

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 8:30 am Home Alone 5:30 pm Friday Night Social (Ages 7 to 13)	26 7:00 am Drop-in Swims Cancelled for Swim Meet 6:00 pm Birthday Party - Skate & Celebrate
27 7:00 am Drop-in Swims Cancelled for Swim Meet	28 7:30 am Lane Swim 8:30 am 55+ Shinny 8:30 am 55+ Shinny - GOALIE Registration ONLY 8:30 am Sport Court Reservation - Alder Saputo Centre 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 Indoor Nordic Walking 9:00 am 65+ Shinny 9:15 am Zumba® 9:30 am Public Swim (Lap & Leisure Only) 10:00 am Tiny Tots Skate 10:00 am Sport Court Reservation - Alder Saputo Centre 10:30 am Yoga Beginners	29 7:30 am Lane Swim 8:30 am Sport Court Reservation - Alder Saputo Centre 8:45 am AquaFitness - Zumba® 9:00 am Walking Track 9:00 am 70+ Shinny 9:00 am 70+ Shinny - GOALIE Registration Only 9:00 am Intermediate Hatha 9:45 am Preschool 1 9:45 am Parent & Tot 1 9:45 am Preschool 3 10:00 am Sport Court Reservation - Alder Saputo Centre 10:15 am Parent & Tot 3 10:15 am Parent & Tot 2 10:15 am Preschool 2 10:15 am Dance Fit 10:15 am Preschool	30 7:30 am Lane Swim 8:30 am 55+ Shinny - GOALIE Registration ONLY 8:30 am 55+ Shinny 8:30 am Sport Court Reservation - Alder Saputo Centre 8:45 am AquaFitness 9:00 am Walking Track 9:00 am 65+ Shinny - GOALIE Registration Only 9:00 am Adult Skate 9:00 am Walking Track 9:00 am 65+ Shinny 9:30 am Public Swim (Lap & Leisure Only) 9:30 am Chair Yoga 10:00 am Tiny Tots Skate 10:00 am Sport Court Reservation - Alder Saputo Centre 10:15 am Zumba® Toning 10:30 am Sensory	31 7:30 am Lane Swim 8:05 am Private Hockey/Ringette Technical Skating Skills (Ages 6+) 8:30 am 70+ Shinny 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am 70+ Shinny - GOALIE Registration Only 8:35 am Private Learn to Skate Adult (Ages 18+) 8:35 am Adult Private Hockey Technical Skating Skills (Adult 18+) 8:45 am AquaFitness 9:15 am Beginner Line Dancing 9:20 am Private Learn to Skate Adult (Ages 18+) 9:20 am Small Group Learn to Skate Toddler (Age 3) 9:45 am Parent & Tot 2		

10:45 am Leisure Swim & Splash	4	Friendly Swim	9:45 am Preschool 2
11:00 am Family Skate	11:00 am Leisure Swim	10:45 am Vinyasa Yoga (Gentle Flow)	9:45 am Preschool 4
11:00 am Walking Track	11:00 am Intermediate Line Dance	11:00 am Walking Track	10:00 am Small Group Learn to Skate Toddler (Age 3)
11:30 am Sport Court Reservation - Alder Saputo Centre	11:00 am Walking Track	11:00 am Family Skate	10:00 am Parent & Child (Ages 2 to 5)
11:45 am Breath & Meditation	11:30 am Sport Court Reservation - Alder Saputo Centre	11:00 am Balls & Bands	10:00 am Sport Court Reservation - Alder Saputo Centre
12:00 pm Adult Shinny	12:00 pm Adult Shinny	11:30 am Leisure Swim & Splash	10:15 am Parent & Tot 1
12:00 pm Adult Shinny - GOALIE Registration ONLY	12:00 pm Adult Shinny - GOALIE Registration ONLY	11:30 am Sport Court Reservation - Alder Saputo Centre	10:15 am Strollercise
12:15 pm Leisure Swim	12:15 pm Public Swim (Lap Pool Only)	12:00 pm Adult Shinny	10:15 am Preschool 1
