

## Sunday, April 13, 2025

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### Lane & Leisure

Date and Time: Sunday, April 13 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

#### 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. Please note that all lanes may not be available due to rentals.

#### 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, April 13 9:00 am - 10:50 am

Address: 40 Mundy Pond Road

#### 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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### Lane & Leisure

Date and Time: Sunday, April 13 11:00 am - 12:50 pm

Address: 40 Mundy Pond Road

#### Lane Swim

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## **Everyone Welcome Swim**

Date and Time: Sunday, April 13 1:00 pm - 1:50 pm

Address: 40 Mundy Pond Road

### **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 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, April 13 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

### **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 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, April 13 4:00 pm - 4:50 pm

Address: 40 Mundy Pond Road

### **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. Please note that all lanes may not be available due to rentals.

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## Everyone Welcome Swim

Date and Time: Sunday, April 13 5:00 pm - 5:50 pm

Address: 40 Mundy Pond Road

### 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 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, April 13 6:00 pm - 7:20 pm

Address: 40 Mundy Pond Road

### Lane Swim

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## Monday, April 14, 2025

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## Lane & Leisure

Date and Time: Monday, April 14 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

### 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. Please note that all lanes may not be available due to rentals.

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## Aquatic Fitness

Date and Time: Monday, April 14 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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: Monday, April 14 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

### 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. Please note that all lanes may not be available due to rentals.

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## Adults in Motion

Date and Time: Monday, April 14 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

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.

## Lane & Leisure

Date and Time: Monday, April 14 5:00 pm - 5:50 pm

Address: 40 Mundy Pond Road

### Lane Swim

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## **Everyone Welcome Swim**

Date and Time: Monday, April 14 6:00 pm - 6:50 pm

Address: 40 Mundy Pond Road

### **Everyone Welcome Swim**

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## **Body Conditioning**

Date and Time: Monday, April 14 6:30 pm - 7:20 pm

Address: 40 Mundy Pond Road

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.

## **Lane & Leisure**

Date and Time: Monday, April 14 7:00 pm - 7:50 pm

Address: 40 Mundy Pond Road

### **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. Please note that all lanes may not be available due to rentals.

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## Tuesday, April 15, 2025

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### Lane & Leisure

Date and Time: Tuesday, April 15 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

#### 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. Please note that all lanes may not be available due to rentals.

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### Aquatic Fitness

Date and Time: Tuesday, April 15 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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, April 15 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

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## Lane & Leisure

Date and Time: Tuesday, April 15 5:00 pm - 5:50 pm

Address: 40 Mundy Pond Road

### Lane Swim

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## Shallow End Only - Everyone Welcome Swim

Date and Time: Tuesday, April 15 6:00 pm - 6:50 pm

Address: 40 Mundy Pond Road

### 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**

## Shallow End Only - Everyone Welcome Swim

Date and Time: Tuesday, April 15 7:00 pm - 7:50 pm

Address: 40 Mundy Pond Road

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## Wednesday, April 16, 2025

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## Lane & Leisure

Date and Time: Wednesday, April 16 7:30 am - 8:50 am

Address: 40 Mundy Pond Road

### 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. Please note that all lanes may not be available due to rentals.

### Leisure Swim

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## Aquatic Fitness

Date and Time: Wednesday, April 16 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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: Wednesday, April 16 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

### 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. Please note that all lanes may not be available due to rentals.

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## Core Balance

Date and Time: Wednesday, April 16 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

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

## Lane & Leisure

Date and Time: Wednesday, April 16 5:00 pm - 5:50 pm

Address: 40 Mundy Pond Road

### Lane Swim

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## Everyone Welcome Swim

Date and Time: Wednesday, April 16 6:00 pm - 6:50 pm

Address: 40 Mundy Pond Road

### 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 and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

## Body Conditioning

Date and Time: Wednesday, April 16 6:30 pm - 7:20 pm

Address: 40 Mundy Pond Road

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.

## Lane & Leisure

Date and Time: Wednesday, April 16 7:00 pm - 7:50 pm

Address: 40 Mundy Pond Road

### **Lane Swim**

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## **Thursday, April 17, 2025**

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### **Lane & Leisure**

Date and Time: Thursday, April 17 7:30 am - 8:50 am

Address: 40 Mundy Pond Road

### **Lane Swim**

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### **Aquatic Fitness**

Date and Time: Thursday, April 17 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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: Thursday, April 17 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

### **Lane Swim**

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## **Lane & Leisure**

Date and Time: Thursday, April 17 5:00 pm - 5:50 pm

Address: 40 Mundy Pond Road

### **Lane Swim**

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## **Shallow End Only - Everyone Welcome Swim**

Date and Time: Thursday, April 17 6:00 pm - 6:50 pm

Address: 40 Mundy Pond Road

### **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**

## **Shallow End Only - Everyone Welcome Swim**

Date and Time: Thursday, April 17 7:00 pm - 7:50 pm

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## **Saturday, April 19, 2025**

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### **Lane & Leisure**

Date and Time: Saturday, April 19 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

#### **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**

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### **Lane & Leisure**

Date and Time: Saturday, April 19 9:00 am - 10:20 am

Address: 40 Mundy Pond Road

#### **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. Please note that all lanes may not be available due to rentals.

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## Everyone Welcome Swim

Date and Time: Saturday, April 19 10:30 am - 11:50 am

Address: 40 Mundy Pond Road

### 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 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: Saturday, April 19 12:00 pm - 12:50 pm

Address: 40 Mundy Pond Road

### Lane Swim

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## Everyone Welcome Swim

Date and Time: Saturday, April 19 1:00 pm - 1:50 pm

Address: 40 Mundy Pond Road

### Everyone Welcome Swim

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## Everyone Welcome Swim

Date and Time: Saturday, April 19 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

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## Lane & Leisure

Date and Time: Saturday, April 19 4:00 pm - 5:20 pm

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## Lane & Leisure

Date and Time: Saturday, April 19 5:30 pm - 6:20 pm

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## Everyone Welcome Swim

Date and Time: Saturday, April 19 6:30 pm - 7:20 pm

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<https://calendar.stjohns.ca>