

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6 3:00 pm Birthday Party - Swim & Splash	7	8	9	10	11 8:30 am Home Alone	12 1:00 pm National Lifeguard - Recert
13	14	15	16	17	18	19
20 10:00 am Lifesaving Swim Instructors 3:00 pm Birthday Party - Swim & Splash	21	22	23	24	25 7:30 am Lane Swim 8:30 am Home Alone 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am 55+ Shinny 8:30 am 55+ Shinny - GOALIE Registration ONLY 8:45 am AquaFitness 9:00 am 65+ Shinny - GOALIE Registration Only 9:00 am Adult Skate 9:00 am Walking Track 9:00 am Walking Track 9:00 am 65+ Shinny 9:15 am Zumba® Gold 9:30 am Public Swim (Lap & Leisure Only) 9:45 am Sun Salutation Beginners/Intermediate 10:00 am Chair Fitness 10:00 am Tiny Tots Skate 10:00 am Sport Court Reservation - Alder Saputo Centre 10:45 am Leisure Swim & Splash 11:00 am Walking Track 11:00 am Family Skate 11:00 am Restorative Yoga with Healing	26 7:00 am Drop-in Swims Cancelled for Swim Meet 7:30 am Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT 8:05 am Private Learn to Skate Youth (Ages 4+) 8:05 am Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT 8:45 am Semi-Private Learn to Skate Preschool (4 to 5 years) 8:45 am Parent & Child (Ages 2 to 5) 9:00 am Walking Track 9:00 am Walking Track 9:25 am Preschool (Ages 4 to 5) 9:30 am Adult Social Pickleball 9:30 am Junior Chefs (Ages 8-11) 10:05 am Parent & Child (Ages 2 to 5) 10:45 am Youth (Ages 6 to 17) 11:00 am

Singing Bowls	Walking Track
11:30 am Sport Court Reservation - Alder Saputo Centre	11:00 am Adult Social Pickleball
12:00 pm Adult Shinny	11:40 am Semi-Private Learn to Skate Youth (6 to 17 years)
12:00 pm Lane Swim	11:40 am Private Learn to Skate Youth (Ages 6 to 17)
12:00 pm Adult Shinny - GOALIE Registration ONLY	12:30 pm Sport Court Reservation - Alder Saputo Centre
1:00 pm Lane Swim	1:00 pm Walking Track
1:00 pm Sport Court Reservation - Alder Saputo Centre	2:00 pm Sport Court Reservation - Alder Saputo Centre
1:00 pm Walking Track	3:00 pm Walking Track
2:30 pm Sport Court Reservation - Alder Saputo Centre	3:00 pm Walking Track
3:00 pm Walking Track	3:30 pm Sport Court Reservation - Alder Saputo Centre
4:00 pm Public Skate	5:00 pm Adult Social Pickleball
4:00 pm Adult Social Pickleball	5:00 pm Walking Track
4:10 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+)	6:00 pm Birthday Party - Skate & Celebrate
4:30 pm Preschool 4	6:30 pm Adult Social Pickleball
4:30 pm Preschool 1	7:00 pm Walking Track
4:30 pm Private Swimming Lessons (Preschool 1-5)	7:30 pm Public Skate
4:30 pm Private Swimming Lessons (Preschool 1-5)	8:00 pm Sport Court Reservation - Alder Saputo Centre
4:50 pm Semi-Private Learn to Skate Youth (6 to 17 years)	
4:50 pm Private Learn to Skate Youth (Ages 6 to 17)	
5:00 pm Private Swimming Lessons (Preschool 1-5)	
5:00 pm Walking Track	
5:00 pm Preschool 5	
5:00 pm Preschool 2	
5:00 pm Preschool 3	
5:30 pm Parent & Tot 3	
5:30 pm Parent & Tot 2	
5:30 pm Adult Social Pickleball	
5:30 pm Semi-Private Power Skating (Age 6) FULL EQUIPMENT	
5:30 pm NEW Parent and Player Pre-Power	

(Ages 4 to 5)
5:30 pm Private Swimming Lessons (Preschool 1-5)
5:30 pm Preschool 2
5:30 pm Friday Night Social (Ages 7 to 13)
5:30 pm Preschool 1
6:00 pm Preschool 4
