

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 7:00 am Leisure Swim 7:30 am 6 Lane Swim 7:30 am Lane & Leisure 9:00 am Lane & Leisure 9:00 am 3 Lane & Leisure 10:00 am 6 Lane & Leisure 10:00 am Lane & Leisure 2:00 pm Pop in Tot 3:30 pm Leisure Swim with Slides 5:00 pm Lane & Leisure 5:00 pm Everyone Welcome Swim 6:00 pm Everyone Welcome Swim 6:00 pm Everyone Welcome Swim 7:00 pm Everyone Welcome Swim 7:00 pm 6 Lane & Leisure	3 7:00 am Leisure Swim 7:30 am 6 Lane Swim 7:30 am Lane & Leisure 9:00 am Lane & Leisure 9:00 am 3 Lane & Leisure 10:00 am 6 Lane & Leisure 10:00 am Lane & Leisure 11:00 am 3 Lane & Leisure 2:00 pm Pop in Tot 3:30 pm Leisure Swim with Slides 5:00 pm Leisure Swim with Slides 5:00 pm Lane & Leisure 6:00 pm Everyone Welcome Swim 6:00 pm Everyone Welcome Swim 7:00 pm Everyone Welcome Swim 7:00 pm Everyone Welcome Swim	4 7:00 am Leisure Swim 7:30 am 6 Lane Swim 9:00 am Lane & Leisure 9:00 am Everyone Welcome Swim 10:30 am Everyone Welcome Swim 11:00 am Everyone Welcome Swim 12:00 pm 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 5:30 pm Lane & Leisure 6:30 pm Everyone Welcome Swim 7:00 pm 3 Lane & Leisure
5 7:00 am Lane & Leisure 7:00 am 6 Lane &	6 7:00 am Leisure Swim 7:00 am Lane &	7 7:00 am Leisure Swim 7:00 am Lane &	8 7:00 am Leisure Swim 7:30 am 6 Lane	9 7:00 am Leisure Swim 7:30 am 6 Lane	10 7:00 am Leisure Swim 7:30 am 6 Lane	11 7:00 am Leisure Swim 7:30 am 6

Leisure	Leisure	Leisure	Swim	Swim	Swim	Lane Swim
9:00 am Everyone Welcome Swim	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 Lane & Leisure
11:00 am Everyone Welcome Swim	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	9:00 am Leisure Swim with Slides
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	10:00 am Playgroup (Drop in)
1:00 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	10:30 am Everyone Welcome Swim
2:30 pm Everyone Welcome Swim	9:30 am Playgroup - KFFRC	9:30 am Playgroup - KFFRC	10:00 am Leisure Swim	9:30 am Playgroup - KFFRC	10:00 am 6 Lane Swim	10:00 am Leisure Swim
3:00 pm Everyone Welcome Swim	10:00 am Playgroup (Drop in)	10:00 am Playgroup (Drop in)	10:00 am Playgroup (Drop in)	10:00 am Playgroup (Drop in)	10:00 am Leisure Swim	11:15 am Everyone Welcome Swim
4:00 pm Lane & Leisure	10:00 am Leisure Swim	10:00 am 6 Lane & Leisure	10:00 am Aquatic Fitness	10:00 am 6 Lane & Leisure	10:00 am Adults in Motion	12:00 pm Lane & Leisure
5:00 pm Everyone Welcome Swim	10:00 am Aquatic Fitness	10:00 am Lane & Leisure	10:00 am Adults in Motion	10:00 am Lane & Leisure	10:00 am Lane & Leisure	1:00 pm Everyone Welcome Swim
5:30 pm Everyone Welcome Swim	10:00 am Lane & Leisure	10:00 am Core Balance	10:00 am Lane & Leisure	10:00 am Core Balance	10:30 am Leisure - Social Time	2:30 pm Everyone Welcome Swim
6:00 pm Lane & Leisure	10:00 am Adults in Motion	11:00 am Fitness - Body Conditioning	11:00 am Core Balance	10:30 am Leisure - Social Time	11:00 am Adults in Motion	2:30 pm Everyone Welcome Swim
7:00 pm 6 Lane & Leisure	10:30 am Leisure - Social Time	12:00 pm Youth Lunch in	11:00 am 3 Lane & Leisure	11:00 am Fitness - Body Conditioning	11:00 am 3 Lane & Leisure	3:00 pm Everyone Welcome Swim
	10:30 am Knitting Circle	12:00 pm Adult Drop in	11:45 am Walk & Wheel	12:00 pm Youth Lunch in	12:00 pm Youth Lunch in	3:00 pm Everyone Welcome Swim
