

# 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	9:00 am Club du samedi
11:00 am Lane & Leisure	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 Babysitting
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)
2:00 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 Preschool	9:00 am Leisure Swim	2:30 pm Everyone Welcome Swim
2:30 pm Everyone Welcome Swim	9:00 am groupe de jeu « Les P'tits poussins ».	9:00 am Preschool	10:00 am Aquatic Fitness	9:30 am Playgroup - KFFRC	10:00 am Adults in Motion	3:00 pm Everyone Welcome Swim
3:00 pm Everyone Welcome Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	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	9:30 am Playgroup - KFFRC	9:30 am Playgroup - KFFRC	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	9:00 am Leisure Swim	10:00 am Playgroup (Drop in)	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 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	5:30 pm Everyone Welcome Swim
7:30 pm 6 Lane & Leisure	10:00 am Adults in Motion	10:00 am Social & Bingo	10:30 am Leisure - Social Time	10:00 am 6 Lane & Leisure	11:00 am 3 Lane & Leisure	6:30 pm Family Open Gym Drop in
	10:00 am Aquatic Fitness	10:00 am Lane & Leisure	11:00 am Core Balance	11:00 am Fitness - Body Conditioning	12:00 pm Lane & Leisure	6:30 pm Everyone Welcome Swim
	10:00 am Lane & Leisure	10:00 am Core Balance	11:00 am 3 Lane & Leisure	12:00 pm Adult Drop in	12:00 pm Youth Lunch in	6:30 pm Everyone Welcome Swim
	10:30 am Knitting Circle	10:00 am 6 Lane & Leisure	11:00 am Food on the Move + Library @ Buckmaster's Circle Community Centre	12:00 pm Youth Drop in	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 @ 77 Charter Avenue, Pleasantville	11:45 am Walk & Wheel	1:00 pm Fitness - Body Conditioning (Drop in)	2:30 pm After School Program	
	11:00 am Adults in Motion	11:00 am Fitness - Body Conditioning	12:00 pm Walk & Wheel	2:00 pm Pop in Tot	2:30 pm After school program	
	11:00 am 3 Lane & Leisure	12:00 pm Adult Drop in	12:00 pm Youth Lunch in	2:30 pm After School Program	3:00 pm After school program	
	11:45 am Walk & Wheel	12:00 pm Youth Lunch in	1:00 pm Fitness - Body Conditioning (Drop in)	3:00 pm After School Program	3:00 pm After School Program	
	12:00 pm Walk & Wheel	2:00 pm Therapeutic Adult Swim	2:00 pm Pop in Tot	5:30 pm French class Intermediate 1 - In person	3:00 pm After School Program	
	12:00 pm Youth Lunch in	2:30 pm After School Program	2:30 pm After School Program	6:00 pm Youth Drop in	5:30 pm Yoga avec Cindy de Far Out Fitness	
	2:00 pm Pop in Tot	2:30 pm After school program	3:00 pm After School Program	6:00 pm Youth Drop in	6:00 pm Youth Drop in	
	2:30 pm After School Program	3:00 pm After School Program	5:30 pm French class Intermediate 1 - In person	6:30 pm Body Conditioning	6:30 pm Body Conditioning	
	2:30 pm After school program	6:00 pm Youth Drop in - Sport	6:00 pm Youth Drop in	7:00 pm Shallow End Only Everyone Welcome Swim	7:00 pm Body Conditioning	
