

# October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 7:00 am Lane & Leisure 7:00 am Leisure Swim 7:30 am 6 Lane Swim 9:00 am Leisure Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 9:00 am Preschool 9:30 am Drop In Play 10:00 am Bridge Level 1 10:00 am Core Balance 10:00 am Playgroup (Drop In) 10:00 am Lane & Leisure 10:00 am 6 Lane & Leisure 11:00 am Body Conditioning - Fitness 11:00 am Food on the Move 12:00 pm Connecting Communities 2:00 pm Therapeutic Adult Swim 5:00 pm After school program 6:00 pm Adventures Before Bedtime - KFFRC 6:00 pm Youth Drop in - Sports 7:00 pm 6 Lane & Leisure 7:00 pm Shallow End Only - Everyone Welcome Swim	2 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 Motion 10:00 am Playgroup (Drop In) 10:30 am Eastern Health - Breastfeeding Support 11:00 am Core Balance 11:00 am 3 Lane & Leisure 11:45 am Walk & Wheel - Drop In 12:00 pm Walk & Wheel - Drop In 2:00 pm Pop in Tot 5:00 pm After school program 6:00 pm Youth Drop in 6:00 pm Youth Drop in 6:30 pm Fitness-Mixed Level Yoga 6:30 pm Body Conditioning 7:00 pm Lane & Leisure 7:00 pm Public Hearing - 188 New Pennywell Road	3 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) 10:00 am 6 Lane & Leisure 10:00 am Lane & Leisure 11:00 am Connecting Communities 11:00 am Body Conditioning - Fitness 12:00 pm Seniors Day 2024 1:00 pm Mother Goose - KFFRC 4:00 pm Youth Outdoor Basketball 5:00 pm After school program 7:00 pm 6 Lane & Leisure 7:00 pm Body Conditioning 7:00 pm Shallow End Only - Everyone Welcome Swim	4 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 2:00 pm Pop in Tot 5:00 pm SJFM Queer Market & Quartz Pop-Up Art Exhibit 5:00 pm After school program 7:00 pm Public Talk: Robert Hengeveld 7:00 pm Everyone Welcome Swim 7:00 pm Everyone Welcome Swim 8:00 pm 3 Lane & Leisure	5 7:00 am Leisure Swim 7:30 am 6 Lane Swim 8:00 am Compost Giveaway 9:00 am St. John's Farmers' Market 9:30 am Whale of a Day 10:00 am Playgroup (Drop In) 10:00 am Cowan Heights United Church Fall Fair, 141 Frecker Drive. 1:00 pm Tournois de Pétanque - Ligue de Pétanque St-Jean 1:00 pm Backyard Composting Talk 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

			7:00 pm Everyone Welcome Swim  8:00 pm Open Gym Drop-in at Southlands Community Centre  8:00 pm Fitness- Beginner Yoga			Everyone Welcome Swim  7:00 pm 3 Lane & Leisure  8:00 pm NSO Sinfonia 1: Echoes of Passion
6	7	8	9	10	11	12
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 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 Sunday Morning Bird Walks	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	8:00 am Compost Giveaway
10:00 am SJFM Women-Owned Business Market	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 St. John's Farmers' Market
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	10:00 am Playgroup (Drop In)
2:00 pm Bowring Park Foundation Annual General Meeting	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	2:30 pm Everyone Welcome Swim
2:30 pm Everyone Welcome Swim	10:00 am Adults in Motion	9:30 am Drop In Play	10:00 am Lane & Leisure	9:30 am Drop In Play	10:00 am Lane & Leisure	2:30 pm Everyone Welcome Swim
3:00 pm Everyone Welcome Swim	10:00 am Aquatic Fitness	10:00 am Bridge Level 1	10:00 am Adults in Motion	10:00 am Playgroup (Drop In)	10:00 am Adults in Motion	3:00 pm Everyone Welcome Swim
4:00 pm Lane & Leisure	10:00 am Lane & Leisure	10:00 am Playgroup (Drop In)	10:00 am Playgroup (Drop In)	10:00 am Core Balance	11:00 am Adults in Motion	3:00 pm Everyone Welcome Swim
5:30 pm Everyone Welcome Swim	10:00 am Playgroup (Drop In)	10:00 am Core Balance	10:30 am Eastern Health - Breastfeeding Support	10:00 am 6 Lane & Leisure	11:00 am 3 Lane & Leisure	5:30 pm Lane & Leisure
