

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 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 10:00 am 6 Lane Swim 10:00 am Lane & Leisure 10:00 am Adults in Motion 11:00 am Adults in Motion 11:00 am 3 Lane & Leisure 2:00 pm Pop in Tot 5:00 pm After school program 5:30 pm Pumpkin Walk 6:00 pm Backyard Composting Talk 7:00 pm Everyone Welcome Swim 7:00 pm Everyone Welcome Swim 8:00 pm 3 Lane & Leisure	2 7:00 am Leisure Swim 7:30 am 6 Lane Swim 9:00 am St. John's Farmers' Market 10:00 am Playgroup (Drop In) 10:00 am Fall Sale & Morning Coffee at the Kirk 2:30 pm Everyone Welcome Swim 3:00 pm Everyone Welcome Swim 5:30 pm Lane & Leisure 5:30 pm Everyone Welcome Swim 6:00 pm Ches's Night of Delight! 6:30 pm Family Open Gym Drop-in. 6:30 pm Everyone Welcome Swim 7:00 pm 3 Lane & Leisure
3 7:00 am 6 Lane & Leisure 7:00 am Lane & Leisure 10:00 am Record Fair NL Fall 2024 11:00 am Lane & Leisure	4 7:00 am Leisure Swim 7:00 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim	5 7:00 am Leisure Swim 7:00 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim	6 7:00 am Leisure Swim 7:30 am 6 Lane Swim 7:30 am Lane & Leisure 9:00 am Aquatic Fitness	7 7:00 am Leisure Swim 7:30 am 6 Lane Swim 7:30 am Lane & Leisure 9:00 am Aquatic Fitness	8 7:00 am Leisure Swim 7:30 am 6 Lane Swim 7:30 am Lane & Leisure 9:00 am Aquatic Fitness	9 7:00 am Leisure Swim 7:30 am 6 Lane Swim 9:00 am St. John's Farmers' Market

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	9:00 am Lane & Leisure
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	10:00 am Mom market at Murray's garden in Portugal cove
3:00 pm Everyone Welcome Swim	9:30 am Drop In Play	9:00 am Preschool Play	10:00 am Aquatic Fitness	9:00 am Preschool Play	10:00 am 6 Lane Swim	10:00 am Playgroup (Drop In)
3:30 pm Tri Sport - Discovery	10:00 am Playgroup (Drop In)	9:30 am Drop In Play	10:00 am Lane & Leisure	10:00 am Playgroup (Drop In)	10:00 am Lane & Leisure	10:00 am Lane & Leisure
4:00 pm Lane & Leisure	10:00 am Adults in Motion	10:00 am Bridge Level 1	10:00 am Adults in Motion	10:00 am Core Balance	10:00 am Adults in Motion	11:00 am Lane & Leisure
5:00 pm Tri Sport - Explore	10:00 am Aquatic Fitness	10:00 am Playgroup (Drop In)	10:00 am Playgroup (Drop In)	10:00 am 6 Lane & Leisure	11:00 am Adults in Motion	1:00 pm Everyone Welcome Swim
5:00 pm Everyone Welcome Swim	10:00 am Lane & Leisure	10:00 am Core Balance	10:30 am Eastern Health - Breastfeeding Support	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	2:30 pm Everyone Welcome Swim
