## **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	3	4	5	6	7	8
7:00 am 6 Lane & Leisure	7:00 am Leisure 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	7:30 am Lane & Leisure	7:00 am Leisure Swim
11:00 am Lane & Leisure	7:30 am 6 Lane Swim	9:00 am Babysitting				
1:00 pm Everyone Welcome Swim	9:00 am Aquatic Fitness	10:00 am Playgroup				
2:30 pm Everyone Welcome Swim	9:00 am Aquatic Fitness	(Drop in) 2:30 pm				

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

2:30 pm Everyone Welcome Swim   3:00 pm Everyone Welcome Swim   5 you am Leisure Swim   2:00 pm Lane & Leisure   10:00 am Playgroup (Drop in)   10:00 am Playgroup (Drop in)   10:00 am Adults in Motion   10:00 am Lane & Leisure   10:00 am Adults in Motion   10:00 am Lane & Leisure   10:00 am Stane & Leisure   10:00 am Lane & Leisure   10:00 am Stane & Leisure   10:0	Fitness  9:00 am Leisure Swim  10:00 am 6 Lane Swim  10:00 am Adults in Motion	(Drop in) 2:30 pm Everyone Welcome Swim 3:00 pm
Welcome Swim   4:00 pm Lane & Leisure   5:30 pm Everyone Welcome Swim   6:00 pm Lane & Leisure   10:00 am Adults in Motion   10:00 am Adults in Motion   10:00 am Lane & Leisure   10:00 am Lane & Lei	Swim 10:00 am 6 Lane Swim 10:00 am Adults in Motion	Everyone Welcome Swim
10:00 am Playgroup   10:00 a	roup - 10:00 am 6 Lane Swim 10:00 am Adults in	
9:30 am Playgroup   10:00 am Playgroup   10:00 am Playgroup   10:00 am Playgroup   10:00 am Adults in   10:00 am Adults in   10:00 am Adults in   10:00 am Adults in   10:00 am Lane & Leisure   10:00 am Adults in   10:00 am Lane & Leisure   10:00 am Lane & Leisure   10:00 am Adults in   10:00 am Lane & Leisure   10:00 am Adults in   10:00 am Lane & Leisure   10:00 am Adults in   10:00 am Lane & Leisure   10:00 am Adults in   10:00 am Lane & Leisure   10:00 am Adults in   10:00 am Lane & Leisure   10:00 am Adults in   10:00 am Lane & Leisure   10:00 am Adults in   10:00 am Lane & Leisure   10:00 am Adults in   10:00 am Adults in   10:00 am Lane & Leisure   10:00 am Adults in   10:00 am Adults in   10:00 am Adults in   10:00 am Lane & Leisure   10:00 am Adults in   10:00 am Adults in   10:00 am Adults in   10:00 am Adults in   10:00 am Lane & Leisure   10:00 am Adults in   10:00 am Adults in   10:00 am Adults in   10:00 am Lane & Leisure   10:00 am Adults in   10:00 am Lane & Leisure   10:00 am Adults in   10:00 am Core   10:00 am Lane & Leisure   10:00 am Lane & Leisure   10:00 am Adults in   10:00 am Core   10:00 am Lane & Leisure   10:00 am Lane & Leisure   10:00 am Adults in   10:00 am Core   10:00 am Lane & Leisure   10:00 am Adults in   10:00 am Core   10:00 am Lane & Leisure   10:00 am Lane & Leisure   10:00 am Core   10:00 am Lane & Leisure   10:00 am Adults in   10:0	10:00 am Adults in	
10:00 am Playgroup   10:00 am Playgroup   10:00 am Playgroup   10:00 am Adults in Motion   10:00 am Leisure   10:00 am Adults in Fitness   10:00 am Lane & Leisure   10:00 am Lane   10:	Monon	Everyone Welcome Swim
10:00 am Aquatic   Fitness   10:00 am Lane & Leisure   10:00 am 6 Lane & 10:00 am Lane & Leisure   10:00 am 6 Lane & 11:00 am Fitness - 11:00 am Adults in Motion   12:00 pm Adult   11:00 am 3 Lane & Leisure   12:00 pm Adult   11:00 am 3 Lane & Leisure   12:00 pm Youth   11:45 am Walk & Wheel   12:00 pm Walk & Wheel   2:30 pm After   12:00 pm Pop in Tot   2:30 pm After   2:30 pm After   3:00 pm After   School Program   2:30 pm After   3:00 pm	group 10:00 am Lane &	5:30 pm Lane & Leisure
