

# November 2024

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

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

|                                                                                                                                                                                 |                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Discovery<br>4:00 pm Lane & Leisure<br>5:00 pm Everyone Welcome Swim<br>5:30 pm Everyone Welcome Swim<br>6:00 pm Lane & Leisure<br>7:30 pm 6 Lane & Leisure                     |                                                                                                                                                           | 10:00 am Bridge Level 1<br>10:00 am Core Balance<br>10:00 am Playgroup (Drop In)<br>10:00 am Lane & Leisure<br>10:00 am 6 Lane & Leisure<br>11:00 am Body Conditioning - Fitness<br>12:00 pm Connecting Communities<br>2:00 pm Therapeutic Adult Swim<br>5:00 pm After school program<br>5:00 pm 6 Lane Swim<br>6:00 pm Shallow End Only - Everyone Welcome Swim<br>6:00 pm Adventures Before Bedtime - KFFRC<br>6:00 pm Youth Drop in - Sports<br>7:00 pm 6 Lane & Leisure<br>7:00 pm Shallow End Only - Everyone Welcome Swim | Leisure<br>10:00 am Adults in Motion<br>10:00 am Playgroup (Drop In)<br>10:30 am Eastern Health - Breastfeeding Support<br>11:00 am Core Balance<br>11:00 am 3 Lane & Leisure<br>11:45 am Walk & Wheel - Drop In<br>12:00 pm Walk & Wheel - Drop In<br>2:00 pm Pop in Tot<br>5:00 pm After school program<br>5:00 pm Lane & Leisure<br>6:00 pm Everyone Welcome Swim<br>6:00 pm Come Craft with us<br>6:00 pm Youth Drop in<br>6:00 pm Youth Drop in<br>6:30 pm Fitness-Mixed Level Yoga<br>6:30 pm Body Conditioning<br>7:00 pm Lane & Leisure<br>7:00 pm Everyone Welcome Swim<br>8:00 pm Open Gym Drop-in at Southlands Community Centre<br>8:00 pm Fitness-Beginner Yoga | 10:00 am Playgroup (Drop In)<br>10:00 am Core Balance<br>10:00 am 6 Lane & Leisure<br>10:00 am Lane & Leisure<br>11:00 am Connecting Communities<br>11:00 am Body Conditioning - Fitness<br>1:00 pm Mother Goose - KFFRC<br>5:00 pm 6 Lane Swim<br>5:00 pm After school program<br>6:00 pm Shallow End Only - Everyone Welcome Swim<br>7:00 pm Body Conditioning<br>7:00 pm 6 Lane & Leisure<br>7:00 pm Shallow End Only - Everyone Welcome Swim | Leisure<br>10:00 am Adults in Motion<br>11:00 am Adults in Motion<br>11:00 am 3 Lane & Leisure<br>2:00 pm Pop in Tot<br>5:00 pm Lane & Leisure<br>5:00 pm After school program<br>6:00 pm Everyone Welcome Swim<br>7:00 pm Everyone Welcome Swim<br>7:00 pm Everyone Welcome Swim<br>8:00 pm 3 Lane & Leisure | 1:00 pm Everyone Welcome Swim<br>2:30 pm Everyone Welcome Swim<br>3:00 pm Everyone Welcome Swim<br>5:30 pm Lane & Leisure<br>5:30 pm Everyone Welcome Swim<br>6:30 pm Family Open Gym Drop-in.<br>6:30 pm Everyone Welcome Swim<br>7:00 pm 3 Lane & Leisure |
| 17<br>7:00 am 6 Lane & Leisure<br>7:00 am Lane & Leisure<br>9:00 am Lane & Leisure<br>11:00 am Lane & Leisure<br>1:00 pm Everyone Welcome Swim<br>2:30 pm Everyone Welcome Swim | 18<br>7:00 am Lane & Leisure<br>7:00 am Leisure Swim<br>7:00 am 6 Lane Swim<br>9:00 am Leisure Swim<br>9:00 am Aquatic Fitness<br>9:00 am Aquatic Fitness | 19<br>7:00 am Leisure Swim<br>7:00 am Lane & Leisure<br>7:30 am 6 Lane Swim<br>9:00 am Leisure Swim<br>9:00 am Aquatic Fitness<br>9:00 am Aquatic Fitness<br>9:00 am Aquatic Fitness                                                                                                                                                                                                                                                                                                                                            | 20<br>7:00 am Leisure Swim<br>7:30 am 6 Lane Swim<br>7:30 am Lane & Leisure<br>9:00 am Aquatic Fitness<br>9:00 am Aquatic Fitness<br>9:00 am Leisure Swim                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 21<br>7:00 am Leisure Swim<br>7:30 am 6 Lane Swim<br>7:30 am Lane & Leisure<br>9:00 am Aquatic Fitness<br>9:00 am Aquatic Fitness<br>9:00 am Leisure Swim                                                                                                                                                                                                                                                                                        | 22<br>7:00 am Leisure Swim<br>7:30 am 6 Lane Swim<br>7:30 am Lane & Leisure<br>9:00 am Aquatic Fitness<br>9:00 am Aquatic Fitness<br>9:00 am Leisure Swim                                                                                                                                                     | 23<br>7:00 am Leisure Swim<br>7:30 am 6 Lane Swim<br>9:00 am Lane & Leisure<br>9:00 am Babysitting<br>10:00 am Playgroup (Drop In)<br>11:00 am                                                                                                              |

