## November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
3:00 pm Birthday Party - Swim & Splash		4:15 pm Mini Movers (Ages 4-5)	7:30 am Lane Swim (Pre-registered only)	7:00 am Figure Skating Skills / Pre- Registered Only	7:30 am Lane Swim (Pre-registered only)	8:20 am Power Skating for Hockey/Ringette
			8:30 am Sport Court Reservation - Alder Saputo Centre	7:30 am Lane Swim (Pre-registered only)	8:30 am Sport Court Reservation - Alder Saputo Centre	(Ages 9-10) FULL EQUIPMENT
			8:30 am 55+ Shinny	8:30 am Sport Court Reservation -	8:30 am 55+ Shinny	9:00 am Swimmer 9-
			8:30 am 55+ Shinny - GOALIES Only	Alder Saputo Centre	8:30 am 55+ Shinny - GOALIES Only	Star Patrol
			8:45 am Therapeutic Swim (Lap)	8:30 am 70+ Shinny 8:30 am 70+ Shinny	8:45 am Aquafit 9:00 am Walking	9:00 am Swimmer 8- Ranger Patrol
			9:00 am Walking Track	- GOALIES Only 8:45 am Aqua	Track	9:00 am Walking Track
			9:00 am 65+ Shinny - GOALIES Only	Zumba 9:30 am Public	9:00 am 65+ Shinny 9:00 am 65+ Shinny	9:00 am Private Swimming
			9:00 am Adult Skate	Swim (Lap & Leisure Pools)	- GOALIES Only 9:00 am Adult Skate	Lessons - Preschool
			9:00 am 65+ Shinny	9:30 am Chair Yoga	9:00 am Zumba®	9:00 am
			9:30 am Public Swim (Lap pool	9:45 am Strollercise	Gold	Preschool 4 9:00 am
			only)	10:00 am Beginner Line Dance	9:30 am Public Swim (Lap &	Preschool 2
			9:30 am Gentle Flow Yoga	10:00 am Sport	Leisure Pools) 9:45 am Chair	9:00 am Preschool 3
			10:00 am Sport Court Reservation -	Court Reservation - Alder Saputo Centre	Fitness	9:00 am
			Alder Saputo Centre	10:45 am Preschool	10:00 am Tiny Tots	Swimmer 7 - Rookie Patrol
			10:00 am Tiny Tots	1 10:45 am Parent &	10:00 am Sport Court Reservation -	9:00 am Bronze
			10:15 am Zumba® Toning	Tot 1	Alder Saputo Centre	Star 9:15 am Private
			10:30 am Sensory Friendly Swim	10:45 am Preschool	10:30 am Swimmer 2-Teen/Adult	Swimming Lessons
			(Lap)	11:00 am Walking Track	10:30 am Swimmer 1- Teen/Adult	9:15 am Swimmer 3
			11:00 am Family Skate	11:15 am Parent & Tot 2	10:30 am Swimmer 3 - Teen/Adult	9:15 am Swimmer 1
			11:00 am Walking Track	11:15 am Parent &	10:45 am Baby & Me Fit	9:30 am Private
			11:00 am Balls & Bands	Tot 3 11:15 am Preschool	11:00 am Family Skate	Swimming Lessons - Preschool
			11:30 am Sport Court Reservation - Alder Saputo Centre	3 11:15 am Preschool 5	11:00 am Walking Track	9:30 am Preschool 2
			12:00 pm Adult Shinny	11:15 am Preschool 4	11:30 am Sport Court Reservation - Alder Saputo Centre	9:30 am Social Pickleball (Ages 18+)
			12:00 pm Adult Shinny - GOALIES Only	11:30 am Sport Court Reservation - Alder Saputo Centre	12:00 pm Lane Swim	9:30 am Preschool 5
			12:15 pm Lane Swim	12:15 pm Lane Swim	12:00 pm Adult Shinny	9:30 am Preschool 1

12:30 pm Family Skate	12:30 pm Adult Skate	12:00 pm Adult Shinny - GOALIES Only	9:30 am Preschool 4
1:00 pm Sport Court Reservation - Alder Saputo Centre	1:00 pm Home School Community Open Gym	1:00 pm Sport Court Reservation -	9:45 am Swimmer 2
1:00 pm Walking Track	1:00 pm Walking Track	Alder Saputo Centre 1:00 pm Lane Swim	9:45 am Priva Swimming Lessons
1:15 pm Leisure & Splash	1:15 pm Leisure & Splash	1:00 pm Walking Track	10:00 am Preschool 2
2:30 pm Sport Court Reservation -	2:30 pm Sport Court Reservation -	2:00 pm Leisure & Splash	10:00 am Preschool 3
Alder Saputo Centre 3:00 pm Walking	Alder Saputo Centre 3:00 pm Walking	2:30 pm Sport Court Reservation - Alder Saputo Centre	10:00 am Par & Tot 1
Track 3:30 pm Shinny 5 -	Track 3:00 pm Figure	3:00 pm Walking Track	10:00 am Lifesaving Society
7 yrs old 3:30 pm Shinny 5 -	Skating Skills  3:30 pm Shinny 14	4:00 pm Public Skate	Swim/Lifesav & Emergency
7 years GOALIE Registration Only	-17 year old GOALIE Registration Only	4:00 pm Social Pickleball (Ages	First Aid Instructors
4:00 pm Hockey Skills - 14 yrs and older	3:30 pm Shinny 14 - 17 yrs old	18+) 4:30 pm Preschool	10:00 am Preschool 1
4:30 pm Preschool	4:30 pm Preschool	4:30 pm Preschool	10:00 am Swimmer 4
4:30 pm Preschool	4:30 pm Preschool	3 4:30 pm Preschool	10:00 am Preschool 3
4:30 pm Private Swimming Lessons	4:30 pm Preschool	1 4:30 pm Preschool	10:15 am Swimmer 1
- Preschool 4:30 pm Preschool	4:30 pm Preschool	2 4:30 pm Private	10:15 am Pri Swimming Lessons
3 4:30 pm Preschool	4:30 pm Private Swimming Lessons	Swimming Lessons - Preschool	10:15 am Swimmer 6
2 4:30 pm Public	- Preschool 5:00 pm Preschool	5:00 pm Parent & Tot 2	10:15 am Swimmer 5
Skate (sledges available)	3 5:00 pm Preschool	5:00 pm Preschool 2	10:30 am Preschool 4
4:30 pm Hockey Skills - 13 yrs old	5 5:00 pm Preschool	5:00 pm Parent & Tot 1	10:45 am Preschool 3
and under 5:00 pm Cardio Tone	1 5:00 pm Walking	5:00 pm Preschool	10:45 am Preschool 1
5:00 pm Swimmer 2	Track 5:00 pm Parent &	5:00 pm Preschool 5	10:45 am Preschool 2
5:00 pm Preschool 5	Tot 1 5:00 pm Preschool	5:00 pm Preschool	10:45 am Par & Tot 3
5:00 pm Parent & Tot 1	2 5:00 pm Parent &	5:00 pm Walking Track	10:45 am Par & Tot 2
5:00 pm Swimmer 1 5:00 pm Preschool	Tot 2 5:15 pm Swimmer	5:30 pm Preschool	11:00 am Soc Pickleball (A
3 5:00 pm Preschool	4 5:15 pm Swimmer	5:30 pm Parent & Tot 3	18+) 11:00 am Priv
2 5:00 pm Preschool	2 5:15 pm Swimmer	5:30 pm Preschool	Swimming Lessons
1	3	5:30 pm Preschool	11:00 am Walking Trac
5:00 pm Walking Track	5:15 pm Swimmer 5	5:30 pm Social Pickleball (Ages	11:00 am Swimmer 2
5:15 pm Swimmer 2 5:15 pm Swimmer 1	5:15 pm Swimmer 1	18+) 5:30 pm Preschool	11:00 am Swimmer 3
5:15 pm Swimmer 3	5:30 pm Preschool	4	11:15 am

5:30 pm Swimmer 6	5:30 pm Preschool	6:00 pm Private Swimming Lessons	Preschool 3
5:30 pm Parent & Tot 3	1 1	- Preschool	11:15 am Preschool 2
5:30 pm Preschool	5:30 pm Preschool	6:00 pm Lifesaving	11:15 am Priv
1	5:45 pm Preschool	Society Swim/Lifesaving &	Swimming
5:30 pm Swimmer 5	1	Emergency First Aid Instructors	Lessons - Preschool
5:30 pm Parent & Tot 2	5:45 pm Swimmer 1	6:00 pm Preschool	11:15 am
5:30 pm Preschool	5:45 pm Preschool	3	Preschool 1
3.50 pm Preschool	2	6:00 pm Preschool	11:15 am Swimmer 6
5:45 pm Swimmer 1	5:45 pm Swimmer 2	6:00 pm Preschool	11:15 am
5:45 pm Preschool	6:00 pm Swimmer	5	Preschool 4
	3	6:00 pm Preschool	11:30 am Priv Swimming
5:45 pm Swimmer 2	6:00 pm Swimmer	1	Lessons
5:45 pm Preschool 2	6.00 Si	6:30 pm Preschool	11:30 am Swimmer 1
6:00 pm Swimmer 5	6:00 pm Swimmer	6:30 pm Private	
6:00 pm Balls & Bands	6:15 pm Preschool	Swimming Lessons - Preschool	11:45 am Preschool 2
	3	6:30 pm Preschool	11:45 am
6:15 pm Preschool	6:15 pm Zumba® Toning	2	Preschool 1
6:15 pm Swimmer 1	6:15 pm Preschool	6:30 pm Preschool	11:45 am Swimmer 4
6:15 pm Preschool	5	6:30 pm Preschool	11:45 am
1	6:15 pm Preschool	4	Preschool 3
6:15 pm Private Swimming Lessons	6:15 pm Parent &	6:50 pm Semi-	11:45 am Priv Swimming
6:15 pm Swimmer 4	Tot 2	Private Sibling Learn to Skate	Lessons -
6:15 pm Preschool	6:15 pm Swimmer	Youth (Ages 6+)	Preschool
5	2	7:00 pm Walking	11:45 am Priv Swimming
6:15 pm Preschool	6:15 pm Swimmer 1	Track	Lessons
2	6:15 pm Parent &	7:00 pm Lane Swim	12:00 pm
6:30 pm Swimmer 4	Tot 3	7:05 pm Basketball Drop-In (Ages 18+)	Private Swimming
6:30 pm Swimmer 3	6:15 pm Preschool	7:15 pm Leisure/	Lessons
6:45 pm Preschool	2 6:45 mm Procedure 1	Splash & Slide	12:00 pm Swimmer 2
6:45 pm Preschool	6:45 pm Preschool	8:10 pm Sport Court Reservation -	12:30 pm Spc
4	6:45 pm Swimmer	Alder Saputo Centre	Court
6:45 pm Preschool	2		Reservation - Alder Saputo
2 6:45 nm Preschool	6:45 pm Preschool		Centre
6:45 pm Preschool 5	6:45 mm Procedure 1		1:00 pm Walk
6:45 pm Preschool	6:45 pm Preschool 5		Track
3	6:45 pm Preschool		1:00 pm Publi Swim
7:00 pm Swimmer 2	2		2:00 pm Spor
7:00 pm Walking Track	6:45 pm Preschool		Court Reservation -
7:00 pm Private	7:00 pm Swimmer		Alder Saputo
Swimming Lessons	2		Centre
7:00 pm Swimmer 1	7:00 pm Swimmer		2:15 pm Lane Swim
7:00 pm Multi Sports Skills and			3:00 pm Walk
Drills (Ages 9-11)	7:00 pm Swimmer 1		Track
7:00 pm Zumba®	7:00 pm Sport		3:15 pm Leist & Splash
7:15 pm Private	Court Reservation - Alder Saputo Centre		3:30 pm Spor
