

## Sunday, May 4, 2025

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### Lane & Leisure

Date and Time: Sunday, May 4 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. 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, May 4 11:00 am - 12:50 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.

#### 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

## Free - Everyone Welcome Swim

Date and Time: Sunday, May 4 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.

Thanks to Year of Sport funding from the Provincial Government, we are pleased to offer this free swim in recognition of Youth Week.

## Everyone Welcome Swim

Date and Time: Sunday, May 4 3:00 pm - 3:50 pm

Address: 40 Mundy Pond

### 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, May 4 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.

### 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, May 4 6:00 pm - 7:20 pm

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. 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

## **Monday, May 5, 2025**

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### **Lane & Leisure**

Date and Time: Monday, May 5 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

### **Aquatic Fitness**

Date and Time: Monday, May 5 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, May 5 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.

### 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

## Adults in Motion

Date and Time: Monday, May 5 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.

## Body Conditioning

Date and Time: Monday, May 5 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, May 5 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.

### 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

## Tuesday, May 6, 2025

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### Lane & Leisure

Date and Time: Tuesday, May 6 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

### Aquatic Fitness

Date and Time: Tuesday, May 6 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, May 6 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.

## 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

## Shallow End Only - Everyone Welcome Swim

Date and Time: Tuesday, May 6 7:00 pm - 7:50 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**

## Wednesday, May 7, 2025

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## Lane & Leisure

Date and Time: Wednesday, May 7 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

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.

## Aquatic Fitness

Date and Time: Wednesday, May 7 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 inv

olve 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, May 7 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.

### 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

## Core Balance

Date and Time: Wednesday, May 7 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.

## Body Conditioning

Date and Time: Wednesday, May 7 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, May 7 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 acc

ommodations 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

## **Thursday, May 8, 2025**

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### **Lane & Leisure**

Date and Time: Thursday, May 8 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**

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.

### **Aquatic Fitness**

Date and Time: Thursday, May 8 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, May 8 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.

### **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

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

Date and Time: Thursday, May 8 7:00 pm - 7:50 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**

## **Friday, May 9, 2025**

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### **Lane & Leisure**

Date and Time: Friday, May 9 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**

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## Aquatic Fitness

Date and Time: Friday, May 9 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: Friday, May 9 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.

### Leisure Swim

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## Adults in Motion

Date and Time: Friday, May 9 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.

## Everyone Welcome Swim

Date and Time: Friday, May 9 7:00 pm - 7:50 pm

Address: 40 Mundy Pond

### 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, May 10 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

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## Everyone Welcome Swim

Date and Time: Saturday, May 10 3:00 pm - 3:50 pm

Address: 40 Mundy Pond

### 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, May 10 5:30 pm - 6:20 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.

### Leisure Swim

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## Everyone Welcome Swim

Date and Time: Saturday, May 10 6:30 pm - 7:20 pm

Address: 40 Mundy Pond

### **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.

<https://calendar.stjohns.ca>