5:30 pm Everyone Welcome Swim	11:00 am Adults in Motion	10:00 am Lane & Leisure	11:00 am Core Balance	11:00 am Connecting Communities	2:00 pm Pop in Tot	3:00 pm Everyone Welcome Swim
6:00 pm Lane & Leisure	11:00 am 3 Lane & Leisure	10:00 am 6 Lane & Leisure	11:00 am 3 Lane & Leisure	11:00 am Body Conditioning - Fitness	5:00 pm After school program	2:00 pm Pop in Tot
7:30 pm 6 Lane & Leisure	11:45 am Walk & Wheel - Drop In	11:00 am Body Conditioning - Fitness	11:45 am Walk & Wheel - Drop In	11:00 am 3 Lane & Leisure	5:00 pm Lane & Leisure	3:00 pm Everyone Welcome Swim
	12:00 pm Walk & Wheel - Drop In	11:00 am Food on the Move	12:00 pm Walk & Wheel - Drop In	11:45 am Walk & Wheel - Drop In	6:00 pm Everyone Welcome Swim	3:00 pm Everyone Welcome Swim
	1:30 pm Harm Reduction Van	12:00 pm Connecting Communities	2:00 pm Pop in Tot	5:00 pm After school program	6:00 pm Feeling Further: an Exhibition by Violet Drake	5:30 pm Lane & Leisure
	2:00 pm Pop in Tot	1:00 pm Backyard Compost Talk	5:00 pm After school program	5:00 pm 6 Lane Swim	7:00 pm Everyone Welcome Swim	5:30 pm Everyone Welcome Swim
	5:00 pm After school program	2:00 pm Therapeutic Adult Swim	5:00 pm Améliorez Votre Santé Cardiovasculaire Avec Effie	6:00 pm Shallow End Only - Everyone Welcome Swim	7:00 pm Everyone Welcome Swim	6:30 pm Family Open Gym Drop-in.
	5:00 pm Lane & Leisure	5:00 pm After school program	5:00 pm Lane & Leisure	6:00 pm Intermediate 1 French Course - Fall 2024 (Online)	8:00 pm 3 Lane & Leisure	6:30 pm Everyone Welcome Swim
	6:00 pm Everyone Welcome Swim	5:00 pm 6 Lane Swim	5:30 pm Intermediate 1 French Course - Fall 2024	7:00 pm 6 Lane & Leisure		7:00 pm 3 Lane & Leisure
	6:00 pm Learn to Knit	6:00 pm Shallow End Only - Everyone Welcome Swim	5:30 pm Beginner French Course 1 - Fall 2024	7:00 pm Body Conditioning		
	6:00 pm Youth Drop-in.	6:00 pm Adventures Before Bedtime - KFFRC	6:00 pm Youth Drop in	7:00 pm Shallow End Only - Everyone Welcome Swim		
	6:30 pm Body Conditioning	6:00 pm Youth Drop in - Sports	6:00 pm Youth Drop in	7:45 pm Intermediate 2 French Course - Fall 2024 (Online)		
	7:00 pm Lane & Leisure	7:00 pm 6 Lane & Leisure	6:00 pm Everyone Welcome Swim			
	7:00 pm Body Conditioning	7:00 pm Shallow End Only - Everyone Welcome Swim	6:30 pm Fitness-Mixed Level Yoga			
	7:00 pm Leisure Swim	8:00 pm Goodbye Glass Ceiling - an election night celebration	6:30 pm Body Conditioning			
	7:00 pm Aquatic Fitness		7:00 pm Lane & Leisure			
	7:30 pm Open Gym Drop-in at Kenmount Terrace Community Centre		7:00 pm Everyone Welcome Swim			
			7:15 pm Beginner 2 French Course - Fall 2024			
			8:00 pm Fitness-Beginner Yoga			
			8:00 pm Open Gym Drop-in at Southlands			

