## November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					7:00 am Leisure Swim	7:00 am Leisure Swim
					7:30 am 6 Lane Swim	7:30 am 6 Lane Swim
					7:30 am Lane & Leisure	9:00 am St. John's
					9:00 am Aquatic Fitness	Farmers' Market
					9:00 am Aquatic Fitness	10:00 am Playgroup (Drop In)
					9:00 am Leisure Swim	10:00 am Fall Sale &
					10:00 am 6 Lane Swim	Morning Coffee at the Kirk
					10:00 am Lane & Leisure	2:30 pm Everyone
					10:00 am Adults in Motion	Welcome Swim
					11:00 am Adults in Motion	3:00 pm Everyone
					11:00 am 3 Lane & Leisure	Welcome Swim
					2:00 pm Pop in Tot	5:30 pm Lane & Leisure
					5:00 pm After school program	5:30 pm Everyone
					5:30 pm Pumpkin Walk	Welcome Swim
					6:00 pm Backyard Composting Talk	6:00 pm Ches's Night of Delight!
					7:00 pm Everyone Welcome Swim	6:30 pm
					7:00 pm Everyone Welcome Swim	Family Open Gym Drop-in.
					8:00 pm 3 Lane & Leisure	6:30 pm Everyone Welcome Swim
						7:00 pm 3 Lane & Leisure
3	4	5	6	7	8	9
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 Leisure Swim	7:00 am Leisure Swim
7:00 am 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 Record Fair NL Fall 2024	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 St. John's
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	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
3:00 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	garden in Portugal cove
3:30 pm Tri Sport - Discovery	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	10:00 am Playgroup
4:00 pm Lane & Leisure	10:00 am Adults in Motion	10:00 am Bridge Level 1 10:00 am Playgroup	10:00 am Adults in Motion	10:00 am Playgroup (Drop In) 10:00 am Core	10:00 am Adults in Motion	(Drop In) 11:00 am
5:00 pm Tri Sport - Explore	10:00 am Aquatic Fitness	(Drop In) 10:00 am Core	10:00 am Playgroup (Drop In)	Balance 10:00 am 6 Lane &	11:00 am Adults in Motion	Lane & Leisure
5:00 pm Everyone Welcome Swim	10:00 am Lane & Leisure	Balance 10:00 am Lane &	10:30 am Eastern Health -	Leisure 10:00 am Lane &	11:00 am 3 Lane & Leisure	1:00 pm Everyone Welcome
5:30 pm Everyone Welcome Swim	11:00 am Adults in Motion	Leisure 10:00 am 6 Lane &	Breastfeeding Support	Leisure 11:00 am	2:00 pm Pop in Tot 5:00 pm After	Swim 2:30 pm
6:00 pm Lane & Leisure	11:00 am 3 Lane & Leisure	Leisure 11:00 am Body	11:00 am Core Balance	Connecting Communities	school program 5:00 pm Lane &	Everyone Welcome Swim
7:30 pm 6 Lane & Leisure	11:45 am Walk & Wheel - Drop In	Conditioning - Fitness	11:00 am 3 Lane & Leisure	11:00 am Body Conditioning -	Leisure  6:00 pm Everyone	3:00 pm Everyone
	12:00 pm Walk & Wheel - Drop In	11:00 am Food on the Move	11:45 am Walk & Wheel - Drop In	Fitness 1:00 pm Mother	Welcome Swim 6:00 pm Feeling	Welcome Swim
	1:30 pm Harm Reduction Van	12:00 pm Connecting	12:00 pm Walk & Wheel - Drop In	Goose - KFFRC 5:00 pm After	Further: an Exhibition by Violet	5:30 pm Lane & Leisure
	2:00 pm Pop in Tot 5:00 pm After	Communities  1:00 pm Backyard	2:00 pm Pop in Tot 5:00 pm After	school program 5:00 pm 6 Lane	7:00 pm Everyone	5:30 pm Everyone
	school program 5:00 pm Lane &	Compost Talk 2:00 pm Therapeutic Adult	school program 5:00 pm Améliorez Votre Santé	Swim 6:00 pm Shallow	Welcome Swim 7:00 pm Everyone Welcome Swim	Welcome Swim
	Leisure 6:00 pm Everyone	Swim 5:00 pm After	Cardiovasculaire Avec Effie	End Only - Everyone Welcome Swim	8:00 pm 3 Lane & Leisure	6:30 pm Family Open Gym Drop-in.
