

June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 7:00 am Lane & Leisure 7:00 am 6 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 4:00 pm Lane & Leisure 5:30 pm Everyone Welcome Swim 6:00 pm Lane & Leisure 7:30 pm 6 Lane & Leisure	2 7:00 am Leisure Swim 7:00 am Lane & Leisure 7:00 am 6 Lane Swim 9:00 am Leisure Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 9:30 am Playgroup Active drop in - KFFRC 10:00 am Aquatic Fitness 10:00 am Adults in Motion 10:00 am Lane & Leisure 10:00 am Playgroup (Drop in) 11:00 am 3 Lane & Leisure 11:00 am Adults in Motion 11:45 am Walk and Wheel 11:45 am Walk and Wheel 2:00 pm Pop in Tot 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	3 7:00 am Lane & Leisure 7:00 am Leisure Swim 7:30 am 6 Lane Swim 9:00 am Leisure Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 9:30 am Playgroup Drop in Play - KFFRC 10:00 am Core Balance 10:00 am Lane & Leisure 10:00 am 6 Lane & Leisure 10:00 am Playgroup (Drop in) 12:00 pm Adult Drop in 2:00 pm Therapeutic Adult Swim 3:00 pm After School Program 6:00 pm Youth Drop in - Sport 7:00 pm 6 Lane & Leisure 7:00 pm Everyone Welcome Swim 8:00 pm Adult Drop in	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 10:00 am Aquatic Fitness 10:00 am Adults in Motion 10:00 am Lane & Leisure 10:00 am Playgroup (Drop in) 11:00 am 3 Lane & Leisure 11:00 am Core Balance 11:45 am Walk and Wheel 11:45 am Walk and Wheel 2:00 pm Pop in Tot 3:00 pm After School Program 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 Open Gym Drop in -Adult	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 9:30 am Playgroup Drop in Play - KFFRC 10:00 am Core Balance 10:00 am Lane & Leisure 10:00 am 6 Lane & Leisure 10:00 am Playgroup (Drop in) 11:00 am Adult Drop in 3:00 pm After School Program 7:00 pm Body Conditioning 7:00 pm 6 Lane & Leisure 7:00 pm Everyone Welcome Swim	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 10:00 am Adults in Motion 10:00 am Lane & Leisure 10:00 am 6 Lane Swim 11:00 am 3 Lane & Leisure 11:00 am Adults in Motion 2:00 pm Pop in Tot 3:00 pm After School Program 7:00 pm Everyone Welcome Swim 7:00 pm Everyone Welcome Swim	7 7:00 am Leisure Swim 7:30 am 6 Lane Swim 9:00 am Home Alone Safety 10:00 am Playgroup (Drop in) 2:30 pm Everyone Welcome Swim 3:00 pm Everyone Welcome Swim 4:00 pm Lane & Leisure 5:30 pm Everyone Welcome Swim 5:30 pm Lane & Leisure 6:30 pm Everyone Welcome Swim 7:00 pm 3 Lane & Leisure

8	7:00 am Lane & Leisure	7:00 am Leisure Swim	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 6 Lane & Leisure	7:00 am Lane & Leisure	7:00 am Leisure Swim	7:00 am Lane & Leisure	7:30 am Lane & Leisure	7:30 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	7:30 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	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	5:00 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	5:30 pm Free - Everyone Welcome Swim
	4:00 pm Lane & Leisure	9:30 am Playgroup Active drop in - KFFRC	9:30 am Playgroup Drop in Play - KFFRC	10:00 am Aquatic Fitness	9:30 am Playgroup Drop in Play - KFFRC	10:00 am Lane & Leisure	6:30 pm Everyone Welcome Swim
	5:30 pm Everyone Welcome 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 6 Lane Swim	7:00 pm 3 Lane & Leisure
	6:00 pm Lane & Leisure	10:00 am Aquatic Fitness	10:00 am Lane & Leisure	10:00 am Lane & Leisure	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	
	7:30 pm 6 Lane & Leisure	10:00 am Lane & Leisure	10:00 am 6 Lane & Leisure	10:00 am Playgroup (Drop in)	10:00 am 6 Lane & Leisure	11:00 am Adults in Motion	
		10:00 am Playgroup (Drop in)	12:00 pm Adult Drop in	11:00 am 3 Lane & Leisure	11:00 am Adult Drop in	2:00 pm Pop in Tot	
		11:00 am 3 Lane & Leisure	2:00 pm Therapeutic Adult Swim	11:00 am Core Balance	3:00 pm After School Program	3:00 pm After School Program	
		11:00 am Adults in Motion	3:00 pm After School Program	2:00 pm Pop in Tot	7:00 pm Body Conditioning	7:00 pm Everyone Welcome Swim	
		2:00 pm Pop in Tot	7:00 pm 6 Lane & Leisure	6:30 pm Body Conditioning	7:00 pm 6 Lane & Leisure	7:00 pm Free - Everyone Welcome Swim	
		3:00 pm After School Program	7:00 pm Shallow End Only - Everyone Welcome Swim	7:00 pm Lane & Leisure	7:00 pm Shallow End Only - Everyone Welcome Swim		
		6:00 pm Youth Drop in	8:00 pm Adult Drop in	7:00 pm Everyone Welcome Swim			
		6:30 pm Body Conditioning		8:00 pm Open Gym Drop in -Adult			
		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					
15	7:00 am Lane & Leisure	7:00 am Leisure Swim	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 6 Lane & Leisure	7:00 am Lane & Leisure	7:00 am Leisure Swim	7:00 am Lane & Leisure	7:30 am Lane & Leisure	7:30 am Lane & Leisure	7:30 am 6 Lane Swim
	9:00 am 3 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	9:00 am Lane & Leisure
	10:00 am 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	9:00 am Leisure Swim with Slides
	11:00 am 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	10:30 am Everyone Welcome Swim
	11:00 am Lane & Leisure	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	

