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	3	4	5	6	7	8
7:00 am 6 Lane & Leisure	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	7:30 am Lane & Leisure	7:30 am Lane & Leisure	7:30 am Lane & Leisure	7:00 am Leisure Swim

	Swim	Circle's Pancake	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	9:00 am Club du samedi
1	9:00 am Aquatic Fitness	Breakfast for Homelessness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Babysitting
1 1	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	10:00 am Playgroup
for Life: Memory,	9:00 am Rug Hooking - Hook	9:00 am Aquatic Fitness	9:00 am Leisure Swim	9:00 am Preschool 9:00 am Leisure	9:00 am Leisure Swim	(Drop in) 2:30 pm
Beagles by Berni	Your Favourite Childhood Fairy Tale	9:00 am Aquatic Fitness	10:00 am Aquatic Fitness	Swim	10:00 am Adults in Motion	Everyone Welcome Swim
2:30 pm Everyone	9:00 am Leisure Swim	9:00 am Preschool 9:00 am Leisure	10:00 am Adults in Motion	9:30 am Playgroup - KFFRC	10:00 am Lane & Leisure	3:00 pm Everyone
3:00 pm Everyone	9:30 am Playgroup - KFFRC	Swim 9:30 am Playgroup -	10:00 am Lane & Leisure	10:00 am Playgroup (Drop in)	10:00 am 6 Lane Swim	Welcome Swim
4:00 pm Lane &	10:00 am Playgroup (Drop in)	KFFRC 10:00 am Playgroup	10:00 am Bridge Level 2	10:00 am Preschool Drop in	10:30 am Leisure - Social Time	5:30 pm Lane & Leisure
5:30 pm Everyone	10:00 am Adults in Motion	(Drop in) 10:00 am Leisure -	10:00 am Playgroup (Drop in)	10:00 am Core Balance	11:00 am Adults in Motion	5:30 pm Everyone
6:00 pm Lane &	10:00 am Aquatic Fitness	Bridge Level 1 10:00 am Social &	10:30 am Leisure - Social Time	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	Welcome Swim
7:30 pm 6 Lane &	10:00 am Lane & Leisure	Bingo 10:00 am Lane &	11:00 am Food on the Move + Library	10:00 am 6 Lane & Leisure	12:00 pm Lane & Leisure	6:30 pm Family Open Gym Drop in
	10:30 am Knitting Circle	Leisure 10:00 am Core	@ Buckmaster's Circle Community Centre	11:00 am Fitness - Body Conditioning	12:00 pm Youth Lunch in	6:30 pm Everyone
	10:30 am Leisure - Social Time	Balance 10:00 am 6 Lane &	11:00 am Core Balance	12:00 pm Adult Drop in	2:00 pm Pop in Tot	Welcome Swim
	11:00 am Adults in Motion	Leisure 11:00 am Food on	11:00 am 3 Lane & Leisure	12:00 pm Youth Lunch in 2:30 pm After	2:30 pm After School Program 2:30 pm After	7:00 pm 3 Lane &
	11:00 am 3 Lane &	the Move + Library @ 77 Charter Avenue,	11:45 am Walk & Wheel	School Program 2:30 pm After	school program 3:00 pm After	Leisure
	11:45 am Walk & Wheel	Pleasantville 11:00 am Fitness -	12:00 pm Walk & Wheel	school program 3:00 pm After	School Program 6:00 pm Acrylic	
	12:00 pm Walk & Wheel	Body Conditioning 12:00 pm Adult	12:00 pm Youth Lunch in	School Program 6:30 pm Advanced	Painting - Puffin 7:00 pm Everyone	
	12:00 pm Youth Lunch in	Drop in 12:00 pm Youth Lunch in	1:00 pm Fitness - Body Conditioning	Conversation & Grammar Winter 2025	Welcome Swim	
	2:00 pm Pop in Tot 2:30 pm After	2:00 pm	(Drop in) 2:00 pm Pop in Tot	7:00 pm Body Conditioning		
2	School Program 2:30 pm After	Therapeutic Adult Swim 2:30 pm After	2:30 pm After School Program	7:00 pm Shallow End Only Everyone		
	school program 3:00 pm After	School Program 2:30 pm After	2:30 pm After school program	Welcome Swim 7:00 pm 6 Lane &		
	School Program 5:30 pm Yoga avec	school program 3:00 pm After	3:00 pm After School Program	Leisure		
1	Cindy de Far Out Fitness	School Program 6:00 pm Youth Drop	5:30 pm French class Intermediate 1 - In person			
i	6:00 pm Youth Drop in	in - Sport 7:00 pm Shallow	6:00 pm Youth Drop in			
	6:30 pm Body Conditioning	End Only Everyone Welcome Swim	6:00 pm Youth Drop in			
	7:00 pm Body Conditioning	7:00 pm 6 Lane & Leisure	6:30 pm Body Conditioning			
	7:00 pm Aquatic Fitness	8:00 pm Adult Drop in	7:00 pm Lane & Leisure			
	7:00 pm Laisura		7:00 pm Everyone Welcome Swim			
	7:00 pm Leisure Swim		7:00 pm Public			