	3:00 pm After School Program	7:00 pm Shallow End Only Everyone Welcome Swim	6:00 pm Youth Drop in	7:00 pm Aquatic Fitness	7:00 pm Aquatic Fitness	
	3:00 pm After School Program	7:00 pm 6 Lane & Leisure	6:30 pm Body Conditioning	7:00 pm Lane & Leisure	7:00 pm Lane & Leisure	
	5:30 pm Yoga avec Cindy de Far Out Fitness	8:00 pm Adult Drop in	6:30 pm Atelier d'Improvisation avec la Troupe des Amuse-Gueules			
	6:00 pm Youth Drop in		7:00 pm Everyone Welcome Swim			
	6:30 pm Body Conditioning					
	7:00 pm Body Conditioning					
	7:00 pm Aquatic Fitness					
	7:00 pm Lane & Leisure					

	<p>7:00 pm Leisure Swim</p> <p>7:00 pm Rejoignez la chorale La Rose des Vents</p> <p>7:30 pm Open Gym Drop in</p>		<p>7:00 pm Public Meeting - 7 Waterford Bridge Road</p> <p>7:00 pm Lane &amp; Leisure</p> <p>8:00 pm Open Gym Drop in</p> <p>8:00 pm Fitness - Beginner Yoga</p> <p>8:00 pm Fitness - Mixed Level Yoga</p> <p>8:00 pm Soccer en Français</p>			
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 groupe de jeu « Les P'tits poussins ».	9:00 am Preschool	9:00 am Leisure Swim	9:00 am Preschool	9:00 am Leisure Swim	2:30 pm Everyone Welcome Swim
3:00 pm Everyone Welcome Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	10:00 am Aquatic Fitness	9:00 am Leisure Swim	10:00 am Adults in Motion	3:00 pm Everyone Welcome Swim
3:30 pm Vivaldi Voices	9:30 am Playgroup - KFFRC	9:30 am Playgroup - KFFRC	10:00 am Adults in Motion	9:30 am Playgroup - KFFRC	10:00 am Lane & Leisure	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 Lane & Leisure	10:00 am Playgroup (Drop in)	10:00 am 6 Lane Swim	5:30 pm Lane & Leisure
5:30 pm Everyone Welcome Swim	10:00 am Playgroup (Drop in)	10:00 am Leisure - Bridge Level 1	10:00 am Bridge Level 2	10:00 am Preschool Drop in	10:30 am Leisure - Social Time	5:30 pm Lane & Leisure
6:00 pm Lane & Leisure	10:00 am Adults in Motion	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 Welcome Swim
7:30 pm 6 Lane & Leisure	10:00 am Aquatic Fitness	10:00 am Core Balance	10:30 am Leisure - Social Time	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	6:30 pm Family Open Gym Drop in
	10:00 am Lane & Leisure	10:00 am 6 Lane & Leisure	11:00 am Core Balance	10:00 am 6 Lane & Leisure	12:00 pm Youth Lunch in	6:30 pm Everyone Welcome Swim
	10:30 am Leisure - Social Time	11:00 am Fitness - Body Conditioning	11:00 am 3 Lane & Leisure	11:00 am Fitness - Body Conditioning	2:00 pm Pop in Tot	6:30 pm Everyone Welcome Swim
	10:30 am Knitting Circle	11:30 am Lunch des Débrouillards	11:45 am Walk & Wheel	12:00 pm Adult Drop in	2:30 pm After School Program	7:00 pm 3 Lane & Leisure
	11:00 am Adults in Motion	12:00 pm Adult Drop in	12:00 pm Walk & Wheel	12:00 pm Youth Lunch in	2:30 pm After school program	9:00 pm The Rec Room's Shamrock the Weekend
	11:00 am 3 Lane & Leisure	12:00 pm Youth Lunch in	12:00 pm Youth Lunch in	2:30 pm After School Program	3:00 pm After School Program	
