

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 7:00 am Lane & Leisure 7:00 am 6 Lane Swim 7:00 am Leisure Swim 10:00 am Playgroup (Drop in) 2:30 pm Everyone Welcome Swim 3:00 pm Everyone Welcome Swim 5:30 pm Lane & Leisure 5:30 pm Everyone Welcome Swim 6:30 pm Family Open Gym Drop in 6:30 pm Everyone Welcome Swim 7:00 pm 3 Lane & Leisure
2 7:00 am 6 Lane & Leisure 7:00 am Lane & Leisure 11:00 am Lane & Leisure 1:00 pm Everyone Welcome Swim 2:30 pm Everyone Welcome Swim 3:00 pm Everyone Welcome Swim	3 7:00 am Leisure Swim 7:00 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness	4 7:00 am Leisure Swim 7:00 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness	5 7:00 am Leisure Swim 7:30 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness	6 7:00 am Leisure Swim 7:30 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness	7 7:00 am Leisure Swim 7:30 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness	8 7:00 am Leisure Swim 7:30 am 6 Lane Swim 10:00 am Playgroup (Drop in) 2:30 pm Everyone Welcome Swim 3:00 pm Everyone

4:00 pm Lane & Leisure 5:30 pm Everyone Welcome Swim 6:00 pm Lane & Leisure 7:30 pm 6 Lane & Leisure	9:00 am Rug Hooking - Hook Your Favourite Childhood Fairy Tale 9:00 am Preschool 9:30 am Playgroup - KFFRC 10:00 am Playgroup (Drop in) 10:00 am Adults in Motion 10:00 am Aquatic Fitness 10:00 am Lane & Leisure 10:30 am Knitting Circle 10:30 am Leisure - Social Time 11:00 am Adults in Motion 11:00 am 3 Lane & Leisure 11:45 am Walk & Wheel 12:00 pm Walk & Wheel 12:00 pm Youth Lunch in 2:00 pm Pop in Tot 2:30 pm After School Program 2:30 pm After school program 3:00 pm After School Program 6:00 pm Youth Drop in 6:30 pm Body Conditioning 7:00 pm Body Conditioning 7:00 pm Aquatic Fitness 7:00 pm Lane & Leisure 7:00 pm Leisure Swim 7:30 pm Open Gym Drop in	9:00 am Preschool 9:00 am Preschool 9:30 am Playgroup - KFFRC 10:00 am Playgroup (Drop in) 10:00 am Leisure - Bridge Level 1 10:00 am Lane & Leisure 10:00 am Core Balance 10:00 am 6 Lane & Leisure 11:00 am Fitness - Body Conditioning 12:00 pm Adult Drop in 12:00 pm Youth Lunch in 2:00 pm Therapeutic Adult Swim 2:30 pm After School Program 2:30 pm After school program 3:00 pm After School Program 6:00 pm Youth Drop in - Sport 7:00 pm Shallow End Only Everyone Welcome Swim 7:00 pm 6 Lane & Leisure 8:00 pm Adult Drop in	9:00 am Preschool 10:00 am Bridge Level 2 10:00 am Playgroup (Drop in) 10:00 am Aquatic Fitness 10:00 am Adults in Motion 10:00 am Lane & Leisure 10:30 am Leisure - Social Time 11:00 am Core Balance 11:00 am 3 Lane & Leisure 11:45 am Walk & Wheel 12:00 pm Walk & Wheel 12:00 pm Youth Lunch in 1:00 pm Fitness - Body Conditioning (Drop in) 2:00 pm Pop in Tot 2:30 pm After School Program 2:30 pm After school program 3:00 pm After School Program 6:00 pm Youth Drop in 6:00 pm Youth Drop in 6:30 pm Body Conditioning 7:00 pm Lane & Leisure 7:00 pm Everyone Welcome Swim 8:00 pm Fitness - Mixed Level Yoga 8:00 pm Fitness - Beginner Yoga 8:00 pm Open Gym Drop in	9:00 am Preschool 9:00 am Preschool - KFFRC 10:00 am Playgroup (Drop in) 10:00 am Preschool Drop in 10:00 