## November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					7:00 am Leisure Swim	7:00 am Leisure Swim
					7:30 am 6 Lane Swim	7:30 am 6 Lane Swim
					7:30 am Lane & Leisure	10:00 am Playgroup
					9:00 am Aquatic Fitness	(Drop In) 2:30 pm
					9:00 am Aquatic Fitness	Everyone Welcome Swim
					9:00 am Leisure Swim	3:00 pm Everyone
					10:00 am 6 Lane Swim	Welcome Swim
					10:00 am Lane & Leisure	5:30 pm Lane & Leisure
					10:00 am Adults in Motion	5:30 pm Everyone Welcome
					11:00 am Adults in Motion	Swim
					11:00 am 3 Lane & Leisure	6:30 pm Family Open Gym Drop-in.
					2:00 pm Pop in Tot	6:30 pm
					5:00 pm After school program	Everyone Welcome Swim
					7:00 pm Everyone Welcome Swim	7:00 pm 3 Lane &
					7:00 pm Everyone Welcome Swim	Leisure
					8:00 pm 3 Lane & Leisure	
3	4	5	6	7	8	9
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	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
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	9:00 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	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	9:00 am Aquatic Fitness	(Drop In) 11:00 am
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	Lane & Leisure
3:30 pm Tri Sport - Discovery	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	1:00 pm Everyone Welcome
4:00 pm Lane &	10:00 am Playgroup	Play	10:00 am Lane &	Play	10:00 am Lane &	Swim

Explore Motion  5:00 pm Everyone Welcome Swim  5:30 pm Everyone Welcome Swim  10:00 am Aquatic  Fitness  10:00 am Playgroup  (Drop In)  10:00 am Blance  10:00 am Eastern  Health -  Breastfeeding  Support  10:00 am Lane &  Leisure  2:  10:00 am Playgroup  (Drop In)  10:00 am Blance  10:00 am	0:00 am Adults in Motion 1:00 am Adults in Motion	2:30 pm Everyone Welcome Swim
5:00 pm Everyone Welcome Swim  Fitness  10:00 am Aquatic Fitness  10:00 am Core  10:00 am Core  10:00 am Core  10:00 am Eastern  Health - Breastfeeding Support  Motion  10:00 am Aquatic (Drop In)  10:00 am Playgroup (Drop In)  10:00 am Blance  10:00 am Eastern Health - Breastfeeding Support  10:00 am Lane & Leisure  2:	Motion	
5:30 pm Everyone   10:00 am Lane & Balance   10:30 am Eastern   Leisure   11:00 am Lane & Leisure   10:00 am Lane & Leisure   10:00 am Lane & Leisure   10:00 am Lane & Leisure   2:   10:00 am Lane & Leisure   10:00 am Lane & Leisure   10:00 am Lane & Leisure   2:   10:00 am Lane & Leisure   10:00 am L	1.00 2.1 0	3:00 pm
6:00 pm Lane & 11:00 am Adults in Leisure Support Leisure 2:	1:00 am 3 Lane & Leisure	Everyone Welcome Swim
	2:00 pm Pop in Tot	5:30 pm Lane
10:00 am 6 Lane & 11:00 am Core 11:00 am 5:	5:00 pm Lane & Leisure	& Leisure 5:30 pm
11:00 am Body   11:00 am 3 Lane &   5:	5:00 pm After school program	Everyone Welcome Swim
11:45 am Walk & Fitness 6:	5:00 pm Everyone Welcome Swim	6:30 pm Family Open
1:30 pm Harm 12:00 pm Walk & Goose - KFFRC Wheel - Drop In 5:00 pm 6 Lane	7:00 pm Everyone Welcome Swim	Gym Drop-in. 6:30 pm
Communities 2:00 pm Pop in Tot Swim 7:	7:00 pm Everyone Welcome Swim	Everyone Welcome