12:15 pm Lane Swim	12:30 pm Adult Skate	12:00 pm Adult Shinny - GOALIE Registration ONLY	10:15 am YIN Yoga
12:30 pm Family Skate	1:00 pm Inclusive Open Gym	12:30 pm Family Skate	10:15 am Preschool 3
1:00 pm Sport Court Reservation - Alder Saputo Centre	1:00 pm Walking Track	12:45 pm Lane Swim	10:40 am Parent & Child (Ages 2 to 5)
1:00 pm Walking Track	1:30 pm Lane Swim	12:45 pm Leisure Swim	10:40 am Small Group Learn to Skate Preschool (Ages 4 to 5)
1:15 pm Lane Swim	2:30 pm Sport Court Reservation - Alder Saputo Centre	1:00 pm Walking Track	11:00 am Walking Track
2:30 pm Sport Court Reservation - Alder Saputo Centre	3:00 pm Walking Track	1:00 pm Sport Court Reservation - Alder Saputo Centre	11:00 am Leisure Swim & Splash
3:00 pm Figure Skating Skills	3:00 pm Figure Skating Skills	1:45 pm Lane Swim	11:30 am NEW Parent and Child Mini Hockey Learn to Skate (Ages 2 to 4)
3:00 pm Walking Track	3:30 pm Hockey Skills - 14 years old and OVER	2:30 pm Sport Court Reservation - Alder Saputo Centre	11:30 am Sport Court Reservation - Alder Saputo Centre
4:00 pm Shinny 5 - 7 years old	4:00 pm Shinny 8 - 10 years GOALIE Registration Only	3:00 pm Walking Track	12:00 pm Public Swim (Lap Pool Only)
4:00 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT	4:00 pm Shinny 8 - 10 years old	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 Shinny 5 - 7 years GOALIE Registration Only	4:30 pm Preschool 5	3:15 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT	12:10 pm Adult Private Hockey Technical Skating Skills (Ages 18+)
4:05 pm Ages 14-17 Basketball Drop-In	4:30 pm Hockey Skills - 13 Years Old and UNDER	3:30 pm Shinny 14 -17 year old GOALIE Registration Only	12:30 pm Adult Skate
4:30 pm Preschool 1	4:30 pm Youth Social Pickleball Ages 12-17 - Drop-In	3:30 pm Shinny 14 - 17 years old	1:00 pm Home School Community Open Gym
4:30 pm Preschool 2	4:30 pm Preschool 1	3:45 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT	1:00 pm Walking Track
4:30 pm Preschool 3	4:30 pm Preschool 3	3:45 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT	1:15 pm Lane Swim
4:40 pm Semi-Private Learn to Skate Youth (6 to 17 years)	4:30 pm Preschool 4	3:45 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT	2:30 pm Sport Court Reservation - Alder Saputo Centre
4:40 pm Private Learn to Skate Youth (Ages 6 to 17)	4:30 pm Preschool 2	4:30 pm Cardio Tone	3:00 pm Walking Track
5:00 pm Preschool 2	4:30 pm Cardio Tone	4:45 pm Private Swimming Lessons (Preschool 1-5)	3:00 pm Figure Skating Skills
5:00 pm Preschool 3			
5:00 pm Preschool 1			
5:00 pm Private			

Swimming Lessons (Preschool 1-5)	5:00 pm Parent & Tot 3	4:15 pm Private Learn to Skate Youth (Ages 6 to 17)	3:30 pm Hockey Skills - 14 years old and OVER
5:00 pm Yoga Beginners	5:00 pm Preschool 1	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 4	5:00 pm Preschool 3	4:30 pm Preschool 2	4:00 pm Shinny 11 - 13 years old
5:00 pm Parent & Tot 2	5:00 pm Preschool 4	4:30 pm Preschool 3	4:00 pm Shinny 11 - 13 years GOALIE Registration Only
