

Sunday, February 16, 2025

Lane & Leisure

Date and Time: Sunday, February 16 7:00 am - 8:50 am

Address: 40 Mundy Pond

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Sunday, February 16 11:00 am - 12:50 pm

Address: 40 Mundy Pond

Lane Swim

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Everyone Welcome Swim

Date and Time: Sunday, February 16 1:00 pm - 1:50 pm

Address: 40 Mundy Pond

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+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Sunday, February 16 3:00 pm - 3:50 pm

Address: 40 Mundy Pond

Everyone Welcome Swim

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Lane & Leisure

Date and Time: Sunday, February 16 4:00 pm - 4:50 pm

Address: 40 Mundy Pond

Lane Swim

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Lane & Leisure

Date and Time: Sunday, February 16 6:00 pm - 7:20 pm

Address: 40 Mundy Pond

Lane Swim

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Monday, February 17, 2025

Lane & Leisure

Date and Time: Monday, February 17 7:00 am - 8:50 am

Address: 40 Mundy Pond

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Aquatic Fitness

Date and Time: Monday, February 17 9:00 am - 9:50 am

Address: 40 Mundy Pond

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Rug Hooking - Hook Your Favourite Childhood Fairy Tale

Date and Time: Monday, February 17 9:00 am - 12:00 pm

Address: 40 Mundy Pond Road

Participants will gain confidence in designing a pattern based on your favourite childhood fairy tale.

Tools of the Trade

Designing a more defined pattern for rug hooking purposes using perspective and the Rule of Thirds. Using a variety of fabrics including wool yarn, t-shirt, velour, wool fabric and others

Learning a variety of Creative Stitches – chain, tunnel, brick, sculpting, etc, and adding knitting and crochet to your piece.

Pulling loops and adding definition by using height, direction, colour, technique and applique.

Linen Foundation Fabric ½ yard (30" x 36")

Wide variety of Fabrics

All materials are included.

Register with or without Hook [Here](#)

Space is Limited

Lane & Leisure

Date and Time: Monday, February 17 10:00 am - 1:50 pm

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Knitting Circle

Date and Time: Monday, February 17 10:30 am - 12:00 pm

Address: 40 Mundy Pond Road

Meet others, socialize, enjoy a hot beverage all while knitting or crocheting with others who share the same interest.

Instructor is not provided for this program.

Cost: \$26

Register [Here](#) or call 576-8499

Space is Limited - Currently FULL

Adults in Motion

Date and Time: Monday, February 17 11:00 am - 11:50 am

Address: 40 Mundy Pond

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

Body Conditioning

Date and Time: Monday, February 17 6:30 pm - 7:20 pm

Address: 40 Mundy Pond

A total conditioning class designed to challenge each participant's major muscles groups using a combination of equipment and effective body weight exercises. Participants at all fitness levels are welcome. Please note that pre-registration is required if you plan to attend Body Conditioning class at the Southlands Community Centre. All other centres are drop-in for this program.

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Tuesday, February 18, 2025

Lane & Leisure

Date and Time: Tuesday, February 18 7:00 am - 8:50 am

Address: 40 Mundy Pond

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Aquatic Fitness

Date and Time: Tuesday, February 18 9:00 am - 9:50 am

Address: 40 Mundy Pond

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Lane & Leisure

Date and Time: Tuesday, February 18 10:00 am - 1:50 pm

Address: 40 Mundy Pond

Lane Swim

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Shallow End Only Everyone Welcome Swim

Date and Time: Tuesday, February 18 7:00 pm - 7:50 pm

Address: 40 Mundy Pond

Shallow End Only - Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs (PRCC only) and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. * **Please note only the shallow end of the pool is available due to a rental**

Wednesday, February 19, 2025

Lane & Leisure

Date and Time: Wednesday, February 19 7:30 am - 8:50 am

Address: 40 Mundy Pond

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

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Leisure - Social Time

Date and Time: Wednesday, February 19 10:30 am - 12:30 pm

Address: 40 Mundy Pond Road

Socialize with friends, while enjoying music and games.

Ages: 50+

Cost: \$26

Register [Here](#) or call 576-8499

Sapce is Limited

Core Balance

Date and Time: Wednesday, February 19 11:00 am - 11:50 am

Address: 40 Mundy Pond

Strengthen the core and lower back using a combination of equipment and body weight exercises. A well-rounded workout for all levels.

Body Conditioning

Date and Time: Wednesday, February 19 6:30 pm - 7:20 pm

Address: 40 Mundy Pond

A total conditioning class designed to challenge each participant's major muscles groups using a combination of equipment and effective body weight exercises. Participants at all fitness levels are welcome. Please note that pre-registration is required if you plan to attend Body Conditioning class at the Southlands Community Centre. All other centres are drop-in for this program.

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Thursday, February 20, 2025

Lane & Leisure

Date and Time: Thursday, February 20 7:30 am - 8:50 am

Address: 40 Mundy Pond

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Aquatic Fitness

Date and Time: Thursday, February 20 9:00 am - 9:50 am

Address: 40 Mundy Pond

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Lane & Leisure

Date and Time: Thursday, February 20 10:00 am - 1:50 pm

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Shallow End Only Everyone Welcome Swim

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Address: 40 Mundy Pond

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Friday, February 21, 2025

Lane & Leisure

Date and Time: Friday, February 21 7:00 am - 8:50 am

Address: 40 Mundy Pond

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Leisure - Social Time

Date and Time: Friday, February 21 10:30 am - 12:30 pm

Address: 40 Mundy Pond Road

Socialize with friends, while enjoying music and games.

Ages: 50+

Cost: \$26

Register [Here](#) or call 576-8499

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Adults in Motion

Date and Time: Friday, February 21 11:00 am - 11:50 am

Address: 40 Mundy Pond

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Everyone Welcome Swim

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Saturday, February 22, 2025

Lane & Leisure

Date and Time: Saturday, February 22 7:00 am - 8:50 am

Address: 40 Mundy Pond

Lane Swim

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Everyone Welcome Swim

Date and Time: Saturday, February 22 3:00 pm - 3:50 pm

Address: 40 Mundy Pond

Everyone Welcome Swim

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Lane & Leisure

Date and Time: Saturday, February 22 5:30 pm - 6:20 pm

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Everyone Welcome Swim

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