

March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 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 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 7:00 am Leisure Swim 7:00 am Lane & Leisure 7:30 am 6 Lane 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 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 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 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 Aquatic Fitness 9:00 am Aquatic Fitness	8 7:00 am 6 Lane Swim 7:00 am Leisure Swim 9:00 am Babysitting 10:00 am Playgroup (Drop in) 2:30 pm

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

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

9:00 am Lane & Leisure	10:00 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	9:00 am Home Alone Course
11:00 am Lane & Leisure	7:00 pm Lane & Leisure	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	10:00 am Playgroup (Drop in)
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	2:30 pm Everyone Welcome Swim
2:30 pm Everyone Welcome 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
3:00 pm Everyone Welcome Swim		9:00 am Preschool	10:00 am Bridge Level 2	9:00 am Preschool	10:00 am 6 Lane Swim	5:30 pm Lane & Leisure
4:00 pm Lane & Leisure		9:30 am Playgroup - KFFRC	10:00 am Playgroup (Drop in)	9:30 am Playgroup - KFFRC	10:00 am Adults in Motion	5:30 pm Everyone Welcome Swim
5:30 pm Everyone Welcome Swim		10:00 am Playgroup (Drop in)	10:00 am Adults in Motion	10:00 am Playgroup (Drop in)	10:00 am Lane & Leisure	6:30 pm Family Open Gym Drop in
6:00 pm Lane & Leisure		10:00 am Leisure - Bridge Level 1	10:00 am Aquatic Fitness	10:00 am Preschool Drop in	10:30 am Leisure - Social Time	6:30 pm Everyone Welcome Swim
7:30 pm 6 Lane & Leisure		10:00 am Lane & Leisure	10:00 am Lane & Leisure	10:00 am Core Balance	11:00 am Adults in Motion	7:00 pm 3 Lane & Leisure
		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 6 Lane & Leisure	11:00 am Core Balance	10:00 am 6 Lane & Leisure	12:00 pm Youth Lunch in	
		11:00 am Fitness - Body Conditioning	11:00 am 3 Lane & Leisure	11:00 am Fitness - Body Conditioning	2:00 pm Pop in Tot	
		12:00 pm Adult Drop in	11:45 am Walk & Wheel	12:00 pm Adult Drop in	2:30 pm After School Program	
		12:00 pm Youth Lunch in	12:00 pm Walk & Wheel	12:00 pm Youth Lunch in	2:30 pm After school program	
		2:00 pm Therapeutic Adult Swim	12:00 pm Youth Lunch in	2:30 pm After School Program	3:00 pm After School Program	
		2:30 pm After School Program	1:00 pm Fitness - Body Conditioning (Drop in)	2:30 pm After school program	6:00 pm Drawing: Textures - Metal, Fabric & Wood	
		2:30 pm After school program	2:00 pm Pop in Tot	3:00 pm After School Program	7:00 pm Everyone Welcome Swim	
		3:00 pm After School Program	2:30 pm After School Program	6:00 pm Youth Night	7:00 pm Everyone Welcome Swim	
		6:00 pm Youth Drop in - Sport	2:30 pm After school program	6:00 pm Oil Painting - Pondsides Landscape		
		7:00 pm Shallow End Only Everyone Welcome Swim	3:00 pm After School Program	7:00 pm Body Conditioning		
		7:00 pm 6 Lane & Leisure	6:00 pm Come Craft with Us	7:00 pm Shallow End Only Everyone Welcome Swim		
		8:00 pm Adult Drop in	6:00 pm Youth Drop in	7:00 pm 6 Lane & Leisure		
			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			