1:00 pm Everyone Welcome Swim	9:30 am Playgroup Active drop in - KFFRC	9:30 am Playgroup Drop in Play - KFFRC	10:00 am Adults in Motion	9:30 am Playgroup Drop in Play - KFFRC	10:00 am Lane & Leisure	11:00 am Everyone Welcome Swim
2:30 pm Everyone Welcome Swim	10:00 am Leisure Swim	10:00 am Lane & Leisure	10:00 am Aquatic Fitness	10:00 am Lane & Leisure	10:00 am 6 Lane Swim	12:00 pm Lane & Leisure
3:00 pm Everyone Welcome Swim	10:00 am Adults in Motion	10:00 am 6 Lane & Leisure	10:00 am Lane & Leisure	10:00 am 6 Lane & Leisure	10:00 am Leisure Swim	1:00 pm Everyone Welcome Swim
4:00 pm 6 Lane Swim	10:00 am Aquatic Fitness	2:00 pm Therapeutic Adult Swim	10:00 am Leisure Swim	3:00 pm After School Program	11:00 am Adults in Motion	2:30 pm Everyone Welcome Swim
5:00 pm Everyone Welcome Swim	10:00 am Lane & Leisure	3:00 pm After School Program	11:00 am Core Balance	3:30 pm Leisure Swim with Slides	12:00 pm 3 Lane & Leisure	3:00 pm Everyone Welcome Swim
5:30 pm Everyone Welcome Swim	11:00 am Adults in Motion	3:30 pm Leisure Swim with Slides	12:00 pm 3 Lane & Leisure	5:00 pm Leisure Swim with Slides	2:00 pm Pop in Tot	3:00 pm Everyone Welcome Swim
6:00 pm Lane & Leisure	12:00 pm 3 Lane & Leisure	5:00 pm Leisure Swim with Slides	2:00 pm Pop in Tot	5:00 pm Lane & Leisure	3:00 pm After School Program	3:30 pm Leisure Swim with Slides
6:30 pm Everyone Welcome Swim	2:00 pm Pop in Tot	5:00 pm Lane & Leisure	3:00 pm After School Program	6:00 pm Shallow End Only - Everyone Welcome Swim	3:30 pm Leisure Swim with Slides	3:00 pm Everyone Welcome Swim
7:30 pm 6 Lane & Leisure	3:00 pm After School Program	6:00 pm Shallow End Only - Everyone Welcome Swim	5:00 pm Lane & Leisure	7:00 pm Shallow End Only - Everyone Welcome Swim	5:00 pm Everyone Welcome Swim	5:00 pm Lane & Leisure
	3:30 pm Leisure Swim with Slides	7:00 pm Shallow End Only - Everyone Welcome Swim	5:00 pm Everyone Welcome Swim	7:00 pm Body Conditioning	6:00 pm Everyone Welcome Swim	5:30 pm Everyone Welcome Swim
	5:00 pm Leisure Swim with Slides	7:00 pm 6 Lane & Leisure	6:00 pm Everyone Welcome Swim	7:00 pm 6 Lane & Leisure	6:00 pm Everyone Welcome Swim	6:30 pm Everyone Welcome Swim
	5:00 pm Lane & Leisure		6:30 pm Body Conditioning		7:00 pm Everyone Welcome Swim	7:00 pm 3 Lane & Leisure
	6:00 pm Everyone Welcome Swim		7:00 pm Lane & Leisure			
	6:30 pm Body Conditioning		7:00 pm Everyone Welcome Swim			
	7:00 pm Body Conditioning					
	7:00 pm Aquatic Fitness					
	7:00 pm Lane & Leisure					
	7:00 pm Leisure Swim					
22	23	24	25	26	27	28
7:00 am 6 Lane & Leisure	3:00 pm After School Program	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
8:00 am Lane & Leisure		7:00 am Lane & Leisure	7:00 am Lane & Leisure	7:30 am 6 Lane Swim	7:00 am Lane & Leisure	7:30 am 6 Lane Swim
9:00 am 3 Lane & Leisure		7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am Lane & Leisure	7:30 am 6 Lane Swim	8:00 am Lane & Leisure
10:30 am 3 Lane & Leisure		9:00 am 3 Lane & Leisure	9:00 am 6 Lane Swim	9:00 am Lane & Leisure	9:00 am 6 Lane Swim	9:00 am Leisure Swim with Slides
11:00 am Lane & Leisure		9:00 am Lane & Leisure	9:00 am Lane & Leisure	9:00 am 3 Lane & Leisure	9:00 am Lane & Leisure	10:00 am