am Core Balance 10:00 am Lane & Leisure 10:00 am 6 Lane & Leisure 11:00 am Fitness - Body Conditioning 12:00 pm Adult Drop in 12:00 pm Youth Lunch in 2:30 pm After School Program 2:30 pm After school program 3:00 pm After School Program 7:00 pm Body Conditioning 7:00 pm Shallow End Only Everyone Welcome Swim 7:00 pm 6 Lane & Leisure	9:00 am Preschool 10:00 am 6 Lane Swim 10:00 am Adults in Motion 10:00 am Lane & Leisure 10:30 am Leisure - Social Time 11:00 am Adults in Motion 11:00 am 3 Lane & Leisure 12:00 pm Youth Lunch in 2:00 pm Pop in Tot 2:30 pm After School Program 2:30 pm After school program 3:00 pm After School Program 7:00 pm Everyone Welcome Swim 7:00 pm Everyone Welcome Swim	Welcome Swim 5:30 pm Lane & Leisure 5:30 pm Everyone Welcome Swim 6:30 pm Family Open Gym Drop in 6:30 pm Everyone Welcome Swim 7:00 pm 3 Lane & Leisure
9 7:00 am 6 Lane & Leisure 7:00 am Lane & Leisure 11:00 am Lane & Leisure 1:00 pm Everyone Welcome Swim	10 7:00 am Leisure Swim 7:00 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim	11 7:00 am Leisure Swim 7:00 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim	12 7:00 am Leisure Swim 7:30 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim	13 7:00 am Leisure Swim 7:30 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim	14 7:00 am Leisure Swim 7:30 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim	15 7:00 am Leisure Swim 7:30 am 6 Lane Swim 2:30 pm Everyone Welcome Swim

2:30 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	3:00 pm Everyone Welcome Swim
3:00 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	5:30 pm Lane & Leisure
4:00 pm Lane & Leisure	9:00 am Preschool	9:00 am Preschool	9:00 am Preschool	9:00 am Preschool	9:00 am Preschool	5:30 pm Everyone Welcome Swim
5:30 pm Everyone Welcome Swim	9:00 am Rug Hooking - Hook Your Favourite Childhood Fairy Tale	9:30 am Playgroup - KFFRC	10:00 am Bridge Level 2	9:30 am Playgroup - KFFRC	10:00 am 6 Lane Swim	6:30 pm Family Open Gym Drop in
6:00 pm Lane & Leisure	9:30 am Playgroup - KFFRC	10:00 am Playgroup (Drop in)	10:00 am Playgroup (Drop in)	10:00 am Playgroup (Drop in)	10:00 am Adults in Motion	6:30 pm Everyone Welcome Swim
7:30 pm 6 Lane & Leisure	10:00 am Playgroup (Drop in)	10:00 am Leisure - Bridge Level 1	10:00 am Aquatic Fitness	10:00 am Preschool Drop in	10:00 am Lane & Leisure	6:30 pm Everyone Welcome Swim
	10:00 am Adults in Motion	10:00 am Lane & Leisure	10:00 am Adults in Motion	10:00 am Core Balance	10:30 am Leisure - Social Time	7:00 pm 3 Lane & Leisure
	10:00 am Aquatic Fitness	10:00 am Core Balance	10:00 am Lane & Leisure	10:00 am Lane & Leisure	11:00 am Adults in Motion	
	10:00 am Lane & Leisure	10:00 am 6 Lane & Leisure	10:30 am Leisure - Social Time	10:00 am 6 Lane & Leisure	11:00 am 3 Lane & Leisure	
	10:30 am Knitting Circle	11:00 am Fitness - Body Conditioning	11:00 am Core Balance	11:00 am Fitness - Body Conditioning	12:00 pm Youth Lunch in	
	10:30 am Leisure - Social Time	12:00 pm Adult Drop in	11:00 am 3 Lane & Leisure	12:00 pm Adult Drop in	2:00 pm Pop in Tot	
