

# Week of January 19, 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 <u>Lane &amp; Leisure</u> 7:00 am - 8:50 am  <u>Lane &amp; Leisure</u> 11:00 am - 12:50 pm  <u>Everyone Welcome Swim</u> 1:00 pm - 1:50 pm  <u>Everyone Welcome Swim</u> 3:00 pm - 3:50 pm  <u>Lane &amp; Leisure</u> 4:00 pm - 4:50 pm  <u>Lane &amp; Leisure</u> 6:00 pm - 7:20 pm	20 <u>Lane &amp; Leisure</u> 7:00 am - 8:50 am  <u>Aquatic Fitness</u> 9:00 am - 9:50 am  <u>Lane &amp; Leisure</u> 10:00 am - 1:50 pm  <u>Knitting Circle</u> 10:30 am - 12:00 pm  <u>Adults in Motion</u> 11:00 am - 11:50 am  <u>Body Conditioning</u> 6:30 pm - 7:20 pm  <u>Lane &amp; Leisure</u> 7:00 pm - 7:50 pm	21 <u>Lane &amp; Leisure</u> 7:00 am - 8:50 am  <u>Aquatic Fitness</u> 9:00 am - 9:50 am  <u>Lane &amp; Leisure</u> 10:00 am - 1:50 pm  <u>Shallow End Only Everyone Welcome Swim</u> 7:00 pm - 7:50 pm	22 <u>Lane &amp; Leisure</u> 7:30 am - 8:50 am  <u>Aquatic Fitness</u> 9:00 am - 9:50 am  <u>Lane &amp; Leisure</u> 10:00 am - 1:50 pm  <u>Core Balance</u> 11:00 am - 11:50 am  <u>Body Conditioning</u> 6:30 pm - 7:20 pm  <u>Lane &amp; Leisure</u> 7:00 pm - 7:50 pm	23 <u>Lane &amp; Leisure</u> 7:30 am - 8:50 am  <u>Aquatic Fitness</u> 9:00 am - 9:50 am  <u>Lane &amp; Leisure</u> 10:00 am - 1:50 pm  <u>Leisure - Social Time</u> 10:30 am - 12:30 pm  <u>Oil Painting - Snowy Owl</u> 6:00 pm - 8:00 pm  <u>Shallow End Only Everyone Welcome Swim</u> 7:00 pm - 7:50 pm	24 <u>Lane &amp; Leisure</u> 7:30 am - 8:50 am  <u>Aquatic Fitness</u> 9:00 am - 9:50 am  <u>Lane &amp; Leisure</u> 10:00 am - 1:50 pm  <u>Leisure - Social Time</u> 10:30 am - 12:30 pm  <u>Adults in Motion</u> 11:00 am - 11:50 am  <u>Drawing: Water - Ocean, Rivers &amp; Waterfalls</u> 6:00 pm - 8:00 pm  <u>Everyone Welcome Swim</u> 7:00 pm - 7:50 pm	25 <u>Everyone Welcome Swim</u> 3:00 pm - 3:50 pm  <u>Lane &amp; Leisure</u> 5:30 pm - 6:20 pm  <u>Everyone Welcome Swim</u> 6:30 pm - 7:20 pm

**End Date:** 01/25/2025  
**Start Date:** 01/19/2025

<https://calendar.stjohns.ca>