	11:45 am Walk & Wheel	2:00 pm Therapeutic Adult Swim	1:00 pm Fitness - Body Conditioning (Drop in)	2:30 pm After school program	7:00 pm Everyone Welcome Swim	
	12:00 pm Walk & Wheel	2:30 pm After School Program	2:00 pm Pop in Tot	3:00 pm After School Program	7:00 pm Everyone Welcome Swim	
	12:00 pm Youth Lunch in	2:30 pm After school program	2:30 pm After School Program	6:00 pm Oil Painting - Pondsides Landscape		
	2:00 pm Pop in Tot	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			

	<p>3:00 pm After School Program</p> <p>5:30 pm Yoga avec Cindy de Far Out Fitness</p> <p>6:00 pm Youth Drop in</p> <p>6:30 pm Body Conditioning</p> <p>7:00 pm Body Conditioning</p> <p>7:00 pm Aquatic Fitness</p> <p>7:00 pm Lane &amp; Leisure</p> <p>7:00 pm Leisure Swim</p> <p>7:00 pm Rejoignez la chorale La Rose des Vents</p> <p>7:30 pm Open Gym Drop in</p>	<p>7:00 pm Shallow End Only Everyone Welcome Swim</p> <p>7:00 pm 6 Lane &amp; Leisure</p> <p>8:00 pm Adult Drop in</p>	<p>5:30 pm French class Intermediate 1 - In person</p> <p>6:00 pm Youth Drop in</p> <p>6:00 pm Youth Drop in</p> <p>6:30 pm Body Conditioning</p> <p>6:30 pm Atelier d'Improvisation avec la Troupe des Amuse-Gueules</p> <p>7:00 pm Everyone Welcome Swim</p> <p>7:00 pm Lane &amp; Leisure</p> <p>7:30 pm Tuckamore Presents: The American Brass Quintet</p> <p>8:00 pm Open Gym Drop in</p> <p>8:00 pm Fitness - Beginner Yoga</p> <p>8:00 pm Fitness - Mixed Level Yoga</p> <p>8:00 pm Soccer en Français</p>	<p>7:00 pm Badminton en Français</p> <p>7:00 pm Body Conditioning</p> <p>7:00 pm Shallow End Only Everyone Welcome Swim</p> <p>7:00 pm 6 Lane &amp; Leisure</p>		
<p>16</p> <p>7:00 am 6 Lane &amp; Leisure</p> <p>7:00 am Lane &amp; Leisure</p> <p>9:00 am Lane &amp; Leisure</p> <p>10:00 am Soccer en Français</p> <p>11:00 am Lane &amp; Leisure</p> <p>1:00 pm Everyone Welcome Swim</p> <p>2:30 pm Everyone Welcome Swim</p> <p>3:00 pm Everyone Welcome Swim</p> <p>4:00 pm Lane &amp; Leisure</p> <p>5:30 pm Everyone Welcome Swim</p> <p>6:00 pm Lane &amp; Leisure</p> <p>7:30 pm 6 Lane &amp; Leisure</p>	<p>17</p> <p>7:00 am Lane &amp; Leisure</p> <p>9:00 am groupe de jeu « Les P'tits poussins ».</p> <p>10:00 am Lane &amp; Leisure</p> <p>5:30 pm Yoga avec Cindy de Far Out Fitness</p> <p>5:30 pm Séance de yoga avec Cindy</p> <p>7:00 pm Rejoignez la chorale La Rose des Vents</p> <p>7:00 pm Lane &amp; Leisure</p>	<p>18</p> <p>7:00 am Leisure Swim</p> <p>7:00 am Lane &amp; Leisure</p> <p>7:30 am 6 Lane Swim</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Preschool</p> <p>9:00 am Leisure Swim</p> <p>9:30 am Playgroup - KFFRC</p> <p>10:00 am Playgroup (Drop in)</p> <p>10:00 am Leisure - Bridge Level 1</p> <p>10:00 am Lane &amp; Leisure</p> <p>10:00 am Core Balance</p> <p>10:00 am 6 Lane &amp; Leisure</p>	<p>19</p> <p>7:00 am Leisure Swim</p> <p>7:30 am Lane &amp; Leisure</p> <p>7:30 am 6 Lane Swim</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Leisure