	11:00 am Adults in Motion	12:00 pm Youth Lunch in	11:45 am Walk & Wheel	12:00 pm Youth Lunch in	2:30 pm After School Program	
	11:00 am 3 Lane & Leisure	2:00 pm Therapeutic Adult Swim	12:00 pm Walk & Wheel	2:30 pm After School Program	2:30 pm After school program	
	11:45 am Walk & Wheel	2:30 pm After School Program	12:00 pm Youth Lunch in	2:30 pm After school program	3:00 pm After School Program	
	12:00 pm Walk & Wheel	2:30 pm After school program	1:00 pm Fitness - Body Conditioning (Drop in)	2:30 pm After school program	7:00 pm Everyone Welcome Swim	
	12:00 pm Youth Lunch in	3:00 pm After School Program	2:00 pm Pop in Tot	3:00 pm After School Program	7:00 pm ChillFest Everyone Welcome Swim	
	2:00 pm Pop in Tot	6:00 pm Youth Drop in - Sport	2:30 pm After School Program	7:00 pm Body Conditioning		
	2:30 pm After School Program	7:00 pm Shallow End Only Everyone Welcome Swim	2:30 pm After school program	7:00 pm Shallow End Only Everyone Welcome Swim		
	2:30 pm After school program	7:00 pm 6 Lane & Leisure	3:00 pm After School Program	7:00 pm 6 Lane & Leisure		
	3:00 pm After School Program	8:00 pm Adult Drop in	6:00 pm Youth Drop in			
	6:00 pm Youth Drop in		6:00 pm Youth Drop in			
	6:30 pm Body Conditioning		6:30 pm Body Conditioning			
	7:00 pm Body Conditioning		7:00 pm Lane & Leisure			
	7:00 pm Aquatic Fitness		7:00 pm Everyone Welcome Swim			
	7:00 pm Lane & Leisure		8:00 pm Fitness - Mixed Level Yoga			
	7:00 pm Leisure Swim		8:00 pm Fitness - Beginner Yoga			
	7:30 pm Open Gym Drop in		8:00 pm Open Gym Drop in			
16	17	18	19	20	21	22
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	7:00 am Leisure Swim
7:00 am Lane &	7:00 am Lane &	7:00 am Lane &	7:30 am Lane &	7:30 am Lane &	7:30 am Lane &	7:30 am 6

Leisure	Leisure	Leisure	Leisure	Leisure	Leisure	Leisure	Lane Swim
11:00 am Lane & Leisure	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	7:30 am 6 Lane Swim	2:30 pm Everyone Welcome Swim
1:00 pm Everyone Welcome Swim	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	9:00 am Leisure Swim	3:00 pm Everyone Welcome Swim
2:30 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	9:00 am Aquatic Fitness	5:30 pm Lane & Leisure
3:00 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	9:00 am Aquatic Fitness	5:30 pm Everyone Welcome Swim
4:00 pm Lane & Leisure	9:00 am Preschool	9:00 am Preschool	9:00 am Preschool	9:00 am Preschool	9:00 am Preschool	9:00 am Preschool	6:30 pm Family Open Gym Drop in
5:30 pm Everyone Welcome Swim	9:00 am Rug Hooking - Hook Your Favourite Childhood Fairy Tale	9:00 am Preschool	10:00 am Bridge Level 2	9:00 am Preschool	10:00 am 6 Lane Swim	10:00 am 6 Lane Swim	6:30 pm Everyone Welcome Swim
6:00 pm Lane & Leisure	9:30 am Playgroup - KFFRC	9:30 am Playgroup - KFFRC	10:00 am Playgroup (Drop in)	9:30 am Playgroup - KFFRC	10:00 am Adults in Motion	10:00 am Adults in Motion	6:30 pm Everyone Welcome Swim
6:00 pm Acrylic Painting	9:30 am Playgroup - KFFRC	10:00 am Playgroup (Drop in)	10:00 am Aquatic Fitness	10:00 am Playgroup (Drop in)	10:00 am Lane & Leisure	10:00 am Lane & Leisure	7:00 pm 3 Lane & Leisure