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

16	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	7:00 pm 6 Lane & Leisure 8:00 pm Adult Drop in	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	End Only Everyone Welcome Swim 7:00 pm 6 Lane & Leisure	21	22
7:00 am 6 Lane & Leisure 7:00 am Lane & Leisure 9:00 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	5:30 pm Yoga avec Cindy de Far Out Fitness 5:30 pm Séance de yoga avec Cindy	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 &	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	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 &	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 Swim 10:30 am Leisure 11:00 am Adults in Motion 11:00 am Adults in Motion	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

Si.00 pm Soccer en Français Si.00 pm Open Gym Drop in Si.00 pm Open Gym Drop in Si.00 pm Open Gym Drop in Si.00 pm Open Gym Drop in Si.00 pm Open Gym Drop in Si.00 pm Open Gym Drop in Si.00 pm Open Gym Drop in Si.00 pm Open Gym Drop in Si.00 pm Callaba Si.00 pm Open Gym Drop in Si.00 pm Callaba Si.00 pm Open Gym Drop in Si.00 pm Callaba Si.00 pm Open Gym Drop in Si.00 pm Callaba Si.00 pm Open Gym Drop in Si.00 pm Callaba Si.00 pm Open Gym Drop in Si.00 pm Callaba Si.0			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 6:00 pm Lane & Leisure 7:00 pm Everyone Welcome Swim 8:00 pm Fitness - Mixed Level Yoga 8:00 pm Fitness - Beginner Yoga	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 - Pondside 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
Prançais				Mixed Level Yoga 8:00 pm Fitness - Beginner Yoga			
7:00 am 6 Lane & 7:00 am Leisure Swim Swim Swim Leisure Swim Swim Swim Leisure Swim Swim Swim Swim Swim Swim Swim Swim				Français 8:00 pm Open Gym			
Leisure Swim Swim Swim Leisure Swim Block Party - 7:00 am Lane & 7:00 am Lane & Leisure T:30 am Lane & T:30 am Lane & T:30 am Lane & Leisure T:30 am Lane & T:30 am Lane & Leisure T:30 am Lane & T:30 am Lane & Leisure T:30 am Lane & T:30 am Lane & Leisure Swim T:30 am Aquatic Fitness Titness Titn	23	24	25	26	27	28	29
Leisure Leisure Leisure Leisure Leisure Leisure Leisure T:30 am Lane & T:3							Block Party -
10:00 am Soccer en Français							2025
11:00 am Lane & 9:00 am Aquatic Leisure Fitness Fitness Fitness 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 9:00 am Aquatic Pitness 9:00 am Aquatic Pitness 9:00 am Aquatic 9:00 am Aquatic Pitness 9:00 am Aquatic 9:00 am Aquatic Pitness Pitnes							Leisure Swim
1:00 pm Everyone 9:00 am Aquatic 9:00 am Aqu		_	_	_	_	_	Lane Swim
Welcome Swim Fitness F	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	' ' '

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

1-300 m Leisure Leisure 10:00 am Sci-Fi on the Rock 17 10:10 am Soccer en Français 11:00 am Lore & 1:cisure 10:00 m Everyone Welcome Swim 3:00 pm Everyone Welcome Swim 4:00 pm Lane & 1:cisure 5:00 pm Everyone Welcome Swim 4:00 pm Liveryone Welcome Swim 6:00 pm Lane & 1:cisure 10:00 am Raygroup (Topo in) 10:00 am Riviting (Topo in) 10:00 am Riune (Topo in) 10:00 am Riviting (Topo in) 10:00 am Riviting (To	
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Leisure 1:00 pm Everyone Welcome Swim 2:30 pm Everyone Welcome Swim 4:00 pm Lane & Leisure 1:00 pm Everyone Welcome Swim 5:30 pm Everyone Welcome Swim 5:30 pm Everyone Welcome Swim 6:00 pm Lane & Leisure 1:0:00 am M Lane & Leisure 1:0:00 am Playgroup (Drop in) 10:30 am Leisure - Social Time 10:30 am Stane & Leisure 1:30 am Stane & Leisure 1:45 am Walk and Wheel 1:200 pm Youth Lunch in 2:00 pm After School Program 3:00 pm After School Program 3:00 pm Lisure 3:00 pm Lisure 3:00 pm Lisure School Program 3:00 pm After School Program 3:00 pm Lisure Swim with Sildes 5:00 pm Lane & Leisure	
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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	