2:00 pm Therapeutic 5:00 pm After 5:00 pm After School program 8:	3:00 pm 3 Lane & Leisure	Swim 7:00 pm 3
5:00 pm Lane & 5:00 pm After 5:00 pm Lane & 6:00 pm Shallow End Only -		Lane & Leisure
6:00 pm Everyone Swim  5:00 pm 6 Lane Swim  6:00 pm Everyone Welcome Swim		
6:00 pm Learn to End Only -  6:00 pm Shallow End Only -  6:00 pm Youth Drop in  7:00 pm Body Conditioning		
6:00 pm Youth Swim  Swim  6:00 pm Youth Drop in 6:00 pm Youth Drop in		
6:30 pm Body Conditioning  6:00 pm Adventures Before Bedtime - KFFRC  6:30 pm Fitness- Mixed Level Yoga  7:00 pm Shallow End Only - Everyone Welcome		
7:00 pm Body Conditioning  6:00 pm Youth Drop in - Sports  6:30 pm Body Conditioning  Swim		
7:00 pm Lane & 7:00 pm 6 Lane & Leisure 7:00 pm Lane & Leisure		
7:00 pm Leisure Swim 7:00 pm Shallow End Only - 7:00 pm Everyone Welcome Swim		
7:00 pm Aquatic Fitness Everyone Welcome Swim Swim Southlands Southlands		
7:30 pm Open Gym Community Centre		
Drop-in at Kenmount Terrace Community Centre  8:00 pm Fitness- Beginner Yoga		
10 11 12 13 14 15	.5	16
	7:00 am Leisure Swim	7:00 am Lane & Leisure
	7:00 am 6 Lane Swim	7:00 am 6 Lane Swim
	7:00 am Lane & Leisure	7:00 am Leisure Swim
	9:00 am Aquatic	9:00 am Lane & Leisure
	9:00 am Aquatic	9:00 am Home Alone
	9:00 am Leisure Swim	10:00 am Move It Event
Explore Fitness Sy	0:00 am 6 Lane Swim	11:00 am Lane &
9:30 am Drop In   9:30 am Drop In   9:30 am Drop In   10:00 am Lane &   9:30 am Drop In   10:00 am Lane &   10:00 am L	0:00 am Lane &	Leisure

Discovery 4:00 pm Lane & Leisure 5:00 pm Everyone Welcome Swim 5:30 pm Everyone Welcome Swim 6:00 pm Lane & Leisure 7:30 pm 6 Lane & Leisure		10:00 am Bridge Level 1 10:00 am Core Balance 10:00 am Playgroup (Drop In) 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 5:00 pm 6 Lane Swim 6:00 pm Shallow End Only - Everyone Welcome Swim 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	Leisure  10:00 am Adults in Motion  10:00 am Playgroup (Drop In)  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  5:00 pm Lane & Leisure  6:00 pm Everyone Welcome Swim  6:00 pm Come Craft with us  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 Playgroup (Drop In) 10:00 am Core Balance 10:00 am 6 Lane & Leisure 10:00 am Lane & Leisure 11:00 am Connecting Communities 11:00 am Body Conditioning - Fitness 1:00 pm Mother Goose - KFFRC 5:00 pm 6 Lane Swim 5:00 pm After school program 6:00 pm Shallow End Only - Everyone Welcome Swim 7:00 pm Body Conditioning 7:00 pm 6 Lane & Leisure 7:00 pm Shallow End Only - Everyone Welcome Swim	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 Lane & Leisure 5:00 pm After school program 6:00 pm Everyone Welcome Swim 7:00 pm Everyone Welcome Swim 7:00 pm Everyone Welcome Swim 8:00 pm 3 Lane & Leisure	1:00 pm Everyone Welcome Swim 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
17 1	18	19	20	21	22	23
l l	7:00 am Lane &	7:00 am Leisure	7:00 am Leisure	7:00 am Leisure	7:00 am Leisure	7:00 am
	Leisure	Swim	Swim	Swim	Swim	Leisure Swim
	7:00 am Leisure	7:00 am Lane &	7:30 am 6 Lane	7:30 am 6 Lane	7:30 am 6 Lane	7:30 am 6