6:00 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	5:30 pm Everyone Welcome Swim
7:30 pm 6 Lane & Leisure	11:00 am 3 Lane & Leisure	10:00 am 6 Lane & Leisure	11:00 am Core Balance	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	11:00 am 3 Lane & Leisure	11:00 am Body Conditioning - Fitness	5:00 pm Activit� Familiale : Sculpture de Citrouille & Atelier de Cuisine	6:00 pm Let Praises Rise 2024: Shekinah Glory
	12:00 pm Walk & Wheel - Drop In	12:00 pm Connecting Communities	11:45 am Walk & Wheel - Drop In	1:00 pm Mother Goose - KFFRC	6:00 pm Let Praises Rise 2024: Shekinah Glory	6:00 pm Let Praises Rise 2024: Shekinah Glory
	1:30 pm Harm Reduction Van	2:00 pm Therapeutic	12:00 pm Walk & Wheel - Drop In	4:00 pm Youth		6:00 pm Intermediate 1

	<p>2:00 pm Pop in Tot</p> <p>5:00 pm After school program</p> <p>5:30 pm Yoga avec/with Cindy, Far Out Fitness</p> <p>6:00 pm Learn to Knit</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 Leisure Swim</p> <p>7:00 pm Lane &amp; Leisure</p> <p>7:00 pm Aquatic Fitness</p> <p>7:30 pm Open Gym Drop-in at Kenmount Terrace Community Centre</p>	<p>Adult Swim</p> <p>5:00 pm After school program</p> <p>5:00 pm Améliorez Votre Santé Cardiovasculaire Avec Effie</p> <p>6:00 pm Adventures Before Bedtime - KFFRC</p> <p>6:00 pm Youth Drop in - Sports</p> <p>7:00 pm 6 Lane &amp; Leisure</p> <p>7:00 pm Shallow End Only - Everyone Welcome Swim</p>	<p>2:00 pm Pop in Tot</p> <p>5:00 pm After school program</p> <p>5:00 pm Améliorez Votre Santé Cardiovasculaire Avec Effie</p> <p>5:30 pm Beginner French Course 1 - Fall 2024</p> <p>5:30 pm Intermediate 1 French Course - Fall 2024</p> <p>6:00 pm Youth Drop in</p> <p>6:00 pm Youth Drop in</p> <p>6:30 pm Fitness-Mixed Level Yoga</p> <p>6:30 pm Body Conditioning</p> <p>7:00 pm Lane &amp; 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>8:00 pm Renovations for Six</p>	<p>Outdoor Basketball</p> <p>5:00 pm After school program</p> <p>6:00 pm Let Praises Rise 2024: Shekinah Glory</p> <p>6:00 pm Let Praises Rise 2024: Shekinah Glory</p> <p>6:30 pm Workshop: Succulent Dish Gardening</p> <p>7:00 pm Body Conditioning</p> <p>7:00 pm Shallow End Only - Everyone Welcome Swim</p> <p>7:00 pm The Art of Healing: Depictions of Medical Care in the Ancient Greek and Roman World</p> <p>7:00 pm 6 Lane &amp; Leisure</p> <p>7:45 pm Intermediate 2 French Course - Fall 2024 (Online)</p> <p>8:00 pm Amethyst Storytelling: Stories by 2SLGBTQIA+ Writers and Poets</p> <p>8:00 pm Renovations for Six</p>	<p>7:00 pm Everyone Welcome Swim</p> <p>7:00 pm Fall Astronomy Day 2024</p> <p>7:00 pm Everyone Welcome Swim</p> <p>8:00 pm Renovations for Six</p> <p>8:00 pm 3 Lane &amp; Leisure</p>	<p>French Course - Fall 2024 ( Online)</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>8:00 pm Renovations for Six</p> <p>10:00 pm Queer Vibes Concert</p> <p>11:00 pm Queen of the Cards: A Night of Divination and Drag</p>
<p>13</p> <p>7:00 am 6 Lane &amp; Leisure</p> <p>7:00 am Lane &amp; Leisure</p> <p>10:00 am St. John's Shrine Club Fall Fair</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>14</p> <p>1:30 pm Harm Reduction Van</p>	<p>15</p> <p>7:00 am Lane &amp; Leisure</p> <p>7:00 am Leisure Swim</p> <p>7:30 am 6 Lane Swim</p> <p>9:00 am Leisure Swim</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Preschool</p> <p>9:30 am Drop In Play</p>	<p>16</p> <p>7:00 am Leisure Swim</p> <p>7:30 am 6 Lane Swim</p> <p>7:30 am Lane &amp; Leisure</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 Aquatic Fitness</p> <p>10:00 am Lane &amp;</p>	<p>17</p> <p>7:00 am Leisure Swim</p> <p>7:30 am 6 Lane Swim</p> <p>7:30 am Lane &amp; Leisure</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Leisure Swim</p> <p>9:00 am Preschool</p> <p>9:30 am Drop In Play</p>	<p>18</p> <p>7:00 am Leisure Swim</p> <p>7:30 am 6 Lane Swim</p> <p>7:30 am Lane &amp; Leisure</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 6 Lane Swim</p> <p>10:00 am Lane &amp;</p>	<p>19</p> <p>7:00 am Leisure Swim</p> <p>7:30 am 6 Lane Swim</p> <p>8:00 am Compost Giveaway</p> <p>9:00 am Home Alone</p> <p>9:00 am St. John's Farmers' Market</p> <p>10:00 am Playgroup (Drop In)</p>

4:00 pm Lane & Leisure		10:00 am Bridge Level 1	Leisure	10:00 am Playgroup (Drop In)	Leisure	2:30 pm Everyone Welcome Swim
5:30 pm Everyone Welcome Swim		10:00 am Core Balance	10:00 am Adults in Motion	10:00 am Core Balance	10:00 am Adults in Motion	3:00 pm Everyone Welcome Swim
6:00 pm Lane & Leisure		10:00 am Playgroup (Drop In)	10:00 am Playgroup (Drop In)	10:00 am 6 Lane & Leisure	11:00 am Adults in Motion	5:30 pm Lane & Leisure
7:30 pm 6 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	5:30 pm Everyone Welcome Swim
		10:00 am 6 Lane & Leisure	11:00 am Core Balance	11:00 am Connecting Communities	2:00 pm Pop in Tot	6:30 pm Family Open Gym Drop-in.
		11:00 am Body Conditioning - Fitness	11:00 am 3 Lane & Leisure	11:00 am Body Conditioning - Fitness	5:00 pm After school program	6:30 pm Everyone Welcome Swim
		12:00 pm Connecting Communities	11:45 am Walk & Wheel - Drop In	1:00 pm Mother Goose - KFFRC	6:00 pm Adventures Before Bedtime - KFFRC	7:00 pm 3 Lane & Leisure
		2:00 pm Therapeutic Adult Swim	12:00 pm Walk & Wheel - Drop In	4:00 pm Youth Outdoor Basketball	6:00 pm Youth Drop in - Sports	
		5:00 pm After school program	2:00 pm Pop in Tot	5:00 pm After school program	7:00 pm 6 Lane & Leisure	
		6:00 pm Adventures Before Bedtime - KFFRC	5:00 pm Améliorez Votre Santé Cardiovasculaire Avec Effie	6:00 pm Intermediate 1 French Course - Fall 2024 ( Online)	7:00 pm Shallow End Only - Everyone Welcome Swim	
		6:00 pm Youth Drop in - Sports	5:30 pm Intermediate 1 French Course - Fall 2024	6:30 pm Creatures of the Night - Youth Groups		
		7:00 pm 6 Lane & Leisure	5:30 pm Beginner French Course 1 - Fall 2024	7:00 pm Public Talk: Dr. Rod Taylor, "The world's oldest animals: Mamsetia and Haootia, two fossil stalked jellyfish from Ediacaran rocks of Newfoundland"		
		7:00 pm Shallow End Only - Everyone Welcome Swim	6:00 pm Youth Drop in	7:00 pm 6 Lane & Leisure		
			6:00 pm Youth Drop in	7:00 pm Body Conditioning		
			6:30 pm Fitness-Mixed Level Yoga	7:00 pm Shallow End Only - Everyone Welcome Swim		
			6:30 pm Creatures of the Night - Youth Groups	7:45 pm Intermediate 2 French Course - Fall 2024 (Online)		
			6:30 pm Body Conditioning	8:00 pm Cracking Up: QuartzFest Queer Comedy Show		
			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			

20	21	22	23	24	25	26
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 6 Lane Swim	7:30 am 6 Lane Swim	7:00 am Leisure Swim	7:00 am Leisure Swim
9:00 am Sunday Morning Bird Walks	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am Lane & Leisure	7:30 am Lane & Leisure	7:00 am Lane & Leisure	7:00 am 6 Lane Swim

10:00 am SJFM Sugar Rush Market	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	8:00 am Compost Giveaway
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 St. John's Farmers' Market
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	9:00 am St. Thomas' Church Fall Fair
2:30 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	9:00 am St. Thomas' Church Fall Fair
