

March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 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 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 7:30 pm Good as a Concert Presents: Songs to Help us Through the Long and Hungry Month of March 8:00 pm Antidote for Life: Memory, Madness, and Beagles by Berni Stapleton
2 7:00 am 6 Lane & Leisure 7:00 am Lane & Leisure	3 7:00 am Leisure Swim 7:00 am Lane & Leisure	4 7:00 am Leisure Swim 7:00 am Lane & Leisure	5 7:00 am Leisure Swim 7:30 am Lane & Leisure	6 7:00 am Leisure Swim 7:30 am Lane & Leisure	7 7:00 am Leisure Swim 7:30 am Lane & Leisure	8 7:00 am 6 Lane Swim 7:00 am Leisure Swim

10:00 am Soccer en Français	7:30 am 6 Lane Swim	7:00 am Stella's Circle's Pancake Breakfast for Homelessness	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	9:00 am Club du samedi
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	9:00 am Babysitting
1:00 pm Everyone Welcome Swim	9:00 am Aquatic Fitness	7:30 am 6 Lane Swim	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)
2:00 pm Antidote for Life: Memory, Madness, and Beagles by Berni Stapleton	9:00 am Rug Hooking - Hook Your Favourite Childhood Fairy Tale	9:00 am Aquatic Fitness	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Preschool Swim	9:00 am Leisure Swim	2:30 pm Everyone Welcome Swim
2:30 pm Everyone Welcome Swim	9:00 am Leisure Swim	9:00 am Preschool	10:00 am Aquatic Fitness	9:30 am Playgroup - KFFRC	10:00 am Lane & Leisure	10:00 am Adults in Motion	3:00 pm Everyone Welcome Swim
3:00 pm Everyone Welcome Swim	9:30 am Playgroup - KFFRC	9:00 am Leisure Swim	10:00 am Adults in Motion	10:00 am Playgroup (Drop in)	10:00 am Preschool Drop in	10:00 am 6 Lane Swim	5:30 pm Lane & Leisure
4:00 pm Lane & Leisure	10:00 am Playgroup (Drop in)	9:30 am Playgroup - KFFRC	10:00 am Lane & Leisure	10:00 am Bridge Level 2	10:00 am Core Balance	10:30 am Leisure - Social Time	5:30 pm Everyone Welcome Swim
5:30 pm Everyone Welcome Swim	10:00 am Adults in Motion	10:00 am Playgroup (Drop in)	10:00 am Leisure - Bridge Level 1	10:00 am Playgroup (Drop in)	10:00 am Lane & Leisure	11:00 am Adults in Motion	6:30 pm Family Open Gym Drop in
6:00 pm Lane & Leisure	10:00 am Aquatic Fitness	10:00 am Social & Bingo	10:30 am Leisure - Social Time	11:00 am Food on the Move + Library @ Buckmaster's Circle Community Centre	10:00 am 6 Lane & Leisure	11:00 am 3 Lane & Leisure	6:30 pm Everyone Welcome Swim
7:30 pm 6 Lane & Leisure	10:00 am Lane & Leisure	10:00 am Lane & Leisure	11:00 am Food on the Move + Library @ 77 Charter Avenue, Pleasantville	11:00 am Core Balance	11:00 am Fitness - Body Conditioning	12:00 pm Lane & Leisure	6:30 pm Everyone Welcome Swim
	10:30 am Knitting Circle	10:00 am Core Balance	12:00 pm Walk & Wheel	11:00 am Core Balance	12:00 pm Adult Drop in	12:00 pm Youth Lunch in	7:00 pm 3 Lane & Leisure
	10:30 am Leisure - Social Time	10:00 am 6 Lane & Leisure	12:00 pm Youth Lunch in	11:00 am 3 Lane & Leisure	12:00 pm Youth Drop in	2:00 pm Pop in Tot	
	11:00 am Adults in Motion	11:00 am Food on the Move + Library @ 77 Charter Avenue, Pleasantville	1:00 pm Fitness - Body Conditioning (Drop in)	11:45 am Walk & Wheel	2:00 pm Therapeutic Adult Swim	2:30 pm After School Program	
	11:45 am Walk & Wheel	11:00 am Fitness - Body Conditioning	2:00 pm Pop in Tot	12:00 pm Walk & Wheel	2:30 pm After School Program	2:30 pm After school program	