Swim</p> <p>10:00 am Adults in Motion</p> <p>10:00 am Aquatic Fitness</p> <p>10:00 am Lane &amp; Leisure</p> <p>10:00 am Bridge Level 2</p> <p>10:00 am Playgroup (Drop in)</p> <p>10:30 am Leisure - Social Time</p> <p>11:00 am Food on</p>	<p>20</p> <p>7:00 am Leisure Swim</p> <p>7:30 am Lane &amp; Leisure</p> <p>7:30 am 6 Lane Swim</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Preschool</p> <p>9:00 am Leisure Swim</p> <p>9:30 am Playgroup - KFFRC</p> <p>10:00 am Playgroup (Drop in)</p> <p>10:00 am Preschool Drop in</p> <p>10:00 am Core Balance</p> <p>10:00 am Lane &amp; Leisure</p> <p>10:00 am 6 Lane &amp; Leisure</p>	<p>21</p> <p>7:00 am Leisure Swim</p> <p>7:30 am Lane &amp; Leisure</p> <p>7:30 am 6 Lane Swim</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Leisure Swim</p> <p>10:00 am Adults in Motion</p> <p>10:00 am Lane &amp; Leisure</p> <p>10:00 am 6 Lane Swim</p> <p>10:30 am Leisure - Social Time</p> <p>11:00 am Adults in Motion</p> <p>11:00 am 3 Lane &amp; Leisure</p> <p>12:00 pm Youth</p>	<p>22</p> <p>7:00 am Leisure Swim</p> <p>7:30 am 6 Lane Swim</p> <p>9:00 am Home Alone Course</p> <p>9:00 am Club du samedi</p> <p>10:00 am Playgroup (Drop in)</p> <p>10:00 am Matinée Cinéma en Famille – Film de l'ONF pour enfants</p> <p>2:00 pm Newfoundland Stories: Woven Through the Lens of Senior Artists</p> <p>2:30 pm Everyone Welcome Swim</p>

		<p>11:00 am Fitness - Body Conditioning</p> <p>11:00 am Food on the Move + Library @ Shea Heights Community Centre</p> <p>11:30 am Lunch des débrouillards</p> <p>12:00 pm Adult Drop in</p> <p>12:00 pm Youth Lunch in</p> <p>2:00 pm Therapeutic Adult Swim</p> <p>2:30 pm After School Program</p> <p>2:30 pm After school program</p> <p>3:00 pm After School Program</p> <p>6:00 pm Youth Drop in - Sport</p> <p>7:00 pm Shallow End Only Everyone Welcome Swim</p> <p>7:00 pm 6 Lane &amp; Leisure</p> <p>8:00 pm Adult Drop in</p>	<p>the Move + Library @ Froude Avenue Community Centre</p> <p>11:00 am Core Balance</p> <p>11:00 am 3 Lane &amp; Leisure</p> <p>11:45 am Walk &amp; Wheel</p> <p>12:00 pm Walk &amp; Wheel</p> <p>12:00 pm Youth Lunch in</p> <p>1:00 pm Fitness - Body Conditioning (Drop in)</p> <p>2:00 pm Pop in Tot</p> <p>2:30 pm After School Program</p> <p>2:30 pm After school program</p> <p>3:00 pm After School Program</p> <p>3:00 pm After School Program</p> <p>5:30 pm French class Intermediate 1 - In person</p> <p>6:00 pm Youth Drop in</p> <p>6:00 pm Come Craft with Us</p> <p>6:00 pm Youth Drop in</p> <p>6:30 pm Body Conditioning</p> <p>6:30 pm Atelier d'Improvisation avec la Troupe des Amuse-Gueules</p> <p>7:00 pm Everyone Welcome Swim</p> <p>7:00 pm Lane &amp; Leisure</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>8:00 pm Soccer en Français</p>	<p>11:00 am Fitness - Body Conditioning</p> <p>12:00 pm Adult Drop in</p> <p>12:00 pm Youth Lunch in</p> <p>2:30 pm After School Program</p> <p>2:30 pm