

# October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		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	7:30 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 Lane & Leisure	7:30 am Lane & Leisure	7:30 am Lane & Leisure	10:00 am Playgroup (Drop In)
		9:00 am Leisure Swim	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	3:00 pm Everyone Welcome Swim
		9:00 am Aquatic Fitness	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	3:00 pm Everyone Welcome Swim
		9:00 am Preschool	10:00 am Aquatic Fitness	9:00 am Preschool	10:00 am 6 Lane Swim	5:30 pm Lane & Leisure
		9:30 am Drop In Play	10:00 am Lane & Leisure	9:30 am Drop In Play	10:00 am Lane & Leisure	5:30 pm Everyone Welcome Swim
		10:00 am Core Balance	10:00 am Adults in Motion	10:00 am Playgroup (Drop In)	10:00 am Adults in Motion	5:30 pm Everyone Welcome Swim
		10:00 am Playgroup (Drop In)	10:30 am Eastern Health - Breastfeeding Support	10:00 am 6 Lane & Leisure	11:00 am Adults in Motion	6:30 pm Family Open Gym Drop-in.
		10:00 am Bridge Level 1	11:00 am Core Balance	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	6:30 pm Family Open Gym Drop-in.
		10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	11:00 am Body Conditioning - Fitness	2:00 pm Pop in Tot	6:30 pm Everyone Welcome Swim
		10:00 am 6 Lane & Leisure	11:45 am Walk & Wheel - Drop In	11:00 am Connecting Communities	5:00 pm After school program	7:00 pm 3 Lane & Leisure
		11:00 am Food on the Move	12:00 pm Walk & Wheel - Drop In	1:00 pm Mother Goose - KFFRC	7:00 pm Everyone Welcome Swim	7:00 pm 3 Lane & Leisure
		11:00 am Body Conditioning - Fitness	2:00 pm Pop in Tot	4:00 pm Youth Outdoor Basketball	7:00 pm Everyone Welcome Swim	
		12:00 pm Connecting Communities	5:00 pm After school program	5:00 pm After school program	8:00 pm 3 Lane & Leisure	
		2:00 pm Therapeutic Adult Swim	6:00 pm Youth Drop in	7:00 pm Body Conditioning		
		5:00 pm After school program	6:00 pm Youth Drop in	7:00 pm 6 Lane & Leisure		
		6:00 pm Adventures Before Bedtime - KFFRC	6:30 pm Fitness-Mixed Level Yoga	7:00 pm Shallow End Only - Everyone Welcome Swim		
		6:00 pm Youth Drop in - Sports	6:30 pm Body Conditioning			
		7:00 pm 6 Lane & Leisure	7:00 pm Lane & Leisure			
		7:00 pm Shallow End Only - Everyone Welcome Swim	7:00 pm Everyone Welcome Swim			
			8:00 pm Open Gym Drop-in at Southlands Community Centre			

