

Week of November 10, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 <u>Lane & Leisure</u> 7:00 am - 8:50 am <u>Lane & Leisure</u> 11:00 am - 12:50 pm <u>Everyone</u> <u>Welcome Swim</u> 1:00 pm - 1:50 pm <u>Everyone</u> <u>Welcome Swim</u> 3:00 pm - 3:50 pm <u>Lane & Leisure</u> 4:00 pm - 4:50 pm <u>Everyone</u> <u>Welcome Swim</u> 5:00 pm - 5:50 pm <u>Lane & Leisure</u> 6:00 pm - 7:20 pm	11	12 <u>Lane & Leisure</u> 7:00 am - 8:50 am <u>Aquatic Fitness</u> 9:00 am - 9:50 am <u>Lane & Leisure</u> 10:00 am - 1:50 pm <u>6 Lane Swim</u> 5:00 pm - 5:50 pm <u>Shallow End Only -</u> <u>Everyone Welcome</u> <u>Swim</u> 6:00 pm - 6:50 pm <u>Shallow End Only -</u> <u>Everyone Welcome</u> <u>Swim</u> 7:00 pm - 7:50 pm	13 <u>Lane & Leisure</u> 7:30 am - 8:50 am <u>Aquatic Fitness</u> 9:00 am - 9:50 am <u>Lane & Leisure</u> 10:00 am - 1:50 pm <u>Core Balance</u> 11:00 am - 11:50 am <u>Lane & Leisure</u> 5:00 pm - 5:50 pm <u>Everyone Welcome</u> <u>Swim</u> 6:00 pm - 6:50 pm <u>Body Conditioning</u> 6:30 pm - 7:20 pm <u>Lane & Leisure</u> 7:00 pm - 7:50 pm	14 <u>Lane & Leisure</u> 7:30 am - 8:50 am <u>Aquatic Fitness</u> 9:00 am - 9:50 am <u>Lane & Leisure</u> 10:00 am - 1:50 pm <u>6 Lane Swim</u> 5:00 pm - 5:50 pm <u>Shallow End Only -</u> <u>Everyone Welcome</u> <u>Swim</u> 6:00 pm - 6:50 pm <u>Shallow End Only -</u> <u>Everyone Welcome</u> <u>Swim</u> 7:00 pm - 7:50 pm	15 <u>Lane & Leisure</u> 7:00 am - 8:50 am <u>Aquatic Fitness</u> 9:00 am - 9:50 am <u>Lane & Leisure</u> 10:00 am - 1:50 pm <u>Adults in Motion</u> 11:00 am - 11:50 am <u>Lane & Leisure</u> 5:00 pm - 5:50 pm <u>Everyone</u> <u>Welcome Swim</u> 6:00 pm - 6:50 pm <u>Everyone</u> <u>Welcome Swim</u> 7:00 pm - 7:50 pm	16 <u>Lane & Leisure</u> 7:00 am - 8:50 am <u>Lane & Leisure</u> 9:00 am - 10:50 am <u>Lane & Leisure</u> 11:00 am - 12:50 pm <u>Everyone</u> <u>Welcome</u> <u>Swim</u> 1:00 pm - 1:50 pm <u>Everyone</u> <u>Welcome</u> <u>Swim</u> 3:00 pm - 3:50 pm <u>Lane & Leisure</u> 5:30 pm - 6:20 pm <u>Everyone</u> <u>Welcome</u> <u>Swim</u> 6:30 pm - 7:20 pm

End Date: 11/16/2024
Start Date: 11/10/2024

<https://calendar.stjohns.ca>