3:00 pm Everyone Welcome Swim	10:00 am Adults in Motion	10:00 am Bridge Level 1	10:00 am Lane & Leisure	10:00 am Playgroup (Drop In)	10:00 am Lane & Leisure	10:00 am Playgroup (Drop In)
4:00 pm Lane & Leisure	10:00 am Aquatic Fitness	10:00 am Office hours with Metro Business Opportunities	10:00 am Adults in Motion	10:00 am My New St. John's Expo	10:00 am Adults in Motion	10:00 am Playgroup (Drop In)
5:30 pm Everyone Welcome Swim	10:00 am Lane & Leisure	10:00 am Playgroup (Drop In)	10:00 am Playgroup (Drop In)	10:00 am Core Balance	11:00 am Adults in Motion	2:00 pm Fall Family Fun Day
6:00 pm Lane & Leisure	10:00 am Playgroup (Drop In)	10:00 am Core Balance	10:30 am Eastern Health - Breastfeeding Support	10:00 am 6 Lane & Leisure	11:00 am 3 Lane & Leisure	2:30 pm Everyone Welcome Swim
7:30 pm 6 Lane & Leisure	11:00 am Community Webinar: Regulated Family Child Care - how to start your entrepreneurial journey!	10:00 am Lane & Leisure	11:00 am Core Balance	10:00 am Lane & Leisure	2:00 pm Pop in Tot	3:00 pm Everyone Welcome Swim
8:00 pm NSO Recital 1	11:00 am Adults in Motion	10:00 am 6 Lane & Leisure	11:00 am 3 Lane & Leisure	11:00 am Connecting Communities	5:00 pm 35th St. John's International Women's Film Festival	3:00 pm Everyone Welcome Swim
	11:00 am 3 Lane & Leisure	11:00 am Body Conditioning - Fitness	11:45 am Walk & Wheel - Drop In	11:00 am Body Conditioning - Fitness	5:00 pm After school program	5:00 pm 35th St. John's International Women's Film Festival
	11:45 am Walk & Wheel - Drop In	12:00 pm Connecting Communities	12:00 pm Walk & Wheel - Drop In	11:00 am Body Conditioning - Fitness	6:30 pm Creatures of the Night - Family Night	5:00 pm World Amyloidosis Day
	12:00 pm Walk & Wheel - Drop In	2:00 pm Therapeutic Adult Swim	2:00 pm Pop in Tot	1:00 pm Mother Goose - KFFRC	7:00 pm Murder Mystery Night: Cryptid Conundrum - The Wild Baloney	5:30 pm Lane & Leisure
	1:30 pm Harm Reduction Van	5:00 pm 35th St. John's International Women's Film Festival	5:00 pm 35th St. John's International Women's Film Festival	5:00 pm After school program	7:00 pm Everyone Welcome Swim	5:30 pm Everyone Welcome Swim
	2:00 pm Pop in Tot	5:00 pm After school program	5:00 pm After school program	5:00 pm Améliorez Votre Santé Cardiovasculaire Avec Effie	7:00 pm NSO Hallowe'en Spooktacular: Something Wicked	6:30 pm Family Open Gym Drop-in.
	5:00 pm After school program	6:00 pm Adventures Before Bedtime - KFFRC	5:00 pm Améliorez Votre Santé Cardiovasculaire Avec Effie	6:00 pm Intermediate 1 French Course - Fall 2024 ( Online)	7:00 pm Everyone Welcome Swim	6:30 pm Creatures of the Night - Family Night
	5:30 pm Yoga avec/with Cindy, Far Out Fitness	6:00 pm Youth Drop in - Sports	5:30 pm Intermediate 1 French Course - Fall 2024	6:30 pm Creatures of the Night - Youth Groups	8:00 pm 3 Lane & Leisure	6:30 pm Everyone Welcome Swim
	6:00 pm Learn to Knit	7:00 pm 6 Lane & Leisure	5:30 pm Beginner French Course 1 - Fall 2024	7:00 pm 6 Lane & Leisure		7:00 pm 3 Lane & Leisure
	6:00 pm Youth Drop-in.	7:00 pm Shallow End Only - Everyone Welcome Swim	6:00 pm Youth Drop in	7:00 pm Body Conditioning		7:30 pm Good as a Concert: Songs for All Souls
	6:30 pm Body Conditioning		6:00 pm Youth Drop in	7:00 pm Shallow End Only - Everyone Welcome Swim		
	7:00 pm Body Conditioning		6:30 pm Fitness-Mixed Level Yoga	7:00 pm Everyone Welcome Swim		
	7:00 pm Leisure Swim		6:30 pm Creatures of the Night - Youth Groups	7:45 pm Intermediate 2 French Course - Fall 2024 (Online)		
	7:00 pm Lane & Leisure		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 Climate Collective - Year of the Arts Film Festival			
			7:00 pm Everyone			