Swimming Lessons - Preschool	7:00 pm Walking		Court
7:15 pm Private	Track		Reservation - Alder Saputo
Swimming Lessons	7:00 pm Swimmer		Centre

0.20 5 4	only)	registered only)	only)	Registered Only	only)	Hockey/Ringette
8:30 am Sport Court Reservation -	8:30 am Sport	8:30 am Sport	8:30 am Sport Court	7:30 am Lane Swim	8:30 am Sport	(Ages 9-10) FULL
Alder Saputo Centre	Court Reservation - Alder Saputo Centre	Court Reservation - Alder Saputo	Reservation - Alder Saputo Centre	(Pre-registered only)	Court Reservation - Alder Saputo Centre	EQUIPMENT
9:00 am Preschool	8:30 am 55+ Shinny	Centre	8:30 am 55+ Shinny	8:30 am Sport	8:30 am 55+ Shinny	9:00 am Swimmer 9-
9:00 am Walking	8:30 am 55+ Shinny	8:30 am 70+ Shinny	8:30 am 55+ Shinny	Court Reservation - Alder Saputo Centre	8:30 am 55+ Shinny	Star Patrol
Track	- GOALIES Only	8:30 am 70+	- GOALIES Only	8:30 am 70+ Shinny	- GOALIES Only	9:00 am
9:00 am Swimmer	8:45 am Therapeutic Swim	Shinny - GOALIES	8:45 am Therapeutic Swim (Lap)	8:30 am 70+ Shinny	8:45 am Aquafit	Swimmer 8- Ranger Patrol
9:00 am Private	(Lap)	Only	9:00 am Walking	- GOALIES Only	9:00 am Walking Track	9:00 am Private
Swimming Lessons - Preschool	9:00 am Indoor Nordic Walking	8:45 am Aqua Zumba	Track	8:45 am Aqua Zumba	9:00 am 65+ Shinny	Swimming Lessons -
9:00 am Swimmer	9:00 am 65+ Shinny	9:00 am Walking	9:00 am 65+ Shinny - GOALIES Only	9:30 am Public	9:00 am 65+ Shinny	Preschool
1	- GOALIES Only	Track	9:00 am Adult Skate	Swim (Lap &	- GOALIES Only	9:00 am Walking
9:00 am Swimmer	9:00 am Adult Skate	9:30 am Public Swim (Lap &	9:00 am 65+ Shinny	Leisure Pools)	9:00 am Adult Skate	Track 9:00 am
9- Star Patrol	9:00 am 65+ Shinny	Leisure Pools)	9:30 am Public	9:30 am Chair Yoga	9:00 am Zumba® Gold	Preschool 4
9:00 am Bronze Cross and Standard	9:15 am Chair Fitness	9:30 am Chair Yoga	Swim (Lap pool only)	9:45 am Strollercise 10:00 am Beginner	9:30 am Public	9:00 am
First Aid CPR-C	9:30 am Public	10:00 am Sport Court Reservation -	9:30 am Gentle	Line Dance	Swim (Lap & Leisure Pools)	Preschool 2
9:00 am Preschool	Swim (Lap &	Alder Saputo	Flow Yoga	10:00 am Sport	9:45 am Chair	9:00 am Preschool 3
9:00 am Swimmer	Leisure Pools)	Centre 10:00 am Dance Fit	10:00 am Sport	Court Reservation - Alder Saputo Centre	Fitness	9:00 am
8 - Rookie Patrol	10:00 am Sport Court Reservation -	10:45 am	Court Reservation - Alder Saputo Centre	10:45 am Preschool	10:00 am Tiny Tots	Swimmer 7 - Rookie Patrol
9:00 am Preschool	Alder Saputo Centre	Preschool 2	10:00 am Tiny Tots	1	10:00 am Sport Court Reservation -	9:00 am Bronze
9:00 am Preschool	10:00 am Tiny Tots	10:45 am Parent &	10:15 am Zumba®	10:45 am Parent & Tot 1	Alder Saputo Centre	Star
2	10:45 am Lane Swim	Tot 1 10:45 am	Toning	10:45 am Preschool	10:30 am Swimmer	9:15 am Private Swimming
9:00 am Swimmer 7 - Rookie Patrol	11:00 am Family	Intermediate Line	10:30 am Sensory Friendly Swim	2	2-Teen/Adult	Lessons
9:00 am Swimmer	Skate	Dance	(Lap)	11:00 am Walking Track	10:30 am Swimmer 1- Teen/Adult	9:15 am
5	11:30 am Sport Court Reservation -	10:45 am Preschool 1	11:00 am Family Skate	11:15 am Parent &	10:30 am Swimmer	Swimmer 3
9:30 am Preschool	Alder Saputo Centre	11:00 am Walking	11:00 am Walking	Tot 2	3 - Teen/Adult	9:15 am Swimmer 1
9:30 am Swimmer	11:30 am Gentle Flow Yoga	Track	Track	11:15 am Parent & Tot 3	10:45 am Baby & Me Fit	9:30 am Private
2	11:45 am Lane	11:15 am Preschool	11:00 am Balls & Bands	11:15 am Preschool	11:00 am Family	Swimming Lessons -
9:30 am Parent &	Swim	11:15 am Parent &	11:30 am Sport	3	Skate	Preschool
Tot 1	12:00 pm Adult	Tot 2	Court Reservation -	11:15 am Preschool	11:00 am Walking Track	9:30 am Preschool 2
9:30 am Preschool 5	Shinny	11:15 am Preschool	Alder Saputo Centre	5	11:30 am Sport	9:30 am Social
9:30 am Preschool	12:00 pm Adult Shinny - GOALIES	11:15 am Parent &	12:00 pm Adult Shinny	11:15 am Preschool	Court Reservation - Alder Saputo Centre	Pickleball (Ages
3	Only	Tot 3	12:00 pm Adult	11:30 am Sport	12:00 pm Lane	9:30 am
9:30 am Preschool	12:30 pm Family Skate	11:15 am Preschool	Shinny - GOALIES Only	Court Reservation - Alder Saputo Centre	Swim	Preschool 5
9:45 am Swimmer	1:00 pm Sport	11:30 am Sport	12:15 pm Lane	12:15 pm Lane	12:00 pm Adult	9:30 am
6	Court Reservation - Alder Saputo Centre	Court Reservation -	Swim	Swim	Shinny 12:00 pm Adult	Preschool 1
9:45 am Swimmer 4	1:15 pm Leisure &	Alder Saputo Centre	12:30 pm Family Skate	12:30 pm Adult Skate	Shinny - GOALIES	9:30 am Preschool 4
10:00 am Lifesaving	Splash	12:00 pm Lane	1:00 pm Sport	1:00 pm Home	Only	9:45 am
Society Swim/Lifesaving &	2:30 pm Sport Court Reservation -	Swim	Court Reservation - Alder Saputo Centre	School Community Open Gym	1:00 pm Sport Court Reservation -	Swimmer 2
Emergency First	Alder Saputo Centre	12:30 pm Adult Skate	1:00 pm Walking	1:00 pm Walking	Alder Saputo Centre	9:45 am Private Swimming
Aid Instructors	3:00 pm Figure	1:00 pm Walking	Track	Track	1:00 pm Lane Swim	Lessons
10:00 am Preschool	Skating Skills 3:00 pm Walking	Track	1:15 pm Leisure & Splash	1:15 pm Leisure & Splash	1:00 pm Walking Track	10:00 am Preschool 2
10:00 am Preschool	Track	1:00 pm Inclusive Open Gym	Spiasn 2:30 pm Sport	2:30 pm Sport	2:00 pm Leisure &	10:00 am
3	3:30 pm Shinny 11-	2:30 pm Sport	Court Reservation -	Court Reservation -	Splash	Preschool 3
10:00 am Private Swimming Lessons	13 yrs old	Court Reservation - Alder Saputo	Alder Saputo Centre	Alder Saputo Centre	2:30 pm Sport Court Reservation -	10:00 am Parent & Tot 1
10:00 am Swimmer	3:30 pm Shinny 11 - 13 years GOALIE	Centre	3:00 pm Walking Track	3:00 pm Walking Track	Alder Saputo Centre	10:00 am
1	Registration Only	3:00 pm Walking	3:30 pm Shinny 5 -	3:30 pm Shinny 14	3:00 pm Walking Track	Lifesaving Society
10:00 am Parent & Tot 3	4:05 pm Basketball Drop-In (Ages 14-	Track	7 yrs old	- 17 yrs old	4:00 pm Public	Swim/Lifesaving
-	17)	3:00 pm Figure	3:30 pm Shinny 5 -	3:30 pm Shinny 14	pin i done	& Emergency

10:00 am Preschool 1 4:30 pm Preschool 10:00 am Sport Court Reservation - 4:30 pm Preschool	Skating Skills 3:30 pm Shinny 8 - 10 years GOALIE Registration Only	7 years GOALIE Registration Only 4:00 pm Hockey Skills - 14 yrs and	-17 year old GOALIE Registration Only 4:30 pm Preschool	Skate 4:00 pm Social Pickleball (Ages 18+)	First Aid Instructors 10:00 am Preschool 1	
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10.00 am Parent &   4.30 pm Preschool   1		ntre   2		2.20 111	older	2	4:30 pm Preschool	I
10.00 am Preschool   1.00 pm Private   1.00 pm Private   1.00 pm Preschool   1.00 pm	30 nm		30 nm Preschool	3:30 pm Hockey Skills - 14 yrs and	4:30 nm Preschool	4:30 nm Private		10:00 am Swimmer 4
2.00 am Preschool   3.0 pm Preschool   4.30 pm Preschool   5.00 pm Preschool   4.30 pm Preschool   4.30 pm Preschool   5.00 pm Preschool   5.00 pm Preschool   4.30 pm Preschool   5.00 pm Preschoo	oo piii		o pin i reseneer	•	_		4:30 pm Preschool	
10.45 am Preschool   3   4.30 pm Preschool   3   4.30 pm Preschool   3   4.30 pm Preschool   3   4.30 pm Preschool   5.00 pm	30 pm !	1001 4:3	30 pm Private	3:30 pm Shinny 8 -	4:30 pm Private	- Preschool	3	Preschool 3
430 pm Preschool   3		I .	١	10 yrs old			4:30 pm Preschool	10:15 am
10.45 am Préschool   2	Prescho	ner - F	Preschool	4:30 pm Preschool	- Preschool	1	1	Swimmer 1
10.45 am Preschool   2	30 pm !		30 pm Preschool	3			4:30 pm Preschool	10:15 am Private
30.45 am Preschool   5.00 pm Preschool   5.0		$\frac{3}{2}$			4	4	2	Swimming
10.45 am Preschool   2				4		<u>1</u>	4:30 pm Private	Lessons
10.45 am Swimmer   5.00 pm Preschool   2   2   4.30 pm Preschool   2   2   4.30 pm Preschool   5.00 pm P	vimmir	ool Sv	vimming Lessons		3	3		10:15 am
10.45 am Swimmer	00 pm ?	5:0	00 pm Preschool		1	1 2	- Preschool	Swimmer 6
10.45 am Swimmer   2   500 pm Preschool   3   500 pm Preschool   5		1000   1		and under	2	Track		10:15 am
10.45 am Swimmer	00 pm V	5:0	00 pm Vinyasa	1		l *		Swimmer 5
2	00 pm	ner 5:0	00 pm Preschool	-		Tot 1	<u>*</u>	10:30 am
10.45 am Preschool   5   500 pm Preschool   5   500 pm Preschool   1   10.45 am Swimmer   5   500 pm Parent &   500 pm Preschool   5		2			ĺ	*		Preschool 4