6:10 pm Preschool (Ages 4 to 5)
6:10 pm Parent & Child (Ages 2 to 5)
6:15 pm Preschool 3
6:15 pm Private Swimming Lessons (Preschool 1-5)
6:15 pm Preschool 1
6:45 pm Preschool 3
6:45 pm Preschool 5
6:45 pm Preschool 2
6:45 pm Private Swimming Lessons (Preschool 1-5)
6:50 pm Youth (Ages 6 to 17)
7:00 pm Walking Track
7:05 pm Adult 18+ Basketball Drop-In
7:15 pm Parent & Tot 2
7:15 pm Parent & Tot 3
7:15 pm Preschool 3
7:15 pm Private Swimming Lessons (Preschool 1-5)
7:15 pm Preschool 1
7:45 pm Small Group Learn to Skate Adult (Age 18+)
7:45 pm Private Learn to Skate Teen (Ages 6+)
7:45 pm Small Group Learn to Skate Teen (Ages 13 to 17)
7:45 pm Private Learn to Skate Youth (Ages 6 to 17)
7:45 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+)
8:00 pm Leisure Swim & Splash
8:10 pm Sport Court Reservation - Alder Saputo Centre

27	28	29	30	31
7:00 am Drop-in Swims Cancelled for Swim Meet	7:30 am Lane Swim	7:30 am Lane Swim	7:30 am Lane Swim	7:30 am Lane Swim
8:30 am Sport Court Reservation - Alder Saputo Centre	8:30 am Sport Court Reservation - Alder Saputo Centre	8:30 am Sport Court Reservation - Alder Saputo Centre	8:30 am 55+ Shinny - GOALIE Registration ONLY	8:05 am Private Hockey/Ringette Technical Skating Skills (Ages 6+)
9:00 am Walking Track	8:30 am 55+ Shinny	8:45 am AquaFitness - Zumba®	8:30 am Sport Court Reservation - Alder Saputo Centre	8:30 am 70+ Shinny
9:00 am Walking Track	8:30 am 55+ Shinny - GOALIE Registration ONLY	9:00 am Walking Track	8:45 am AquaFitness	8:30 am 70+ Shinny - GOALIE Registration Only
10:00 am Sport Court Reservation - Alder Saputo Centre	8:45 am AquaFitness	9:00 am 70+ Shinny	9:00 am Walking Track	8:30 am Sport Court Reservation - Alder Saputo Centre
11:00 am Walking Track	9:00 am Adult Skate	9:00 am 70+ Shinny - GOALIE Registration Only	9:00 am 65+ Shinny - GOALIE Registration Only	8:35 am Private Learn to Skate Adult (Ages 18+)
	9:00 am 65+ Shinny - GOALIE Registration Only	9:00 am	9:00 am Adult Skate	8:35 am Adult Private Hockey

11:30 am Sport Court Reservation - Alder Saputo Centre	9:00 am Walking Track	Intermediate Hatha	9:00 am Walking Track	Technical Skating Skills (Adult 18+)
1:00 pm Walking Track	9:00 am 65+ Shinny	9:45 am Preschool 1	9:00 am 65+ Shinny	8:45 am AquaFitness
1:00 pm Sport Court Reservation - Alder Saputo Centre	9:00 am Indoor Nordic Walking	9:45 am Parent & Tot 1	9:30 am Public Swim (Lap & Leisure Only)	9:15 am Beginner Line Dancing
1:30 pm Public Skate	9:15 am Zumba®	9:45 am Preschool 3	9:30 am Chair Yoga	9:20 am Private Learn to Skate Adult (Ages 18+)
2:30 pm Sport Court Reservation - Alder Saputo Centre	9:30 am Public Swim (Lap & Leisure Only)	10:00 am Sport Court Reservation - Alder Saputo Centre	10:00 am Tiny Tots Skate	9:20 am Small Group Learn to Skate Toddler (Age 3)
3:00 pm Walking Track	10:00 am Tiny Tots Skate	10:15 am Parent & Tot 3	10:00 am Sport Court Reservation - Alder Saputo Centre	9:45 am Parent & Tot 2
4:00 pm Sport Court Reservation - Alder Saputo Centre	10:00 am Sport Court Reservation - Alder Saputo Centre	10:15 am Parent & Tot 2	10:15 am Zumba® Toning	9:45 am Preschool 2
5:00 pm Walking Track	10:30 am Yoga Beginners	10:15 am Preschool 2	10:30 am Sensory Friendly Swim	9:45 am Preschool 4