	11:30 am Everyone Welcome Swim 1:00 pm Everyone Welcome Swim 2:30 pm Everyone Welcome Swim 3:00 pm Everyone Welcome Swim 5:00 pm Everyone Welcome Swim 5:30 pm Everyone Welcome Swim 6:00 pm Lane & Leisure 6:30 pm 3 Lane & Leisure		9:30 am Playgroup Drop in Play - KFFRC 11:00 am 6 Lane & Leisure 12:00 pm Lane & Leisure 2:30 pm Therapeutic Adult Swim 3:00 pm After School Program 4:00 pm Leisure Swim with Slides 5:00 pm Everyone Welcome Swim 6:00 pm Shallow End Only - Everyone Welcome Swim 6:00 pm Leisure Swim with Slides 7:00 pm Shallow End Only - Everyone Welcome Swim 7:00 pm 6 Lane & Leisure	9:00 am Pop in Tot 11:00 am 3 Lane & Leisure 12:00 pm Lane & Leisure 2:30 pm Everyone Welcome Swim 3:00 pm After School Program 4:30 pm Leisure Swim with Slides 5:00 pm Everyone Welcome Swim 6:00 pm Lane & Leisure 6:00 pm Everyone Welcome Swim 7:00 pm 3 Lane & Leisure	9:30 am Playgroup Drop in Play - KFFRC 10:00 am 6 Lane & Leisure 12:00 pm Lane & Leisure 3:00 pm After School Program 4:00 pm Leisure Swim with Slides 5:00 pm Everyone Welcome Swim 6:00 pm Shallow End Only - Everyone Welcome Swim 6:00 pm Leisure Swim with Slides 7:00 pm Shallow End Only - Everyone Welcome Swim 7:00 pm 6 Lane & Leisure	9:00 am Pop in Tot 10:00 am 3 Lane & Leisure 12:00 pm 3 Lane & Leisure 12:00 pm Lane & Leisure 2:30 pm Everyone Welcome Swim 3:50 pm Lane & Leisure 5:00 pm Lane & Leisure 5:30 pm Everyone Welcome Swim 7:00 pm 3 Lane & Leisure	Leisure Swim with Slides 10:00 am Lane & Leisure 11:30 am Everyone Welcome Swim 12:00 pm Lane & Leisure 1:00 pm Everyone Welcome Swim 2:30 pm Everyone Welcome Swim 3:00 pm Everyone Welcome Swim 5:00 pm Everyone Welcome Swim 5:30 pm Everyone Welcome Swim 6:00 pm Everyone Welcome Swim 6:30 pm 3 Lane & Leisure
29 7:00 am Leisure Swim 7:30 am 6 Lane Swim 8:00 am Lane & Leisure 9:00 am 3 Lane & Leisure 10:00 am Lane & Leisure 10:30 am 3 Lane & Leisure 11:30 am Everyone Welcome Swim 12:00 pm Lane & Leisure 1:00 pm Everyone Welcome Swim 2:30 pm Everyone Welcome Swim 3:00 pm Everyone Welcome Swim 4:00 pm 6 Lane	30 7:00 am Leisure Swim 7:00 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am 6 Lane Swim 9:00 am Pop in Tot 9:00 am Lane & Leisure 10:00 am 3 Lane & Leisure 12:00 pm 6 Lane & Leisure 12:00 pm Lane & Leisure 2:30 pm Everyone Welcome Swim 4:00 pm Leisure Swim with Slides 4:00 pm Everyone Welcome Swim						

Swim	5:00 pm Lane & Leisure				
5:00 pm Everyone Welcome Swim	6:00 pm Everyone Welcome Swim				
5:30 pm Everyone Welcome Swim	7:00 pm 3 Lane & Leisure				
6:00 pm Lane & Leisure					
6:30 pm 3 Lane & Leisure					

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