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
		9:00 am Leisure Swim	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	(Drop In) 2:30 pm
		9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	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
		9:00 am Preschool	10:00 am Aquatic Fitness	9:00 am Preschool	10:00 am 6 Lane Swim	Welcome Swim
		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 Lane & Leisure
		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
		10:00 am Playgroup (Drop In)	10:30 am Eastern Health -	10:00 am 6 Lane & Leisure	11:00 am Adults in Motion	Welcome Swim
		10:00 am Bridge Level 1	Breastfeeding Support	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	6:30 pm Family Open
		10:00 am Lane & Leisure	11:00 am Core Balance	11:00 am Body Conditioning - Fitness	2:00 pm Pop in Tot	Gym Drop-in. 6:30 pm
		10:00 am 6 Lane & Leisure	11:00 am 3 Lane & Leisure	11:00 am	5:00 pm After school program	Everyone Welcome Swim
		11:00 am Food on the Move	11:45 am Walk & Wheel - Drop In	Connecting Communities	7:00 pm Everyone Welcome Swim	7:00 pm 3 Lane &
		11:00 am Body Conditioning - Fitness	12:00 pm Walk & Wheel - Drop In	1:00 pm Mother Goose - KFFRC 4:00 pm Youth	7:00 pm Everyone Welcome Swim	Leisure
		12:00 pm	2:00 pm Pop in Tot	Outdoor Basketball	8:00 pm 3 Lane & Leisure	
		Connecting Communities	5:00 pm After school program	5:00 pm After school program		
		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		
		6:00 pm Youth Drop	6:30 pm Body Conditioning	Swim		
		in - Sports 7:00 pm 6 Lane &	7:00 pm Lane & Leisure			
		7:00 pm Shallow	7:00 pm Everyone Welcome Swim			
		End Only - 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
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	(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 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
4:00 pm Lane & Leisure	9:30 am Drop In Play	9:00 am Preschool 9:30 am Drop In	10:00 am Aquatic Fitness	9:00 am Preschool 9:30 am Drop In	10:00 am 6 Lane Swim	Welcome Swim
5:30 pm Everyone Welcome Swim	10:00 am Adults in Motion	Play 10:00 am Playgroup	10:00 am Lane & Leisure	Play 10:00 am Core	10:00 am Lane & Leisure	5:30 pm Lane & Leisure
6:00 pm Lane & Leisure	10:00 am Aquatic Fitness	(Drop In) 10:00 am Core	10:00 am Adults in Motion	Balance 10:00 am Playgroup	10:00 am Adults in Motion	5:30 pm Everyone Welcome
7:30 pm 6 Lane & Leisure	10:00 am Lane & Leisure	Balance 10:00 am Bridge	10:30 am Eastern Health -	(Drop In) 10:00 am 6 Lane &	11:00 am Adults in Motion	Swim 6:30 pm
	11:00 am Adults in Motion	Level 1 10:00 am Lane &	Breastfeeding Support	Leisure 10:00 am Lane &	11:00 am 3 Lane & Leisure	Family Open Gym Drop-in.
	11:00 am 3 Lane & Leisure	Leisure 10:00 am 6 Lane &	11:00 am Core Balance	Leisure 11:00 am Body	2:00 pm Pop in Tot 5:00 pm After	6:30 pm Everyone
	11:45 am Walk & Wheel - Drop In	Leisure 11:00 am Body	11:00 am 3 Lane & Leisure	Conditioning - Fitness	school program 7:00 pm Everyone	Welcome Swim
	12:00 pm Walk & Wheel - Drop In	Conditioning - Fitness	11:45 am Walk & Wheel - Drop In	11:00 am Connecting	Welcome Swim 7:00 pm Everyone	7:00 pm 3 Lane & Leisure
	1:30 pm Harm Reduction Van	12:00 pm Connecting	12:00 pm Walk & Wheel - Drop In	Communities 1:00 pm Mother	Welcome Swim 8:00 pm 3 Lane &	
	2:00 pm Pop in Tot	Communities 2:00 pm Therapeutic	2:00 pm Pop in Tot 5:00 pm After	Goose - KFFRC 4:00 pm Youth	Leisure	
	5:00 pm After school program	Adult Swim	school program	Outdoor Basketball		
	6:00 pm Learn to Knit	5:00 pm After school program	6:00 pm Youth Drop in	5:00 pm After school program		
	6:00 pm Youth Drop-in.	6:00 pm Adventures Before Bedtime - KFFRC	6:00 pm Youth Drop in 6:30 pm Fitness-	7:00 pm Body Conditioning		
	6:30 pm Body Conditioning	6:00 pm Youth Drop in - Sports	Mixed Level Yoga 6:30 pm Body	7:00 pm 6 Lane & Leisure 7:00 pm Shallow		
	7:00 pm Body Conditioning	7:00 pm 6 Lane & Leisure	Conditioning 7:00 pm Lane &	End Only - Everyone Welcome		
	7:00 pm Lane & Leisure	7:00 pm Shallow End Only -	Leisure 7:00 pm Everyone	Swim		
	7:00 pm Leisure Swim	Everyone Welcome Swim	Welcome Swim 8:00 pm Open Gym			
	7:00 pm Aquatic Fitness		Drop-in at Southlands			
	7:30 pm Open Gym Drop-in at Kenmount Terrace		Community Centre 8:00 pm Fitness-			
	Community Centre		Beginner Yoga			
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
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	(Drop In) 2:30 pm
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	Everyone Welcome Swim
4:00 pm Lane & Leisure	9:00 am Preschool 9:30 am Drop In	10:00 am Aquatic Fitness	9:00 am Preschool 9:30 am Drop In	10:00 am 6 Lane Swim	3:00 pm Everyone Welcome
5:30 pm Everyone Welcome Swim	Play 10:00 am Core	10:00 am Lane & Leisure	Play 10:00 am Core	10:00 am Lane & Leisure	Swim
6:00 pm Lane & Leisure	Balance 10:00 am Playgroup	10:00 am Adults in Motion	Balance 10:00 am Playgroup	10:00 am Adults in Motion	5:30 pm Lane & Leisure
7:30 pm 6 Lane & Leisure	(Drop In) 10:00 am Bridge	10:30 am Eastern Health - Breastfeeding	(Drop In) 10:00 am 6 Lane &	11:00 am Adults in Motion	5:30 pm Everyone Welcome
	Level 1	Support	Leisure	11:00 am 3 Lane & Leisure	Swim
	10:00 am Lane & Leisure	11:00 am Core Balance	10:00 am Lane & Leisure	2:00 pm Pop in Tot	6:30 pm Family Open Gym Drop-in.
	10:00 am 6 Lane & Leisure	11:00 am 3 Lane & Leisure	11:00 am Body Conditioning - Fitness	5:00 pm After school program	6:30 pm
	11:00 am Body Conditioning - Fitness	11:45 am Walk & Wheel - Drop In	11:00 am Connecting	7:00 pm Everyone Welcome Swim	Everyone Welcome Swim
	12:00 pm Connecting	12:00 pm Walk & Wheel - Drop In	Communities 1:00 pm Mother	7:00 pm Everyone Welcome Swim	7:00 pm 3 Lane &
	Communities	2:00 pm Pop in Tot	Goose - KFFRC	8:00 pm 3 Lane & Leisure	Leisure
	2:00 pm Therapeutic Adult Swim	5:00 pm After school program	4:00 pm Youth Outdoor Basketball		
	5:00 pm After school program	6:00 pm Youth Drop in	5:00 pm After school program		
	6:00 pm Adventures Before Bedtime -	6:00 pm Youth Drop in	7:00 pm Body Conditioning		
	KFFRC 6:00 pm Youth Drop	6:30 pm Fitness- Mixed Level Yoga	7:00 pm 6 Lane & Leisure		
	in - Sports 7:00 pm 6 Lane &	6:30 pm Body Conditioning	7:00 pm Shallow End Only -		
	Leisure 7:00 pm Shallow	7:00 pm Lane & Leisure	Everyone Welcome Swim		
	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			
20 21	22	23	24	25	26
7:00 am 6 Lane & 7:00 ar Leisure Swim	m Leisure 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 & 7:00 am Leisure Leisure	m Lane & 7:00 am Leisure e 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 & 7:30 ar Leisure Swim	m 6 Lane 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 9:00 ar Welcome Swim Swim	m Leisure 9:00 am Leisure Swim	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	10:00 am Playgroup
2:30 pm Everyone 9:00 ar Welcome Swim Fitness	m Aquatic 9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	(Drop In) 2:00 pm Fall Family Fyn
3:00 pm Everyone 9:00 ar Welcome Swim Fitness	m Aquatic 9:00 am Aquatic s Fitness	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	Family Fun Day