	11:00 am Adults in Motion	2:00 pm Therapeutic Adult Swim	12:00 pm Walk & Wheel	12:00 pm Adult Drop in	2:00 pm Pop in Tot	3:00 pm Everyone Welcome Swim
	11:00 am 3 Lane & Leisure	2:30 pm After school program	12:00 pm Youth Lunch in	2:30 pm After school program	2:30 pm After School Program	5:30 pm Lane & Leisure
	11:45 am Walk & Wheel	2:30 pm After School Program	1:00 pm Fitness - Body Conditioning (Drop in)	2:30 pm After School Program	3:00 pm After School Program	5:30 pm Everyone Welcome Swim
	12:00 pm Walk & Wheel	3:00 pm After School Program	2:00 pm Pop in Tot	3:00 pm After School Program	5:00 pm Leisure Swim with Slides	6:30 pm Family Open Gym Drop in
	12:00 pm Youth Lunch in	5:00 pm Leisure Swim with Slides	2:30 pm After school program	5:00 pm Leisure Swim with Slides	5:00 pm Lane & Leisure	6:30 pm Everyone Welcome Swim
	2:00 pm Pop in Tot	5:00 pm Lane & Leisure	3:00 pm After School Program	5:00 pm Lane & Leisure	6:00 pm Everyone Welcome Swim	7:00 pm 3 Lane & Leisure
	2:30 pm After school program	6:00 pm Everyone Welcome Swim-Shallow end only	5:00 pm Everyone Welcome Swim	6:00 pm Everyone Welcome Swim-Shallow end only	7:00 pm Everyone Welcome Swim	8:00 pm NSO Sinfonia 2: Elemental
	2:30 pm After School Program	6:00 pm Youth Drop in - Sport	5:00 pm Lane & Leisure	7:00 pm 6 Lane & Leisure	7:00 pm Everyone Welcome Swim	
	3:00 pm After School Program	7:00 pm 6 Lane & Leisure	6:00 pm Everyone Welcome Swim	7:00 pm Body Conditioning		
	5:00 pm Leisure Swim with Slides	7:00 pm Shallow End Only Everyone Welcome Swim	6:00 pm Youth Drop in	7:00 pm Shallow End Only Everyone Welcome Swim		
	5:00 pm Lane & Leisure	8:00 pm Adult Drop in	6:00 pm Youth Drop in			
	6:00 pm Everyone Welcome Swim		6:00 pm Youth Drop in			
	6:00 pm Youth Drop in		6:30 pm Fitness - Mixed Level Yoga			
	6:30 pm Body Conditioning		6:30 pm Body Conditioning			
	7:00 pm Body Conditioning		7:00 pm Lane & Leisure			
	7:00 pm Lane & Leisure		7:00 pm Lane & Leisure			
	7:00 pm Aquatic Fitness		7:00 pm Everyone Welcome Swim			
	7:00 pm Leisure Swim		8:00 pm Open Gym			

	7:30 pm Open Gym Drop in		Drop in 8:00 pm Fitness - Beginner Yoga			
12	13	14	15	16	17	18
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 Leisure Swim	7:00 am Leisure Swim
7:00 am 6 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 Soccer en Français	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 Club du samedi
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	10:00 am Playgroup (Drop in)
1:00 pm Everyone Welcome Swim	9:00 am Aquatic Fitness	9:00 am Preschool	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	2:30 pm Everyone Welcome Swim
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	
3:00 pm Everyone Welcome Swim	9:00 am groupe de jeu « Les P'tits poussins ».	9:30 am Playgroup - KFFRC	10:00 am Playgroup (Drop in)	9:00 am Preschool	10:00 am 6 Lane Swim	3:00 pm Everyone Welcome Swim
4:00 pm Lane & Leisure	9:30 am Playgroup - KFFRC	10:00 am Playgroup (Drop in)	10:00 am Aquatic Fitness	9:30 am Playgroup - KFFRC	10:00 am Adults in Motion	5:30 pm Lane & Leisure
5:30 pm Everyone Welcome Swim	10:00 am Playgroup (Drop in)	10:00 am 6 Lane & Leisure	10:00 am Adults in Motion	10:00 am Playgroup (Drop in)	10:00 am Lane & Leisure	