	12:00 pm Walk & Wheel	12:00 pm Adult Drop in	2:30 pm After School Program	12:00 pm Youth Lunch in	2:30 pm After school program	3:00 pm After School Program	
	12:00 pm Youth Lunch in	12:00 pm Youth Lunch in	2:30 pm After school program	1:00 pm Fitness - Body Conditioning (Drop in)	3:00 pm After School Program	5:30 pm Yoga avec Cindy de Far Out Fitness	
	2:00 pm Pop in Tot	2:00 pm	3:00 pm After School Program	2:00 pm Pop in Tot	5:30 pm French class Intermediate 1 - In person	6:00 pm Youth Drop in	
	2:30 pm After School Program	2:30 pm After School Program	5:30 pm French class Intermediate 1 - In person	2:30 pm After School Program	6:00 pm Youth Drop in	6:30 pm Body Conditioning	
	2:30 pm After school program	2:30 pm After School Program	6:00 pm Youth Drop in	2:30 pm After school program	6:30 pm Body Conditioning	7:00 pm Body Conditioning	
	3:00 pm After School Program	2:30 pm After school program	6:00 pm Youth Drop in	3:00 pm After School Program	6:30 pm Body Conditioning	7:00 pm Aquatic Fitness	
	5:30 pm Yoga avec Cindy de Far Out Fitness	3:00 pm After School Program	6:30 pm Body Conditioning	5:30 pm French class Intermediate 1 - In person	7:00 pm Lane & Leisure	7:00 pm Lane & Leisure	
	6:00 pm Youth Drop in	6:00 pm Youth Drop in - Sport	7:00 pm Lane & Leisure	6:00 pm Youth Drop in	7:00 pm Everyone Welcome Swim	7:00 pm Leisure Swim	
	6:30 pm Body Conditioning	7:00 pm Shallow End Only Everyone Welcome Swim	8:00 pm Adult Drop in	7:00 pm Lane & Leisure	7:00 pm Public		
	7:00 pm Body Conditioning	7:00 pm 6 Lane & Leisure					
	7:00 pm Aquatic Fitness						
	7:00 pm Lane & Leisure						
	7:00 pm Leisure Swim						

	7:30 pm Open Gym Drop in		Meeting - 7 Waterford Bridge Road 8:00 pm Fitness - Mixed Level Yoga 8:00 pm Fitness - Beginner Yoga 8:00 pm Soccer en Français 8:00 pm Open Gym Drop in			
9	10	11	12	13	14	15
7:00 am 6 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 6 Lane Swim	7:00 am Lane & Leisure
7:00 am Lane & Leisure	7:00 am Lane & Leisure	7:00 am Lane & Leisure	7:30 am Lane & Leisure	7:30 am Lane & Leisure	7:00 am Lane & Leisure	7:00 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 6 Lane Swim	7:30 am 6 Lane Swim	7:00 am Leisure Swim	7:00 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	9:00 am Club du samedi
1:00 pm Everyone Welcome Swim	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)
2:30 pm Everyone Welcome Swim	9:00 am Leisure Swim	9:00 am Preschool Swim	9:00 am Leisure Swim	9:00 am Preschool Swim	9:00 am Leisure Swim	2:30 pm Everyone Welcome Swim
3:00 pm Everyone Welcome Swim	9:30 am Playgroup - KFFRC	9:30 am Playgroup - KFFRC	10:00 am Aquatic Fitness	9:30 am Playgroup - KFFRC	10:00 am Adults in Motion	3:00 pm Everyone Welcome Swim
3:30 pm Vivaldi Voices	10:00 am Playgroup (Drop in)	10:00 am Playgroup (Drop in)	10:00 am Adults in Motion	10:00 am Playgroup (Drop in)	10:00 am Lane & Leisure	3:00 pm Everyone Welcome Swim
4:00 pm Lane & Leisure	10:00 am Adults in Motion	10:00 am Leisure - Bridge Level 1	10:00 am Lane & Leisure	10:00 am Preschool Drop in	10:00 am 6 Lane Swim	5:30 pm Lane & Leisure
5:30 pm Everyone Welcome Swim	10:00 am Aquatic Fitness	10:00 am Lane & Leisure	10:00 am Bridge Level 2	10:00 am Core Balance	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 Core Balance	10:00 am Playgroup (Drop in)	10:00 am Lane & Leisure	11:00 am Adults in Motion	6:30 pm Family Open Gym Drop in