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

|                               |                        |                        |                         |                         |                         |  |
|-------------------------------|------------------------|------------------------|-------------------------|-------------------------|-------------------------|--|
| 24                            | 25                     | 26                     | 27                      | 28                      | 29                      |  |
| 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 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     |  |
| 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  |  |
| 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              | 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                                | 10:00 am Aquatic Fitness                                | 9:00 am Preschool                                | 10:00 am 6 Lane Swim          |
| 3:30 pm Tri Sport - Discovery | 10:00 am Playgroup (Drop In)                                  | 9:30 am Drop In Play                             | 10:00 am Lane & Leisure                                 | 9:30 am Drop In Play                             | 10:00 am Lane & Leisure       |
| 4:00 pm Lane & Leisure        | 10:00 am Adults in Motion                                     | 10:00 am Bridge Level 1                          | 10:00 am Adults in Motion                               | 10:00 am Core Balance                            | 10:00 am Adults in Motion     |
| 5:00 pm Everyone Welcome Swim | 10:00 am Aquatic Fitness                                      | 10:00 am Playgroup (Drop In)                     | 10:00 am Playgroup (Drop In)                            | 10:00 am Playgroup (Drop In)                     | 11:00 am Adults in Motion     |
| 5:30 pm Everyone Welcome Swim | 10:00 am Lane & Leisure                                       | 10:00 am Core Balance                            | 10:30 am Eastern Health - Breastfeeding Support         | 10:00 am 6 Lane & Leisure                        | 11:00 am 3 Lane & Leisure     |
| 6:00 pm Lane & Leisure        | 11:00 am Adults in Motion                                     | 10:00 am Lane & Leisure                          | 11:00 am Core Balance                                   | 10:00 am Lane & Leisure                          | 2:00 pm Pop in Tot            |
| 7:30 pm 6 Lane & Leisure      | 11:00 am 3 Lane & Leisure                                     | 10:00 am 6 Lane & Leisure                        | 11:00 am Core Balance                                   | 11:00 am Connecting Communities                  | 5:00 pm Lane & Leisure        |
|                               | 11:45 am Walk & Wheel - Drop In                               | 11:00 am Body Conditioning - Fitness             | 11:00 am 3 Lane & Leisure                               | 11:00 am Body Conditioning - Fitness             | 5:00 pm After school program  |
|                               | 12:00 pm Walk & Wheel - Drop In                               | 12:00 pm Connecting Communities                  | 11:45 am Walk & Wheel - Drop In                         | 1:00 pm Mother Goose - KFFRC                     | 6:00 pm Everyone Welcome Swim |
|                               | 1:30 pm Harm Reduction Van                                    | 2:00 pm Therapeutic Adult Swim                   | 12:00 pm Walk & Wheel - Drop In                         | 5:00 pm 6 Lane Swim                              | 7:00 pm Everyone Welcome Swim |
|                               | 2:00 pm Pop in Tot                                            | 5:00 pm After school program                     | 2:00 pm Pop in Tot                                      | 5:00 pm After school program                     | 7:00 pm Everyone Welcome Swim |
|                               | 5:00 pm After school program                                  | 5:00 pm 6 Lane Swim                              | 5:00 pm After school program                            | 5:00 pm After school program                     | 8:00 pm 3 Lane & Leisure      |
|                               | 5:00 pm Lane & Leisure                                        | 6:00 pm Shallow End Only - Everyone Welcome Swim | 5:00 pm Lane & Leisure                                  | 6:00 pm Shallow End Only - Everyone Welcome Swim |                               |
|                               | 6:00 pm Everyone Welcome Swim                                 | 6:00 pm Youth Welcome Swim                       | 6:00 pm Everyone Welcome Swim                           | 7:00 pm Body Conditioning                        |                               |
|                               | 6:00 pm Learn to Knit                                         | 6:00 pm Adventures Before Bedtime - KFFRC        | 6:00 pm Come Craft with us                              | 7:00 pm Body Conditioning                        |                               |
|                               | 6:00 pm Youth Drop-in.                                        | 6:00 pm Youth Drop in - Sports                   | 6:00 pm Youth Drop in                                   | 7:00 pm 6 Lane & Leisure                         |                               |
|                               | 6:30 pm Body Conditioning                                     | 7:00 pm 6 Lane & Leisure                         | 6:00 pm Youth Drop in                                   | 7:00 pm Shallow End Only - Everyone Welcome Swim |                               |
|                               | 7:00 pm Body Conditioning                                     | 7:00 pm Shallow End Only - Everyone Welcome Swim | 6:30 pm Fitness-Mixed Level Yoga                        |                                                  |                               |
|                               | 7:00 pm Lane & Leisure                                        |                                                  | 6:30 pm Body Conditioning                               |                                                  |                               |
|                               | 7:00 pm Leisure 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                           |                                                  |                               |