			8:00 pm Fitness- Beginner Yoga			
6	7	8	9	10	11	12
7:00 am 6 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 Lane & Leisure	7:00 am Lane & Leisure	7:00 am Leisure 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
11:00 am Lane & Leisure	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am Lane & Leisure	7:30 am Lane & Leisure	7:30 am Lane & Leisure	10:00 am Playgroup (Drop In)
1:00 pm Everyone Welcome Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	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 Aquatic Fitness	9:00 am Aquatic Fitness	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 Drop In Play	9:00 am Preschool Play	10:00 am Aquatic Fitness	9:00 am Preschool Play	10:00 am 6 Lane Swim	5:30 pm Lane & Leisure
5:30 pm Everyone Welcome Swim	10:00 am Adults in Motion	9:30 am Drop In Play	10:00 am Lane & Leisure	9:30 am Drop In Play	10:00 am Lane & Leisure	5:30 pm Everyone Welcome Swim
6:00 pm Lane & Leisure	10:00 am Aquatic Fitness	10:00 am Playgroup (Drop In)	10:00 am Adults in Motion	10:00 am Core Balance	10:00 am Adults in Motion	5:30 pm Everyone Welcome Swim
7:30 pm 6 Lane & Leisure	10:00 am Lane & Leisure	10:00 am Core Balance	10:30 am Eastern Health - Breastfeeding Support	10:00 am Playgroup (Drop In)	11:00 am Adults in Motion	6:30 pm Family Open Gym Drop-in.
	11:00 am Adults in Motion	10:00 am Bridge Level 1	11:00 am Core Balance	10:00 am 6 Lane & Leisure	11:00 am 3 Lane & Leisure	6:30 pm Everyone Welcome Swim
	11:00 am 3 Lane & Leisure	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	10:00 am Lane & Leisure	2:00 pm Pop in Tot	6:30 pm Everyone Welcome Swim
	11:45 am Walk & Wheel - Drop In	10:00 am 6 Lane & Leisure	11:45 am Walk & Wheel - Drop In	11:00 am Body Conditioning - Fitness	5:00 pm After school program	7:00 pm 3 Lane & Leisure
	12:00 pm Walk & Wheel - Drop In	11:00 am Body Conditioning - Fitness	12:00 pm Walk & Wheel - Drop In	11:00 am Connecting Communities	7:00 pm Everyone Welcome Swim	
	1:30 pm Harm Reduction Van	12:00 pm Connecting Communities	2:00 pm Pop in Tot	1:00 pm Mother Goose - KFFRC	7:00 pm Everyone Welcome Swim	
	2:00 pm Pop in Tot	2:00 pm Therapeutic Adult Swim	5:00 pm After school program	4:00 pm Youth Outdoor Basketball	8:00 pm 3 Lane & Leisure	
	5:00 pm After school program	5:00 pm After school program	6:00 pm Youth Drop in	5:00 pm After school program		
	6:00 pm Learn to Knit	6:00 pm Adventures Before Bedtime - KFFRC	6:00 pm Youth Drop in	7:00 pm Body Conditioning		
	6:00 pm Youth Drop-in.	6:00 pm Youth Drop in - Sports	6:30 pm Fitness-Mixed Level Yoga	7:00 pm 6 Lane & Leisure		
	6:30 pm Body Conditioning	7:00 pm 6 Lane & Leisure	6:30 pm Body Conditioning	7:00 pm Shallow End Only - Everyone Welcome Swim		
	7:00 pm Body Conditioning	7:00 pm Shallow End Only - Everyone Welcome Swim	7:00 pm Lane & Leisure			
	7:00 pm Lane & Leisure	7:00 pm Everyone Welcome Swim	7:00 pm Everyone Welcome Swim			
	7:00 pm Leisure Swim	8:00 pm Open Gym Drop-in at Southlands Community Centre	8:00 pm Open Gym Drop-in at Southlands Community Centre			
	7:00 pm Aquatic Fitness	8:00 pm Fitness-Beginner Yoga	8:00 pm Fitness-Beginner Yoga			
	7:30 pm Open Gym Drop-in at Kenmount Terrace Community Centre					
13	14	15	16	17	18	19
7:00 am 6 Lane & Leisure	1:30 pm Harm Reduction Van	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	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim

11:00 am Lane & Leisure		7:30 am 6 Lane Swim	7:30 am Lane & Leisure	7:30 am Lane & Leisure	7:30 am Lane & Leisure	9:00 am Home Alone
1:00 pm Everyone Welcome Swim		9:00 am Leisure Swim	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	2:30 pm Everyone Welcome Swim
3:00 pm Everyone Welcome Swim		9:00 am Aquatic Fitness	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	
4:00 pm Lane & Leisure		9:00 am Preschool	10:00 am Aquatic Fitness	9:00 am Preschool	10:00 am 6 Lane Swim	3:00 pm Everyone Welcome Swim
5:30 pm Everyone Welcome Swim		9:30 am Drop In Play	10:00 am Lane & Leisure	9:30 am Drop In Play	10:00 am Lane & Leisure	
6:00 pm Lane & Leisure		10:00 am Core Balance	10:00 am Adults in Motion	10:00 am Core Balance	10:00 am Adults in Motion	5:30 pm Lane & Leisure
7:30 pm 6 Lane & Leisure		10:00 am Playgroup (Drop In)	10:30 am Eastern Health - Breastfeeding Support	10:00 am Playgroup (Drop In)	11:00 am Adults in Motion	5:30 pm Everyone Welcome Swim
		10:00 am Bridge Level 1	11:00 am Core Balance	10:00 am 6 Lane & Leisure	11:00 am 3 Lane & Leisure	6:30 pm Family Open Gym Drop-in.
		10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	10:00 am Lane & Leisure	2:00 pm Pop in Tot	6:30 pm Everyone Welcome Swim
		10:00 am 6 Lane & Leisure	11:45 am Walk & Wheel - Drop In	11:00 am Body Conditioning - Fitness	5:00 pm After school program	7:00 pm Everyone Welcome Swim
		11:00 am Body Conditioning - Fitness	12:00 pm Walk & Wheel - Drop In	11:00 am Connecting Communities	7:00 pm Everyone Welcome Swim	7:00 pm 3 Lane & Leisure
		12:00 pm Connecting Communities	2:00 pm Pop in Tot	1:00 pm Mother Goose - KFFRC	7:00 pm Everyone Welcome Swim	
		2:00 pm Therapeutic Adult Swim	5:00 pm After school program	4:00 pm Youth Outdoor Basketball	8:00 pm 3 Lane & Leisure	
		5:00 pm After school program	6:00 pm Youth Drop in	5:00 pm After school program		
		6:00 pm Adventures Before Bedtime - KFFRC	6:00 pm Youth Drop in	7:00 pm Body Conditioning		
		6:00 pm Youth Drop in - Sports	6:30 pm Fitness-Mixed Level Yoga	7:00 pm 6 Lane & Leisure		
		7:00 pm 6 Lane & Leisure	6:30 pm Body Conditioning	7:00 pm Shallow End Only - Everyone Welcome Swim		
		7:00 pm Shallow End Only - Everyone Welcome Swim	7:00 pm Lane & Leisure			
			7:00 pm Everyone Welcome Swim			
			8:00 pm Open Gym Drop-in at Southlands Community Centre			
			8:00 pm Fitness-Beginner Yoga			