			Community Centre			
10	11	12	13	14	15	16
7:00 am 6 Lane & Leisure	1:30 pm Harm Reduction Van	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	5:30 pm Yoga avec/with Cindy, Far Out Fitness	7:00 am Lane & Leisure	7:30 am 6 Lane Swim	7:00 am Hope In The City	7:00 am Leisure Swim	7:00 am Leisure Swim
11:00 am Lane & Leisure		7:30 am 6 Lane Swim	7:30 am Lane & Leisure	7:30 am 6 Lane Swim	7:00 am Lane & Leisure	7:00 am 6 Lane Swim
1:00 pm Everyone Welcome Swim		9:00 am Leisure Swim	9:00 am Aquatic Fitness	7:30 am Lane & Leisure	9:00 am Aquatic Fitness	9:00 am St. John's Farmers' Market
2:30 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 Home Alone
3:00 pm Everyone Welcome Swim		9:00 am Aquatic Fitness	9:00 am Leisure Swim	9:00 am Aquatic Fitness	9:00 am Leisure Swim	9:00 am Lane & Leisure
3:30 pm Tri Sport - Explore		9:00 am Preschool	10:00 am Aquatic Fitness	9:00 am Leisure Swim	10:00 am 6 Lane Swim	9:30 am Friends of the St. John's Libraries Book sale
3:30 pm Tri Sport - Discovery		9:30 am Drop In Play	10:00 am Lane & Leisure	9:00 am Preschool	10:00 am Lane & Leisure	10:00 am Move It Event
4:00 pm Lane & Leisure		10:00 am Bridge Level 1	10:00 am Adults in Motion	9:30 am Drop In Play	10:00 am Adults in Motion	10:00 am Merry Makers Market Series
5:00 pm Everyone Welcome Swim		10:00 am Playgroup (Drop In)	10:00 am Playgroup (Drop In)	10:00 am Playgroup (Drop In)	11:00 am Adults in Motion	10:00 am Merry Makers Market Series
5:30 pm Everyone Welcome Swim		10:00 am Core Balance	10:30 am Eastern Health - Breastfeeding Support	10:00 am Core Balance	11:00 am 3 Lane & Leisure	11:00 am Lane & Leisure
6:00 pm Lane & Leisure		10:00 am Lane & Leisure	11:00 am Core Balance	10:00 am 6 Lane & Leisure	11:30 am LUNCH DES DÉBROUILLARDS : POUR LES PERSONNES DE 50 ANS+	12:00 pm Festival du Vent 2024
7:30 pm 6 Lane & Leisure		11:00 am Body Conditioning - Fitness	11:00 am 3 Lane & Leisure	11:00 am Connecting Communities	11:30 am Festival du Vent 2024	1:00 pm Everyone Welcome Swim
		12:00 pm Connecting Communities	11:45 am Walk & Wheel - Drop In	11:00 am Body Conditioning - Fitness	2:00 pm Pop in Tot	2:30 pm Everyone Welcome Swim
		2:00 pm Therapeutic Adult Swim	12:00 pm Walk & Wheel - Drop In	1:00 pm Mother Goose - KFFRC	5:00 pm After school program	2:30 pm Everyone Welcome Swim
		5:00 pm After school program	2:00 pm Pop in Tot	5:00 pm After school program	5:00 pm Festival du Vent 2024	3:00 pm Everyone Welcome Swim
		5:00 pm 6 Lane Swim	5:00 pm Améliorez Votre Santé Cardiovasculaire Avec Effie	5:00 pm 6 Lane Swim	5:00 pm Lane & Leisure	5:00 pm Get Ready for the DELF!