7:00 am 6 Lane & Leisure	7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Lane & Leisure	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	7:00 am Leisure Swim	7:00 am Lane & Leisure	7:30 am 6 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	7:00 am 6 Lane Swim	7:30 am 6 Lane Swim	10:00 am Playgroup (Drop in)
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
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 Leisure Swim	9:00 am Preschool Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	3:00 pm Everyone Welcome Swim
4:00 pm Lane & Leisure	9:30 am Playgroup - KFFRC	9:30 am Playgroup - KFFRC	10:00 am Bridge Level 2	9:00 am Preschool	10:00 am 6 Lane Swim	5:30 pm Lane & Leisure
5:30 pm Everyone Welcome Swim	10:00 am Playgroup (Drop in)	10:00 am Playgroup (Drop in)	10:00 am Playgroup (Drop in)	9:30 am Playgroup - KFFRC	10:00 am Adults in Motion	5:30 pm Everyone Welcome Swim
6:00 pm Lane & Leisure	10:00 am Adults in Motion	10:00 am Playgroup (Drop in)	10:00 am Aquatic Fitness	10:00 am Playgroup (Drop in)	10:00 am Lane & Leisure	6:30 pm Family Open Gym Drop in
7:30 pm 6 Lane & Leisure	10:00 am Aquatic Fitness	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	6:30 pm Everyone Welcome Swim
	10:00 am Lane & Leisure	10:00 am Lane & Leisure	10:00 am Lane & Leisure	10:00 am Core Balance	11:00 am Adults in Motion	6:30 pm Everyone Welcome Swim
	10:30 am Knitting Circle	10:00 am Core Balance	10:30 am Leisure - Social Time	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	7:00 pm 3 Lane & Leisure
	10:30 am Leisure - Social Time	10:00 am 6 Lane & Leisure	11:00 am Core Balance	10:00 am 6 Lane & Leisure	12:00 pm Youth Lunch in	
	11:00 am Adults in Motion	11:00 am Fitness - Body Conditioning	11:00 am 3 Lane & Leisure	11:00 am Fitness - Body Conditioning	2:00 pm Pop in Tot	
	11:00 am 3 Lane & Leisure	12:00 pm Adult Drop in	11:45 am Walk & Wheel	12:00 pm Adult Drop in	2:30 pm After School Program	
	11:45 am Walk & Wheel	12:00 pm Youth Lunch in	12:00 pm Walk & Wheel	12:00 pm Youth Lunch in	2:30 pm After school program	
	12:00 pm Walk & Wheel	2:00 pm Therapeutic Adult Swim	12:00 pm Youth Lunch in	2:30 pm After School Program	3:00 pm After School Program	
	12:00 pm Youth Lunch in	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	
	2:00 pm Pop in Tot	2:30 pm After school program	2:00 pm Pop in Tot	3:00 pm After School Program	7:00 pm Everyone Welcome Swim	
	2:30 pm After School Program	3:00 pm After School Program	2:30 pm After School Program	6:00 pm Oil Painting - Pondsides Landscape		
	2:30 pm After school program	6:00 pm Youth Drop in - Sport	2:30 pm After school program	7:00 pm Body Conditioning		
	3:00 pm After School Program	7:00 pm Shallow End Only Everyone Welcome Swim	3:00 pm After School Program	7:00 pm Shallow End Only Everyone Welcome Swim		
	6:00 pm Youth Drop in	7:00 pm 6 Lane & Leisure	6:00 pm Come Craft with Us	7:00 pm 6 Lane & Leisure		
	6:30 pm Body Conditioning	8:00 pm Adult Drop in	6:00 pm Youth Drop in			
	7:00 pm Body Conditioning		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 - Beginner Yoga			
			8:00 pm Fitness - Mixed Level Yoga			

			8:00 pm Open Gym Drop in			
30	31					
7:00 am Lane & Leisure	7:00 am Leisure Swim					
7:00 am 6 Lane & Leisure	7:00 am Lane & Leisure					
11:00 am Lane & Leisure	9:00 am Lane & Leisure					
1:00 pm Everyone Welcome Swim	10:00 am Lane & Leisure					
2:30 pm Everyone Welcome Swim	10:30 am Knitting Circle					
3:00 pm Everyone Welcome Swim	10:30 am Leisure - Social Time					
4:00 pm Lane & Leisure	11:00 am 3 Lane & Leisure					
5:00 pm Everyone Welcome Swim	12:00 pm Youth Lunch in					
5:30 pm Everyone Welcome Swim	2:00 pm Pop in Tot					
6:00 pm Lane & Leisure	2:30 pm After School Program					
6:30 pm Everyone Welcome Swim	2:30 pm After school program					
7:30 pm 6 Lane & Leisure	3:00 pm After School Program					
	3:30 pm Leisure Swim with Slides					
	5:00 pm Leisure Swim with Slides					
	5:00 pm Lane & Leisure					
	6:00 pm Leisure Swim with Slides					
	6:00 pm Everyone Welcome Swim					
	6:00 pm Youth Drop in					
	7:00 pm Lane & Leisure					