20	21	22	23	24	25	26
7:00 am 6 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 Lane & Leisure
7:00 am Lane & Leisure	7:00 am Lane & Leisure	7:00 am Leisure Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:00 am 6 Lane Swim	7:00 am 6 Lane Swim
11:00 am Lane & Leisure	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am Lane & Leisure	7:30 am Lane & Leisure	7:00 am Lane & Leisure	7:00 am Leisure Swim
1:00 pm Everyone Welcome Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	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	2:00 pm Fall Family Fun Day
3:00 pm Everyone Welcome Swim	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	

4:00 pm Lane & Leisure	9:30 am Drop In Play	9:00 am Preschool	10:00 am Aquatic Fitness	9:00 am Preschool	10:00 am 6 Lane Swim	2:30 pm Everyone Welcome Swim
5:30 pm Everyone Welcome Swim	10:00 am Adults in Motion	9:30 am Drop In Play	10:00 am Lane & Leisure	9:30 am Drop In Play	10:00 am Lane & Leisure	3:00 pm Everyone Welcome Swim
6:00 pm Lane & Leisure	10:00 am Aquatic Fitness	10:00 am Playgroup (Drop In)	10:00 am Adults in Motion	10:00 am Core Balance	10:00 am Adults in Motion	5:30 pm Lane & Leisure
7:30 pm 6 Lane & Leisure	10:00 am Lane & Leisure	10:00 am Core Balance	10:30 am Eastern Health - Breastfeeding Support	10:00 am Playgroup (Drop In)	11:00 am Adults in Motion	5:30 pm Everyone Welcome Swim
	11:00 am Adults in Motion	10:00 am Bridge Level 1	11:00 am Core Balance	10:00 am 6 Lane & Leisure	11:00 am 3 Lane & Leisure	5:30 pm Everyone Welcome Swim
	11:00 am 3 Lane & Leisure	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	10:00 am Lane & Leisure	2:00 pm Pop in Tot	6:30 pm Family Open Gym Drop-in.
	11:45 am Walk & Wheel - Drop In	10:00 am 6 Lane & Leisure	11:45 am Walk & Wheel - Drop In	11:00 am Body Conditioning - Fitness	5:00 pm After school program	6:30 pm Everyone Welcome Swim
	12:00 pm Walk & Wheel - Drop In	11:00 am Body Conditioning - Fitness	12:00 pm Walk & Wheel - Drop In	11:00 am Connecting Communities	7:00 pm Everyone Welcome Swim	6:30 pm Everyone Welcome Swim
	1:30 pm Harm Reduction Van	12:00 pm Connecting Communities	2:00 pm Pop in Tot	1:00 pm Mother Goose - KFFRC	8:00 pm 3 Lane & Leisure	7:00 pm 3 Lane & Leisure
	2:00 pm Pop in Tot	2:00 pm Therapeutic Adult Swim	5:00 pm After school program	5:00 pm After school program		
	5:00 pm After school program	5:00 pm After school program	6:00 pm Youth Drop in	7:00 pm Body Conditioning		
	6:00 pm Learn to Knit	6:00 pm Adventures Before Bedtime - KFFRC	6:00 pm Youth Drop in	7:00 pm 6 Lane & Leisure		
	6:00 pm Youth Drop-in.	6:00 pm Youth Drop in - Sports	6:30 pm Fitness-Mixed Level Yoga	7:00 pm Shallow End Only - Everyone Welcome Swim		
	6:30 pm Body Conditioning	7:00 pm 6 Lane & Leisure	6:30 pm Body Conditioning			
	7:00 pm Body Conditioning	7:00 pm Shallow End Only - Everyone Welcome Swim	7:00 pm Lane & Leisure			
	7:00 pm Lane & Leisure		7:00 pm Everyone Welcome Swim			
	7:00 pm Leisure Swim		8:00 pm Open Gym Drop-in at Southlands Community Centre			
	7:00 pm Aquatic Fitness		8:00 pm Fitness-Beginner Yoga			
	7:30 pm Open Gym Drop-in at Kenmount Terrace Community Centre					

