

# Week of February 23, 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	1
<p><u>Lane &amp; Leisure</u> 7:00 am - 8:50 am</p> <p><u>6 Lane &amp; Leisure</u> 7:00 am - 8:50 am</p> <p><u>Lane &amp; Leisure</u> 9:00 am - 10:50 am</p> <p><u>Lane &amp; Leisure</u> 11:00 am - 12:50 pm</p> <p><u>Everyone</u> <u>Welcome Swim</u> 1:00 pm - 1:50 pm</p> <p><u>Everyone</u> <u>Welcome Swim</u> 2:30 pm - 3:30 pm</p> <p><u>Everyone</u> <u>Welcome Swim</u> 3:00 pm - 3:50 pm</p> <p><u>Lane &amp; Leisure</u> 4:00 pm - 4:50 pm</p> <p><u>Everyone</u> <u>Welcome Swim</u> 5:30 pm - 6:20 pm</p> <p><u>Lane &amp; Leisure</u> 6:00 pm - 7:20 pm</p> <p><u>6 Lane &amp; Leisure</u> 7:30 pm - 8:20 pm</p>	<p><u>Leisure Swim</u> 7:00 am - 8:50 am</p> <p><u>Lane &amp; Leisure</u> 7:00 am - 8:50 am</p> <p><u>6 Lane Swim</u> 7:30 am - 8:50 am</p> <p><u>Aquatic Fitness</u> 9:00 am - 9:50 am</p> <p><u>Aquatic Fitness</u> 9:00 am - 9:50 am</p> <p><u>Home Alone</u> <u>Course</u> 9:00 am - 4:00 pm</p> <p><u>Leisure Swim</u> 9:00 am - 9:50 am</p> <p><u>Rug Hooking -</u> <u>Hook Your</u> <u>Favourite</u> <u>Childhood Fairy</u> <u>Tale</u> 9:00 am - 12:00 pm</p> <p><u>Playgroup -</u> <u>KFFRC</u> 9:30 am - 11:30 am</p> <p><u>Playgroup (Drop</u> <u>in)</u> 10:00 am - 11:30 am</p> <p><u>Leisure - Bridge</u> <u>Level 1</u> 10:00 am - 12:30 pm</p> <p><u>Playgroup (Drop</u> <u>in)</u> 10:00 am - 10:30 am</p> <p><u>Aquatic Fitness</u> 10:00 am - 10:50 am</p> <p><u>Adults in Motion</u> 10:00 am - 10:50 am</p> <p><u>Lane &amp; Leisure</u> 10:00 am - 1:50 pm</p> <p><u>Leisure - Social</u> <u>Time</u> 10:30 am - 12:30 pm</p> <p><u>Knitting Circle</u> 10:30 am - 12:00 pm</p>	<p><u>Leisure Swim</u> 7:00 am - 8:50 am</p> <p><u>Lane &amp; Leisure</u> 7:00 am - 8:50 am</p> <p><u>6 Lane Swim</u> 7:30 am - 8:50 am</p> <p><u>Aquatic Fitness</u> 9:00 am - 9:50 am</p> <p><u>Aquatic Fitness</u> 9:00 am - 9:50 am</p> <p><u>Preschool</u> 9:00 am - 12:00 pm</p> <p><u>Leisure Swim</u> 9:00 am - 9:50 am</p> <p><u>Playgroup -</u> <u>KFFRC</u> 9:30 am - 11:30 am</p> <p><u>Playgroup (Drop</u> <u>in)</u> 10:00 am - 11:30 am</p> <p><u>Leisure - Bridge</u> <u>Level 1</u> 10:00 am - 12:30 pm</p> <p><u>Lane &amp; Leisure</u> 10:00 am - 1:50 pm</p> <p><u>Core Balance</u> 10:00 am - 10:50 am</p> <p><u>6 Lane &amp; Leisure</u> 10:00 am - 1:50 pm</p> <p><u>Fitness - Body</u> <u>Conditioning</u> 11:00 am - 11:50 am</p> <p><u>Adult Drop in</u> 12:00 pm - 1:00 pm</p>	<p><u>Leisure Swim</u> 7:00 am - 8:50 am</p> <p><u>6 Lane Swim</u> 7:30 am - 8:50 am</p> <p><u>Lane &amp; Leisure</u> 7:30 am - 8:50 am</p> <p><u>Aquatic Fitness</u> 9:00 am - 9:50 am</p> <p><u>Aquatic Fitness</u> 9:00 am - 