

November 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | | | | 1 | 2 6:00 pm Birthday Party - Skate & Celebrate |
| 3 3:00 pm Birthday Party - Swim & Splash | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 8:45 am Therapeutic Swim 4:00 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL | 12 9:45 am Preschool 1 9:45 am Parent & Tot 1 9:45 am Preschool 3 | 13 3:15 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT 3:15 pm Private Hockey/Ringette | 14 8:05 am Private Hockey/Ringette Technical Skating Skills (Ages 6+) 8:35 am Private Learn to Skate Adult (Ages 18+) | 15 1:00 pm Lane Swim 4:10 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) 4:15 pm Lane Swim | 16 7:30 am Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT 8:05 am Private |

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| EQUIPMENT | 10:15 am Preschool 2 | Technical Skating Skills (Ages 6+) FULL EQUIPMENT | 8:35 am Adult Private Hockey Technical Skating Skills (Adult 18+) | 4:30 pm Private Swimming Lessons (Preschool 1-5) | Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT |
| 4:30 pm Preschool 2 | 10:15 am Preschool 4 | 3:45 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT | 9:20 am Private Learn to Skate Adult (Ages 18+) | 4:30 pm Private Swimming Lessons (Preschool 1-5) | 8:05 am Private Learn to Skate Youth (Ages 4+) |
| 4:30 pm Preschool 3 | 10:15 am Parent & Tot 3 | 3:45 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT | 9:20 am Small Group Learn to Skate Toddler (Age 3) | 4:30 pm Preschool 1 | 8:45 am Semi- Private Learn to Skate Preschool (4 to 5 years) |
| 4:30 pm Preschool 1 | 10:15 am Parent & Tot 2 | 4:15 pm Private Learn to Skate Youth (Ages 6 to 17) | 9:45 am Parent & Tot 2 | 4:30 pm Preschool 4 | 8:45 am Parent & Child (Ages 2 to 5) |
| 4:40 pm Semi- Private Learn to Skate Youth (6 to 17 years) | 4:30 pm Preschool 5 | 4:15 pm Private Learn to Skate Youth (Ages 6 to 17) | 9:45 am Preschool 2 | 4:50 pm Private Learn to Skate Youth (Ages 6 to 17) | 9:15 am Convenience Lessons - Swimmer 1-6 |
| 4:40 pm Private Learn to Skate Youth (Ages 6 to 17) | 4:30 pm Preschool 1 | 4:15 pm Adapted Private Lessons (Ages 8+) | 9:45 am Preschool 4 | 4:50 pm Semi-Private Learn to Skate Youth (6 to 17 years) | 9:15 am Convenience Lessons - Preschool 1-5 |
| 5:00 pm Preschool 3 | 4:30 pm Preschool 4 | 4:30 pm Preschool 2 | 10:00 am Small Group Learn to Skate Toddler (Age 3) | 5:00 pm Preschool 3 | 9:15 am Convenience Lessons - Swimmer 1-6 |
| 5:00 pm Preschool 2 | 4:30 pm Preschool 2 | 4:30 pm Preschool 3 | 10:00 am Parent & Child (Ages 2 to 5) | 5:00 pm Private Swimming Lessons (Preschool 1-5) | 9:15 am Convenience Lessons - Preschool 1-5 |
| 5:00 pm Preschool 1 | 4:45 pm Private Swimming Lessons (Preschool 1-5) | 4:30 pm Preschool 4 | 10:15 am Preschool 3 | 5:00 pm Preschool 5 | 9:25 am Preschool (Ages 4 to 5) |