27	28	29	30	31		
7:00 am 6 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 Lane & Leisure	7:00 am Lane & Leisure	7:00 am Leisure Swim	7:30 am 6 Lane Swim	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 Lane & Leisure	7:30 am Lane & Leisure		
1:00 pm Everyone Welcome Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	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		
3:00 pm Everyone Welcome Swim	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Leisure Swim	9:00 am Leisure Swim		
4:00 pm Lane & Leisure	9:30 am Drop In Play	9:00 am Preschool	10:00 am Aquatic Fitness	9:00 am Preschool		
5:30 pm Everyone Welcome Swim	10:00 am Adults in Motion	9:30 am Drop In Play	10:00 am Lane & Leisure	9:30 am Drop In Play		
6:00 pm Lane & Leisure	10:00 am Aquatic Fitness	10:00 am Playgroup (Drop In)	10:00 am Adults in Motion	10:00 am Core Balance		
7:30 pm 6 Lane &	10:00 am Lane &	10:00 am Core Balance	10:30 am Eastern	10:00 am Playgroup (Drop In)		

Leisure	Leisure 11:00 am Adults in Motion 11:00 am 3 Lane & Leisure 11:45 am Walk & Wheel - Drop In 12:00 pm Walk & Wheel - Drop In 1:30 pm Harm Reduction Van 2:00 pm Pop in Tot 5:00 pm After school program 6:00 pm Learn to Knit 6:00 pm Youth Drop-in. 6:30 pm Body Conditioning 7:00 pm Body Conditioning 7:00 pm Lane & Leisure 7:00 pm Leisure Swim 7:00 pm Aquatic Fitness 7:30 pm Open Gym Drop-in at Kenmount Terrace Community Centre	10:00 am Bridge Level 1 10:00 am Lane & Leisure 10:00 am 6 Lane & Leisure 11:00 am Body Conditioning - Fitness 12:00 pm Connecting Communities 2:00 pm Therapeutic Adult Swim 5:00 pm After school program 6:00 pm Adventures Before Bedtime - KFFRC 6:00 pm Youth Drop in - Sports 7:00 pm 6 Lane & Leisure 7:00 pm Shallow End Only - Everyone Welcome Swim	Health - Breastfeeding Support 11:00 am Core Balance 11:00 am 3 Lane & Leisure 11:45 am Walk & Wheel - Drop In 12:00 pm Walk & Wheel - Drop In 2:00 pm Pop in Tot 5:00 pm After school program 6:00 pm Youth Drop in 6:00 pm Youth Drop in 6:30 pm Fitness-Mixed Level Yoga 6:30 pm Body Conditioning 7:00 pm Lane & Leisure 7:00 pm Everyone Welcome Swim 8:00 pm Open Gym Drop-in at Southlands Community Centre 8:00 pm Fitness-Beginner Yoga	10:00 am 6 Lane & Leisure 10:00 am Lane & Leisure 11:00 am Body Conditioning - Fitness 11:00 am Connecting Communities 1:00 pm Mother Goose - KFFRC 5:00 pm After school program 7:00 pm Body Conditioning 7:00 pm 6 Lane & Leisure 7:00 pm Shallow End Only - Everyone Welcome Swim	
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