	Welcome Swim 6:00 pm Learn to	school program	5:00 pm Lane & Leisure	6:00 pm Intermediate 1	Leisure	6:30 pm Everyone
	Knit 6:00 pm Youth	5:00 pm 6 Lane Swim 6:00 pm Shallow	5:30 pm Intermediate 1	French Course - Fall 2024 (Online)		Welcome Swim
	Drop-in. 6:30 pm Body	End Only - Everyone Welcome	French Course - Fall 2024	7:00 pm 6 Lane & Leisure		7:00 pm 3 Lane & Leisure
	Conditioning 7:00 pm Lane &	Swim 6:00 pm Adventures	5:30 pm Beginner French Course 1 - Fall 2024	7:00 pm Body Conditioning		Leisure
	Leisure 7:00 pm Body	Before Bedtime - KFFRC	6:00 pm Youth Drop	7:00 pm Shallow End Only - Everyone Welcome		
	Conditioning 7:00 pm Leisure	6:00 pm Youth Drop in - Sports	6:00 pm Youth Drop	Swim 7:45 pm		
	Swim 7:00 pm Aquatic	7:00 pm 6 Lane & Leisure	6:00 pm Everyone Welcome Swim	Intermediate 2 French Course - Fall		
	Fitness 7:30 pm Open Gym	7:00 pm Shallow End Only - Everyone Welcome	6:30 pm Fitness- Mixed Level Yoga	2024 (Online)		
	Drop-in at Kenmount Terrace Community Centre	Swim 8:00 pm Goodbye	6:30 pm Body Conditioning			
	·	Glass Ceiling - an election night celebration	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			
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,	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 Swin
11:00 am Lane & Leisure	Far Out Fitness	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
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	Farmers' Market
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 Home Alone
3:30 pm Tri Sport - Explore		9:00 am Preschool 9:30 am Drop In	10:00 am Aquatic Fitness	9:00 am Leisure Swim	10:00 am 6 Lane Swim	9:00 am Land & Leisure
3:30 pm Tri Sport - Discovery		Play 10:00 am Bridge	10:00 am Lane & Leisure	9:00 am Preschool 9:30 am Drop In	10:00 am Lane & Leisure	9:30 am Friends of th St. John's
4:00 pm Lane & Leisure		Level 1  10:00 am Playgroup	10:00 am Adults in Motion	Play  10:00 am Playgroup	10:00 am Adults in Motion	Libraries Book sale
5:00 pm Everyone Welcome Swim		(Drop In)  10:00 am Core	10:00 am Playgroup (Drop In)	(Drop In)  10:00 am Core	11:00 am Adults in Motion	10:00 am Move It Ever
5:30 pm Everyone Welcome Swim		Balance 10:00 am Lane &	10:30 am Eastern Health - Breastfeeding	Balance 10:00 am 6 Lane &	11:00 am 3 Lane & Leisure	10:00 am Merry Make Market Serie
6:00 pm Lane & Leisure		Leisure 10:00 am 6 Lane &	Support  11:00 am Core	Leisure 10:00 am Lane &	11:30 am LUNCH DES DÉBROUILLARDS	11:00 am
7:30 pm 6 Lane & Leisure		Leisure 11:00 am Body	Balance 11:00 am 3 Lane &	Leisure 11:00 am	: POUR LES PERSONNES DE	Leisure 12:00 pm
		Conditioning - Fitness	Leisure  11:45 am Walk &	Connecting Communities	50 ANS+ 11:30 am Festival du	Festival du Vent 2024
		12:00 pm Connecting Communities	Wheel - Drop In  12:00 pm Walk &	11:00 am Body Conditioning - Fitness	Vent 2024 2:00 pm Pop in Tot	1:00 pm Everyone
		2:00 pm Therapeutic Adult	Wheel - Drop In 2:00 pm Pop in Tot	1:00 pm Mother Goose - KFFRC	5:00 pm After school program	Welcome Swim
		Swim 5:00 pm After	5:00 pm After school program	5:00 pm After school program	5:00 pm Festival du Vent 2024	2:30 pm Everyone Welcome
		school program 5:00 pm 6 Lane	5:00 pm Améliorez Votre Santé	5:00 pm 6 Lane Swim	5:00 pm Lane & Leisure	Swim 3:00 pm