7:30 pm 6 Lane & Leisure	10:30 am Leisure - Social Time	10:00 am 6 Lane & Leisure	10:30 am Leisure - Social Time	10:00 am 6 Lane & Leisure	11:00 am 3 Lane & Leisure	7:00 pm 3 Lane & Leisure
	10:30 am Knitting Circle	11:00 am Fitness - Body Conditioning	11:00 am Core Balance	11:00 am Fitness - Body Conditioning	12:00 pm Youth Lunch in	9:00 pm The Rec Room's Shamrock the Weekend
	11:00 am Adults in Motion	11:30 am Lunch des Débrouillards	11:00 am 3 Lane & Leisure	12:00 pm Adult Drop in	2:00 pm Pop in Tot	6:30 pm Everyone Welcome Swim
	11:00 am 3 Lane & Leisure	12:00 pm Adult Drop in	11:45 am Walk & Wheel	12:00 pm Youth Lunch in	2:30 pm After School Program	7:00 pm 3 Lane & Leisure
	11:45 am Walk & Wheel	12:00 pm Youth Lunch in	12:00 pm Walk & Wheel	2:30 pm After School Program	2:30 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	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)	3:00 pm After School Program	7:00 pm Everyone Welcome Swim	
	2:00 pm Pop in Tot	2:30 pm After school program	2:00 pm Pop in Tot	6:00 pm Oil Painting - Pondsides Landscape	7:00 pm Everyone Welcome Swim	
	2:30 pm After School Program	3:00 pm After School Program	2:30 pm After school program	6:30 pm Advanced Conversation & Grammar Winter 2025		
	2:30 pm After school program	6:00 pm Youth Drop in - Sport	3:00 pm After School Program	7:00 pm Body Conditioning		
	3:00 pm After School Program	7:00 pm Shallow End Only Everyone	5:30 pm French class Intermediate 1			
	5:30 pm Yoga avec Cindy de Far Out Fitness					

	6:00 pm Youth Drop in 6:30 pm Body Conditioning 7:00 pm Body Conditioning 7:00 pm Aquatic Fitness 7:00 pm Lane & Leisure 7:00 pm Leisure Swim 7:30 pm Open Gym Drop in	Welcome Swim 7:00 pm 6 Lane & Leisure 8:00 pm Adult Drop in	- In person 6:00 pm Youth Drop in 6:00 pm Youth Drop in 6:30 pm Body Conditioning 7:00 pm Lane & Leisure 7:00 pm Everyone Welcome Swim 7:30 pm Tuckamore Presents: The American Brass Quintet 8:00 pm Fitness - Mixed Level Yoga 8:00 pm Fitness - Beginner Yoga 8:00 pm Soccer en Français 8:00 pm Open Gym Drop in	7:00 pm Shallow End Only Everyone Welcome Swim 7:00 pm 6 Lane & Leisure		
16 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	17 5:30 pm Yoga avec Cindy de Far Out Fitness 5:30 pm Séance de yoga avec Cindy	18 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 9:00 am Leisure Swim 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	19 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 Leisure Swim 10:00 am Adults in Motion 10:00 am Aquatic Fitness 10:00 am Lane & Leisure 10:00 am Bridge Level 2 10:00 am Playgroup (Drop in) 10:30 am Leisure - Social Time 11:00 am Food on	20 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 9:00 am Leisure Swim 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	21 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 Leisure Swim 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	22 7:00 am Leisure Swim 7:30 am 6 Lane Swim 9:00 am Home Alone Course 9:00 am Club du samedi 10:00 am Playgroup (Drop in) 10:00 am Matinée Cinéma en Famille – Film de l’ONF pour enfants 2:00 pm Newfoundland Stories: Woven Through the Lens of Senior Artists 2:30 pm Everyone Welcome Swim