5:30 pm Sport Court Reservation - Alder Saputo Centre	10:45 am Leisure Swim & Splash	10:15 am Dance Fit	10:45 am Vinyasa Yoga (Gentle Flow)	10:00 am Small Group Learn to Skate Toddler (Age 3)
7:00 pm Walking Track	11:00 am Family Skate	10:15 am Preschool 4	11:00 am Walking Track	10:00 am Parent & Child (Ages 2 to 5)
	11:00 am Walking Track	11:00 am Leisure Swim	11:00 am Family Skate	10:00 am Sport Court Reservation - Alder Saputo Centre
	11:30 am Sport Court Reservation - Alder Saputo Centre	11:00 am Intermediate Line Dance	11:00 am Balls & Bands	10:15 am Parent & Tot 1
	11:45 am Breath & Meditation	11:00 am Walking Track	11:30 am Leisure Swim & Splash	10:15 am Strollercise
	12:00 pm Adult Shinny	11:30 am Sport Court Reservation - Alder Saputo Centre	11:30 am Sport Court Reservation - Alder Saputo Centre	10:15 am Preschool 1
	12:00 pm Adult Shinny - GOALIE Registration ONLY	12:00 pm Adult Shinny	12:00 pm Adult Shinny	10:15 am YIN Yoga
	12:15 pm Lane Swim	12:00 pm Adult Shinny - GOALIE Registration ONLY	12:00 pm Adult Shinny - GOALIE Registration ONLY	10:15 am Preschool 3
	12:15 pm Leisure Swim	12:15 pm Public Swim (Lap Pool Only)	12:30 pm Family Skate	10:40 am Parent & Child (Ages 2 to 5)
	12:30 pm Family Skate	12:30 pm Adult Skate	12:45 pm Lane Swim	10:40 am Small Group Learn to Skate Preschool (Ages 4 to 5)
	1:00 pm Sport Court Reservation - Alder Saputo Centre	1:00 pm Inclusive Open Gym	12:45 pm Leisure Swim	11:00 am Walking Track
	1:00 pm Walking Track	1:00 pm Walking Track	1:00 pm Walking Track	11:00 am Leisure Swim & Splash
		1:30 pm Lane	1:00 pm Sport Court Reservation - Alder Saputo Centre	
			1:45 pm Lane Swim	

1:15 pm Lane Swim	Swim	2:30 pm Sport Court Reservation - Alder Saputo Centre	2:30 pm Sport Court Reservation - Alder Saputo Centre	11:30 am NEW Parent and Child Mini Hockey Learn to Skate (Ages 2 to 4)
2:30 pm Sport Court Reservation - Alder Saputo Centre	2:30 pm Sport Court Reservation - Alder Saputo Centre	3:00 pm Walking Track	3:00 pm Walking Track	11:30 am Sport Court Reservation - Alder Saputo Centre
3:00 pm Figure Skating Skills	3:00 pm Figure Skating Skills	3:15 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT	3:15 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT	12:00 pm Public Swim (Lap Pool Only)
3:00 pm Walking Track	3:30 pm Hockey Skills - 14 years old and OVER	3:15 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT	3:15 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT	12:10 pm Private Learn to Skate Adult (Ages 18+)
4:00 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT	4:00 pm Shinny 8 - 10 years GOALIE Registration Only	3:30 pm Shinny 14 -17 year old GOALIE Registration Only	3:30 pm Shinny 14 -17 year old GOALIE Registration Only	12:10 pm Adult Private Hockey Technical Skating Skills (Ages 18+)
4:00 pm Shinny 5 - 7 years old	4:00 pm Shinny 8 - 10 years old	3:30 pm Shinny 14 - 17 years old	3:30 pm Shinny 14 - 17 years old	12:30 pm Adult Skate
4:00 pm Shinny 5 - 7 years GOALIE Registration Only	4:30 pm Preschool 5	3:45 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT	3:45 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT	1:00 pm Home School Community Open Gym