10:00 am Lane & Leisure	10:30 am Leisure -	5:30 pm Everyone
10:30 am Knitting   Circle   10:00 am Core   10:30 am Leisure -   Social Time   10:00 am 6 Lane &   Leisure   Social Time   10:00 am 6 Lane &   Leisure   Social Time   11:00 am Fitness -   Balance   11:00 am Gore   Balance   11:00 am 6 Lane &   Leisure   Social Time   11:00 am Fitness -   Balance   11:00 am 3 Lane &   Body Conditioning   Leisure   12:00 pm Adult   Drop in   11:45 am Walk &   Drop in   12:00 pm Youth   Lunch in   Wheel   2:00 pm Therapeutic   12:00 pm Walk &   Wheel   2:30 pm After   12:00 pm Youth   Lunch in   2:30 pm After   3:00 pm After   School Program   2:30 pm After   School Program   3:00 pm After   School Program   3:00 pm After   School Program   3:00 pm After	11:00 am Adults in	Welcome Swim
10:30 am Leisure	11:00 am 3 Lane &	6:30 pm Family Open
11:00 am Adults in Motion  11:00 am 3 Lane & Body Conditioning 11:00 am 3 Lane & Leisure  11:00 am 3 Lane & Leisure  11:00 pm Adult 11:45 am Walk & Drop in 11:45 am Walk & Drop in 11:45 am Walk & Lunch in 12:00 pm Youth 11:45 am Walk & Wheel 12:00 pm Therapeutic 12:00 pm Walk & Wheel 12:00 pm Walk & Wheel 12:00 pm Youth 12:00 pm Youth 12:00 pm Walk & Wheel 12:00 pm Forterapeutic 12:00 pm Youth 12:00 pm Forterapeutic 12:00 pm Walk & Wheel 12:00 pm Youth 12:00 pm Forterapeutic 12:00 pm Youth 12:00 pm Walk & Wheel 12:00 pm Forterapeutic 12:00 pm Fo	12:00 pm Youth	Gym Drop in 6:30 pm
12:00 pm Adult Drop in 11:45 am Walk & Wheel 11:45 am Walk & Lunch in Wheel 2:00 pm Therapeutic 12:00 pm Youth Lunch in 2:00 pm Therapeutic 12:00 pm Youth Lunch in 2:30 pm After 12:00 pm Youth Lunch in 2:30 pm After 12:00 pm Youth Lunch in 2:30 pm After 2:30 pm After 2:30 pm After 2:30 pm After 3:00 pm After 3:00 pm Adult Drop in 12:00 pm Walk & Lunch in 2:30 pm After 2:30 pm After 3:00 pm Fitness - School Program 2:30 pm After 3:00 pm After 3:00 pm After 3:00 pm Pop in Tot 2:30 pm After 3:00 pm After 3:00 pm Pop in Tot 2:30 pm After 3:00 pm Pop in Tot 3:00 pm Pop in Tot 3:00 pm After 3:00 pm After 3:00 pm Pop in Tot 3:00 pm After 3:00 pm After 3:00 pm Pop in Tot 3:00 pm After 3:00 pm Pop in Tot 3:00 pm After 3:00 pm Pop in Tot 4:30 pm After 5:40 pm Pop in Tot 5:40 pm Adult 5:40 pm Adult 5:40 pm Adult 6:40 pm Youth 6:40 pm Youth 6:40 pm Adult 6:40 pm Youth 6:40 pm Adult 6:40 pm Youth 6:40 pm Adult 6:40 pm Youth 6		Everyone Welcome
12:00 pm Youth Lunch in  12:00 pm Walk & Wheel  12:00 pm Therapeutic 12:00 pm Walk & Wheel  12:00 pm Youth Lunch in  2:30 pm After 2:30 pm After 3:00 pm After 3:00 pm After 3:00 pm After School Program 2:30 pm After 3:00 pm Pop in Tot 2:30 pm After 3:00 pm After 3:00 pm Pop in Tot 3:00 pm Pop in Tot 3:00 pm After 3:00 pm Pop in Tot 3:00 pm After 3:00 pm Pop in Tot 3:00 pm After 3:00 pm Pop in Tot 4:00 pm Pop in Tot 3:00 pm Pop in Tot 4:00 pm Pop in Tot 3:00 pm After 5:00 pm Pop in Tot 4:00 pm Pop in Tot 4:00 pm Pop in Tot 5:00 pm Pop in Tot 4:00 pm Pop in Tot 5:00 pm Pop in Tot 4:00 pm Pop in Tot 5:00 pm Pop in Tot 5:00 pm Pop in Tot 4:00 pm Youth 5:00 pm Youth 4:00 pm Youth 5:00 pm Youth 6:00 pm Oil Pair 6:00 pm Youth 6:00 pm Youth 7:00 pm Youth 8:00 pm Youth 9:00 p	t 2:30 pm After School Program	Swim 7:00 pm 3
