

# Week of November 17, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 <u>6 Lane &amp; Leisure</u> 7:00 am - 8:50 am  <u>Everyone</u> <u>Welcome Swim</u> 2:30 pm - 3:30 pm  <u>Everyone</u> <u>Welcome Swim</u> 5:30 pm - 6:20 pm  <u>6 Lane &amp; Leisure</u> 7:30 pm - 8:20 pm	18 <u>Leisure Swim</u> 7:00 am - 8:50 am  <u>6 Lane Swim</u> 7:00 am - 8:50 am  <u>Aquatic Fitness</u> 9:00 am - 9:50 am  <u>Leisure Swim</u> 9:00 am - 9:50 am  <u>Aquatic Fitness</u> 10:00 am - 10:50 am am  <u>Adults in Motion</u> 10:00 am - 10:50 am am  <u>3 Lane &amp; Leisure</u> 11:00 am - 1:50 pm  <u>Pop in Tot</u> 2:00 pm - 2:50 pm  <u>Leisure Swim</u> 7:00 pm - 7:50 pm  <u>Body Conditioning</u> 7:00 pm - 7:50 pm  <u>Aquatic Fitness</u> 7:00 pm - 7:50 pm	19 <u>Leisure Swim</u> 7:00 am - 8:50 am  <u>6 Lane Swim</u> 7:30 am - 8:50 am  <u>Aquatic Fitness</u> 9:00 am - 9:50 am  <u>Leisure Swim</u> 9:00 am - 9:50 am  <u>6 Lane &amp; Leisure</u> 10:00 am - 1:50 pm am  <u>Core Balance</u> 10:00 am - 10:50 am  <u>Therapeutic Adult</u> <u>Swim</u> 2:00 pm - 3:00 pm  <u>6 Lane &amp; Leisure</u> 7:00 pm - 7:50 pm	20 <u>Leisure Swim</u> 7:00 am - 8:50 am  <u>6 Lane Swim</u> 7:30 am - 8:50 am  <u>Aquatic Fitness</u> 9:00 am - 9:50 am  <u>Leisure Swim</u> 9:00 am - 9:50 am  <u>Aquatic Fitness</u> 10:00 am - 10:50 am  <u>Adults in Motion</u> 10:00 am - 10:50 am  <u>3 Lane &amp; Leisure</u> 11:00 am - 1:50 pm  <u>Pop in Tot</u> 2:00 pm - 2:50 pm  <u>Everyone Welcome</u> <u>Swim</u> 7:00 pm - 7:50 pm	21 <u>Leisure Swim</u> 7:00 am - 8:50 am  <u>6 Lane Swim</u> 7:30 am - 8:50 am  <u>Aquatic Fitness</u> 9:00 am - 9:50 am  <u>Leisure Swim</u> 9:00 am - 9:50 am  <u>6 Lane &amp; Leisure</u> 10:00 am - 1:50 pm am  <u>Core Balance</u> 10:00 am - 10:50 am  <u>6 Lane &amp; Leisure</u> 7:00 pm - 7:50 pm  <u>Body Conditioning</u> 7:00 pm - 7:50 pm	22 <u>Leisure Swim</u> 7:00 am - 8:50 am  <u>6 Lane Swim</u> 7:30 am - 8:50 am  <u>Aquatic Fitness</u> 9:00 am - 9:50 am  <u>Leisure Swim</u> 9:00 am - 9:50 am  <u>6 Lane Swim</u> 10:00 am - 10:50 am am  <u>Adults in Motion</u> 10:00 am - 10:50 am am  <u>3 Lane &amp; Leisure</u> 11:00 am - 1:50 pm  <u>Pop in Tot</u> 2:00 pm - 2:50 pm  <u>Everyone</u> <u>Welcome Swim</u> 7:00 pm - 7:50 pm  <u>3 Lane &amp; Leisure</u> 8:00 pm - 8:50 pm	23 <u>Leisure</u> <u>Swim</u> 7:00 am - 8:50 am  <u>6 Lane Swim</u> 7:30 am - 8:50 am  <u>Everyone</u> <u>Welcome</u> <u>Swim</u> 2:30 pm - 3:30 pm  <u>Everyone</u> <u>Welcome</u> <u>Swim</u> 5:30 pm - 6:45 pm  <u>3 Lane &amp; Leisure</u> 7:00 pm - 7:50 pm

**End Date:** 11/23/2024  
**Start Date:** 11/17/2024

<https://calendar.stjohns.ca>