4:05 pm Ages 14-17 Basketball Drop-In	4:30 pm Hockey Skills - 13 Years Old and UNDER	4:15 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT	4:15 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT	1:00 pm Walking Track
4:30 pm Preschool 1	4:30 pm Preschool 1	4:15 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT	4:15 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT	1:15 pm Lane Swim
4:30 pm Preschool 1	4:30 pm Youth Social Pickleball Ages 12-17 - Drop-In	4:15 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT	4:15 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT	2:30 pm Sport Court Reservation - Alder Saputo Centre
4:30 pm Preschool 2	4:30 pm Preschool 3	4:15 pm Private Learn to Skate Youth (Ages 6 to 17)	4:15 pm Private Learn to Skate Youth (Ages 6 to 17)	3:00 pm Walking Track
4:30 pm Preschool 3	4:30 pm Preschool 4	4:15 pm Private Learn to Skate Youth (Ages 6 to 17)	4:15 pm Private Learn to Skate Youth (Ages 6 to 17)	3:00 pm Figure Skating Skills
4:40 pm Semi-Private Learn to Skate Youth (6 to 17 years)	4:30 pm Preschool 2	4:15 pm Private Learn to Skate Youth (Ages 6 to 17)	4:15 pm Private Learn to Skate Youth (Ages 6 to 17)	3:30 pm Hockey Skills - 14 years old and OVER
4:40 pm Private Learn to Skate Youth (Ages 6 to 17)	4:30 pm Cardio Tone	4:15 pm Adapted Private Lessons (Ages 8+)	4:15 pm Adapted Private Lessons (Ages 8+)	3:45 pm Private Hockey Technical Skating Skills (Ages 7-10) FULL EQUIPMENT
5:00 pm Preschool 3	4:45 pm Private Swimming Lessons (Preschool 1-5)	4:30 pm Preschool 2	4:30 pm Preschool 2	4:00 pm Shinny 11 - 13 years old
5:00 pm Preschool 2	5:00 pm Parent & Tot 3			

5:00 pm Preschool 1	5:00 pm Preschool 1	4:30 pm Preschool 3	4:00 pm Shinny 11 - 13 years GOALIE Registration Only
5:00 pm Private Swimming Lessons (Preschool 1-5)	5:00 pm Preschool 3	4:30 pm Public Skate	4:15 pm Private Hockey Technical Skating Skills (Ages 11-12) FULL EQUIPMENT
5:00 pm Yoga Beginners	5:00 pm Preschool 4	4:30 pm Preschool 4	4:30 pm Mini Artists (3-4)
5:00 pm Preschool 4	5:00 pm Walking Track	4:30 pm Multi Sports (3-4)	4:30 pm Preschool 4
5:00 pm Parent & Tot 2	5:00 pm Drama & Creative Arts Club	4:30 pm Parent & Tot 2	4:30 pm Preschool 3
5:00 pm Walking Track	5:00 pm Preschool 2	4:30 pm Preschool 1	4:30 pm Preschool 2
5:10 pm Ages 8-10 Basketball Drop-In	5:15 pm Private Swimming Lessons (Preschool 1-5)	5:00 pm Preschool 1	4:30 pm Hockey Skills - 13 Years Old and UNDER
5:20 pm Preschool (Ages 4 to 5)	5:30 pm Preschool 5	5:00 pm Preschool 4	4:30 pm Indoor Soccer (3-4)
5:30 pm Junior Chefs (Ages 8-11)	5:30 pm Balls & Bands	5:00 pm Parent & Tot 3	4:30 pm Preschool 1
5:30 pm Parent & Tot 3	5:30 pm Swimmer 4	5:00 pm Preschool 2	4:45 pm Private Hockey Technical Skating Skills (Ages 13+) FULL EQUIPMENT
5:30 pm Preschool 4	5:30 pm Swimmer 1	5:00 pm Walking Track	5:00 pm Preschool 3
5:30 pm Preschool 2	5:30 pm Swimmer 3	5:20 pm Multi Sports (3-4)	5:00 pm Walking Track
5:30 pm Preschool 1	5:30 pm Swimmer 2	5:30 pm Preschool 2	5:00 pm Preschool 4
5:30 pm Preschool 3	5:45 pm Basketball (5-7)	5:30 pm Preschool 4	5:00 pm Preschool 2
5:55 pm Youth (Ages 6 to 17)	5:45 pm Private Swimming Lessons	5:30 pm Parent & Tot 1	5:20 pm Indoor Soccer (5-7)
6:00 pm Preschool 4	6:15 pm Mindful Moments	5:30 pm Preschool 3	5:30 pm Swimmer 1
6:00 pm Preschool 2	6:15 pm Swimmer 2	5:30 pm Preschool 1	5:30 pm Swimmer 2