6:00 pm Lane & Leisure	10:00 am Aquatic Fitness	10:00 am Lane & Leisure	10:00 am Lane & Leisure	10:00 am Preschool Drop in	10:30 am Leisure - Social Time	5:30 pm Everyone Welcome Swim
7:30 pm 6 Lane & Leisure	10:00 am Lane & Leisure	10:00 am Core Balance	10:00 am Bridge Level 2	10:00 am 6 Lane & Leisure	11:00 am Adults in Motion	
	10:00 am Adults in Motion	10:00 am Leisure - Bridge Level 1	11:00 am Core Balance	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	6:30 pm Family Open Gym Drop in
	10:30 am Leisure - Social Time	11:00 am Fitness - Body Conditioning	11:00 am 3 Lane & Leisure	10:00 am Core Balance	10:00 am Social & Bingo	6:30 pm Everyone Welcome Swim
	10:30 am Knitting Circle	11:30 am Lunch des Débrouillards	11:45 am Walk & Wheel	10:00 am Social & Bingo	2:00 pm Pop in Tot	
	11:00 am Adults in Motion	12:00 pm Lunch in	12:00 pm Walk & Wheel	10:30 am Leisure - Social Time	2:30 pm After school program	7:00 pm 2025 Banff Centre Mountain Film Festival World Tour - St. John's NL
	11:00 am 3 Lane & Leisure	12:00 pm Adult Drop in	12:00 pm Youth Lunch in	11:00 am Fitness - Body Conditioning	2:30 pm After School Program	
	11:45 am Walk & Wheel	2:00 pm Therapeutic Adult Swim	1:00 pm Fitness - Body Conditioning (Drop in)	12:00 pm Youth Lunch in	3:00 pm Activités parascolaires:	7:00 pm 3 Lane & Leisure
	12:00 pm Walk & Wheel	2:30 pm After school program	2:00 pm Pop in Tot	12:00 pm Adult Drop in	3:00 pm After School Program	
	12:00 pm Youth Lunch in	2:30 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 Pop in Tot	2:30 pm After School Program	2:30 pm After school program	2:30 pm After School Program	7:00 pm Everyone Welcome Swim	
	2:30 pm After school program	3:00 pm After School Program	2:30 pm After School Program	3:00 pm Activités parascolaires:		
	2:30 pm After School Program	6:00 pm Youth Drop in - Sport	3:00 pm Activités parascolaires:	3:00 pm After School Program		
	3:00 pm After School Program	7:00 pm 6 Lane & Leisure	3:00 pm After School Program	6:00 pm Oil Painting - Snowy Owl		
	5:00 pm Winter 2025 French Courses – Registration Now Open	7:00 pm Shallow End Only Everyone Welcome Swim	6:00 pm Youth Drop in	7:00 pm Badminton en Français		
	6:00 pm Youth Drop in	8:00 pm Adult Drop in	6:30 pm Body Conditioning	7:00 pm 6 Lane & Leisure		
	6:30 pm Body Conditioning		7:00 pm Lane & Leisure	7:00 pm Body Conditioning		
			7:00 pm Everyone Welcome Swim	7:00 pm Shallow End Only Everyone Welcome Swim		

	<p>7:00 pm Body Conditioning</p> <p>7:00 pm Lane & Leisure</p> <p>7:00 pm Aquatic Fitness</p> <p>7:00 pm Leisure Swim</p> <p>7:00 pm La Rose des Vents - Répétitions de la chorale</p> <p>7:00 pm La Rose des Vents - Répétitions de la chorale</p> <p>7:30 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>8:00 pm Open Gym Drop in</p>			