9:50 am</p> <p><u>Leisure Swim</u> 9:00 am - 9:50 am</p> <p><u>Bridge Level 2</u> 10:00 am - 12:00 pm</p> <p><u>Playgroup (Drop</u> <u>in)</u> 10:00 am - 10:30 am</p> <p><u>Adults in Motion</u> 10:00 am - 10:50 am</p> <p><u>Aquatic Fitness</u> 10:00 am - 10:50 am</p> <p><u>Lane &amp; Leisure</u> 10:00 am - 1:50 pm</p> <p><u>Leisure - Social</u> <u>Time</u> 10:30 am - 12:30 pm</p> <p><u>3 Lane &amp; Leisure</u> 11:00 am - 1:50 pm</p> <p><u>Core Balance</u> 11:00 am - 11:50 am</p> <p><u>Walk &amp; Wheel</u> 11:45 am - 12:45 pm</p>	<p><u>Leisure Swim</u> 7:00 am - 8:50 am</p> <p><u>6 Lane Swim</u> 7:30 am - 8:50 am</p> <p><u>Lane &amp; Leisure</u> 7:30 am - 8:50 am</p> <p><u>Aquatic Fitness</u> 9:00 am - 9:50 am</p> <p><u>Aquatic Fitness</u> 9:00 am - 9:50 am</p> <p><u>Preschool</u> 9:00 am - 12:00 pm</p> <p><u>Leisure Swim</u> 9:00 am - 9:50 am</p> <p><u>Playgroup -</u> <u>KFFRC</u> 9:30 am - 11:30 am</p> <p><u>Playgroup (Drop</u> <u>in)</u> 10:00 am - 11:30 am</p> <p><u>Preschool Drop in</u> 10:00 am - 11:30 am</p> <p><u>Lane &amp; Leisure</u> 10:00 am - 1:50 pm</p> <p><u>Core Balance</u> 10:00 am - 10:50 am</p> <p><u>6 Lane &amp; Leisure</u> 10:00 am - 1:50 pm</p> <p><u>Fitness - Body</u> <u>Conditioning</u> 11:00 am - 11:50 am</p> <p><u>Adult Drop in</u> 12:00 pm - 1:00 pm</p>	<p><u>Leisure Swim</u> 7:00 am - 8:50 am</p> <p><u>6 Lane Swim</u> 7:30 am - 8:50 am</p> <p><u>Lane &amp; Leisure</u> 7:30 am - 8:50 am</p> <p><u>Aquatic Fitness</u> 9:00 am - 9:50 am</p> <p><u>Aquatic Fitness</u> 9:00 am - 9:50 am</p> <p><u>Leisure Swim</u> 9:00 am - 9:50 am</p> <p><u>Adults in Motion</u> 10:00 am - 10:50 am</p> <p><u>Lane &amp; Leisure</u> 10:00 am - 1:50 pm</p> <p><u>6 Lane Swim</u> 10:00 am - 10:50 am</p> <p><u>Leisure - Social</u> <u>Time</u> 10:30 am - 12:30 pm</p> <p><u>3 Lane &amp; Leisure</u> 11:00 am - 1:50 pm</p> <p><u>Adults in Motion</u> 11:00 am - 11:50 am</p> <p><u>Youth Lunch in</u> 12:00 pm - 1:00 pm</p> <p><u>Pop in Tot</u> 2:00 pm - 2:50 pm</p> <p><u>After School</u> <u>Program</u> 2:30 pm - 5:30 pm</p>	<p><u>Leisure</u> <u>Swim</u> 7:00 am - 8:50 am</p> <p><u>6 Lane Swim</u> 7:30 am - 8:50 am</p> <p><u>Playgroup</u> <u>(Drop in)</u> 10:00 am - 11:30 am</p> <p><u>Everyone</u> <u>Welcome</u> <u>Swim</u> 2:30 pm - 3:30 pm</p> <p><u>Everyone</u> <u>Welcome</u> <u>Swim</u> 3:00 pm - 3:50 pm</p> <p><u>Lane &amp;</u> <u>Leisure</u> 5:30 pm - 6:20 pm</p> <p><u>Everyone</u> <u>Welcome</u> <u>Swim</u> 5:30 pm - 6:45 pm</p> <p><u>Everyone</u> <u>Welcome</u> <u>Swim</u> 6:30 pm - 7:20 pm</p> <p><u>Family Open</u> <u>Gym Drop in</u> 6:30 pm - 9:00 pm</p> <p><u>3 Lane &amp;</u> <u>Leisure</u> 7:00 pm - 7:50 pm</p>