6:15 pm Preschool 5	6:15 pm Swimmer 1	5:30 pm Yin Yoga	5:30 pm Swimmer 3
6:15 pm Ages 11-13 Basketball Drop-In	6:15 pm Parent & Tot 1	6:00 pm Cardio Tone	5:30 pm Swimmer 1
6:15 pm Preschool 3	6:30 pm Private Swimming Lessons	6:00 pm Preschool 4	5:30 pm Swimmer 2
6:15 pm Preschool 1	6:30 pm Swimmer 3	6:00 pm Preschool 2	5:30 pm Swimmer 3
6:15 pm Cardio Tone	6:35 pm Basketball (8-11)	6:10 pm Multi Sports (5-7)	5:30 pm Swimmer 1
6:45 pm Parent & Tot 3	6:45 pm Swimmer 6	6:15 pm Parent & Tot 3	5:30 pm Little Artists (5-7)
6:45 pm Preschool 4	6:45 pm Swimmer 2	6:15 pm Parent & Tot 2	5:30 pm Preschool 5
6:45 pm Preschool 1	6:45 pm Parent & Tot 2	6:15 pm Preschool 3	5:45 pm Public Swim - Spooky Swim
6:45 pm Parent & Tot 2	6:45 pm Swimmer 1	6:15 pm Preschool 1	6:00 pm Swimmer 1
6:45 pm Preschool 3	7:00 pm Walking Track	6:45 pm Preschool 1	6:10 pm Indoor Soccer (8-11)
6:45 pm Power Skating for		6:45 pm Preschool 5	

Hockey/Ringette (Ages 7 to 10) FULL EQUIPMENT	7:00 pm Kickboxing	6:45 pm Preschool 2	6:15 pm Parent & Tot 3
6:45 pm Preschool 2	7:00 pm Swimmer 2	6:45 pm Preschool 3	6:15 pm Swimmer 1
7:00 pm Walking Track	7:00 pm Private Swimming Lessons	6:45 pm Preschool 4	6:15 pm Swimmer 2
7:15 pm Zumba®	7:15 pm Swimmer 1	7:00 pm Walking Track	6:15 pm Pound
7:15 pm Private Swimming Lessons (Preschool 1-5)	7:15 pm Dance Fit	7:00 pm Zumba®	6:30 pm Swimmer 4
7:15 pm Preschool 1	7:15 pm Swimmer 8- Ranger Patrol	7:00 pm Multi Sports (8-11)	6:45 pm Swimmer 1
7:15 pm Preschool 2	7:15 pm Swimmer 5	7:15 pm Preschool 5	6:45 pm Junior Artists (8-11)
7:15 pm Preschool 3	7:15 pm Swimmer 9- Star Patrol	7:15 pm Private Swimming Lessons	6:45 pm Swimmer 2
7:15 pm Preschool 5	7:15 pm Swimmer 7 - Rookie Patrol	7:15 pm Private Swimming Lessons	6:45 pm Preschool 5
7:20 pm Sport Court Reservation - Alder Saputo Centre	7:15 pm Swimmer 4	7:15 pm Private Swimming Lessons	6:45 pm Swimmer 5
7:35 pm Power Skating for Hockey/Ringette (Ages 11+) FULL EQUIPMENT	7:15 pm Preschool 5	7:15 pm Preschool 2	7:00 pm Walking Track
7:45 pm Swimmer 3	7:30 pm Swimmer 1	7:15 pm Preschool 1	7:00 pm Leisure Swim & Splash
7:45 pm Preschool 3	7:30 pm Private Swimming Lessons	7:15 pm Preschool 3	7:00 pm Sport Court Reservation - Alder Saputo Centre
7:45 pm Preschool 5	7:30 pm Ages 14-17 Basketball Drop-In	7:45 pm Swimmer 6	7:00 pm Swimmer 1
7:45 pm Preschool 2	8:00 pm Swimmer 2-Adult	7:45 pm Preschool 2	7:15 pm Swimmer 8- Ranger Patrol
7:45 pm Swimmer 5	8:00 pm Swimmer 3-Adult	7:45 pm Private Swimming Lessons	7:15 pm Swimmer 9- Star Patrol
8:45 pm Lane Swim	8:00 pm Swimmer 2-Teen	7:45 pm Swimmer 4	7:15 pm Swimmer 6
	8:00 pm Swimmer 1-Teen	7:45 pm Swimmer 3	7:15 pm Swimmer 3
	8:00 pm Swimmer 3-Teen	7:45 pm Preschool 3	7:15 pm Swimmer 7 - Rookie Patrol
	8:00 pm Swimmer 1-Adult	7:45 pm Private Swimming Lessons	7:15 pm Step & Tone
		8:00 pm Adult 18+ Basketball Drop-In	7:15 pm Swimmer 2
		8:15 pm Private Swimming Lessons	7:15 pm Preschool 5
		8:15 pm Private Swimming Lessons	7:30 pm Swimmer 2
		8:45 pm Lane Swim	8:00 pm Swimmer 2-Teen
			8:00 pm Swimmer 3-Teen
			8:00 pm Swimmer 1-Teen
			8:00 pm Lane Swim
			8:00 pm Swimmer 1-Adult
			8:00 pm Swimmer 3-Adult
			8:00 pm Swimmer 2-Adult
			8:30 pm Sport Court Reservation -