10.45 am Private   5.00 pm Preschool   5.00	00 pm	1001 5:0	00 pm Preschool	_	1	2	1	10:45 am
10.45 am Private   Svimming Lessons   Svimming Le		5		1		*		Preschool 3
Total   10.45 am Private   5.00 pm Private   5.00 pm Private   5.00 pm Preschool   5	00 pm	ner 5:0	00 pm Parent &		5:00 nm Cardio	Tot 2	_	10:45 am
10.45 am Preschool   5:00 pm Parent &	ot 1	To	ot 1		l *			Preschool 1
Swimming Lessons   -Preschool   5:00 pm Walking   10:45 am Preschool   1:100 am Walking   11:15 am Private   Swimming Lessons   10   11:15 am Preschool   1:15 am Pr					5:00 nm Swimmer 2	3	<u>*</u>	10:45 am
10.045 am Preschool   17 cack   5:00 pm Preschool   1:00 a   5:00 pm Prescho	vimmir	ons Sw	vimming Lessons		_	1 *		Preschool 2
10.45 am Preschool   5.00 pm Preschool   5.0				5:00 pm Swimmer				10:45 am Parent
11-10 am Walking   1-100 am Wa	ack	iool Tr	ack	2		<u>1</u>		& Tot 3
11:15 am Private   Swimming Lessons   10   5:00 pm Preschool   5:15 pm Swimmer   11:15 am Preschool   5:15 pm Swimmer   11:15 am Preschool   5:15 pm Swimmer   5:00 pm Walking   Track   5:00 pm Preschool   5:15 pm Swimmer   1:15 am Preschool   1:15 am P	00 pm ?		00 pm Preschool	5:00 pm Preschool			1	10:45 am Parent
11:15 am Private   Swimming Lessons   10   5:00 pm Swimmer   1   5:00 pm Swimmer   1   5:00 pm Preschool   5:15 pm Swimmer   2   5:00 pm Preschool   5:15 pm Swimmer   1   5:00 pm Preschool   5:15 pm Swimmer   5:15 pm Swimmer   5:00 pm Preschool   5:15 pm Swimmer   5:10 pm Preschool   5:30 pm Preschool   1   5:00 pm Preschool   1		.g 3						& Tot 2
11:15 am Private Swimming Lessons   1   1:15 am Preschool   5:15 pm Swimmer   1   5:00 pm Walking   5:00 pm Preschool   5:15 pm Swimmer   1   1:00 am Swimmer   1   1:30 am Swimmer   1:45 am Preschool   5:45 pm Swimmer   2   5:45 pm Preschool   1:130 am Swimmer   2   5:45 pm Swimmer   2   5:45 pm Preschool   1:130 am Swimmer   2   5:45 pm Swimmer   2   5:45 pm Swimmer   2   5:45 pm Preschool   1:130 am Swimmer   2   5:45 pm Preschool   1:130 am Swimmer   2   5:45 pm Swimmer   2   5:45 pm Swimmer   2   5:45 pm Preschool   1:130 am Swimmer   2   5:45 pm Swimmer   2   5:45 pm Preschool   1:130 am Swimmer   2   5:45 pm Swimmer   2   5:45 pm Preschool   1:130 am Swimmer   2   5:45 pm Swimmer   2   5:45 pm Swimmer   2   5:45 pm Preschool   1:130 am Swimmer   2   5:45 pm Preschool   1:130 am Swimmer   2   5:45 pm Preschool   1:130 am Swimmer   2   5:45 pm Preschool   1:130 am Swimmer   2   5:45 pm Swimmer   3   5:4			*	5:00 pm Preschool	_			11:00 am Social
11:15 am Preschool   5:15 pm Swimmer   1:15 am Preschool   1   5:00 pm Walking   5:00 pm Preschool   5:00 pm Pre				3	l •	_		Pickleball (Ages
11:15 am Preschool   2   5:00 pm Walking   3   5:00 pm Walking   5:15 pm Swimmer   2   5:00 pm Walking   5:15 pm Swimmer   3   5:00 pm Walking   5:15 pm Swimmer   5:30 pm Preschool   1   5:30 pm Preschool   2   5:30 pm Preschool   2   5:30 pm Preschool   1   5:30 pm Preschool   2   5:30 pm Preschool   2   5:30 pm Preschool   1   5:30 pm Preschool   2   5:30 pm Preschool   1   5:30 pm Preschool   1   5:30 pm Preschool   1   5:30 pm Preschool   2   5:30 pm Preschool   1   5:30 pm Preschool   2   5:30 pm Preschool   2   5:30 pm Preschool   2   5:30 pm Preschool   3   5:30 pm Preschool   3   5:30 pm Preschool   2   5:30 pm Preschool   3   5:3			′	5:00 pm Swimmer				
11:15 am Preschool   1:15 am Preschool   2   2   5:30 pm Preschool   3   1:10 am Preschool   1   1:15 am Preschool   2   1:15 am Preschool   1   1:15 am Preschool   2   1:15 am Preschool   1   1:15 am Preschool   2   1:15 am Preschool   3   1:15 am Preschool   2   1:15 am Preschool   3   1:1	15 pm 5		15 pm Swimmer	1				11:00 am Private
11:15 am Preschool   3:15 pm Swimmer   1:15 am Preschool   5:15 pm Swimmer   2   5:00 pm Preschool   1:00 am Swimmer   1:130 am Swimmer   1:30 am Swimmer   5:30 pm Preschool   1:15 am				5:00 pm Walking	_			Lessons
11:15 am Preschool   2   5:00 pm Parent & 5:00 pm Preschool   1   5:00 pm Preschool   5:15 pm Swimmer   1   5:00 pm Preschool   5:15 pm Swimmer   1   5:00 pm Preschool   5:00 pm Presch	15 pm 5		15 pm Swimmer	Track				
11:15 am Preschool   2   2   5:30 pm Preschool   5:30 pm Prescho		"		5:00 pm Hatha	•	_	<u>*</u>	Walking Track
11:15 am Preschool   1	15 pm 5		15 pm Swimmer	Beginner				
11:15 am Swimmer   1   1   5:30 pm Preschool   1   1   5:30 pm Preschool   1   1   5:30 pm Preschool   1   5:30 pm Preschool   2   5:30 pm Preschool   2   5:30 pm Preschool   2   5:30 pm Preschool   3   5:30 pm Preschool   2   5:30 pm Preschool   2   5:30 pm Preschool   3   5:30 pm Preschool   5:30 pm Preschool   2   5:30 pm Preschool   2   5:30 pm Preschool   2   5:30 pm Preschool   3   5:30 pm Preschool   5:30 pm Preschool   3   5:30 pm Preschool   4   11:15 am Preschool   5:30 pm Preschool   5:30 pm Preschool   5:30 pm Preschool   1   5:30 pm Preschool   3   5:30 pm Preschool   5:30 pm Preschool   1   5:30 pm Preschool   3   5:30 pm Preschool   5:30 pm Preschool   3   5:30 pm Preschool   5:45 pm Swimmer   5:45 pm Preschool   1   1   1:45 am Swimmer   5:45 pm Swimmer   5:45 pm Swimmer   5:45 pm Preschool   1   1   1:45 am Swimmer   5:45 pm Swimmer   5:45 pm Swimmer   5:45 pm Preschool   1   1   1:45 am Swimmer   5:45 pm Swimmer   5:45 pm Preschool   1   1   1:45 am Swimmer   5:45 pm Swimmer   5:45 pm Preschool   1   1   1:45 am Swimmer   5:45 pm Swimmer   5:45 pm Swimmer   5:45 pm Preschool   1   1   1:45 am Swimmer   5:45 pm Swimmer   5:45	20	-	20 70					Swimmer 2
11:15 am Swimmer   1:15 am Preschool   1				5	_	5:30 pm Preschool		11:00 am
1				1	5:15 pm Swimmer 1	5.20 D	5:30 pm Preschool	Swimmer 3
11:15 am Preschool   2   5:30 pm Preschool   2   5:30 pm Preschool   2   5:30 pm Preschool   3   5:30 pm Preschool   2   5:30 pm Preschool   3   5:30 pm Preschool   5:30 pm Preschool   1   5:30 pm Preschool   5:30 pm	30 pm 1		o pm Preschool	Sport	5:15 pm Swimmer 3	_	4	11:15 am
11:30 am Sport   5:30 pm Parent & Tot 2   5:30 pm Preschool   2   5:30 pm Preschool   1   5:30 pm Preschool   3   5:30 pm Preschool   1   5:30 pm Preschool   5:30 p	20	201 5.1	20 mm Duosahaal		5:30 pm Swimmer 6	5.20 mm Drogologal	6:00 pm Private	Preschool 3
11:30 am Sport   Court Reservation - Alder Saputo Centre   Tot 2   5:30 pm Swimmer   S:30 pm Swimmer   S:45 pm Swimmer	30 pm		50 pm Preschool	Tot 3		*	_	11:15 am
Tot 2	20 nm	5.0	20 nm Doront fr		1	5:45 nm Procedural	- Preschool	Preschool 2
Alder Saputo Centre  11:30 am Swimmer 6  5:30 pm Swimmer 5  5:30 pm Preschool 7  5:45 pm Swimmer 7  5:45 pm Swimmer 7  6:00 pm Swimmer 7  6:00 pm Swimmer 7  6:00 pm Preschool 7				2	5:30 pm Preschool	1		11:15 am Private
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5:30 pm Swimmer  6 5:30 pm Music Club Drop-In (Ages 11:45 am Private Swimming Lessons - Preschool Preschool 11:45 am Swimmer  5:45 pm Swimmer  5:45 pm Swimmer  5:30 pm Swimmer  5:30 pm Preschool 3 5:45 pm Swimmer 2 5:45 pm Swimmer 4 5:45 pm Swimmer 2 5:45 pm Swimmer 2 5:45 pm Swimmer 3 6:00 pm Swimmer 4 6:00 pm Preschool 5:30 pm Preschool 5:45 pm Swimmer 4 6:00 pm Preschool 1 1:45 am Swimmer 2 5:45 pm Swimmer 2 5:45 pm Swimmer 6:00 pm Swimmer 4 6:00 pm Preschool 1 1:45 am Swimmer 6:00 pm Preschool 5:45 pm Swimmer 6:00 pm Preschool 6:00 pm Preschool 1 1:45 am Swimmer 6:00 pm Preschool 6:00 pm Preschool 1 1:45 am Swimmer 1:45 am Swimmer 1:45 am Swimmer 2 5:45 pm Swimmer 6:00 pm Preschool 1 1:45 am Swimmer 6:00 pm Preschool 1 1:45 am Swimmer 1:45 am Swimmer 1:45 am Swimmer 2 5:45 pm Swimmer 1:45 am Swimmer 1:45 am Swimmer 2 5:45 pm Swimmer 1:45 am Preschool 1 1:45 am Swimmer 2 5:45 pm Swimmer 1:1:15 am Swimmer 2 5:45 pm Swimmer 1:1:15 am Swimm			30 pin Swinnier	3	5:30 pm Swimmer 5	1 1		Lessons -