<p>19</p> <p>7:00 am 6 Lane & Leisure</p> <p>7:00 am Lane & Leisure</p> <p>10:00 am Soccer en Français</p> <p>11:00 am Lane & Leisure</p> <p>1:00 pm Everyone</p>	<p>20</p> <p>7:00 am Leisure Swim</p> <p>7:00 am Lane & Leisure</p> <p>7:30 am 6 Lane Swim</p> <p>9:00 am Leisure Swim</p> <p>9:00 am Aquatic</p>	<p>21</p> <p>7:00 am Leisure Swim</p> <p>7:00 am Lane & Leisure</p> <p>7:30 am 6 Lane Swim</p> <p>9:00 am Leisure Swim</p> <p>9:00 am Preschool</p>	<p>22</p> <p>7:00 am Leisure Swim</p> <p>7:30 am 6 Lane Swim</p> <p>7:30 am Lane & Leisure</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic</p>	<p>23</p> <p>7:00 am Leisure Swim</p> <p>7:30 am 6 Lane Swim</p> <p>7:30 am Lane & Leisure</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic</p>	<p>24</p> <p>7:00 am Leisure Swim</p> <p>7:30 am 6 Lane Swim</p> <p>7:30 am Lane & Leisure</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic</p>	<p>25</p> <p>7:00 am Leisure Swim</p> <p>7:30 am 6 Lane Swim</p> <p>9:00 am Club du samedi</p> <p>10:00 am Playgroup (Drop in)</p>

Welcome Swim	Fitness	Fitness	Fitness	Fitness	Fitness	2:30 pm Everyone Welcome Swim
2:00 pm Appel aux bénévoles : souper communautaire	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	Everyone Welcome Swim
2:30 pm Everyone Welcome Swim	9:00 am groupe de jeu « Les P'tits poussins ».	9:00 am Aquatic Fitness	9:30 am Downtown Pedestrian Mall Business Engagement Session	9:00 am Preschool	10:00 am 6 Lane Swim	3:00 pm Everyone Welcome Swim
3:00 pm Everyone Welcome Swim	9:30 am Downtown Pedestrian Mall Business Engagement Session	9:30 am Playgroup - KFFRC	10:00 am Bridge Level 2	9:30 am Playgroup - KFFRC	10:00 am Adults in Motion	Everyone Welcome Swim
4:00 pm Lane & Leisure	9:30 am Playgroup - KFFRC	10:00 am Playgroup (Drop in)	10:00 am Playgroup (Drop in)	10:00 am Playgroup (Drop in)	10:00 am Lane & Leisure	5:30 pm Lane & Leisure
5:30 pm Everyone Welcome Swim	10:00 am Playgroup (Drop in)	10:00 am 6 Lane & Leisure	10:00 am Aquatic Fitness	10:00 am Preschool Drop in	10:30 am Leisure - Social Time	5:30 pm Everyone Welcome Swim
6:00 pm Lane & Leisure	10:00 am Aquatic Fitness	10:00 am Lane & Leisure	10:00 am Adults in Motion	10:00 am 6 Lane & Leisure	11:00 am Adults in Motion	Everyone Welcome Swim
6:00 pm Souper communautaire	10:00 am Lane & Leisure	10:00 am Core Balance	10:00 am Lane & Leisure	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	6:30 pm Family Open Gym Drop in
7:00 pm 2025 Banff Centre Mountain Film Festival World Tour - St. John's NL	10:00 am Adults in Motion	10:00 am Leisure - Bridge Level 1	11:00 am Core Balance	10:30 am Leisure - Social Time	11:00 am 3 Lane & Leisure	6:30 pm Everyone Welcome Swim
7:30 pm 6 Lane & Leisure	10:30 am Knitting Circle	11:00 am Fitness - Body Conditioning	11:00 am 3 Lane & Leisure	11:00 am Fitness - Body Conditioning	2:00 pm Pop in Tot	7:00 pm 3 Lane & Leisure
	10:30 am Leisure - Social Time	11:00 am Food on the Move + Library @ Shea Heights Community Centre	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	11:00 am Fitness - Body Conditioning	2:30 pm After school program	7:00 pm 3 Lane & Leisure
	11:00 am Adults in Motion	12:00 pm Youth Lunch in	11:45 am Walk & Wheel	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	2:30 pm After School Program	8:00 pm NSO Winter Pops: Every Breath You Take
	11:00 am 3 Lane & Leisure	12:00 pm Adult Drop in	12:00 pm Walk & Wheel	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	3:00 pm Activités parascolaires:	
	11:45 am Walk & Wheel	2:00 pm Therapeutic Adult Swim	12:00 pm Youth Lunch in	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	3:00 pm After School Program	
