose des Vents</p> <p>7:30 pm Open Gym Drop in</p>	<p>Welcome Swim</p> <p>7:00 pm 6 Lane & Leisure</p> <p>8:00 pm Adult Drop in</p>	<p>5:30 pm French class Intermediate 1 - In person</p> <p>6:00 pm Youth Drop in</p> <p>6:00 pm Youth 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 Open Gym Drop in</p> <p>8:00 pm Soccer en Français</p> <p>8:00 pm Fitness - Beginner Yoga</p> <p>8:00 pm Fitness - Mixed Level Yoga</p>	<p>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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