11:30 am Swimmer       6       5:30 pm Preschool       5:45 pm Swimmer       5:45 pm Swimmer       6:00 pm Preschool       11:15 a         11:45 am Private       5:45 pm Preschool       5:30 pm Preschool       5:45 pm Swimmer       6:00 pm Swimmer       11:15 a         Swimming Lessons - Preschool       5:45 pm Swimmer       5:30 pm Preschool       5:45 pm Preschool       6:00 pm Swimmer       6:00 pm Preschool       11:15 a         11:45 am Swimmer       5:45 pm Swimmer       5:45 pm Swimmer       6:00 pm Swimmer       11:30 a         5:45 pm Swimmer       5:45 pm Swimmer       6:00 pm Swimmer       11:30 a         6:00 pm Preschool       5:45 pm Swimmer       11:30 a         6:00 pm Preschool       6:30 pm Preschool	30 nm	5.0	30 nm Swimmer		1	5:45 nm Preschool		
4       5:30 pm Music       5:30 pm Preschool       5:30 pm Preschool       5:30 pm Preschool       5:45 pm Swimmer       4       4id Instructors       11:15 a         11:45 am Private       5:45 pm Preschool       5:45 pm Swimmer       5:45 pm Swimmer       6:00 pm Preschool       11:15 a         Swimming Lessons - Preschool       5:45 pm Swimmer       5:30 pm Preschool       5:45 pm Preschool       6:00 pm Swimmer       6:00 pm Preschool       11:15 a         11:45 am Swimmer       5:45 pm Swimmer       5:45 pm Swimmer       5:45 pm Swimmer       6:00 pm Swimmer       11:30 a         5:45 pm Swimmer       5:45 pm Swimmer       5:45 pm Preschool       6:00 pm Swimmer       11:30 a         6:00 pm Preschool       11:30 a       5:45 pm Preschool       11:30 a	Jo piii .		50 pm 5 winning					11:15 am
11:45 am Preschool   Club Drop-In (Ages   11 to 17)   5:45 pm Preschool   Swimmer   2   5:30 pm Swimmer   2   5:45 pm Swimmer   3   6:00 pm Swimmer   4   6:00 pm Swimmer   2   6:00 pm Preschool   1   1:30 a   6:00 pm Swimmer   2   6:00 pm Swimmer   2   6:00 pm Swimmer   3   6:00 pm Swimmer   4   6:00 pm Swimmer   4   6:00 pm Swimmer   1   1:30 a   6:00 pm Preschool   1   1:30 a   1:30	30 pm <sup>1</sup>	5:3	30 pm Music		5:30 nm Preschool	5:45 pm Swimmer	Aid Instructors	
11 to 17   3.30 pm Swimmer   2   5.45 pm Swimmer 1   5.45 pm Swimmer 2   5.45 pm Swimmer 3   5.45 pm Swimmer 2   5.45 pm Swimmer 3   5.45 pm Swimmer 2   5.45 pm Swimmer 3   5.45 pm Swimmer 3   5.45 pm Swimmer 3   5.45 pm Swimmer 4   5.45 pm Swimmer 3   5.45 pm Swimmer 4   5.45 pm Swimmer 3   5.45 pm Swimmer 4   5.45 pm Swimmer 4   5.45 pm Swimmer 3   5.45 pm Swimmer 4   5.45 pm Swimmer 4   5.45 pm Swimmer 5   5.45 pm Swimmer 6   5.45 pm Swimmer 6   5.45 pm Swimmer 6   5.45 pm Swimmer 7   5.45 pm Swimmer 8   5.45 pm Swimmer 9   5.45 pm Swi								11:15 am Swimmer 6
11:45 am Private Swimming Lessons - Preschool       5:45 pm Preschool 2       5:30 pm Preschool 1       5:45 pm Preschool 4       5:45 pm Preschool 4       6:00 pm Preschool 5       6:00 pm Preschool 5       11:13 a Preschool 6:00 pm Swimmer         11:45 am Swimmer 2       2       5:30 pm Parent & 5:30 pm Parent & Tot 2       5:45 pm Swimmer 5:45 pm Preschool       6:00 pm Swimmer 4       6:00 pm Preschool 6:00 pm Swimmer 6:00 pm Swimmer 6:00 pm Preschool 1       11:30 a Swimm Lesson 6:30 pm Preschool 6:30 pm Preschool	to 17)	11	to 17)		5:45 nm Swimmer 1	6:00 pm Swimmer	2	
Swimming Lessons	45 pm ?		45 pm Preschool	_	_			11:15 am Preschool 4
5:45 pm Swimmer 2 5:45 pm Preschool 6:30 pm Preschool 1 Lesson 6:30 pm Pres		ons 2				6:00 pm Swimmer	5	
11:45 am Swimmer 2	45 pm		45 pm Swimmer	-			_	11:30 am Private Swimming
5:45 pm Swimmer 5:45 pm Preschool 6 6:30 pm Preschool 11:30 pm		mer   2			_	6:00 pm Swimmer	1	Lessons
	45 pm 5		45 pm Swimmer			6	6:30 pm Preschool	11:30 am
11:45 am Preschool 1 Swimmer 2 6:15 pm Preschool Swimm		.001   1				6:15 pm Preschool	1	Swimmer 1
5:45 pm Preschool 6:00 pm Swimmer 5 3 6:30 pm Private 11:45 a	45 pm !		45 pm Preschool		6:00 pm Swimmer 5			11:45 am
11:45 am Private 4 Swimming Lessons   4 Mindfulness Drop-   6:00 pm Balls &   6:15 pm Zumba®   Swimming Lessons   Preschool		one						Preschool 2
- Preschool 6:00 pm Swimmer In (Ages 9-13) Bands Toning 11:45 a	00 pm	6:0	00 pm Swimmer		Bands	Toning		11:45 am
11:45 am Preschool 5:45 pm Preschool 6:15 pm Preschool 6:15 pm Preschool Preschool Preschool		001		5:45 pm Preschool		6:15 pm Preschool		Preschool 1
2 6:15 pm Preschool 2 5 5 2.20 pm Preschool 11:45 a		6:	15 pm Preschool			5		11:45 am
11:45 am Preschool 2 5:45 pm Preschool 6:15 pm Swimmer 1 6:15 pm Preschool 3 Swimm		1		5:45 pm Preschool	6:15 pm Swimmer 1	6:15 pm Preschool		Swimmer 4

1	6:15 pm Cardio	4	6:15 pm Preschool	1		11:45 am
12:30 pm Public	Tone	6:00 pm Swimmer	1	6:15 pm Parent &	6:30 pm Preschool	Preschool 3
Swim	6:15 pm Basketball Drop-In (Ages 11-	3	6:15 pm Private	Tot 2	6:50 pm Semi-	11:45 am Private
1:00 pm Walking	13)	6:00 pm Swimmer	Swimming Lessons	6:15 pm Swimmer 2	Private Sibling	Swimming Lessons -
Track	6:15 pm Private	2	6:15 pm Swimmer 4		Learn to Skate Youth (Ages 6+)	Preschool
1:00 pm Sport	Swimming Lessons	6:00 pm Swimmer	6:15 pm Preschool	6:15 pm Preschool 2		11:45 am Private
Court Reservation - Alder Saputo Centre	6:15 pm Preschool		5	6:15 pm Parent &	7:00 pm Walking Track	Swimming
1:30 pm Sunday	1	6:00 pm Swimmer 1	6:15 pm Preschool	Tot 3	7:00 pm Lane Swim	Lessons
FAMILY Skate	6:15 pm Swimmer	6:00 pm Swimmer	6:30 pm Swimmer 4	6:15 pm Swimmer	7:05 pm Basketball	12:00 pm Private
2:00 pm Swimmer		4	_	1	Drop-In (Ages 18+)	Swimming
1- Teen/Adult	6:15 pm Preschool	6:15 pm Preschool	6:30 pm Swimmer 3	6:45 pm Preschool	7:15 pm Leisure/	Lessons
2:00 pm Swimmer	6:15 pm Preschool	5	6:45 pm Preschool	3	Splash & Slide	12:00 pm
2-Teen/Adult	3	6:15 pm Preschool	6:45 pm Preschool	6:45 pm Swimmer 2	8:10 pm Sport	Swimmer 2
2:00 pm Private Swimming Lessons	6:15 pm Swimmer	2	4		Court Reservation - Alder Saputo Centre	12:30 pm Sport Court
- Preschool	2	6:15 pm Preschool	6:45 pm Preschool	6:45 pm Preschool 5	Aidel Saputo Centre	Reservation -
2:00 pm Private	6:30 pm Swimmer	6:15 pm Preschool	2	6:45 pm Preschool		Alder Saputo Centre
Swimming Lessons	4	4	6:45 pm Preschool	4		
- Preschool	6:30 pm Swimmer	6:15 pm Body Blast	5	6:45 pm Preschool		1:00 pm Walking Track
2:00 pm Private Swimming Lessons	6:45 pm Private	6:15 pm Preschool	6:45 pm Preschool	2		1:00 pm Public
- Preschool	Swimming Lessons	1		6:45 pm Preschool		Swim
2:00 pm Swimmer	6:45 pm Preschool	6:45 pm Preschool	7:00 pm Swimmer 2	I		2:00 pm Sport
3 - Teen/Adult	1	2	7:00 pm Walking Track	7:00 pm Swimmer 2		Court Reservation -
2:30 pm Private	6:45 pm Preschool	6:45 pm Preschool	7:00 pm Private	7:00 pm Swimmer		Alder Saputo
Swimming Lessons - Preschool	3	4	Swimming Lessons	3		Centre
2:30 pm Private	6:45 pm Preschool	6:45 pm Swimmer	7:00 pm Swimmer 1	7:00 pm Swimmer		2:00 pm
Swimming Lessons	•	6:45 pm Swimmer	7:00 pm Zumba®	1		National Lifeguard -
- Preschool	6:45 pm Preschool	1	7:15 pm Private	7:00 pm Sport		Recert
2:30 pm Private	7:00 pm Zumba®	6:45 pm Swimmer	Swimming Lessons	Court Reservation - Alder Saputo Centre		2:15 pm Lane
Swimming Lessons - Preschool	7:00 pm Swimmer	2	- Preschool	7:00 pm Walking		Swim
2:30 pm Sport	1 1	6:45 pm Preschool	7:15 pm Private Swimming Lessons	Track		3:00 pm Walking Track
Court Reservation -	7:00 pm Walking	1	- Preschool	7:00 pm Swimmer		
Alder Saputo Centre	Track	6:45 pm Preschool	7:15 pm Private	4		3:15 pm Leisure & Splash
3:00 pm Birthday Party - Swim &	7:00 pm Swimmer	7:00 pm Swimmer	Swimming Lessons	7:15 pm Private		3:30 pm Sport
Splash	2	4	- Preschool	Swimming Lessons		Court
3:00 pm Walking	7:00 pm Private Swimming Lessons	7:00 pm Swimmer	7:15 pm Private Swimming Lessons	7:15 pm Step & Tone		Reservation - Alder Saputo
Track	7:15 pm Private	5	- Preschool	7:15 pm Private		Centre
3:00 pm Lane Swim	Swimming Lessons	7:00 pm Swimmer	7:15 pm Private	Swimming Lessons		5:00 pm Walking
4:00 pm Leisure/	- Preschool	3	Swimming Lessons - Preschool	7:15 pm Private		Track
Splash & Slide	7:15 pm Private	7:00 pm Walking Track		Swimming Lessons		5:00 pm Social
4:00 pm Sport Court Reservation -	Swimming Lessons - Preschool		7:45 pm Leisure Swim	7:30 pm Swimmer		Pickleball (Ages 18+)
Alder Saputo Centre	7:15 pm Private	7:00 pm Dance Fit	8:00 pm Basketball	2		6:00 pm
5:00 pm Walking	Swimming Lessons	7:15 pm Swimmer 2	Drop-In (Ages 18+)	7:30 pm Swimmer		Birthday Party -
Track	- Preschool	7:15 pm Private		7.20 mm 5		Skate & Celebrate