		Swim 6:00 pm Shallow	Cardiovasculaire Avec Effie	5:00 pm Festival du Vent 2024	6:00 pm Everyone Welcome Swim	Everyone Welcome Swim
		End Only - Everyone Welcome	5:00 pm Lane & Leisure	6:00 pm Shallow End Only -	7:00 pm Festival du Vent 2024	5:00 pm Get Ready for th
		Swim 6:00 pm Adventures	5:30 pm Beginner French Course 1 -	Everyone Welcome Swim	7:00 pm Beauséjour - Mille après mille	DELF! 5:00 pm
		Before Bedtime - KFFRC	Fall 2024 5:30 pm	6:00 pm Intermediate 1	7:00 pm Everyone Welcome Swim	Festival du Vent 2024
		6:00 pm Youth Drop in - Sports	Intermediate 1 French Course - Fall 2024	French Course - Fall 2024 (Online)	7:00 pm Everyone Welcome Swim	5:30 pm Everyone
		7:00 pm 6 Lane & Leisure	6:00 pm Come Craft with us	7:00 pm 6 Lane & Leisure	8:00 pm NSO Masterworks 2:	Welcome Swim
		7:00 pm Shallow End Only - Everyone Welcome	6:00 pm Youth Drop in	7:00 pm Body Conditioning	Celloscapes 8:00 pm 3 Lane &	5:30 pm Lan & Leisure
		Swim	6:00 pm Youth Drop in	7:00 pm Shallow End Only - Everyone Welcome	Leisure	6:30 pm Everyone Welcome
			6:00 pm Everyone Welcome Swim	Swim 7:45 pm		Swim 6:30 pm

			6:30 pm Fitness- Mixed Level Yoga 6:30 pm Body Conditioning	Intermediate 2 French Course - Fall 2024 (Online)		Family Open Gym Drop-in. 7:00 pm 3 Lane &
			7:00 pm Lane & Leisure			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			
17	18	19	20	21	22	23
7:00 am 6 Lane & Leisure	7:00 am 6 Lane 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 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	7:30 am 6 Lane Swim
9:00 am Lane & Leisure	7:00 am Lane & Leisure	7:30 am 6 Lane Swim	7:30 am Lane & Leisure	7:30 am Lane & Leisure	7:30 am Lane & Leisure	9:00 am St. John's
10:00 am Merry Makers Market	9:00 am Aquatic Fitness	9:00 am Leisure Swim	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	Farmers' Market
Series 11:00 am Lane &	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
Leisure 1:00 pm Everyone	9:00 am Leisure Swim	9:00 am Aquatic Fitness	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Lane & Leisure
Welcome Swim 2:30 pm Everyone	9:30 am Drop In Play	9:00 am Preschool 9:30 am Drop In	10:00 am Aquatic Fitness	9:00 am Preschool 9:30 am Drop In	10:00 am 6 Lane Swim	10:00 am Merry Makers Market Series
Welcome Swim 3:00 pm Everyone Welcome Swim	10:00 am Playgroup (Drop In) 10:00 am Adults in	Play  10:00 am Bridge Level 1	10:00 am Lane & Leisure 10:00 am Adults in	Play 10:00 am Playgroup	10:00 am Lane & Leisure 10:00 am Adults in	10:00 am Playgroup (Drop In)
I	10.00 am Addits iff	Level 1	10.00 am Addits iii	(Drop In)	10.00 am Addits in	(Diop iii)

3:30 pm Tri Sport - Discovery	Motion	10:00 am Playgroup	Motion	10:00 am Core	Motion	11:00 am	
3:30 pm Tri Sport -	10:00 am Aquatic Fitness	(Drop In) 10:00 am Core	10:00 am Playgroup (Drop In)	Balance 10:00 am 6 Lane &	11:00 am Adults in Motion	Lane & Leisure	
Explore 4:00 pm Lane &	10:00 am Lane & Leisure	Balance	10:30 am Eastern Health -	Leisure	11:00 am 3 Lane & Leisure	1:00 pm Everyone	
Leisure	11:00 am Adults in	10:00 am Lane & Leisure	Breastfeeding Support	10:00 am Lane & Leisure	2:00 pm Pop in Tot	Welcome Swim	