After school program</p> <p>3:00 pm After School Program</p> <p>6:00 pm Youth Night</p> <p>6:00 pm Oil Painting - Pondsides Landscape</p> <p>6:30 pm Advanced Conversation &amp; Grammar Winter 2025</p> <p>7:00 pm World Poetry Day Reading Event</p> <p>7:00 pm Badminton en Français</p> <p>7:00 pm Body Conditioning</p> <p>7:00 pm Shallow End Only Everyone Welcome Swim</p> <p>7:00 pm 6 Lane &amp; Leisure</p>	<p>Lunch in</p> <p>2:00 pm Pop in Tot</p> <p>2:30 pm After School Program</p> <p>2:30 pm After school program</p> <p>3:00 pm After School Program</p> <p>6:00 pm Drawing: Textures - Metal, Fabric &amp; Wood</p> <p>6:00 pm Soirée cinéma : "C.R.A.Z.Y"</p> <p>7:00 pm Everyone Welcome Swim</p> <p>7:00 pm Everyone Welcome Swim</p> <p>8:00 pm NSO Masterworks 4: Celestial Keys</p>	<p>3:00 pm Everyone Welcome Swim</p> <p>5:30 pm Lane &amp; Leisure</p> <p>5:30 pm Everyone Welcome Swim</p> <p>6:30 pm Family Open Gym Drop in</p> <p>6:30 pm Everyone Welcome Swim</p> <p>7:00 pm 3 Lane &amp; Leisure</p>
<p>23</p> <p>7:00 am 6 Lane &amp; Leisure</p> <p>7:00 am Lane &amp; Leisure</p> <p>10:00 am Soccer en Français</p> <p>11:00 am Lane &amp; Leisure</p>	<p>24</p> <p>7:00 am Leisure Swim</p> <p>7:00 am Lane &amp; Leisure</p> <p>7:30 am 6 Lane Swim</p> <p>9:00 am Aquatic Fitness</p>	<p>25</p> <p>7:00 am Leisure Swim</p> <p>7:00 am Lane &amp; Leisure</p> <p>7:30 am 6 Lane Swim</p> <p>9:00 am Aquatic Fitness</p>	<p>26</p> <p>7:00 am Leisure Swim</p> <p>7:30 am Lane &amp; Leisure</p> <p>7:30 am 6 Lane Swim</p> <p>9:00 am Aquatic Fitness</p>	<p>27</p> <p>7:00 am Lane &amp; Leisure</p> <p>7:00 am Leisure Swim</p> <p>7:00 am 6 Lane Swim</p> <p>9:00 am Aquatic Fitness</p>	<p>28</p> <p>7:00 am Leisure Swim</p> <p>7:00 am Lane &amp; Leisure</p> <p>7:30 am 6 Lane Swim</p> <p>9:00 am Aquatic Fitness</p>	<p>29</p> <p>6:30 am Sun Block Party - Solar Eclipse 2025</p> <p>7:00 am Leisure Swim</p> <p>7:30 am 6 Lane Swim</p>

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

			8:00 pm Soccer en Français			
30	31					
7:00 am 6 Lane & Leisure	7:00 am 6 Lane Swim					
7:00 am Lane & Leisure	7:00 am Leisure Swim					
10:00 am Sci-Fi on the Rock 17	7:00 am Lane & Leisure					
10:10 am Soccer en Français	9:00 am Lane & Leisure					
11:00 am Lane & Leisure	9:00 am 3 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 6 Lane & Leisure					
3:00 pm Everyone Welcome Swim	10:00 am Lane & Leisure					
4:00 pm Lane & Leisure	10:30 am Leisure - Social Time					
5:00 pm Everyone Welcome Swim	10:30 am Knitting Circle					
5:30 pm Everyone Welcome Swim	11:00 am 3 Lane & Leisure					
6:00 pm Lane & Leisure	12:00 pm Youth Lunch in					
6:30 pm Everyone Welcome Swim	2:00 pm Pop in Tot					
7:30 pm 6 Lane & Leisure	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 Youth Drop in					
	6:00 pm Everyone Welcome Swim					
	7:00 pm Lane & Leisure					
	7:00 pm Rejoignez la chorale La Rose des Vents					
	7:00 pm 6 Lane & Leisure					