5:00 pm Leisure &	7:15 pm Private	Swimming Lessons		7:30 pm Swimmer 5		6:30 pm Social
Splash	Swimming Lessons - Preschool	- Preschool		7:45 pm Swimmer		Pickleball (Ages
5:00 pm Lane Swim	7:15 pm Private	7:15 pm Private		4		18+)
5:30 pm Sport	Swimming Lessons	Swimming Lessons - Preschool		7:45 pm Swimmer		7:00 pm Walking
Court Reservation - Alder Saputo Centre	- Preschool	7:15 pm Private		3		Track
7:00 pm Walking	7:20 pm Sport Court Reservation -	Swimming Lessons		8:00 pm Swimmer		7:30 pm Public Skate (sledges
Track	Alder Saputo Centre	- Preschool		3 - Teen/Adult		available)
		7:15 pm Swimmer		8:00 pm Swimmer 2-Teen/Adult		8:00 pm Sport
				8:00 pm Swimmer		Court Reservation -
		7:15 pm Private Swimming Lessons		1- Teen/Adult		Alder Saputo
		- Preschool		8:30 pm Sport		Centre
						'

		7:30 pm Basketball Drop-In (Ages 14- 17) 7:45 pm Swimmer 4 8:00 pm AquaFitness		Court Reservation - Alder Saputo Centre 8:45 pm Lane Swim		
16	17	18	19	20	21	22
8:00 am Lane Swim (Pre-Register) 8:30 am Sport	7:30 am Lane Swim (Pre-registered only)	7:30 am Lane Swim (Pre- registered only)	7:30 am Lane Swim (Pre-registered only)	7:00 am Figure Skating Skills / Pre- Registered Only	7:30 am Lane Swim (Pre-registered only)	8:50 am Parent & Child (Ages 2 to 5)
Court Reservation - Alder Saputo Centre	8:30 am Sport Court Reservation - Alder Saputo Centre	8:30 am Sport Court Reservation - Alder Saputo	8:30 am Sport Court Reservation - Alder Saputo Centre	7:30 am Lane Swim (Pre-registered only)	8:30 am Sport Court Reservation - Alder Saputo Centre	8:50 am Private Learn to Skate Youth (Ages 4+)
9:00 am Preschool	8:30 am 55+ Shinny	Centre	8:30 am 55+ Shinny	8:30 am Sport	8:30 am 55+ Shinny	9:00 am Walking
9:00 am Swimmer 3	8:30 am 55+ Shinny - GOALIES Only	8:30 am 70+ Shinny	8:30 am 55+ Shinny - GOALIES Only	Court Reservation - Alder Saputo Centre	8:30 am 55+ Shinny - GOALIES Only	Track 9:30 am Social

9:00 am Walking Track	8:45 am Therapeutic Swim	8:30 am 70+ Shinny - GOALIES	8:45 am Therapeutic Swim (Lap)	8:30 am 70+ Shinny 8:30 am 70+ Shinny	8:45 am Aquafit	Pickleball (Ages 18+)
9:00 am Private Swimming Lessons	9:00 am 65+ Shinny	Only 8:45 am Therapeutic Swim	9:00 am Walking Track	- GOALIES Only 8:45 am Aqua	9:00 am Walking Track 9:00 am 65+ Shinny	9:30 am Parent & Child (Ages 2 to 5)
- Preschool 9:00 am Swimmer	- GOALIES Only 9:00 am Adult Skate	(Lap) 9:00 am Walking	9:00 am 65+ Shinny - GOALIES Only	Zumba 9:30 am Public Swim (Lap &	9:00 am 65+ Shinny - GOALIES Only	10:50 am Private Learn to Skate
9:00 am Swimmer	9:00 am 65+ Shinny	Track	9:00 am Adult Skate	Leisure Pools)	9:00 am Adult Skate	Youth (Ages 6+)
9- Star Patrol 9:00 am Bronze	9:15 am Chair Fitness	9:30 am Public Swim (Lap & Leisure Pools)	9:00 am 65+ Shinny 9:30 am Public	9:30 am Chair Yoga 10:00 am Beginner	9:00 am Zumba® Gold	10:50 am Preschool (Ages 4 to 5)
Cross and Standard First Aid CPR-C	9:30 am Public Swim (Lap & Leisure Pools)	9:30 am Chair Yoga	Swim (Lap pool only)	Line Dance 10:00 am Sport	9:30 am Public Swim (Lap &	10:50 am Semi- Private Sibling
9:00 am Preschool 4	10:00 am Sport Court Reservation -	10:00 am Sport Court Reservation - Alder Saputo	9:30 am Gentle Flow Yoga	Court Reservation - Alder Saputo Centre	Leisure Pools) 9:45 am Chair	Learn to Skate Youth (Ages 6+)
9:00 am Swimmer 8 - Rookie Patrol	Alder Saputo Centre  10:00 am Tiny Tots	Centre 10:00 am Dance Fit	10:00 am Sport Court Reservation - Alder Saputo Centre	10:20 am Parent & Child (Ages 2 to 5)	Fitness 10:00 am Tiny Tots	11:00 am Social Pickleball (Ages
9:00 am Preschool	10:45 am Lane Swim	10:45 am Leisure & Splash	10:00 am Tiny Tots	11:00 am Walking Track	10:00 am Sport Court Reservation -	18+) 11:00 am
9:00 am Swimmer 7 - Rookie Patrol	11:00 am Family Skate	10:45 am Intermediate Line	10:15 am Zumba® Toning	11:00 am Semi- Private Learn to	Alder Saputo Centre 10:30 am Sensory	Walking Track 11:30 am Youth
9:00 am Preschool 2	11:30 am Sport Court Reservation -	Dance 11:00 am Walking	10:30 am Sensory Friendly Swim	Skate Toddler (Age 3)	Friendly Swim 11:00 am Walking	(Ages 6 to 17) 12:30 pm Sport
9:00 am Swimmer 5	Alder Saputo Centre  11:30 am Gentle	Track 11:30 am Sport	(Lap) 11:00 am Family	11:15 am Lane Swim	Track 11:00 am Family	Court Reservation - Alder Saputo
9:30 am Preschool	Flow Yoga	Court Reservation - Alder Saputo	Skate 11:00 am Walking	11:30 am Sport Court Reservation - Alder Saputo Centre	Skate 11:30 am Sport	Centre 1:00 pm Walking
9:30 am Swimmer 2	11:45 am Lane Swim	Centre 12:00 pm Lane	Track 11:00 am Balls &	11:40 am Private Learn to Skate	Court Reservation - Alder Saputo Centre	Track 2:00 pm Sport
9:30 am Parent & Tot 1	12:00 pm Adult Shinny	Swim 12:30 pm Adult	Bands 11:30 am Sport	Adult (Ages 18+)	12:00 pm Lane Swim	Court Reservation -
9:30 am Preschool	12:00 pm Adult Shinny - GOALIES Only	Skate 1:00 pm Walking	Court Reservation - Alder Saputo Centre	12:15 pm Private Hockey/Ringette Technical Skating	12:00 pm Adult Shinny - GOALIES	Alder Saputo Centre
9:30 am Preschool	12:30 pm Family Skate	Track 1:00 pm Inclusive	12:00 pm Adult Shinny	Skills (Adult Ages 18+) FULL	Only 12:00 pm Adult	2:15 pm Public Swim
9:30 am Preschool	1:00 pm Sport Court Reservation -	Open Gym 2:30 pm Sport	12:00 pm Adult Shinny - GOALIES Only	EQUIPMENT  12:15 pm Lane	Shinny 1:00 pm Lane Swim	3:00 pm Walking Track
9:45 am Swimmer	Alder Saputo Centre  1:15 pm Leisure &	Court Reservation - Alder Saputo	12:15 pm Lane Swim	Swim  12:30 pm Adult	1:00 pm Sport Court Reservation -	3:30 pm Lane Swim
9:45 am Swimmer	Splash 2:30 pm Sport	Centre 3:00 pm Walking	12:30 pm Family Skate	Skate 1:00 pm Home	Alder Saputo Centre 1:00 pm Walking	3:30 pm Sport Court Reservation -
10:00 am Lifesaving	Court Reservation - Alder Saputo Centre	Track 3:00 pm Figure	1:00 pm Sport	School Community Open Gym	Track 2:00 pm Leisure &	Alder Saputo Centre
Society Swim/Lifesaving & Emergency First	3:00 pm Figure Skating Skills	Skating Skills 3:30 pm Shinny 8 -	Court Reservation - Alder Saputo Centre	1:00 pm Walking Track	Splash 2:30 pm Sport	5:00 pm Walking Track
Aid Instructors 10:00 am Preschool	3:00 pm Walking Track	10 years GOALIE Registration Only	1:00 pm Walking Track	1:15 pm Leisure & Splash	Court Reservation - Alder Saputo Centre	5:00 pm Social Pickleball (Ages
4 10:00 am Preschool	3:30 pm Shinny 11- 13 yrs old	3:30 pm Hockey Skills - 14 yrs and older	1:15 pm Leisure & Splash	2:30 pm Sport Court Reservation - Alder Saputo Centre	3:00 pm Walking Track	18+) 6:00 pm
3 10:00 am Private	3:30 pm Shinny 11 - 13 years GOALIE	3:30 pm Shinny 8 - 10 yrs old	2:30 pm Sport Court Reservation - Alder Saputo Centre	3:00 pm Walking Track	4:00 pm Public Skate	Birthday Party - Skate & Celebrate
Swimming Lessons 10:00 am Swimmer 1	Registration Only 3:30 pm Private Hockey/Ringette	4:30 pm Hockey Skills - 13 yrs old and under	3:00 pm Walking Track	3:30 pm Shinny 14 - 17 yrs old	4:00 pm Social Pickleball (Ages 18+)	6:30 pm Social Pickleball (Ages 18+)
10:00 am Parent & Tot 3	Technical Skating Skills (Ages 6+) FULL	4:30 pm Social Pickleball Drop-In	3:20 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+)	3:30 pm Shinny 14 -17 year old GOALIE	4:10 pm Private Hockey/Ringette Technical Skating	7:00 pm Walking Track
10:00 am Preschool	EQUIPMENT 4:05 pm Basketball	(Ages 12-17) 4:45 pm Mini	FULL EQUIPMENT	Registration Only 3:50 pm Private	Skills (Ages 6+) FULL EQUIPMENT	7:30 pm Public Skate (sledges
10:00 am Sport Court Reservation -	Drop-In (Ages 14- 17)	Minds (Ages 4-5) 5:00 pm Walking	3:30 pm Shinny 5 - 7 years GOALIE Registration Only	Hockey/Ringette Technical Skating Skills (Ages 6+)	5:00 pm Walking Track	available) 8:00 pm Sport
Alder Saputo Centre 10:00 am Parent &	4:15 pm Private Hockey/Ringette	Track	3:30 pm Shinny 5 -	FULL EQUIPMENT	5:00 pm Power Skating for	Court Reservation -
Tot 2	Technical Skating	5:00 pm Hatha Beginner	7 yrs old	4:30 pm Mini Artists (Ages 4-5)	Hockey/Ringette	Alder Saputo