			<p>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>27</p> <p>7:00 am 6 Lane &amp; Leisure</p> <p>7:00 am Lane &amp; Leisure</p> <p>9:00 am NOURISH: A Day of Wellness</p> <p>10:00 am SJFM Market From Another Dimension! (a sci-fi &amp; fantasy market)</p> <p>11:00 am Lane &amp; Leisure</p> <p>1:00 pm Everyone Welcome Swim</p> <p>1:00 pm Dog Days at the Garden</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>28</p> <p>7:00 am Lane &amp; Leisure</p> <p>7:00 am Leisure Swim</p> <p>7:30 am 6 Lane Swim</p> <p>9:00 am Leisure Swim</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic Fitness</p> <p>9:30 am Drop In Play</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 Playgroup (Drop In)</p> <p>11:00 am Adults in Motion</p> <p>11:00 am 3 Lane &amp; Leisure</p> <p>11:45 am Walk &amp; Wheel - Drop In</p> <p>12:00 pm Walk &amp; Wheel - Drop In</p> <p>1:30 pm Harm Reduction Van</p> <p>2:00 pm Pop in Tot</p>	<p>29</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 Leisure Swim</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Preschool Play</p> <p>9:30 am Drop In Play</p> <p>10:00 am Bridge Level 1</p> <p>10:00 am Playgroup (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>11:00 am Body Conditioning - Fitness</p> <p>12:00 pm Connecting Communities</p> <p>2:00 pm Therapeutic Adult Swim</p>	<p>30</p> <p>7:00 am Leisure Swim</p> <p>7:30 am 6 Lane Swim</p> <p>7:30 am Lane &amp; Leisure</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 Aquatic Fitness</p> <p>10:00 am Lane &amp; Leisure</p> <p>10:00 am Adults in Motion</p> <p>10:00 am Playgroup (Drop In)</p> <p>10:30 am Eastern Health - Breastfeeding Support</p> <p>11:00 am Core Balance</p> <p>11:00 am 3 Lane &amp; Leisure</p> <p>11:45 am Walk &amp; Wheel - Drop In</p> <p>12:00 pm Walk &amp; Wheel - Drop In</p> <p>2:00 pm Pop in Tot</p>	<p>31</p> <p>7:00 am Leisure Swim</p> <p>7:30 am 6 Lane Swim</p> <p>7:30 am Lane &amp; Leisure</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Leisure Swim</p> <p>9:00 am Preschool Play</p> <p>9:30 am Drop In Play</p> <p>10:00 am Playgroup (Drop In)</p> <p>10:00 am Core Balance</p> <p>10:00 am 6 Lane &amp; Leisure</p> <p>10:00 am Lane &amp; Leisure</p> <p>11:00 am Connecting Communities</p> <p>11:00 am Body Conditioning - Fitness</p> <p>1:00 pm Mother Goose - KFFRC</p> <p>5:00 pm After school program</p>		

5:00 pm After school program	5:00 pm After school program	5:00 pm After school program	6:00 pm Intermediate 1 French Course - Fall 2024 ( Online)
5:30 pm Yoga avec/with Cindy, Far Out Fitness	6:00 pm Adventures Before Bedtime - KFFRC	5:00 pm Améliorez Votre Santé Cardiovasculaire Avec Effie	7:00 pm 6 Lane & Leisure
6:00 pm Learn to Knit	6:00 pm Youth Drop in - Sports	5:30 pm Intermediate 1 French Course - Fall 2024	7:00 pm Body Conditioning
6:00 pm Youth Drop-in.	7:00 pm 6 Lane & Leisure	5:30 pm Beginner French Course 1 - Fall 2024	7:00 pm Shallow End Only - Everyone Welcome Swim
6:30 pm Body Conditioning	7:00 pm Shallow End Only - Everyone Welcome Swim	6:00 pm Youth Drop in	7:45 pm Intermediate 2 French Course - Fall 2024 (Online)
7:00 pm Body Conditioning		6:00 pm Youth Drop in	
7:00 pm Leisure Swim		6:30 pm Fitness-Mixed Level Yoga	
7:00 pm Lane & Leisure		6:30 pm Creatures of the Night - Youth Groups	
7:00 pm Aquatic Fitness		6:30 pm Body Conditioning	
7:30 pm Open Gym Drop-in at Kenmount Terrace Community Centre		7:00 pm Lane & Leisure	
		7:00 pm Everyone Welcome Swim	
		7:15 pm Beginner 2 French Course - Fall 2024	
		7:30 pm Tuckamore Festival Presents - The Gryphon Trio	
		8:00 pm Fitness-Beginner Yoga	
		8:00 pm Open Gym Drop-in at Southlands Community Centre	