		11:00 am Fitness - Body Conditioning 11:00 am Food on the Move + Library @ Shea Heights Community Centre 11:30 am Lunch des débrouillards 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 6:00 pm Youth Drop in - Sport 7:00 pm Shallow End Only Everyone Welcome Swim 7:00 pm 6 Lane & Leisure 8:00 pm Adult Drop in	the Move + Library @ Froude Avenue Community Centre 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 5:30 pm French class Intermediate 1 - In person 6:00 pm Come Craft with Us 6:00 pm Youth Drop in 6:00 pm Youth Drop in 6:30 pm Body Conditioning 7:00 pm Lane & Leisure 7:00 pm Everyone Welcome Swim 8:00 pm Fitness - Mixed Level Yoga 8:00 pm Fitness - Beginner Yoga 8:00 pm Soccer en Français 8:00 pm Open Gym Drop in	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 6:00 pm Youth Night 6:00 pm Oil Painting - Pondsides Landscape 6:30 pm Advanced Conversation & Grammar Winter 2025 7:00 pm World Poetry Day Reading Event 7:00 pm Body Conditioning 7:00 pm Shallow End Only Everyone Welcome Swim 7:00 pm 6 Lane & Leisure	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 6:00 pm Drawing: Textures - Metal, Fabric & Wood 6:00 pm Soirée cinéma : “C.R.A.Z.Y” 7:00 pm Everyone Welcome Swim 7:00 pm Everyone Welcome Swim 8:00 pm NSO Masterworks 4: Celestial Keys	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
23 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	24 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	25 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	26 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	27 7:00 am Lane & Leisure 7:00 am Leisure Swim 7:30 am 6 Lane Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness	28 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	29 6:30 am Sun Block Party - Solar Eclipse 2025 7:00 am Leisure Swim 7:30 am 6 Lane Swim 9:00 am Club du samedi

	2:30 pm Everyone Welcome Swim	9:00 am Leisure Swim	9:00 am Preschool	9:00 am Leisure Swim	9:00 am groupe de jeu (Les P'tits poussins)	9:00 am Leisure Swim	10:00 am Playgroup (Drop in)
	3:00 pm Everyone Welcome Swim	9:30 am Playgroup - KFFRC	9:00 am Leisure Swim	10:00 am Aquatic Fitness	9:00 am Preschool	10:00 am Adults in Motion	10:00 am Sci-Fi on the Rock 17
	4:00 pm Lane & Leisure	10:00 am Playgroup (Drop in)	9:00 am Immigration 101 for Employers + Resource Fair	10:00 am Adults in Motion	9:00 am Leisure Swim	10:00 am Lane & Leisure	11:00 am Spring Sale and Soup Lunch
	5:30 pm Everyone Welcome Swim	10:00 am Adults in Motion	9:30 am Playgroup - KFFRC	10:00 am Lane & Leisure	9:30 am Playgroup - KFFRC	10:00 am 6 Lane Swim	2:30 pm Everyone Welcome Swim
	6:00 pm Lane & Leisure	10:00 am Aquatic Fitness	10:00 am Playgroup (Drop in)	10:00 am Bridge Level 2	10:00 am Playgroup (Drop in)	10:30 am Leisure - Social Time	3:00 pm Everyone Welcome Swim
	7:30 pm 6 Lane & Leisure	10:00 am Lane & Leisure	10:00 am Leisure - Bridge Level 1	10:00 am Playgroup (Drop in)	10:00 am Preschool Drop in	11:00 am Adults in Motion	5:30 pm Lane & Leisure
		10:30 am Leisure - Social Time	10:00 am Lane & Leisure	10:30 am Leisure - Social Time	10:00 am Core Balance	11:00 am 3 Lane & Leisure	5:30 pm Everyone Welcome Swim
		10:30 am Knitting Circle	10:00 am Core Balance	11:00 am Core Balance	10:00 am Lane & Leisure	12:00 pm Youth Lunch in	6:30 pm Family Open Gym Drop in