	Swim	Leisure	Swim	Swim	Swim	Lane Swim
	7:00 am 6 Lane	7:30 am 6 Lane	7:30 am Lane &	7:30 am Lane &	7:30 am Lane &	9:00 am Lane
	Swim	Swim	Leisure	Leisure	Leisure	& Leisure
	9:00 am Leisure	9:00 am Leisure	9:00 am Aquatic	9:00 am Aquatic	9:00 am Aquatic	9:00 am
	Swim	Swim	Fitness	Fitness	Fitness	Babysitting
	9:00 am Aquatic	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)
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3:00 pm Everyone Welcome Swim 3:30 pm Tri Sport - Discovery 3:30 pm Tri Sport - Explore 4:00 pm Lane & Leisure 5:00 pm Everyone Welcome Swim 5:30 pm Everyone Welcome Swim 6:00 pm Lane & Leisure 6:00 pm Acrylic Paint - Winter Scene 7:30 pm 6 Lane & Leisure	9:30 am Drop In Play 10:00 am Playgroup (Drop In) 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 Adults in Motion 11:00 am 3 Lane & Leisure 11:45 am Walk & Wheel - Drop In 12:00 pm Walk & Wheel - Drop In 12:00 pm Pop in Tot 5:00 pm After school program 5:00 pm Lane & Leisure 6:00 pm Everyone Welcome Swim 6:00 pm Kilbride Family Paint night 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 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 Bridge Level 1 10:00 am Core Balance 10:00 am Playgroup (Drop In) 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 5:00 pm 6 Lane Swim 6:00 pm Shallow End Only - Everyone Welcome Swim 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 10:00 am Playgroup (Drop In) 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 12:00 pm Pop in Tot 5:00 pm After school program 5:00 pm Lane & Leisure 6:00 pm Everyone Welcome Swim 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 Playgroup (Drop In) 10:00 am Core Balance 10:00 am 6 Lane & Leisure 10:00 am Lane & Leisure 11:00 am Connecting Communities 11:00 am Body Conditioning - Fitness 1:00 pm Mother Goose - KFFRC 5:00 pm 6 Lane Swim 5:00 pm After school program 6:00 pm Shallow End Only - Everyone Welcome Swim 7:00 pm Body Conditioning 7:00 pm 6 Lane & Leisure 7:00 pm Shallow End Only - Everyone Welcome Swim	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 Lane & Leisure  5:00 pm After school program  6:00 pm Everyone Welcome Swim  7:00 pm Everyone Welcome Swim  7:00 pm Everyone Welcome Swim  8:00 pm 3 Lane & Leisure	Lane & Leisure  1:00 pm Everyone Welcome Swim  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
	1		Beginner Yoga			
24	25	26	27	28	29	
7:00 am 6 Lane &	7:00 am Lane &	7:00 am Leisure	7:00 am Leisure	7:00 am Leisure	7:00 am Leisure	
Leisure	Leisure	Swim	Swim	Swim	Swim	
7:00 am Lane &	7:00 am Leisure	7:00 am Lane &	7:30 am 6 Lane	7:30 am 6 Lane	7:30 am 6 Lane	
Leisure	Swim	Leisure	Swim	Swim	Swim	
11:00 am Lane &	7:30 am 6 Lane	7:30 am 6 Lane	7:30 am Lane &	7:30 am Lane &	7:30 am Lane &	
Leisure	Swim	Swim	Leisure	Leisure	Leisure	
1:00 pm Everyone	9:00 am Leisure	9:00 am Leisure	9:00 am Aquatic	9:00 am Aquatic	9:00 am Aquatic	
Welcome Swim	Swim	Swim	Fitness	Fitness	Fitness	
2:30 pm Everyone	9:00 am Aquatic	9:00 am Aquatic	9:00 am Aquatic	9:00 am Aquatic	9:00 am Aquatic	

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