5:00 pm Walking Track	5:00 pm Walking Track	4:30 pm Public Skate	4:15 pm Private Hockey Technical Skating Skills (Ages 11-12) FULL EQUIPMENT
5:10 pm Ages 8-10 Basketball Drop-In	5:00 pm Drama & Creative Arts Club	4:30 pm Preschool 4	4:30 pm Mini Artists (3-4)
5:20 pm Preschool (Ages 4 to 5)	5:00 pm Preschool 2	4:30 pm Multi Sports (3-4)	4:30 pm Preschool 4
5:30 pm Junior Chefs (Ages 8-11)	5:15 pm Private Swimming Lessons (Preschool 1-5)	4:30 pm Parent & Tot 2	4:30 pm Preschool 3
5:30 pm Parent & Tot 3	5:30 pm Preschool 5	4:30 pm Preschool 1	4:30 pm Preschool 2
5:30 pm Preschool 4	5:30 pm Preschool 2	5:00 pm Preschool 1	4:30 pm Hockey Skills - 13 Years Old and UNDER
5:30 pm Preschool 2	5:30 pm Balls & Bands	5:00 pm Preschool 4	4:30 pm Indoor Soccer (3-4)
5:30 pm Preschool 3	5:30 pm Swimmer 4	5:00 pm Preschool 3	4:30 pm Preschool 1
5:30 pm Preschool 1	5:30 pm Swimmer 1	5:00 pm Parent & Tot 3	4:45 pm Private Hockey Technical Skating Skills (Ages 13+) FULL EQUIPMENT
5:55 pm Youth (Ages 6 to 17)	5:30 pm Swimmer 3	5:00 pm Preschool 2	5:00 pm Preschool 3
6:00 pm Preschool 4	5:30 pm Swimmer 2	5:00 pm Walking Track	5:00 pm Walking Track
6:00 pm Preschool 2	5:45 pm Basketball (5-7)	5:20 pm Multi Sports (3-4)	5:00 pm Preschool 4
6:15 pm Preschool 5	5:45 pm Private Swimming Lessons	5:30 pm Preschool 2	5:00 pm Preschool 2
6:15 pm Ages 11-13 Basketball Drop-In	6:15 pm Mindful Moments	5:30 pm Preschool 4	5:00 pm Preschool 1
6:15 pm Preschool 3	6:15 pm Swimmer 2	5:30 pm Parent & Tot 1	5:20 pm Indoor Soccer (5-7)
6:15 pm Preschool 1	6:15 pm Swimmer 1	5:30 pm Preschool 3	5:30 pm Swimmer 1
6:15 pm Cardio Tone	6:15 pm Parent & Tot 1	5:30 pm Preschool 1	5:30 pm Swimmer 2
6:45 pm Parent & Tot 3	6:30 pm Private Swimming Lessons	5:30 pm Yin Yoga	5:30 pm Swimmer 3
6:45 pm Preschool 4	6:30 pm Swimmer 3	6:00 pm Cardio Tone	5:30 pm Little Artists (5-7)
6:45 pm Preschool 1	6:35 pm Basketball (8-11)	6:00 pm Preschool 4	5:30 pm Preschool 5
6:45 pm Parent & Tot 2	6:45 pm Swimmer 6	6:00 pm Preschool 2	5:45 pm Public Swim - Spooky Swim
6:45 pm Preschool 3	6:45 pm Swimmer 2	6:10 pm Multi Sports (5-7)	6:00 pm Swimmer 1
6:45 pm Power Skating for Hockey/Ringette (Ages 7 to 10) FULL EQUIPMENT	6:45 pm Parent & Tot 2	6:15 pm Parent & Tot 3	6:10 pm Indoor Soccer (8-11)
6:45 pm Preschool 2	6:45 pm Swimmer 1	6:15 pm Parent & Tot 2	6:15 pm Parent & Tot 3
7:00 pm Walking Track	7:00 pm Walking Track	6:15 pm Preschool 3	6:45 pm Preschool 1
7:15 pm Zumba®	7:00 pm Kickboxing	6:15 pm Preschool 1	6:45 pm Preschool 5
7:15 pm Private Swimming Lessons (Preschool 1-5)	7:00 pm Swimmer 2	6:45 pm Preschool 1	6:45 pm Preschool 3
7:15 pm Preschool 1	7:00 pm Private Swimming Lessons	6:45 pm Preschool 5	6:45 pm Preschool 2
7:15 pm Preschool 2	7:15 pm Swimmer 1	6:45 pm Preschool 3	6:45 pm Preschool 4
7:15 pm Preschool 3	7:15 pm Dance Fit	6:45 pm Preschool 2	7:00 pm Walking Track
7:15 pm Preschool 5	7:15 pm Swimmer 8- Ranger Patrol	6:45 pm Preschool 4	7:00 pm Zumba®
		7:00 pm Walking Track	
		7:00 pm Zumba®	6:15 pm Swimmer 1

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