		6:00 pm Shallow End Only - Everyone Welcome Swim	5:00 pm Lane & Leisure	5:00 pm Festival du Vent 2024	6:00 pm Everyone Welcome Swim	5:00 pm Festival du Vent 2024
		6:00 pm Adventures Before Bedtime - KFFRC	5:30 pm Beginner French Course 1 - Fall 2024	6:00 pm Shallow End Only - Everyone Welcome Swim	7:00 pm Festival du Vent 2024	7:00 pm Beauséjour - Mille après mille
		6:00 pm Youth Drop in - Sports	5:30 pm Intermediate 1 French Course - Fall 2024	6:00 pm Intermediate 1 French Course - Fall 2024 (Online)	7:00 pm Beauséjour - Mille après mille	7:00 pm Everyone Welcome Swim
		7:00 pm 6 Lane & Leisure	6:00 pm Come Craft with us	7:00 pm 6 Lane & Leisure	7:00 pm Everyone Welcome Swim	7:00 pm Everyone Welcome Swim
		7:00 pm Shallow End Only - Everyone Welcome Swim	6:00 pm Youth Drop in	7:00 pm Body Conditioning	8:00 pm NSO Masterworks 2: Celloscapes	7:00 pm Everyone Welcome Swim
			6:00 pm Youth Drop in	7:00 pm Shallow End Only - Everyone Welcome Swim	8:00 pm 3 Lane & Leisure	5:30 pm Lane & Leisure
			6:00 pm Everyone Welcome Swim	7:45 pm		6:30 pm Everyone Welcome Swim
						6:30 pm

			6:30 pm Fitness-Mixed Level Yoga 6:30 pm Body Conditioning 7:00 pm Lane & Leisure 7:00 pm Everyone Welcome Swim 7:15 pm Beginner 2 French Course - Fall 2024 8:00 pm Fitness-Beginner Yoga 8:00 pm Open Gym Drop-in at Southlands Community Centre	Intermediate 2 French Course - Fall 2024 (Online)		Family Open Gym Drop-in. 7:00 pm 3 Lane & Leisure
17 7:00 am 6 Lane & Leisure 7:00 am Lane & Leisure 9:00 am Lane & Leisure 10:00 am Merry Makers Market Series 11:00 am Lane & Leisure 1:00 pm Everyone Welcome Swim 2:30 pm Everyone Welcome Swim 3:00 pm Everyone Welcome Swim	18 7:00 am 6 Lane Swim 7:00 am Leisure Swim 7:00 am Lane & Leisure 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 9:00 am Leisure Swim 9:30 am Drop In Play 10:00 am Playgroup (Drop In) 10:00 am Adults in	19 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 Leisure Swim 9:00 am Preschool 9:30 am Drop In Play 10:00 am Bridge Level 1	20 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 10:00 am Aquatic Fitness 10:00 am Lane & Leisure 10:00 am Adults in	21 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 9:30 am Drop In Play 10:00 am Playgroup (Drop In)	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 Fitness 9:00 am Leisure Swim 10:00 am 6 Lane Swim 10:00 am Lane & Leisure 10:00 am Adults in	23 7:00 am Leisure Swim 7:30 am 6 Lane Swim 9:00 am St. John's Farmers' Market 9:00 am Babysitting 9:00 am Lane & Leisure 10:00 am Merry Makers Market Series 10:00 am Playgroup (Drop In)

3:30 pm Tri Sport - Discovery	Motion	10:00 am Playgroup (Drop In)	Motion	10:00 am Core Balance	Motion	11:00 am Lane & Leisure
3:30 pm Tri Sport - Explore	10:00 am Aquatic Fitness	10:00 am Core Balance	10:00 am Playgroup (Drop In)	10:00 am 6 Lane & Leisure	11:00 am Adults in Motion	1:00 pm Everyone Welcome Swim
4:00 pm Lane & Leisure	10:00 am Lane & Leisure	10:00 am Lane & Leisure	10:30 am Eastern Health - Breastfeeding Support	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	2:30 pm Everyone Welcome Swim
5:00 pm Everyone Welcome Swim	11:00 am Adults in Motion	10:00 am 6 Lane & Leisure	11:00 am Core Balance	11:00 am Connecting Communities	2:00 pm Pop in Tot	5:00 pm Everyone Welcome Swim
