

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 7:00 am Leisure Swim 7:30 am 6 Lane Swim 9:00 am Aquatic Fitness 9:00 am Leisure Swim 10:00 am 6 Lane Swim 10:00 am Adults in Motion 11:00 am 3 Lane & Leisure 2:00 pm Pop in Tot 7:00 pm Everyone Welcome Swim 8:00 pm 3 Lane & Leisure	2 7:00 am Leisure Swim 7:30 am 6 Lane Swim 2:30 pm Everyone Welcome Swim 5:30 pm Everyone Welcome Swim 7:00 pm 3 Lane & Leisure
3 7:00 am 6 Lane & Leisure 2:30 pm Everyone Welcome Swim 5:30 pm Everyone Welcome Swim 7:30 pm 6 Lane & Leisure	4 7:00 am Leisure Swim 7:30 am 6 Lane Swim 9:00 am Aquatic Fitness 9:00 am Leisure Swim 10:00 am Aquatic Fitness 10:00 am Adults in Motion 11:00 am 3 Lane & Leisure 2:00 pm Pop in Tot 7:00 pm Leisure Swim 7:00 pm Body Conditioning 7:00 pm Aquatic Fitness	5 7:00 am Leisure Swim 7:30 am 6 Lane Swim 9:00 am Aquatic Fitness 9:00 am Leisure Swim 10:00 am 6 Lane & Leisure 10:00 am Core Balance 2:00 pm Therapeutic Adult Swim 7:00 pm 6 Lane & Leisure	6 7:00 am Leisure Swim 7:30 am 6 Lane Swim 9:00 am Aquatic Fitness 9:00 am Leisure Swim 10:00 am Aquatic Fitness 10:00 am Adults in Motion 11:00 am 3 Lane & Leisure 2:00 pm Pop in Tot 7:00 pm Everyone Welcome Swim	7 7:00 am Leisure Swim 7:30 am 6 Lane Swim 9:00 am Aquatic Fitness 9:00 am Leisure Swim 10:00 am 6 Lane & Leisure 10:00 am Core Balance 7:00 pm 6 Lane & Leisure 7:00 pm Body Conditioning	8 7:00 am Leisure Swim 7:30 am 6 Lane Swim 9:00 am Aquatic Fitness 9:00 am Leisure Swim 10:00 am 6 Lane Swim 10:00 am Adults in Motion 11:00 am 3 Lane & Leisure 2:00 pm Pop in Tot 7:00 pm Everyone Welcome Swim 8:00 pm 3 Lane & Leisure	9 7:00 am Leisure Swim 7:30 am 6 Lane Swim 2:30 pm Everyone Welcome Swim 5:30 pm Everyone Welcome Swim 7:00 pm 3 Lane & Leisure
10 7:00 am 6 Lane & Leisure 2:30 pm Everyone Welcome Swim	11	12 7:00 am Leisure Swim 7:30 am 6 Lane Swim	13 7:00 am Leisure Swim 7:30 am 6 Lane Swim	14 7:00 am Leisure Swim 7:30 am 6 Lane Swim	15 7:00 am 6 Lane Swim 7:00 am Leisure Swim	16 7:00 am Leisure Swim 7:00 am 6 Lane Swim

5:30 pm Everyone Welcome Swim		9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	2:30 pm Everyone Welcome Swim
7:30 pm 6 Lane & Leisure		9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	5:30 pm Everyone Welcome Swim
		10:00 am 6 Lane & Leisure	10:00 am Aquatic Fitness	10:00 am 6 Lane & Leisure	10:00 am 6 Lane Swim	7:00 pm 3 Lane & Leisure
		10:00 am Core Balance	10:00 am Adults in Motion	10:00 am Core Balance	10:00 am Adults in Motion	
		2:00 pm Therapeutic Adult Swim	11:00 am 3 Lane & Leisure	7:00 pm 6 Lane & Leisure	11:00 am 3 Lane & Leisure	
		7:00 pm 6 Lane & Leisure	2:00 pm Pop in Tot	7:00 pm Body Conditioning	2:00 pm Pop in Tot	
			7:00 pm Everyone Welcome Swim		7:00 pm Everyone Welcome Swim	
					8:00 pm 3 Lane & Leisure	
17	18	19	20	21	22	23
7:00 am 6 Lane & Leisure	7:00 am 6 Lane Swim	7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Leisure Swim
2:30 pm Everyone Welcome Swim	7:00 am Leisure Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim
5:30 pm Everyone Welcome Swim	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	2:30 pm Everyone Welcome Swim
7:30 pm 6 Lane & Leisure	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	5:30 pm Everyone Welcome Swim
	10:00 am Aquatic Fitness	10:00 am 6 Lane & Leisure	10:00 am Aquatic Fitness	10:00 am 6 Lane & Leisure	10:00 am 6 Lane Swim	7:00 pm 3 Lane & Leisure
	10:00 am Adults in Motion	10:00 am Core Balance	10:00 am Adults in Motion	10:00 am Core Balance	10:00 am Adults in Motion	
	11:00 am 3 Lane & Leisure	2:00 pm Therapeutic Adult Swim	11:00 am 3 Lane & Leisure	7:00 pm 6 Lane & Leisure	11:00 am 3 Lane & Leisure	
	2:00 pm Pop in Tot	7:00 pm 6 Lane & Leisure	2:00 pm Pop in Tot	7:00 pm Body Conditioning	2:00 pm Pop in Tot	
	7:00 pm Leisure Swim		7:00 pm Everyone Welcome Swim		7:00 pm Everyone Welcome Swim	
	7:00 pm Body Conditioning				8:00 pm 3 Lane & Leisure	
	7:00 pm Aquatic Fitness					
24	25	26	27	28	29	
7:00 am 6 Lane & Leisure	7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Leisure Swim	
2:30 pm Everyone Welcome Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	
5:30 pm Everyone Welcome Swim	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	
7:30 pm 6 Lane & Leisure	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	
	10:00 am Aquatic Fitness	10:00 am 6 Lane & Leisure	10:00 am Aquatic Fitness	10:00 am 6 Lane & Leisure	10:00 am 6 Lane Swim	
	10:00 am Adults in Motion	10:00 am Core Balance	10:00 am Adults in Motion	10:00 am Core Balance	10:00 am Adults in Motion	
	11:00 am 3 Lane & Leisure	2:00 pm Therapeutic Adult Swim	11:00 am 3 Lane & Leisure	7:00 pm 6 Lane & Leisure	11:00 am 3 Lane & Leisure	
	2:00 pm Pop in Tot	7:00 pm 6 Lane & Leisure	2:00 pm Pop in Tot	7:00 pm Body Conditioning	2:00 pm Pop in Tot	
	7:00 pm Leisure Swim		7:00 pm Everyone Welcome Swim		7:00 pm Everyone Welcome Swim	
	7:00 pm Body Conditioning				8:00 pm 3 Lane & Leisure	
	7:00 pm Aquatic					

	Fitness				
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<https://calendar.stjohns.ca>