	12:00 pm Walk & Wheel	2:30 pm After school program	1:00 pm Fitness - Body Conditioning (Drop in)	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	3:00 pm Activités parascolaires:	
	12:00 pm Youth Lunch in	2:30 pm After School Program	2:00 pm Pop in Tot	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	3:00 pm After School Program	
	2:00 pm Pop in Tot	3:00 pm Activités parascolaires:	2:30 pm After school program	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	3:00 pm After School Program	
	2:30 pm After school program	3:00 pm After School Program	2:30 pm After School Program	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	3:00 pm After School Program	
	2:30 pm After School Program	6:00 pm Youth Drop in - Sport	2:30 pm After School Program	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	3:00 pm After School Program	
	3:00 pm Activités parascolaires:	7:00 pm 6 Lane & Leisure	3:00 pm Activités parascolaires:	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	3:00 pm After School Program	
	3:00 pm After School Program	7:00 pm Shallow End Only Everyone Welcome Swim	3:00 pm After School Program	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	3:00 pm After School Program	
	5:30 pm Yoga avec Cindy de Far Out Fitness	8:00 pm Adult Drop in	5:30 pm Event Title: French Course - Beginner 1 Winter 2025	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	5:30 pm French class Intermediate 1 - In person	
	6:00 pm Youth Drop in		6:00 pm Youth Drop in	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	6:00 pm Oil Painting - Snowy Owl	
	6:30 pm Body Conditioning		6:00 pm Youth Drop in	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	6:00 pm Youth Night	
	7:00 pm Body Conditioning		6:30 pm Body Conditioning	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	6:30 pm Advanced Conversation & Grammar Winter 2025	
	7:00 pm Lane & Leisure		7:00 pm Lane & Leisure	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	7:00 pm Badminton en Français	
	7:00 pm Aquatic Fitness		7:00 pm Everyone Welcome Swim	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	7:00 pm 6 Lane & Leisure	
	7:00 pm Leisure Swim		7:00 pm Film Festival: Climate & Arctic Voices	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	7:00 pm Body Conditioning	
	7:00 pm Rejoignez la chorale La Rose des Vents		8:00 pm Fitness - Mixed Level Yoga	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	7:00 pm Shallow End Only Everyone Welcome Swim	
				11:00 am Food on the Move + Library @ Froude Avenue Community Centre	7:15 pm French Beginner 2 course Online	
				11:00 am Food on the Move + Library @ Froude Avenue Community Centre		

	7:30 pm Open Gym Drop in		8:00 pm Fitness - Beginner Yoga 8:00 pm Soccer en Français 8:00 pm Open Gym Drop in		
26	27	28	29	30	31
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 Leisure Swim
7:00 am 6 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
10:00 am Soccer en Français	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
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
1:00 pm Everyone Welcome Swim	9:00 am Aquatic Fitness	9:00 am Preschool	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness
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
3:00 pm Everyone Welcome Swim	9:00 am groupe de jeu « Les P'tits poussins ».	9:00 am Aquatic Fitness	10:00 am Playgroup (Drop in)	9:00 am Preschool	10:00 am 6 Lane Swim