5:30 pm Everyone Welcome Swim	11:00 am 3 Lane & Leisure	11:00 am Body Conditioning - Fitness	11:00 am 3 Lane & Leisure	11:00 am Body Conditioning - Fitness	5:00 pm After school program	5:00 pm Lane & Leisure
6:00 pm Acrylic Paint - Winter Scene	11:45 am Walk & Wheel - Drop In	12:00 pm Connecting Communities	11:45 am Walk & Wheel - Drop In	1:00 pm Mother Goose - KFFRC	5:00 pm Lane & Leisure	6:00 pm Everyone Welcome Swim
6:00 pm Lane & Leisure	12:00 pm Walk & Wheel - Drop In	2:00 pm Therapeutic Adult Swim	12:00 pm Walk & Wheel - Drop In	5:00 pm After school program	6:00 pm Everyone Welcome Swim	7:00 pm Everyone Welcome Swim
7:30 pm 6 Lane & Leisure	1:30 pm Harm Reduction Van	5:00 pm After school program	2:00 pm Pop in Tot	5:00 pm 6 Lane Swim	7:00 pm Everyone Welcome Swim	8:00 pm 3 Lane & Leisure
	2:00 pm Pop in Tot	5:00 pm 6 Lane Swim	5:00 pm After school program	6:00 pm Shallow End Only - Everyone Welcome Swim		
	5:00 pm After school program	6:00 pm Shallow End Only - Everyone Welcome Swim	5:00 pm Améliorez Votre Santé Cardiovasculaire Avec Effie	6:00 pm Young Voices in Business		
	5:00 pm Lane & Leisure	6:00 pm Adventures Before Bedtime - KFFRC	5:00 pm Lane & Leisure	6:00 pm Intermediate 1 French Course - Fall 2024 (Online)		
	5:30 pm Yoga avec/with Cindy, Far Out Fitness	6:00 pm Youth Drop in - Sports	5:30 pm Beginner French Course 1 - Fall 2024	7:00 pm 6 Lane & Leisure		
	6:00 pm Learn to Knit	7:00 pm 6 Lane & Leisure	5:30 pm Intermediate 1 French Course - Fall 2024	7:00 pm Body Conditioning		
	6:00 pm Kilbride Family Paint night	7:00 pm Shallow End Only - Everyone Welcome Swim	6:00 pm Come Craft with us	7:00 pm Shallow End Only - Everyone Welcome Swim		
	6:00 pm Youth Drop-in.		6:00 pm Youth Drop in	7:45 pm Intermediate 2 French Course - Fall 2024 (Online)		
	6:00 pm Everyone Welcome Swim		6:00 pm Youth Drop in			
	6:30 pm Body Conditioning		6:00 pm Everyone Welcome Swim			
	7:00 pm Lane & Leisure		6:30 pm Fitness-Mixed Level Yoga			
	7:00 pm Body Conditioning		6:30 pm Body Conditioning			
	7:00 pm Leisure Swim		7:00 pm Lane & Leisure			
	7:00 pm Aquatic Fitness		7:00 pm Everyone Welcome Swim			
	7:30 pm Open Gym Drop-in at Kenmount Terrace Community Centre		7:00 pm Climate Collective Young Activists Film Festival			
	7:30 pm Adult Paint night		7:00 pm Public Meeting - 26 Alexander Street & 25 Patrick Street			
			7:15 pm Beginner 2 French Course - Fall 2024			
			8:00 pm Fitness-Beginner Yoga			
			8:00 pm Open Gym Drop-in at Southlands			

			Community Centre		
24	25	26	27	28	29
7:00 am 6 Lane & Leisure	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 Lane & Leisure	7:00 am Leisure Swim	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 SJFM Vintage and Collectibles Market	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
10:00 am Merry Makers Market Series	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
11:00 am Lane & Leisure	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
1:00 pm Everyone Welcome Swim	9:30 am Drop In Play	9:00 am Preschool	10:00 am Aquatic Fitness	9:00 am Preschool	10:00 am 6 Lane Swim