10:00 am Preschool 2 10:45 am Swimmer 5 10:45 am Preschool 2 10:45 am Preschool 1 10:45 am Private Swimming Lessons 10:45 am Swimmer 2 10:45 am Private Swimming Lessons - Preschool 10:45 am Private Swimming Lessons - Preschool 10:45 am Private Swimming Lessons - Preschool 11:00 am Walking Track 11:15 am Private Swimming Lessons 11:15 am Private Swimming Lessons 11:15 am Preschool 4 11:15 am Preschool 1 11:15 am Preschool 1 11:15 am Preschool 1 11:15 am Swimmer 1 11:15 am Swimmer 1 11:15 am Swimmer 1 11:15 am Preschool 1 11:45 am Preschool 1 11:45 am Preschool 5 11:45 am Private Swimming Lessons - Preschool 11:45 am Preschool 5 11:45 am Private Swimming Lessons - Preschool 11:45 am Preschool	FULL EQUIPMENT  4:30 pm Leisure/ Splash & Slide  4:30 pm Mini Movers (Ages 4-5)  5:00 pm Vinyasa  5:00 pm Walking Track  5:10 pm Semi- Private Sibling Learn to Skate Youth (Ages 6+)  5:10 pm Basketball Drop-In (Ages 8- 10)  5:10 pm Private Learn to Skate Youth (Ages 4+)  5:30 pm Junior Chefs (Ages 9-11)  5:30 pm Public Swim  5:30 pm Music Club Drop-In (Ages 11 to 17)  5:50 pm Parent & Child (Ages 2 to 5)  5:50 pm Preschool (Ages 4 to 5)  6:15 pm Cardio Tone  6:15 pm Basketball Drop-In (Ages 11- 13)  6:30 pm Youth (Ages 6 to 17)  6:30 pm Leisure & Splash  7:00 pm Zumba®  7:00 pm Zumba®  7:00 pm Zumba®  7:00 pm Sport Court Reservation - Alder Saputo Centre  7:25 pm Power Skating for Hockey/Ringette (Ages 11+) FULL EQUIPMENT	5:30 pm Shared Lane Swim (Lanes 1-4) 5:40 pm Mindfulness Drop-In (Ages 9-13) 5:45 pm Basketball Skills and Drills (Ages 6-8) 5:45 pm Leisure/ Splash & Slide 6:15 pm Body Blast 6:35 pm Basketball Skills and Drills (Ages 9-11) 6:45 pm Drama & Creative Arts Club (Ages 9-13) 6:45 pm Public Swim 7:00 pm Walking Track 7:00 pm Dance Fit 7:30 pm Basketball Drop-In (Ages 14-17) 8:00 pm Lane Swim	4:00 pm Hockey Skills - 14 yrs and older  4:05 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT  4:30 pm Multi Sports Skills and Drills (Ages 4-5)  4:30 pm Public Skate (sledges available)  4:30 pm Hockey Skills - 13 yrs old and under  5:00 pm Walking Track  5:15 pm Public Swim  5:20 pm Multi Sports Skills and Drills (Ages 4-5)  6:00 pm Balls & Bands  6:10 pm Multi Sports Skills and Drills (Ages 6-8)  6:30 pm Leisure/ Splash & Slide  6:30 pm Lane Swim  7:00 pm Walking Track  7:00 pm Zumba®  7:00 pm Multi Sports Skills and Drills (Ages 9-11)  8:00 pm Basketball Drop-In (Ages 18+)	4:30 pm Indoor Soccer Skills and Drills (Ages 4-5) 4:35 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT 5:00 pm Walking Track 5:20 pm Indoor Soccer Skills and Drills (Ages 6-8) 5:30 pm Little Artists (Ages 6-8) 5:30 pm Shared Lane Swim (Lanes 1-4) 5:45 pm Leisure & Splash 6:10 pm Indoor Soccer Skills and Drills (Ages 9-11) 6:15 pm Zumba® Toning 6:45 pm Public Swim 6:45 pm Junior Artists (Ages 9-11) 7:00 pm Walking Track 7:00 pm Sport Court Reservation - Alder Saputo Centre 8:00 pm Lane Swim 8:30 pm Sport Court Reservation - Alder Saputo Centre	EQUIPMENT 5:00 pm Leisure/ Splash & Slide 5:30 pm Social Pickleball (Ages 18+) 6:10 pm Parent & Child (Ages 2 to 5) 6:10 pm Preschool (Ages 4 to 5) 6:15 pm Leisure/ Splash & Slide 6:50 pm Private Learn to Skate Youth (Ages 6+) 6:50 pm Semi- Private Sibling Learn to Skate Youth (Ages 6+) 7:00 pm Lane Swim 7:00 pm Walking Track 7:05 pm Basketball Drop-In (Ages 18+) 7:30 pm Youth (Ages 6 to 17) 8:10 pm Sport Court Reservation - Alder Saputo Centre		
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1:00 pm Walking						
Track						
1:00 pm Sport Court Reservation - Alder Saputo Centre						
1:30 pm Sunday FAMILY Skate						
2:00 pm Swimmer 1- Teen/Adult						
2:00 pm Swimmer 2-Teen/Adult						
2:00 pm Private Swimming Lessons - Preschool						
2:00 pm Private Swimming Lessons - Preschool						
2:00 pm Private Swimming Lessons - Preschool						
2:00 pm Swimmer 3 - Teen/Adult						
2:30 pm Private Swimming Lessons - Preschool						
2:30 pm Private Swimming Lessons - Preschool						
2:30 pm Private Swimming Lessons - Preschool						
2:30 pm Sport Court Reservation - Alder Saputo Centre						
3:00 pm Walking Track						
3:00 pm Lane Swim						
3:00 pm Birthday Party - Swim & Splash						
4:00 pm Leisure/ Splash & Slide						
4:00 pm Sport Court Reservation - Alder Saputo Centre						
5:00 pm Walking Track						
5:00 pm Lane Swim						
5:00 pm Leisure & Splash						
5:30 pm Sport Court Reservation - Alder Saputo Centre						
7:00 pm Walking Track						
23	24	25	26	27	28	29
8:00 am Lane Swim (Pre-Register)	7:30 am Lane Swim (Pre-registered	7:30 am Lane Swim (Pre-	7:30 am Lane Swim (Pre-registered	7:00 am Figure Skating Skills / Pre-	7:30 am Lane Swim (Pre-registered	8:50 am Parent & Child (Ages 2
8:30 am Sport Court Reservation - Alder Saputo Centre	only) 8:30 am Sport Court Reservation -	registered only) 8:30 am Sport Court Reservation -	only) 8:30 am Sport Court Reservation - Alder	Registered Only 7:30 am Lane Swim (Pre-registered	only) 8:30 am Sport Court Reservation -	to 5) 8:50 am Private Learn to Skate
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9:00 am Walking	Alder Saputo Centre	Alder Saputo	Saputo Centre	only)	Alder Saputo Centre	Youth (Ages 4+)
Track	8:30 am 55+ Shinny	Centre	8:30 am 55+ Shinny	8:30 am Sport	8:30 am Babysitting	9:00 am
9:00 am Bronze	8:30 am 55+ Shinny	8:30 am 70+	8:30 am 55+ Shinny	Court Reservation -	Training	Swimmer 1
Cross and Standard	- GOALIES Only	Shinny	- GOALIES Only	Alder Saputo Centre	8:30 am 55+ Shinny	9:00 am

First Aid CPR-C		8:30 am 70+	l	8:30 am 70+ Shinny		Swimmer 3
9:00 am Lane Swim	9:00 am Indoor Nordic Walking	Shinny - GOALIES Only	9:00 am Walking Track	8:30 am 70+ Shinny - GOALIES Only	8:30 am 55+ Shinny - GOALIES Only	9:00 am Bronze Star
10:00 am Sport Court Reservation - Alder Saputo Centre	9:00 am 65+ Shinny - GOALIES Only	8:45 am Aqua Zumba	9:00 am 65+ Shinny - GOALIES Only	9:30 am Public Swim (Lap &	8:45 am Aquafit 9:00 am Zumba®	9:00 am Preschool 1
10:15 am Public Swim	9:00 am Adult Skate 9:00 am 65+ Shinny	9:00 am Walking Track	9:00 am Adult Skate 9:00 am 65+ Shinny	Leisure Pools)	Gold 9:00 am 65+ Shinny	9:00 am Swimmer 4
11:00 am Walking	9:15 am Chair Fitness	9:30 am Public Swim (Lap &	9:30 am Public	9:30 am Chair Yoga 10:00 am Beginner	- GOALIES Only 9:00 am Adult Skate	9:00 am
Track 11:15 am Sensory	9:30 am Public	Leisure Pools)	Swim (Lap pool only)	Line Dance 10:00 am Sport	9:00 am Walking	Preschool 2 9:00 am
Friendly Swim	Swim (Lap & Leisure Pools)	9:30 am Chair Yoga 10:00 am Sport	9:30 am Gentle Flow Yoga	Court Reservation - Alder Saputo Centre	Track 9:00 am 65+ Shinny	Swimmer 2
11:30 am Sport Court Reservation - Alder Saputo Centre	10:00 am Sport Court Reservation - Alder Saputo Centre	Court Reservation - Alder Saputo Centre	10:00 am Sport Court Reservation - Alder Saputo Centre	10:20 am Parent & Child (Ages 2 to 5)	9:30 am Public Swim (Lap &	9:00 am Preschool 3 9:00 am
12:15 pm Leisure/ Splash & Slide	10:00 am Tiny Tots	10:00 am Dance Fit	10:00 am Tiny Tots	10:45 am Parent & Tot 2	Leisure Pools) 9:45 am Chair	Preschool 4 9:00 am Walking
1:00 pm Sport Court Reservation -	11:00 am Family Skate	10:45 am Preschool 1	10:15 am Zumba® Toning	10:45 am Parent & Tot 3	Fitness 10:00 am Tiny Tots	Track
Alder Saputo Centre 1:00 pm Walking	11:30 am Sport Court Reservation -	10:45 am Preschool 2	11:00 am Family Skate	10:45 am Preschool	10:00 am Sport Court Reservation -	9:30 am Swimmer 1
Track	Alder Saputo Centre 11:30 am Gentle	10:45 am Intermediate Line	11:00 am Walking Track	10:45 am Preschool	Alder Saputo Centre	9:30 am Preschool 3
1:30 pm Sunday FAMILY Skate	Flow Yoga 12:00 pm Adult	Dance 10:45 am Parent &	11:00 am Balls & Bands	2 11:00 am Semi-	10:30 am Swimmer 2- Teen/Adult	9:30 am Swimmer 2
2:30 pm Sport Court Reservation - Alder Saputo Centre	Shinny 12:00 pm Adult	Tot 1  11:00 am Walking	11:30 am Sport Court Reservation -	Private Learn to Skate Toddler (Age 3)	10:30 am Swimmer 1- Teen/Adult	9:30 am Social Pickleball (Ages
3:00 pm Walking Track	Shinny - GOALIES Only	Track 11:15 am Preschool	Alder Saputo Centre	11:00 am Walking Track	10:30 am Swimmer 3- Teen/Adult	18+) 9:30 am