7:30 pm 6 Lane & Leisure	10:00 am Playgroup (Drop in)	10:00 am Leisure - Bridge Level 1	10:00 am Adults in Motion	10:00 am Preschool Drop in	10:30 am Leisure - Social Time	10:30 am Leisure - Social Time	
	10:00 am Aquatic Fitness	10:00 am Lane & Leisure	10:00 am Lane & Leisure	10:00 am Core Balance	11:00 am Adults in Motion	11:00 am Adults in Motion	
	10:00 am Lane & Leisure	10:00 am Core Balance	10:30 am Leisure - Social Time	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	11:00 am 3 Lane & Leisure	
	10:00 am ChillFest Adults in Motion	10:00 am 6 Lane & Leisure	11:00 am Core Balance	10:00 am 6 Lane & Leisure	11:00 am Fitness - Body Conditioning	12:00 pm Youth Lunch in	
	10:30 am Knitting Circle	11:00 am Fitness - Body Conditioning	11:00 am 3 Lane & Leisure	11:00 am Fitness - Body Conditioning	11:00 am 3 Lane & Leisure	2:00 pm Pop in Tot	
	10:30 am Leisure - Social Time	12:00 pm Adult Drop in	11:45 am Walk & Wheel	12:00 pm Adult Drop in	12:00 pm Youth Lunch in	7:00 pm Everyone Welcome Swim	
	11:00 am Adults in Motion	12:00 pm Youth Lunch in	12:00 pm Walk & Wheel	12:00 pm Youth Lunch in	12:00 pm Youth Lunch in	7:00 pm Everyone Welcome Swim	
	11:00 am 3 Lane & Leisure	2:00 pm Therapeutic Adult Swim	12:00 pm Walk & Wheel	2:30 pm After School Program	2:30 pm After School Program		
	11:45 am Walk & Wheel	2:30 pm After School Program	12:00 pm Youth Lunch in	2:30 pm After school program	2:30 pm After school program		
	12:00 pm Walk & Wheel	2:30 pm After school program	1:00 pm Fitness - Body Conditioning (Drop in)	3:00 pm After school program	3:00 pm After School Program		
	12:00 pm Youth Lunch in	3:00 pm After School Program	2:00 pm Pop in Tot	6:00 pm Youth Night	6:00 pm Youth Night		
	2:00 pm Pop in Tot	3:00 pm After School Program	2:30 pm After School Program	7:00 pm Body Conditioning	7:00 pm Body Conditioning		
	2:30 pm After School Program	6:00 pm Youth Drop in - Sport	2:30 pm After school program	7:00 pm Shallow End Only Everyone Welcome Swim	7:00 pm Shallow End Only Everyone Welcome Swim		
	2:30 pm After school program	7:00 pm Shallow End Only Everyone Welcome Swim	3:00 pm After school program	7:00 pm 6 Lane & Leisure	7:00 pm 6 Lane & Leisure		
	3:00 pm After School Program	7:00 pm 6 Lane & Leisure	6:00 pm Youth Drop in	8:00 pm Adult Drop in	8:00 pm Adult Drop in		
	6:00 pm Youth Drop in	8:00 pm Adult Drop in	6:00 pm Youth Drop in	6:00 pm Youth Drop in	6:00 pm Youth Drop in		
	6:30 pm Body Conditioning		6:30 pm Body Conditioning	6:30 pm Body Conditioning	6:30 pm Body Conditioning		
	7:00 pm Body Conditioning		7:00 pm Lane & Leisure	7:00 pm Lane & Leisure	7:00 pm Lane & Leisure		
	7:00 pm Aquatic Fitness		7:00 pm Everyone Welcome Swim	7:00 pm Everyone Welcome Swim	7:00 pm Everyone Welcome Swim		
	7:00 pm Lane & Leisure		8:00 pm Fitness - Mixed Level Yoga	8:00 pm Fitness - Mixed Level Yoga	8:00 pm Fitness - Mixed Level Yoga		
	7:00 pm Leisure Swim		8:00 pm Fitness - Beginner Yoga	8:00 pm Fitness - Beginner Yoga	8:00 pm Fitness - Beginner Yoga		
	7:30 pm Open Gym Drop in		8:00 pm Open Gym Drop in	8:00 pm Open Gym Drop in	8:00 pm Open Gym Drop in		

23	24	25	26	27	28
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