2:30 pm Everyone Welcome Swim	10:00 am Playgroup (Drop In)	9:30 am Drop In Play	10:00 am Lane & Leisure	9:30 am Drop In Play	10:00 am Lane & Leisure
3:00 pm Everyone Welcome Swim	10:00 am Adults in Motion	10:00 am Bridge Level 1	10:00 am Adults in Motion	10:00 am Playgroup (Drop In)	10:00 am Adults in Motion
3:30 pm Tri Sport - Explore	10:00 am Aquatic Fitness	10:00 am Playgroup (Drop In)	10:00 am Playgroup (Drop In)	10:00 am Core Balance	11:00 am Adults in Motion
3:30 pm Tri Sport - Discovery	10:00 am Lane & Leisure	10:00 am Core Balance	10:30 am Eastern Health - Breastfeeding Support	10:00 am 6 Lane & Leisure	11:00 am 3 Lane & Leisure
4:00 pm Lane & Leisure	11:00 am Adults in Motion	10:00 am Lane & Leisure	11:00 am Core Balance	10:00 am Lane & Leisure	2:00 pm Pop in Tot
5:00 pm Everyone Welcome Swim	11:00 am 3 Lane & Leisure	10:00 am 6 Lane & Leisure	11:00 am 3 Lane & Leisure	11:00 am Connecting Communities	5:00 pm After school program
5:30 pm Everyone Welcome Swim	11:45 am Walk & Wheel - Drop In	11:00 am Body Conditioning - Fitness	11:45 am Walk & Wheel - Drop In	11:00 am Body Conditioning - Fitness	5:00 pm Lane & Leisure
6:00 pm Lane & Leisure	12:00 pm Walk & Wheel - Drop In	12:00 pm Connecting Communities	12:00 pm Walk & Wheel - Drop In	1:00 pm Mother Goose - KFFRC	6:00 pm Everyone Welcome Swim
7:30 pm 6 Lane & Leisure	1:30 pm Harm Reduction Van	2:00 pm Therapeutic Adult Swim	2:00 pm Pop in Tot	5:00 pm After school program	7:00 pm Everyone Welcome Swim
8:00 pm NSO Recital 2	2:00 pm Pop in Tot	5:00 pm After school program	5:00 pm After school program	5:00 pm 6 Lane Swim	7:00 pm NSO Christmas Pops: Christmas at Home
	5:00 pm Lane & Leisure	5:00 pm 6 Lane Swim	5:00 pm Améliorez Votre Santé Cardiovasculaire Avec Effie	6:00 pm Shallow End Only - Everyone Welcome Swim	8:00 pm 3 Lane & Leisure
	5:30 pm Yoga avec/with Cindy, Far Out Fitness	6:00 pm Shallow End Only - Everyone Welcome Swim	5:00 pm Lane & Leisure	6:00 pm Intermediate 1 French Course - Fall 2024 (Online)	
	6:00 pm Learn to Knit	6:00 pm Adventures Before Bedtime - KFFRC	5:30 pm Beginner French Course 1 - Fall 2024	7:00 pm 6 Lane & Leisure	
	6:00 pm Youth Drop-in.		5:30 pm		

<p>6:00 pm Everyone Welcome Swim</p> <p>6:30 pm Body Conditioning</p> <p>7:00 pm Lane & Leisure</p> <p>7:00 pm Body Conditioning</p> <p>7:00 pm Leisure Swim</p> <p>7:00 pm Aquatic Fitness</p> <p>7:30 pm Open Gym Drop-in at Kenmount Terrace Community Centre</p>	<p>6:00 pm Youth Drop in - Sports</p> <p>7:00 pm 6 Lane & Leisure</p> <p>7:00 pm Shallow End Only - Everyone Welcome Swim</p>	<p>Intermediate 1 French Course - Fall 2024</p> <p>6:00 pm Come Craft with us</p> <p>6:00 pm Youth Drop in</p> <p>6:00 pm Youth Drop in</p> <p>6:00 pm Everyone Welcome Swim</p> <p>6:30 pm Fitness-Mixed Level Yoga</p> <p>6:30 pm Body Conditioning</p> <p>7:00 pm Lane & Leisure</p> <p>7:00 pm Everyone Welcome Swim</p> <p>7:15 pm Beginner 2 French Course - Fall 2024</p> <p>8:00 pm Fitness-Beginner Yoga</p> <p>8:00 pm Open Gym Drop-in at Southlands Community Centre</p>	<p>7:00 pm Body Conditioning</p> <p>7:00 pm Shallow End Only - Everyone Welcome Swim</p> <p>7:45 pm Intermediate 2 French Course - Fall 2024 (Online)</p>
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