5:00 pm Everyone Welcome Swim	Motion 11:00 am 3 Lane &	10:00 am 6 Lane & Leisure	11:00 am Core	11:00 am Connecting	5:00 pm After school program	2:30 pm	
5:30 pm Everyone Welcome Swim	Leisure	11:00 am Body	Balance 11:00 am 3 Lane &	Communities	5:00 pm Lane &	Everyone Welcome	
6:00 pm Acrylic	11:45 am Walk & Wheel - Drop In	Conditioning - Fitness	Leisure	11:00 am Body Conditioning -	Leisure 6:00 pm Everyone	Swim 3:00 pm	
Paint - Winter Scene	12:00 pm Walk & Wheel - Drop In	12:00 pm Connecting	11:45 am Walk & Wheel - Drop In	Fitness 1:00 pm Mother	Welcome Swim	Everyone Welcome	
6:00 pm Lane & Leisure	1:30 pm Harm	Communities	12:00 pm Walk & Wheel - Drop In	Goose - KFFRC	7:00 pm Everyone Welcome Swim	Swim 5:30 pm Lane	
7:30 pm 6 Lane &	Reduction Van 2:00 pm Pop in Tot	2:00 pm Therapeutic Adult	2:00 pm Pop in Tot	5:00 pm After school program	7:00 pm Everyone Welcome Swim	& Leisure	
Leisure	5:00 pm After school program	Swim 5:00 pm After	5:00 pm After school program	5:00 pm 6 Lane Swim	8:00 pm 3 Lane & Leisure	5:30 pm Everyone Welcome	
	5:00 pm Lane &	school program 5:00 pm 6 Lane	5:00 pm Améliorez Votre Santé	6:00 pm Shallow End Only -	Leisure	Swim	
	Leisure 5:30 pm Yoga	Swim	Cardiovasculaire Avec Effie	Everyone Welcome Swim		6:30 pm Family Open	
	avec/with Cindy, Far Out Fitness	6:00 pm Shallow End Only - Everyone Welcome	5:00 pm Lane & Leisure	6:00 pm Young Voices in Business		Gym Drop-in. 6:30 pm Everyone	
	6:00 pm Learn to Knit	Swim 6:00 pm Adventures	5:30 pm Beginner French Course 1 -	6:00 pm Intermediate 1		Welcome Swim	
	6:00 pm Kilbride Family Paint night	Before Bedtime - KFFRC	Fall 2024	French Course - Fall 2024 ( Online)		6:30 pm The	
	6:00 pm Youth Drop-in.	6:00 pm Youth Drop in - Sports	5:30 pm Intermediate 1 French Course - Fall	7:00 pm 6 Lane & Leisure		8th Annual Pink Tie Gala	
	6:00 pm Everyone	7:00 pm 6 Lane & Leisure	2024 6:00 pm Come Craft	7:00 pm Body Conditioning		7:00 pm 3 Lane & Leisure	
	Welcome Swim 6:30 pm Body	7:00 pm Shallow	with us	7:00 pm Shallow		Leisure	
	Conditioning 7:00 pm Lane &	End Only - Everyone Welcome	6:00 pm Youth Drop in	End Only - Everyone Welcome			
	Leisure	Swim	6:00 pm Youth Drop in	Swim 7:00 pm University			
	7:00 pm Body Conditioning		6:00 pm Everyone Welcome Swim	Area - Online Open House			
	7:00 pm Leisure Swim		6:30 pm Fitness-	7:45 pm Intermediate 2			
	7:00 pm Aquatic Fitness		Mixed Level Yoga 6:30 pm Body	French Course - Fall 2024 (Online)			
	7:30 pm Open Gym Drop-in at		Conditioning 7:00 pm Lane &				
	Kenmount Terrace Community Centre		Leisure 7:00 pm Everyone				
	7:30 pm Adult Paint		Welcome Swim				
	night		7:00 pm Climate Collective Young Activists Film Festival				
			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	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
Collectibles Market 10:00 am Merry	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
Makers Market Series	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
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 What's Up In the Sky?	9:30 am Drop In Play	9:00 am Preschool 9:30 am Drop In	10:00 am Aquatic Fitness	9:00 am Preschool 9:30 am Drop In	10:00 am 6 Lane Swim