7:00 am Lane & Leisure	7:00 am Lane & Leisure	7:00 am Lane & Leisure	7:30 am Lane & Leisure	7:30 am Lane & Leisure	7:30 am Lane & Leisure
11:00 am Lane & Leisure	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
1:00 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	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
3:00 pm Everyone Welcome Swim	9:00 am Rug Hooking - Hook Your Favourite Childhood Fairy Tale	9:00 am Preschool	9:00 am Preschool	9:00 am Preschool	9:00 am Preschool
4:00 pm Lane & Leisure	9:00 am Preschool	9:00 am Preschool	10:00 am Bridge Level 2	9:00 am Preschool	10:00 am 6 Lane Swim
5:30 pm Everyone Welcome Swim	9:00 am Home Alone Course	9:30 am Playgroup - KFFRC	10:00 am Playgroup (Drop in)	9:30 am Playgroup - KFFRC	10:00 am Adults in Motion
6:00 pm Lane & Leisure	9:30 am Playgroup - KFFRC	10:00 am Playgroup (Drop in)	10:00 am Aquatic Fitness	10:00 am Playgroup (Drop in)	10:00 am Lane & Leisure
7:30 pm 6 Lane & Leisure	10:00 am Playgroup (Drop in)	10:00 am Leisure - Bridge Level 1	10:00 am Adults in Motion	10:00 am Preschool Drop in	10:30 am Leisure - Social Time
	10:00 am Adults in Motion	10:00 am Lane & Leisure	10:00 am Lane & Leisure	10:00 am Core Balance	11:00 am Adults in Motion
	10:00 am Aquatic Fitness	10:00 am Core Balance	10:30 am Leisure - Social Time	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure
	10:00 am Lane & Leisure	10:00 am 6 Lane & Leisure	11:00 am Core Balance	10:00 am 6 Lane & Leisure	12:00 pm Youth Lunch in
	10:30 am Knitting Circle	11:00 am Fitness - Body Conditioning	11:00 am 3 Lane & Leisure	11:00 am Fitness - Body Conditioning	2:00 pm Pop in Tot
	10:30 am Leisure - Social Time	12:00 pm Adult Drop in	11:45 am Walk & Wheel	12:00 pm Adult Drop in	2:30 pm After School Program
	11:00 am Adults in Motion	12:00 pm Youth Lunch in	12:00 pm Walk & Wheel	12:00 pm Youth Lunch in	2:30 pm After school program
	11:00 am 3 Lane & Leisure	2:00 pm Therapeutic Adult Swim	12:00 pm Youth Lunch in	2:30 pm After School Program	3:00 pm After School Program
	11:45 am Walk & Wheel	2:30 pm After School Program	1:00 pm Fitness - Body Conditioning (Drop in)	2:30 pm After school program	7:00 pm Everyone Welcome Swim
	12:00 pm Walk & Wheel	2:30 pm After school program	2:00 pm Pop in Tot	3:00 pm After School Program	7:00 pm Everyone Welcome Swim
	12:00 pm Youth Lunch in	3:00 pm After School Program	2:30 pm After School Program	7:00 pm Body Conditioning	
	2:00 pm Pop in Tot	6:00 pm Youth Drop in - Sport	2:30 pm After school program	7:00 pm Shallow End Only Everyone Welcome Swim	
	6:00 pm Youth Drop in	7:00 pm Shallow End Only Everyone Welcome Swim	3:00 pm After School Program	7:00 pm 6 Lane & Leisure	
	6:30 pm Body Conditioning	7:00 pm 6 Lane & Leisure	6:00 pm Youth Drop in		
	7:00 pm Body Conditioning	8:00 pm Adult Drop in	6:00 pm Youth Drop in		
	7:00 pm Aquatic Fitness		6:30 pm Body Conditioning		
	7:00 pm Lane & Leisure		7:00 pm Lane & Leisure		
	7:00 pm Leisure Swim		7:00 pm Everyone Welcome Swim		
	7:30 pm Open Gym Drop in		8:00 pm Fitness - Mixed Level Yoga		
			8:00 pm Fitness - Beginner Yoga		
			8:00 pm Open Gym Drop in		