2:00 pm Therapeutic Adult Swim 12:00 pm Youth Lunch in 2:30 pm After School Program Lunch in 2:30 pm After 2:30 pm After School Program Lunch in 2:30 pm After 3:00 pm Fitness - Body Conditioning (Drop in) 3:00 pm After School Program 2:00 pm Pop in Tot 2:30 pm After 3:00 pm After School Program 2:00 pm Pop in Tot 2:30 pm After School Program 2:00 pm Pop in Tot 2:30 pm After School Program 2:00 pm Pop in Tot 2:30 pm After School Program 2:00 pm Pop in Tot 2:00 pm Pop in Tot 3:00 pm After School Program 2:00 pm Pop in Tot 3:00 pm After School Program 2:00 pm Pop in Tot 3:00 pm After School Program 4:00 pm Pop in Tot 3:00 pm After School Program 4:00 pm Pop in Tot 3:00 pm After School Program 4:00 pm Pop in Tot 5:00 pm Pop in Tot 4:00 pm Pop in Tot 5:00 pm Pop in Tot 4:00 pm Pop in Tot 5:00 pm After 5:00 pm Pop in Tot 6:00 pm Oil Pai	2:30 pm After school program	Lane & Leisure
2:30 pm After School Program Lunch in 2:30 pm After 2:30 pm After 2:30 pm After 3:00 pm Pop in Tot 2:30 pm After 3:00 pm After	3:00 pm After School Program	
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 School Program 2:00 pm Pop in Tot School Program 2:30 pm After School Program 3:00 pm After School Program 3:00 pm After School Program 3:00 pm After School Program 4:00 pm Pop in Tot School Program 3:00 pm After School Program 4:00 pm Pop in Tot School Progra	7:00 pm Everyone Welcome Swim	
2:30 pm After School Program School Program School Program 2:30 pm After School Program 2:30 pm After School Program Landscape	7:00 pm Everyone m Welcome Swim	
2:30 pm After 6:00 pm Youth Drop	inting	
3:00 pm After 7:00 pm Shallow School program Conditioning 7:00 pm Shallow School Program 2:00 pm After 7:00 pm Shallow 7:00 pm		
6:00 pm Youth Drop in Welcome Swim School Program End Only Every Welcome Swim 7:00 pm 6 Lane & 6:00 pm Youth Drop	n	
6:30 pm Body Conditioning  Leisure in 7:00 pm 6 Lane Leisure 8:00 pm Adult Drop 6:00 pm Youth Drop	e &	
7:00 pm Body Conditioning in in 6:30 pm Body		
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 -		
7:30 pm Open Gym Drop in  Beginner Yoga  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 & 7:00 am Lane & 7:00 am Leisure 7:00 am Leisure 7:00 am Leisure Swim Swim Swim		7:00 am Leisure Swim
7:00 am Lane & 9:00 am Leisure 7:00 am Lane & 7:30 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
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	Course 10:00 am
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	Playgroup (Drop in)
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	2:30 pm Everyone Welcome
3:00 pm Everyone Welcome Swim		9:00 am Preschool 9:30 am Playgroup -	10:00 am Bridge Level 2	9:00 am Preschool 9:30 am Playgroup -	10:00 am 6 Lane Swim	Swim 3:00 pm
4:00 pm Lane & Leisure		KFFRC  10:00 am Playgroup	10:00 am Playgroup (Drop in)	KFFRC  10:00 am Playgroup	10:00 am Adults in Motion	Everyone Welcome
5:30 pm Everyone Welcome Swim		(Drop in)  10:00 am Leisure -	10:00 am Adults in Motion	(Drop in)  10:00 am Preschool	10:00 am Lane & Leisure	Swim 5:30 pm Lane & Leisure
6:00 pm Lane & Leisure		Bridge Level 1  10:00 am Lane &	10:00 am Aquatic Fitness	Drop in  10:00 am Core	10:30 am Leisure - Social Time	5:30 pm
7:30 pm 6 Lane & Leisure		Leisure  10:00 am Core	10:00 am Lane & Leisure	Balance 10:00 am Lane &	11:00 am Adults in Motion	Everyone Welcome Swim
		Balance 10:00 am 6 Lane &	10:30 am Leisure - Social Time	Leisure 10:00 am 6 Lane &	11:00 am 3 Lane & Leisure	6:30 pm Family Open
		Leisure 11:00 am Fitness -	11:00 am Core Balance	Leisure 11:00 am Fitness -	12:00 pm Youth Lunch in	Gym Drop in 6:30 pm