1:00 pm Everyone Welcome Swim	10:00 am Playgroup (Drop In)	Play 10:00 am Bridge	10:00 am Lane & Leisure	Play  10:00 am Playgroup	10:00 am Lane & Leisure
2:30 pm Everyone Welcome Swim	10:00 am Adults in Motion	Level 1  10:00 am Playgroup	10:00 am Adults in Motion	(Drop In)  10:00 am Core	10:00 am Adults in Motion
3:00 pm Everyone Welcome Swim	10:00 am Aquatic Fitness	(Drop In) 10:00 am Core	10:00 am Playgroup (Drop In)	Balance 10:00 am 6 Lane &	11:00 am Adults in Motion
3:30 pm Tri Sport - Explore	10:00 am Lane & Leisure	Balance 10:00 am Lane &	10:30 am Eastern Health -	Leisure  10:00 am Lane &	11:00 am 3 Lane & Leisure
3:30 pm Tri Sport - Discovery	11:00 am Adults in Motion	Leisure 10:00 am 6 Lane &	Breastfeeding Support	Leisure	2:00 pm Pop in Tot 5:00 pm After
4:00 pm Lane & Leisure	11:00 am 3 Lane & Leisure	Leisure 11:00 am Body	11:00 am Core Balance	Connecting Communities	school program 5:00 pm Lane &
5:00 pm Everyone Welcome Swim	11:45 am Walk & Wheel - Drop In	Conditioning - Fitness	11:00 am 3 Lane & Leisure	11:00 am Body Conditioning -	Leisure  6:00 pm Everyone
5:30 pm Everyone Welcome Swim	12:00 pm Walk & Wheel - Drop In	12:00 pm Connecting	11:45 am Walk & Wheel - Drop In	Fitness 1:00 pm Mother	Welcome Swim 7:00 pm Everyone
6:00 pm Lane & Leisure	1:30 pm Harm Reduction Van	Communities 2:00 pm	12:00 pm Walk & Wheel - Drop In	Goose - KFFRC 2:00 pm Ediacaran	Welcome Swim 7:00 pm Everyone
7:30 pm 6 Lane & Leisure	2:00 pm Pop in Tot 5:00 pm After	Therapeutic Adult Swim	2:00 pm Pop in Tot 5:00 pm After	Fossils of the Inner Meadow Site	Welcome Swim 7:00 pm NSO
8:00 pm NSO Recital 2	school program 5:00 pm Lane &	5:00 pm After school program	school program 5:00 pm Améliorez	5:00 pm Cowan Heights Neighbourhood - In-	Christmas Pops: Christmas at Home
	Leisure 5:30 pm Yoga	5:00 pm 6 Lane Swim	Votre Santé Cardiovasculaire Avec Effie	Person Open House 5:00 pm 6 Lane	8:00 pm 3 Lane & Leisure
	avec/with Cindy, Far Out Fitness	5:00 pm University Area - In-Person Open House	5:00 pm Lane & Leisure	Swim 5:00 pm After	
	6:00 pm Learn to Knit	6:00 pm Shallow End Only -	5:00 pm University Area and Cowan	school program 6:00 pm	
	6:00 pm Youth Drop-in.	Everyone Welcome Swim	Heights Neighbourhoods - Pop-Up Event	Intermediate 1 French Course - Fall 2024 (Online)	
	6:00 pm Everyone Welcome Swim	6:00 pm Adventures Before Bedtime - KFFRC	5:30 pm Beginner French Course 1 -	6:00 pm Shallow End Only -	
	6:30 pm Body Conditioning	6:00 pm Youth Drop in - Sports	Fall 2024 5:30 pm	Everyone Welcome Swim	
	7:00 pm Lane & Leisure	7:00 pm 6 Lane & Leisure	Intermediate 1 French Course - Fall 2024	7:00 pm Ediacaran Fossils of the Inner Meadow Site	
	7:00 pm Body Conditioning	7:00 pm Shallow End Only -	6:00 pm Come Craft with us	7:00 pm 6 Lane & Leisure	
	7:00 pm Leisure Swim	Everyone Welcome Swim	6:00 pm Youth Drop	7:00 pm Body Conditioning	
	7:00 pm Aquatic Fitness		6:00 pm Youth Drop	7:00 pm Shallow	

7:30 pm Open Gym Drop-in at Kenmount Terrace Community Centre	in 6:00 pm Everyone Welcome Swim 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	End Only - Everyone Welcome Swim 7:45 pm Intermediate 2 French Course - Fall 2024 (Online)	
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https://calendar.stjohns.ca