4:00 pm Lane & Leisure	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
5:30 pm Everyone Welcome Swim	10:00 am Playgroup (Drop in)	10:00 am Playgroup (Drop in)	10:00 am Adults in Motion	9:30 am Downtown Pedestrian Mall Business Engagement Session	10:00 am Lane & Leisure
6:00 pm Lane & Leisure	10:00 am Aquatic Fitness	10:00 am 6 Lane & Leisure	10:00 am Lane & Leisure	10:00 am Playgroup (Drop in)	10:00 am Downtown Pedestrian Mall Business Engagement Session
7:30 pm 6 Lane & Leisure	10:00 am Lane & Leisure	10:00 am Core Balance	10:00 am Bridge Level 2	10:00 am Preschool Drop in	10:30 am Leisure - Social Time
	10:00 am Adults in Motion	10:00 am Leisure - Bridge Level 1	11:00 am Core Balance	10:00 am 6 Lane & Leisure	11:00 am Adults in Motion
	10:30 am Leisure - Social Time	11:00 am Fitness - Body Conditioning	11:00 am 3 Lane & Leisure	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure
	10:30 am Knitting Circle	12:00 pm Youth Lunch in	11:45 am Walk & Wheel	10:00 am Core Balance	12:00 pm Youth Lunch in
	11:00 am Adults in Motion	12:00 pm Adult Drop in	12:00 pm Walk & Wheel	10:30 am Leisure - Social Time	2:00 pm Pop in Tot
	11:00 am 3 Lane & Leisure	2:00 pm Therapeutic Adult Swim	12:00 pm Youth Lunch in	11:00 am Fitness - Body Conditioning	2:30 pm After school program
	11:45 am Walk & Wheel	2:30 pm After school program	1:00 pm Fitness - Body Conditioning (Drop in)	12:00 pm Youth Lunch in	2:30 pm After School Program
	12:00 pm Walk & Wheel	2:30 pm After School Program	2:00 pm Pop in Tot	12:00 pm Adult Drop in	3:00 pm Activités parascolaires:
	12:00 pm Youth Lunch in	2:30 pm After School Program	2:30 pm After school program	12:00 pm Adult Drop in	3:00 pm After School Program
	2:00 pm Pop in Tot	3:00 pm Activités parascolaires:	2:30 pm After School Program	2:30 pm After school program	3:00 pm After School Program
	2:00 pm Downtown Pedestrian Mall Business Engagement Session	3:00 pm After School Program	2:30 pm After School Program	2:30 pm After School Program	6:00 pm Acrylic Painting - Crocus Bloom
	2:30 pm After School Program	6:00 pm Youth Drop in - Sport	3:00 pm Activités parascolaires:	3:00 pm Activités parascolaires:	6:00 pm 2025 Vision Board Workshop
	2:30 pm After school program	7:00 pm 6 Lane & Leisure	3:00 pm After School Program	3:00 pm After School Program	7:00 pm Everyone Welcome Swim
	3:00 pm After School Program	7:00 pm Shallow End Only Everyone Welcome Swim	5:30 pm French class Intermediate 1 - In person	6:00 pm Oil Painting - Snowy Owl	7:00 pm Everyone Welcome Swim
	3:00 pm Activités	8:00 pm Adult Drop in	6:00 pm Youth Drop in	6:30 pm Advanced Conversation & Grammar Winter 2025	

	parascolaires: 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 Lane & Leisure 7:00 pm Aquatic Fitness 7:00 pm Leisure Swim 7:00 pm Rejoignez la chorale La Rose des Vents 7:30 pm Open Gym Drop in		6:30 pm Body Conditioning 7:00 pm Lane & Leisure 7:00 pm Everyone Welcome Swim 8:00 pm Soccer en Français 8:00 pm Fitness - Beginner Yoga 8:00 pm Fitness - Mixed Level Yoga 8:00 pm Open Gym Drop in	7:00 pm Badminton en Français 7:00 pm 6 Lane & Leisure 7:00 pm Body Conditioning 7:00 pm Shallow End Only Everyone Welcome Swim	
--	---	--	--	---	--