		Body Conditioning 12:00 pm Adult	11:00 am 3 Lane & Leisure	Body Conditioning 12:00 pm Adult	2:00 pm Pop in Tot 2:30 pm After	Everyone Welcome Swim
		Drop in 12:00 pm Youth	11:45 am Walk & Wheel	Drop in 12:00 pm Youth	School Program 2:30 pm After	7:00 pm 3 Lane &
		Lunch in 2:00 pm Therapeutic	12:00 pm Walk & Wheel	Lunch in 2:30 pm After	school program 3:00 pm After	Leisure
		Adult Swim 2:30 pm After	12:00 pm Youth Lunch in	School Program 2:30 pm After	School Program 6:00 pm Drawing:	
		School Program 2:30 pm After	1:00 pm Fitness - Body Conditioning (Drop in)	school program 3:00 pm After	Textures - Metal, Fabric & Wood	
		school program  3:00 pm After	2:00 pm Pop in Tot 2:30 pm After	School Program 6:00 pm Youth Night	7:00 pm Everyone Welcome Swim 7:00 pm Everyone	
		School Program 6:00 pm Youth Drop in - Sport	2:30 pm After School Program 2:30 pm After	6:00 pm Oil Painting - Pondside Landscape	Welcome Swim	
		7:00 pm Shallow End Only Everyone	school program  3:00 pm After	7:00 pm Body Conditioning		
		Welcome Swim 7:00 pm 6 Lane &	School Program 6:00 pm Come Craft	7:00 pm Shallow End Only Everyone		
		Leisure  8:00 pm Adult Drop	with Us 6:00 pm Youth Drop	Welcome Swim 7:00 pm 6 Lane &		
		in	in 6:00 pm Youth Drop	Leisure		
			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			
23	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 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
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	(Drop in) 2:30 pm
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	Everyone Welcome Swim
3:00 pm Everyone Welcome Swim	9:00 am Leisure Swim	9:00 am Preschool 9:00 am Leisure	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	3:00 pm Everyone
4:00 pm Lane & Leisure	9:30 am Playgroup - KFFRC	Swim	10:00 am Bridge Level 2	9:00 am Preschool	10:00 am 6 Lane Swim	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 Everyone
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	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
	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	Welcome Swim
	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	7:00 pm 3 Lane &
	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	Leisure
	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	2:30 pm After school program	7:00 pm Everyone Welcome Swim	
	2:00 pm Pop in Tot	2:30 pm After school program	(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 2:30 pm After School Program	6:00 pm Oil Painting - Pondside		
	2:30 pm After school program	6:00 pm Youth Drop in - Sport	School Program  2:30 pm After	Landscape 7:00 pm Body		
	3:00 pm After School Program	7:00 pm Shallow End Only Everyone	school program  3:00 pm After	Conditioning 7:00 pm Shallow		
	6:00 pm Youth Drop in	Welcome Swim 7:00 pm 6 Lane &	School Program  6:00 pm Come Craft	End Only Everyone Welcome Swim		
	6:30 pm Body Conditioning	Leisure 8:00 pm Adult Drop	with Us 6:00 pm Youth Drop	7:00 pm 6 Lane & Leisure		
	7:00 pm Body Conditioning	in	in 6:00 pm Youth Drop			
	7:00 pm Aquatic Fitness		in 6:30 pm Body			
	7:00 pm Lane & Leisure		Conditioning 7:00 pm Lane &			
	7:00 pm Leisure Swim		Leisure 7:00 pm Everyone			
	7:30 pm Open Gym Drop in		Welcome Swim  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 6:00 pm Lane & Leisure 6:30 pm Everyone	2:00 pm Pop in Tot 2:30 pm After School Program 2:30 pm After school program			
Welcome Swim 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			

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