		11:00 am Adults in Motion	10:00 am 6 Lane & Leisure	11:00 am 3 Lane & Leisure	10:00 am 6 Lane & Leisure	12:00 pm Sci-Fi on the Rock 17	6:30 pm Everyone Welcome Swim
		11:00 am 3 Lane & Leisure	11:00 am Fitness - Body Conditioning	11:45 am Walk & Wheel	11:00 am Fitness - Body Conditioning	2:00 pm Pop in Tot	7:00 pm 3 Lane & Leisure
		11:45 am Walk & Wheel	12:00 pm Adult Drop in	12:00 pm Walk & Wheel	12:00 pm Adult Drop in	2:30 pm After School Program	8:00 pm NSO Sinfonia 3: Turbulence
		12:00 pm Walk & Wheel	12:00 pm Youth Lunch in	12:00 pm Youth Lunch in	12:00 pm Youth Lunch in	2:30 pm After school program	
		12:00 pm Youth Lunch in	2:00 pm Therapeutic Adult Swim	1:00 pm Fitness - Body Conditioning (Drop in)	2:30 pm After School Program	3:00 pm After School Program	
		2:00 pm Pop in Tot	2:30 pm After School Program	2:00 pm Pop in Tot	2:30 pm After school program	7:00 pm Everyone Welcome Swim	
		2:30 pm After School Program	2:30 pm After school program	2:30 pm After School Program	6:00 pm Oil Painting - Pondsides Landscape	7:00 pm Everyone Welcome Swim	
		2:30 pm After school program	3:00 pm After School Program	2:30 pm After school program	6:30 pm Advanced Conversation & Grammar Winter 2025		
		3:00 pm After School Program	6:00 pm Youth Drop in - Sport	3:00 pm After School Program	7:00 pm Rejoignez la chorale La Rose des Vents		
		6:00 pm Youth Drop in	7:00 pm Shallow End Only Everyone Welcome Swim	5:30 pm French class Intermediate 1 - In person	7:00 pm Badminton en Français		
		6:30 pm Body Conditioning	7:00 pm 6 Lane & Leisure	6:00 pm Come Craft with Us	7:00 pm Body Conditioning		
		7:00 pm Body Conditioning	8:00 pm Adult Drop in	6:00 pm Youth Drop in	7:00 pm Shallow End Only Everyone Welcome Swim		
		7:00 pm Aquatic Fitness		6:30 pm Body Conditioning	7:00 pm 6 Lane & Leisure		
		7:00 pm Lane & Leisure		7:00 pm Lane & Leisure			
		7:00 pm Leisure Swim		7:00 pm Everyone Welcome Swim			
		7:30 pm Open Gym Drop in		8:00 pm Fitness - Mixed Level Yoga			
				8:00 pm Fitness - Beginner Yoga			
				8:00 pm Soccer en Français			
				8:00 pm Open Gym Drop in			
30	7:00 am 6 Lane &	31	7:00 am Lane &				

Leisure	Leisure					
7:00 am Lane & Leisure	7:00 am Leisure Swim					
10:00 am Sci-Fi on the Rock 17	7:00 am 6 Lane Swim					
10:10 am Soccer en Français	9:00 am 3 Lane & Leisure					
11:00 am Lane & Leisure	9:00 am Lane & Leisure					
1:00 pm Everyone Welcome Swim	9:00 am groupe de jeu (Les P'tits poussins)					
2:30 pm Everyone Welcome Swim	10:00 am Lane & Leisure					
3:00 pm Everyone Welcome Swim	10:00 am 6 Lane & Leisure					
4:00 pm Lane & Leisure	10:00 am Playgroup (Drop in)					
5:00 pm Everyone Welcome Swim	10:30 am Leisure - Social Time					
5:30 pm Everyone Welcome Swim	10:30 am Knitting Circle					
6:00 pm Lane & Leisure	11:00 am 3 Lane & Leisure					
6:30 pm Everyone Welcome Swim	11:45 am Walk and Wheel					
7:30 pm 6 Lane & Leisure	11:45 am Walk and Wheel					
	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					
	3:30 pm Everyone Welcome Swim					
	5:00 pm Leisure Swim with Slides					
	5:00 pm Lane & Leisure					
	6:00 pm Leisure Swim with Slides					
	6:00 pm Everyone Welcome Swim					
	6:00 pm Youth Drop in					
	7:00 pm Lane & Leisure					
	7:00 pm Rejoignez la chorale La Rose des Vents					
	7:00 pm 6 Lane & Leisure					
	7:30 pm Open Gym Drop in					