3:00 pm Birthday	12:30 pm Family Skate	3	12:00 pm Adult Shinny - GOALIES Only	11:00 am	10:45 am Baby & Me Fit	Preschool 1 9:30 am Parent
Party - Swim & Splash	1:00 pm Sport	11:15 am Parent & Tot 2	12:00 pm Adult	Strollercise 11:15 am Parent &	11:00 am Family Skate	& Tot 2
3:00 pm Lane Swim	Court Reservation - Alder Saputo Centre	11:15 am Preschool 4	Shinny 12:30 pm Family	Tot 1	11:00 am Walking	9:30 am Parent & Tot 1
4:00 pm Leisure/ Splash & Slide	2:30 pm Sport Court Reservation -	11:15 am Preschool	Skate	11:15 am Preschool 4	Track 11:30 am Sport	9:30 am Parent & Child (Ages 2
4:00 pm Sport Court Reservation - Alder Saputo Centre	Alder Saputo Centre 3:00 pm Figure	11:15 am Parent & Tot 3	1:00 pm Sport Court Reservation - Alder Saputo Centre	11:15 am Preschool 5	Court Reservation - Alder Saputo Centre	to 5) 9:30 am
5:00 pm Walking Track	Skating Skills 3:00 pm Walking	11:30 am Sport Court Reservation -	1:00 pm Walking Track	11:15 am Preschool	12:00 pm Adult Shinny	Preschool 2 9:45 am
5:00 pm Leisure & Splash	Track 3:30 pm Shinny 11-	Alder Saputo Centre	2:30 pm Sport Court Reservation -	11:30 am Sport Court Reservation - Alder Saputo Centre	12:00 pm Adult Shinny - GOALIES Only	Swimmer 6 9:45 am
5:00 pm Lane Swim	13 yrs old 3:30 pm Shinny 11	12:30 pm Adult Skate	Alder Saputo Centre 3:00 pm Walking	11:40 am Private Learn to Skate	1:00 pm Sport Court Reservation -	Swimmer 5 10:00 am
5:30 pm Sport Court Reservation - Alder Saputo Centre	- 13 years GOALIE Registration Only	1:00 pm Inclusive Open Gym	Track 3:20 pm Private	Adult (Ages 18+) 12:15 pm Private	Alder Saputo Centre	Preschool 3 10:00 am
7:00 pm Walking	3:30 pm Private Hockey/Ringette	1:00 pm Walking Track	Hockey/Ringette Technical Skating	Hockey/Ringette Technical Skating	1:00 pm Walking Track	Swimmer 2 10:00 am
Track	Technical Skating Skills (Ages 6+) FULL	2:30 pm Sport Court Reservation -	Skills (Ages 6+) FULL EQUIPMENT	Skills (Adult Ages 18+) FULL	2:30 pm Sport Court Reservation - Alder Saputo Centre	Preschool 1 10:00 am
	EQUIPMENT 4:05 pm Basketball	Alder Saputo Centre	3:30 pm Shinny 5 - 7 years GOALIE Registration Only	EQUIPMENT  12:30 pm Adult Skate	3:00 pm Walking Track	Preschool 2 10:00 am Parent
	Drop-In (Ages 14-17)	3:00 pm Walking Track	3:30 pm Shinny 5 - 7 yrs old	1:00 pm Home School Community	4:00 pm Public Skate	& Tot 3
	4:15 pm Private Hockey/Ringette Technical Skating	3:00 pm Figure Skating Skills	4:00 pm Hockey Skills - 14 yrs and	Open Gym  1:00 pm Walking	4:00 pm Social Pickleball (Ages	Swimmer 1 10:30 am
	Skills (Ages 6+) FULL	3:30 pm Shinny 8 - 10 years GOALIE Registration Only	older 4:05 pm Private	Track 2:30 pm Sport	18+) 4:10 pm Private	Swimmer 9- Star Patrol
	EQUIPMENT 4:30 pm Private	3:30 pm Hockey Skills - 14 yrs and	Hockey/Ringette Technical Skating Skills (Ages 6+)	Court Reservation - Alder Saputo Centre	Hockey/Ringette Technical Skating Skills (Ages 6+)	10:30 am Swimmer 8 - Rookie Patrol
	Swimming Lessons - Preschool	older	FULL EQUIPMENT	3:00 pm Walking Track	FULL EQUIPMENT	10:30 am
	4:30 pm Preschool	3:30 pm Shinny 8 - 10 yrs old	4:30 pm Preschool	l	4:30 pm Preschool	Swimmer 7 -

4:30 pm Preschool	4:30 pm Preschool	4:30 pm Preschool	3:30 pm Shinny 14	4:30 pm Preschool	10:45 am Swimmer 4
4:30 pm Preschool 2	4:30 pm Hockey Skills - 13 yrs old and under	4:30 pm Preschool 1 4:30 pm Preschool	-17 year old GOALIE Registration Only	4:30 pm Preschool 3 4:30 pm Preschool	10:45 am Preschool 1 10:45 am
4:30 pm Preschool	4:30 pm Private	2	3:50 pm Private Hockey/Ringette	1	Swimmer 1
4:30 pm Mini Movers (Ages 4-5)	Swimming Lessons - Preschool 4:30 pm Preschool	4:30 pm Private Swimming Lessons - Preschool	Technical Skating Skills (Ages 6+) FULL EQUIPMENT	4:30 pm Preschool	10:45 am Preschool 5
5:00 pm Swimmer 5	1 4:30 pm Social	4:30 pm Multi Sports Skills and	4:30 pm Preschool	5:00 pm Power Skating for	10:45 am Preschool 2
5:00 pm Swimmer 2	Pickleball Drop-In (Ages 12-17)	Drills (Ages 4-5) 4:30 pm Public	4:30 pm Preschool	Hockey/Ringette (Ages 9-10) FULL EQUIPMENT	10:45 am Swimmer 2
5:00 pm Preschool	4:30 pm Preschool 2	Skate (sledges available)	4:30 pm Preschool	5:00 pm Preschool	10:45 am Swimmer 3

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5:00 pm Preschool	4:30 pm Preschool	4:30 pm Hockey Skills - 13 yrs old	4:30 pm Preschool	5:00 pm Parent & Tot 1	10:45 am Preschool 4
5:00 pm Vinyasa	4:30 pm Preschool 5	and under 5:00 pm Swimmer 6	4:30 pm Private Swimming Lessons	5:00 pm Preschool	10:50 am Private Learn to Skate
5:00 pm Preschool 2	4:45 pm Mini	5:00 pm Swimmer 1	- Preschool	5:00 pm Walking	Youth (Ages 6+)
5:00 pm Swimmer	Minds (Ages 4-5) 5:00 pm Preschool	5:00 pm Swimmer 4	4:30 pm Mini Artists (Ages 4-5)	Track	10:50 am Preschool (Ages
	4	5:00 pm Private Swimming Lessons	4:30 pm Preschool	5:00 pm Private Swimming Lessons	4 to 5)
5:00 pm Walking Track	5:00 pm Swimmer	5:00 pm Preschool	1	- Preschool	10:50 am Semi- Private Sibling
5:00 pm Swimmer	5:00 pm Private	3	4:30 pm Indoor Soccer Skills and	5:00 pm Preschool	Learn to Skate Youth (Ages 6+)
5:00 pm Swimmer	Swimming Lessons	5:00 pm Preschool 5	Drills (Ages 4-5)	5:00 pm Parent & Tot 2	11:00 am Social Pickleball (Ages
1 5.00 and Branch and	5:00 pm Swimmer 3	5:00 pm Preschool	4:35 pm Private Hockey/Ringette	5:30 pm Parent &	18+)
5:00 pm Preschool 5	5:00 pm Preschool	2	Technical Skating Skills (Ages 6+)	Tot 3	11:00 am
5:10 pm Semi-	3	5:00 pm Cardio Tone	FULL EQUIPMENT	5:30 pm Preschool	Walking Track 11:15 am
Private Sibling Learn to Skate	5:00 pm Swimmer 4	5:00 pm Swimmer 2	5:00 pm Preschool	5:30 pm Preschool	Preschool 1
Youth (Ages 6+)	5:00 pm Preschool	5:00 pm Walking Track	5:00 pm Preschool	3	11:15 am Swimmer 1
5:10 pm Private Learn to Skate	1	5:00 pm Swimmer 3	4	5:30 pm Preschool	11:15 am
Youth (Ages 4+)	5:00 pm Swimmer 2	5:00 pm Preschool	5:00 pm Walking Track	5:30 pm Youth	Swimmer 2
5:10 pm Basketball Drop-In (Ages 8-	5:00 pm Hatha Beginner	1 5:20 pm Multi	5:00 pm Swimmer	Night (Ages 6 to 13)	11:15 am Preschool 2
10) 5:30 pm Preschool	5:00 pm Preschool	Sports Skills and Drills (Ages 4-5)	5:00 pm Preschool	5:30 pm Preschool	11:15 am Preschool 3
5:30 pm Preschool	5:00 pm Walking	5:30 pm Swimmer 1	5:00 pm Private	5:30 pm Social Pickleball (Ages	11:15 am Preschool 5
4	Track	5:30 pm Parent & Tot 1	Swimming Lessons - Preschool	18+)	11:30 am Youth
5:30 pm Swimmer	5:00 pm Preschool 5	5:30 pm Preschool	5:00 pm Preschool	6:00 pm Preschool	(Ages 6 to 17)
5:30 pm Junior	5:30 pm Preschool	5:20 mm Syvimmon 2	5 500 B 1 1	6:00 pm Preschool	11:30 am Private Swimming
Chefs (Ages 9-11)	5:30 pm Preschool	5:30 pm Swimmer 2	5:00 pm Preschool 2	5	Lessons
5:30 pm Preschool	3.30 pm r resenou	5:30 pm Parent & Tot 2	5:00 pm Swimmer	6:00 pm Preschool	11:30 am Swimmer 5
5:30 pm Swimmer 2	5:30 pm Private Swimming Lessons	5:30 pm Preschool 2	5:15 pm Swimmer	6:00 pm Private Swimming Lessons	11:30 am Swimmer 6
5:30 pm Parent & Tot 1	5:30 pm Swimmer 2	5:30 pm Preschool	5:15 pm Swimmer	- Preschool 6:00 pm Preschool	11:45 am Preschool 3
5:30 pm Preschool	5:30 pm Preschool	5:30 pm Preschool	2	2	11:45 am
1	5:30 pm Preschool	1 5:45 mm Syvimmon 2	5:20 pm Indoor Soccer Skills and	6:10 pm Parent & Child (Ages 2 to 5)	Swimmer 1
5:30 pm Parent & Tot 2	4	5:45 pm Swimmer 3 5:45 pm Swimmer 5	Drills (Ages 6-8)	6:10 pm Preschool	11:45 am Preschool 1
5:30 pm Music	5:30 pm Parent & Tot 3	5:45 pm Swimmer 4	5:30 pm Little Artists (Ages 6-8)	(Ages 4 to 5)	11:45 am
Club Drop-In (Ages 11 to 17)	5:30 pm Swimmer	6:00 pm Balls &	5:30 pm Private	6:30 pm Private Swimming Lessons	Preschool 2
5:45 pm Swimmer	1	Bands	Swimming Lessons - Preschool	- Preschool	11:45 am Swimmer 2
5:45 pm Swimmer	5:40 pm Mindfulness Drop-	6:10 pm Multi Sports Skills and Drills (Ages 6-8)	5:30 pm Parent & Tot 3	6:30 pm Preschool 2	11:45 am Preschool 4
6	In (Ages 9-13) 5:45 pm Basketball	6:15 pm Preschool	5:30 pm Preschool	6:30 pm Preschool	12:00 pm
5:45 pm Swimmer 3	Skills and Drills (Ages 6-8)	1 6:15 pm Preschool	5:30 pm Preschool	6:30 pm Preschool	Private Swimming
5:50 pm Parent & Child (Ages 2 to 5)	5:45 pm Swimmer	3	1	6:30 pm Preschool	Lessons 12:15 pm
