

## Sunday, May 4, 2025

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### 6 Lane & Leisure

Date and Time: Sunday, May 4 7:00 am - 8:50 am

Address: 35 Carrick Drive

#### 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.

### Free - Everyone Welcome Swim

Date and Time: Sunday, May 4 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

#### 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.

We are pleased to offer this free swim in recognition of Municipal Awareness Week.

### Everyone Welcome Swim

Date and Time: Sunday, May 4 5:30 pm - 6:20 pm

Address: 35 Carrick Drive

#### 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.

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## Monday, May 5, 2025

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### Leisure Swim

Date and Time: Monday, May 5 7:00 am - 8:50 am

Address: 35 Carrick Drive

### 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.

### 6 Lane Swim

Date and Time: Monday, May 5 7:30 am - 8:50 am

Address: 35 Carrick Drive

### 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

Date and Time: Monday, May 5 9:00 am - 9:50 am

Address: 35 Carrick Drive

### 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.

## Aquatic Fitness

Date and Time: Monday, May 5 9:00 am - 9:50 am

Address: 35 Carrick Drive

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.

## Aquatic Fitness

Date and Time: Monday, May 5 10:00 am - 10:50 am

Address: 35 Carrick Drive

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.

## Adults in Motion

Date and Time: Monday, May 5 10:00 am - 10:50 am

Address: 35 Carrick Drive

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.

## 3 Lane & Leisure

Date and Time: Monday, May 5 11:00 am - 1:50 pm

Address: 35 Carrick Drive

### Lane Swim

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### **Pop in Tot**

Date and Time: Monday, May 5 2:00 pm - 2:50 pm

Address: 35 Carrick Drive

### **Pop in Tot**

This is a fun and exciting drop-in swim and play program for parents/caregivers and young children ages 3 months to 3 years. The class takes place in the leisure pool and an instructor is available to provide water safety tips, techniques and lead some fun games for the first 20 minutes and then you have time to practice new skills and tips. Come enjoy the water in our safe and friendly environment.

### **Aquatic Fitness**

Date and Time: Monday, May 5 7:00 pm - 7:50 pm

Address: 35 Carrick Drive

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### **Body Conditioning**

Date and Time: Monday, May 5 7:00 pm - 7:50 pm

Address: 35 Carrick Drive

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.

## Tuesday, May 6, 2025

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### Leisure Swim

Date and Time: Tuesday, May 6 7:00 am - 8:50 am

Address: 35 Carrick Drive

#### 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.

### 6 Lane Swim

Date and Time: Tuesday, May 6 7:30 am - 8:50 am

Address: 35 Carrick Drive

#### 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, May 6 9:00 am - 9:50 am

Address: 35 Carrick Drive

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.

## Core Balance

Date and Time: Tuesday, May 6 10:00 am - 10:50 am

Address: 35 Carrick Drive

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

## 6 Lane & Leisure

Date and Time: Tuesday, May 6 10:00 am - 1:50 pm

Address: 35 Carrick Drive

### Lane Swim

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## Therapeutic Adult Swim

Date and Time: Tuesday, May 6 2:00 pm - 3:00 pm

Address: 35 Carrick Drive

### Therapeutic Adult Swim

A reduced capacity swim at the Paul Reynolds Community Centre for adults age 18+ with physical and/or developmental disabilities, caregivers/support workers and family. This facility is equipped with a gender-neutral accessible change room with ceiling lift and adult sized change table. Additional accessible, larger sized change stalls are also available. The lane pool is accessible by Poolpod lift. The leisure pool is accessible by PALII lift and a zero depth, gradual beach entry. Water wheelchairs and a shower commode are available for use. Lifeguards will be onsite to supervise but are not able to transfer, lift or reposition individuals. Individuals who need this level of support must bring a caregiver/support person who may attend for free of charge with an [attendant pass](#). St

andard swim admissions apply.