4:00 pm Lane & Leisure 5:30 pm Everyone Welcome Swim 6:00 pm Lane & Leisure 7:30 pm 6 Lane & Leisure	9:30 am Drop In Play 10:00 am Adults in Motion 10:00 am Aquatic Fitness 10:00 am Lane & 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	9:00 am Preschool 9:30 am Drop In Play 10:00 am Playgroup (Drop In) 10:00 am Core Balance 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	10:00 am Aquatic Fitness 10:00 am Lane & Leisure 10:00 am Adults in Motion 10:30 am Eastern 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	9:00 am Preschool 9:30 am Drop In Play 10:00 am Core Balance 10:00 am Playgroup (Drop In) 10:00 am 6 Lane & Leisure 10:00 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	10:00 am 6 Lane Swim 10:00 am Lane & Leisure 10:00 am Adults in Motion 11:00 am Adults in Motion 11:00 am 3 Lane & Leisure 2:00 pm Pop in Tot 5:00 pm After school program 7:00 pm Everyone Welcome Swim 7:00 pm Everyone Welcome Swim 8:00 pm 3 Lane & Leisure	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
27 7:00 am 6 Lane &	28 7:00 am Leisure	29 7:00 am Lane &	30 7:00 am Leisure	31 7:00 am Leisure		
Leisure	Swim	Leisure	Swim	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 Playgroup	10:00 am Lane & Leisure	9:30 am Drop In Play 10:00 am Core		
6:00 pm Lane & Leisure	10:00 am Aquatic Fitness	(Drop In)	10:00 am Adults in Motion	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)		

Kenmount Terrace Community Centre 8:00 pm Fitness- Beginner Yoga

https://calendar.stjohns.ca