5:50 pm Preschool (Ages 4 to 5)	5:45 pm Swimmer	6:15 pm Parent & Tot 3	5:30 pm Preschool	4	Private Swimming
6:00 pm Swimmer	5	6:15 pm Preschool	5:30 pm Preschool	6:50 pm Private Learn to Skate	Lessons
2	6:00 pm Parent & Tot 2	6:15 pm Swimmer 1	5:45 pm Swimmer	Youth (Ages 6+) 6:50 pm Semi-	12:15 pm Private
6:00 pm Swimmer 1	6:00 pm Swimmer 2	6:15 pm Preschool	5	Private Sibling Learn to Skate	Swimming Lessons
6:15 pm Preschool	6:00 pm Swimmer	4	5:45 pm Swimmer	Youth (Ages 6+)	12:15 pm
1	1	6:15 pm Swimmer 2	5.45 nm Swimmer	7:00 pm Lane Swim	Private

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6:15 pm Parent &	I	6:30 pm Swimmer 6	2		5wmming
Tot 3	6:00 pm Private Swimming Lessons	6:30 pm Swimmer 3	5:45 pm Swimmer	7:00 pm Walking Track	Lessons
6:15 pm Preschool	6:00 pm Parent &	6:30 pm Swimmer 4	6 Swimmer	7:05 pm Basketball	12:15 pm Private
3	Tot 1	6:45 pm Swimmer 1	6:10 pm Indoor	Drop-In (Ages 18+)	Swimming
6:15 pm Cardio Tone	6:15 pm Preschool	6:45 pm Private	Soccer Skills and Drills (Ages 9-11)	7:30 pm Youth	Lessons
6:15 pm Basketball	1	Swimming Lessons		(Ages 6 to 17)	12:15 pm Private
Drop-In (Ages 11-	6:15 pm Preschool	6:45 pm Swimmer 2	6:15 pm Preschool	8:10 pm Sport Court Reservation -	Swimming Lessons
13)	6:15 pm Preschool	6:45 pm Preschool	6:15 pm Preschool	Alder Saputo Centre	
6:15 pm Preschool	4	3	4		12:15 pm Private
6:15 pm Preschool	6:15 pm Body Blast	6:45 pm Preschool	6:15 pm Preschool 2		Swimming Lessons
2	6:15 pm Preschool	6:45 pm Preschool	6:15 pm Preschool		12:15 pm
6:30 pm Youth	3	2	1		Private
(Ages 6 to 17)	6:30 pm Swimmer	6:45 pm Preschool	6:15 pm Parent &		Swimming Lessons
6:30 pm Swimmer 5	6:30 pm Swimmer	5	Tot 1		12:15 pm
6:30 pm Swimmer	3	7:00 pm Walking Track	6:15 pm Private Swimming Lessons		Private
3	6:35 pm Basketball	7:00 pm Zumba®	- Preschool		Swimming Lessons
6:30 pm Swimmer	Skills and Drills (Ages 9-11)	7:00 pm Multi	6:15 pm Zumba®		12:30 pm Sport
6:45 pm Preschool	6:45 pm Private	Sports Skills and	Toning		Court Reservation -
3	Swimming Lessons	Drills (Ages 9-11)	6:15 pm Parent & Tot 2		Alder Saputo
6:45 pm Preschool	6:45 pm Swimmer	7:15 pm Preschool 4	6:30 pm Swimmer		Centre
1		7:15 pm Private	2		1:00 pm Walking Track
6:45 pm Preschool	6:45 pm Preschool	Swimming Lessons - Preschool	6:30 pm Swimmer		2:00 pm Sport
6:45 pm Preschool	6:45 pm Preschool	7:15 pm Preschool	6:20 mm Syvimmon		Court
5	5	3	6:30 pm Swimmer 3		Reservation - Alder Saputo
6:45 pm Swimmer	6:45 pm Swimmer 2	7:15 pm Preschool	6:30 pm Swimmer		Centre
1	6:45 pm Preschool	2	1		3:00 pm Walking
6:45 pm Preschool	4	7:15 pm Preschool 5	6:45 pm Preschool		Track
6:45 pm Swimmer	6:45 pm Preschool	7:15 pm Private	6:45 pm Preschool		3:30 pm Sport Court
2	3	Swimming Lessons	1		Reservation - Alder Saputo
7:00 pm Zumba®	6:45 pm Preschool	- Preschool	6:45 pm Preschool		Centre
7:00 pm Walking Track	6:45 pm Drama &	7:15 pm Private Swimming Lessons	5		5:00 pm Walking
7:15 pm Preschool	Creative Arts Club	- Preschool	6:45 pm Preschool		Track
5	(Ages 9-13)	7:15 pm Preschool	6:45 pm Junior		5:00 pm Social Pickleball (Ages
7:15 pm Preschool	7:00 pm Walking Track	7:45 pm Private	Artists (Ages 9-11)		18+)
2	7:00 pm Dance Fit	Swimming Lessons	6:45 pm Preschool		6:00 pm
7:15 pm Preschool	7:15 pm Preschool	- Preschool	2 (45 P: 1		Birthday Party - Skate &
7:15 pm Preschool	3	7:45 pm Private Swimming Lessons	6:45 pm Private Swimming Lessons		Celebrate
4	7:15 pm Preschool	- Preschool	7:00 pm Swimmer		6:30 pm Social
7:15 pm Private	7:15 pm Preschool	7:45 pm Private	2		Pickleball (Ages 18+)
Swimming Lessons - Preschool	4	Swimming Lessons - Preschool	7:00 pm Swimmer		7:00 pm Walking
7:15 pm Private	7:15 pm Preschool	7:45 pm Private	7:00 pm Sport		Track
Swimming Lessons	1	Swimming Lessons	Court Reservation -		7:30 pm Public Skate (sledges
- Preschool	7:15 pm Swimmer 5	- Preschool	Alder Saputo Centre		available)
7:20 pm Sport Court Reservation -	7:15 pm Swimmer	7:45 pm Private Swimming Lessons	7:00 pm Walking Track		8:00 pm Sport
Alder Saputo Centre	2	- Preschool	7:15 pm Swimmer		Court Reservation -
7:25 pm Power Skating for	7:15 pm Swimmer	7:45 pm Private Swimming Lessons	5		Alder Saputo
Hockey/Ringette	6	- Preschool	7:15 pm Preschool		Centre
(Ages 11+) FULL EQUIPMENT	7:15 pm Private Swimming Lessons	8:00 pm Basketball	7:15 \$4 8		
7:45 pm Private	7:15 pm Swimmer	Drop-In (Ages 18+)	7:15 pm Step & Tone		
Swimming Lessons	1		7:15 pm Preschool		
- Preschool	7·15 nm Preschool	I	5	I	

	7:45 pm Private Swimming Lessons - Preschool 7:45 pm Private Swimming Lessons - Preschool 7:45 pm Private Swimming Lessons - Preschool 7:45 pm Private Swimming Lessons - Preschool	7:30 pm Basketball Drop-In (Ages 14- 17) 7:45 pm Private Swimming Lessons 7:45 pm Private Swimming Lessons 7:45 pm Private Swimming Lessons - Preschool 7:45 pm Private Swimming Lessons 7:45 pm Private Swimming Lessons 7:45 pm Private Swimming Lessons 7:45 pm Private Swimming Lessons	7:15 pm Preschool 1 7:15 pm Preschool 3 7:15 pm Preschool 2 7:15 pm Private Swimming Lessons 7:15 pm Swimmer 6 7:30 pm Swimmer 2 7:30 pm Swimmer 1 7:45 pm Private Swimming Lessons - Preschool	
		7:45 pm Private Swimming Lessons 7:45 pm Private Swimming Lessons - Preschool	7:45 pm Private Swimming Lessons 7:45 pm Private Swimming Lessons 7:45 pm Private Swimming Lessons - Preschool	
			7:45 pm Private Swimming Lessons - Preschool 7:45 pm Private Swimming Lessons - Preschool 8:00 pm Swimmer	
			2-Teen/Adult 8:00 pm Swimmer 1- Teen/Adult 8:00 pm Swimmer 3 - Teen/Adult 8:30 pm Sport Court Reservation -	
30 8:30 am Sport Court Reservation - Alder Saputo Centre			Alder Saputo Centre	
9:00 am Lifesaving Sport 9:00 am Walking Track				
9:00 am Preschool				
9:00 am Preschool 1 9:00 am Swimmer				
9:00 am Swimmer 1				
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9:00 am Preschool 2 9:00 am Swimmer				
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9:00 am Swimmer			
9:00 am Preschool			
9:30 am Preschool			
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9:30 am Preschool			
9:30 am Swimmer 2			
9:30 am Parent & Tot 3			
9:45 am Swimmer 6			
9:45 am Swimmer 5			
10:00 am Sport Court Reservation - Alder Saputo Centre			
10:00 am Parent & Tot 2			
10:00 am Preschool			
10:00 am Swimmer			
10:00 am Preschool			
10:00 am Parent & Tot 1			
10:00 am Preschool			
10:00 am Preschool			
10:00 am Swimmer 2			
10:15 am Swimmer 7 - Rookie Patrol			
10:15 am Swimmer 8 - Rookie Patrol			
10:15 am Swimmer 9- Star Patrol			
10:45 am Swimmer 2			
10:45 am Preschool 5			
10:45 am Swimmer			
10:45 am Preschool 2			
10:45 am Preschool			
10:45 am Swimmer			
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10:45 am Preschool				
10:45 am Swimmer				
11:00 am Walking Track				
11:15 am Preschool				
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11:15 am Preschool				
11:15 am Swimmer				
11:15 am Preschool				
11:30 am Sport Court Reservation - Alder Saputo Centre				
11:30 am Swimmer 5				
11:30 am Swimmer 6				
11:45 am Private Swimming Lessons				
11:45 am Private Swimming Lessons				
11:45 am Preschool				
11:45 am Swimmer 2				
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12:15 pm Private Swimming Lessons			
1:00 pm Sport Court Reservation - Alder Saputo Centre			
1:00 pm Walking Track			
1:30 pm Sunday FAMILY Skate			
2:00 pm Private Swimming Lessons			
2:00 pm Private Swimming Lessons			
2:00 pm Private Swimming Lessons			
2:15 pm Swimmer 3 - Teen/Adult			
2:15 pm Swimmer 1- Teen/Adult			
2:15 pm Swimmer 2-Teen/Adult			
2:30 pm Private Swimming Lessons			
2:30 pm Sport Court Reservation - Alder Saputo Centre			
2:30 pm Private Swimming Lessons			
2:30 pm Private Swimming Lessons			
3:00 pm Birthday Party - Swim & Splash			
3:00 pm Swimmer 2-Teen/Adult			
3:00 pm Swimmer 3 - Teen/Adult			
3:00 pm Swimmer 1- Teen/Adult			
3:00 pm Walking Track			
4:00 pm Sport Court Reservation - Alder Saputo Centre			
5:00 pm Walking Track			
5:30 pm Sport Court Reservation - Alder Saputo Centre			
7:00 pm Walking Track			