## 6 Lane & Leisure

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Address: 35 Carrick Drive

### Lane Swim

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### Leisure Swim

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## Wednesday, May 7, 2025

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### Leisure Swim

Date and Time: Wednesday, May 7 7:00 am - 8:50 am

Address: 35 Carrick Drive

### Leisure Swim

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## 6 Lane Swim

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

Address: 35 Carrick Drive

### 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

Date and Time: Wednesday, May 7 9:00 am - 9:50 am

Address: 35 Carrick Drive

### 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.

## Aquatic Fitness

Date and Time: Wednesday, May 7 9:00 am - 9:50 am

Address: 35 Carrick Drive

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.

## Adults in Motion

Date and Time: Wednesday, May 7 10:00 am - 10:50 am

Address: 35 Carrick Drive

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.

## Aquatic Fitness

Date and Time: Wednesday, May 7 10:00 am - 10:50 am

Address: 35 Carrick Drive

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.

## 3 Lane & Leisure

Date and Time: Wednesday, May 7 11:00 am - 1:50 pm

Address: 35 Carrick Drive

### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and



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### **Pop in Tot**

Date and Time: Wednesday, May 7 2:00 pm - 2:50 pm

Address: 35 Carrick Drive

### **Pop in Tot**

This is a fun and exciting drop-in swim and play program for parents/caregivers and young children ages 3 months to 3 years. The class takes place in the leisure pool and an instructor is available to provide water safety tips, techniques and lead some fun games for the first 20 minutes and then you have time to practice new skills and tips. Come enjoy the water in our safe and friendly environment.

### **Free - Everyone Welcome Swim**

Date and Time: Wednesday, May 7 7:00 pm - 7:50 pm

Address: 35 Carrick Drive

### **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.

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

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### **Leisure Swim**

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

Address: 35 Carrick Drive

### **Leisure Swim**

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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.

## 6 Lane Swim

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

Address: 35 Carrick Drive

### 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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Date and Time: Thursday, May 8 9:00 am - 9:50 am

Address: 35 Carrick Drive

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## Core Balance

Date and Time: Thursday, May 8 10:00 am - 10:50 am

Address: 35 Carrick Drive

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

## 6 Lane & Leisure

Date and Time: Thursday, May 8 10:00 am - 1:50 pm

Address: 35 Carrick Drive

### **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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## **Body Conditioning**

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

Address: 35 Carrick Drive

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

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## Leisure Swim

Date and Time: Friday, May 9 7:00 am - 8:50 am

Address: 35 Carrick Drive

### Leisure Swim

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## 6 Lane Swim

Date and Time: Friday, May 9 7:30 am - 8:50 am

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## Aquatic Fitness

Date and Time: Friday, May 9 9:00 am - 9:50 am

Address: 35 Carrick Drive

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## Adults in Motion

Date and Time: Friday, May 9 10:00 am - 10:50 am

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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.

## 6 Lane Swim

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## 3 Lane & Leisure

Date and Time: Friday, May 9 11:00 am - 1:50 pm

Address: 35 Carrick Drive

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## Pop in Tot

Date and Time: Friday, May 9 2:00 pm - 2:50 pm

Address: 35 Carrick Drive

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## Everyone Welcome Swim

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

Address: 35 Carrick Drive

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## Saturday, May 10, 2025

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### Leisure Swim

Date and Time: Saturday, May 10 7:00 am - 8:50 am

Address: 35 Carrick Drive

### Leisure Swim

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### 6 Lane Swim

Date and Time: Saturday, May 10 7:00 am - 8:50 am

Address: 35 Carrick Drive

### 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.

## Everyone Welcome Swim

Date and Time: Saturday, May 10 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

### 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.

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## Everyone Welcome Swim

Date and Time: Saturday, May 10 5:30 pm - 6:45 pm

Address: 35 Carrick Drive

### 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.

## 3 Lane & Leisure

Date and Time: Saturday, May 10 7:00 pm - 7:50 pm

Address: 35 Carrick Drive

### Lane Swim

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<https://calendar.stjohns.ca>