| 5:00 pm Private Swimming Lessons (Preschool 1-5) | 5:00 pm Parent & Tot 3 | 4:30 pm Preschool 3 | 10:15 am Parent & Tot 1 | 5:00 pm Preschool 2 | 9:30 am Private Swimming Lessons |
| 5:00 pm Preschool 4 | 5:00 pm Preschool 1 | 4:30 pm Preschool 4 | 10:15 am Preschool 1 | 5:30 pm Semi-Private Power Skating (Age 6) FULL EQUIPMENT | 9:30 am Junior Chefs (Ages 8- 11) |
| 5:00 pm Parent & Tot 2 | 5:00 pm Preschool 4 | 4:30 pm Multi Sports (3-4) | 10:40 am Small Group Learn to Skate Preschool (Ages 4 to 5) | 5:30 pm NEW Parent and Player Pre-Power (Ages 4 to 5) | 9:30 am Junior Chefs (Ages 8- 11) |
| 5:20 pm Preschool (Ages 4 to 5) | 5:00 pm Preschool 3 | 4:30 pm Preschool 1 | 10:40 am Parent & Child (Ages 2 to 5) | 5:30 pm Preschool 2 | 10:00 am Convenience Lessons - Swimmer 1-6 |
| 5:30 pm Junior Chefs (Ages 8-11) | 5:00 pm Drama & Creative Arts Club | 4:30 pm Parent & Tot 2 | 11:30 am NEW Parent and Child Mini Hockey Learn to Skate (Ages 2 to 4) | 5:30 pm Private Swimming Lessons (Preschool 1-5) | 10:00 am Convenience Lessons - Swimmer 1-6 |
| 5:30 pm Preschool 4 | 5:00 pm Preschool 2 | 5:00 pm Preschool 1 | 12:10 pm Adult Private Hockey Technical Skating Skills (Ages 18+) | 5:30 pm Preschool 1 | 10:00 am Convenience Lessons - Preschool 1-5 |
| 5:30 pm Parent & Tot 3 | 5:15 pm Private Swimming Lessons (Preschool 1-5) | 5:00 pm Preschool 4 | 12:10 pm Private Learn to Skate Adult (Ages 18+) | 5:30 pm Parent & Tot 3 | 10:00 am Parent & Tot 1 |
| 5:30 pm Preschool 2 | 5:30 pm Preschool 5 | 5:00 pm Preschool 3 | 2:30 pm Shinny 11 - 13 years old GOALIE Registration Only (Holiday Schedule) | 5:30 pm Parent & Tot 2 | 10:05 am Parent & Child (Ages 2 to 5) |
| 5:30 pm Preschool 1 | 5:30 pm Swimmer 1 | 5:00 pm Parent & Tot 3 | 3:00 pm Shinny 11 - 13 years old (Holiday Schedule) | 6:00 pm Preschool 4 | 10:30 am Private Swimming Lessons |
| 5:55 pm Youth (Ages 6 to 17) | 5:30 pm Swimmer 4 | 5:00 pm Preschool 2 | 3:45 pm Private Hockey Technical Skating Skills (Ages 7-10) FULL EQUIPMENT | 6:10 pm Preschool (Ages 4 to 5) | 10:45 am Youth (Ages 6 to 17) |
| 6:00 pm Preschool 4 | 5:30 pm Swimmer 3 | 5:20 pm Multi Sports (3-4) | 4:15 pm Private Hockey Technical Skating Skills (Ages 11-12) FULL EQUIPMENT | 6:10 pm Parent & Child (Ages 2 to 5) | 10:45 am Convenience Lessons - Swimmer 1-6 |
| 6:00 pm Preschool 2 | 5:30 pm Swimmer 2 | 5:30 pm Preschool 2 | 4:30 pm Mini Artists (3-4) | 6:15 pm Preschool 3 | 10:45 am Convenience Lessons - Swimmer 1-6 |
| 6:15 pm Preschool 5 | 5:45 pm Basketball (5-7) | 5:30 pm Preschool 4 | | 6:15 pm Private Swimming Lessons (Preschool 1-5) | 10:45 am Convenience Lessons - Preschool 1-5 |
| 6:15 pm Preschool 3 | 5:45 pm Private Swimming Lessons | 5:30 pm Parent & Tot 1 | | 6:45 pm Preschool 3 | 10:45 am Convenience Lessons - Preschool 1-5 |
| 6:15 pm Preschool 1 | 6:15 pm Swimmer 2 | 5:30 pm Preschool 3 | | 6:45 pm Preschool 5 | 10:45 am Convenience Lessons - Swimmer 1-6 |
| 6:45 pm Power Skating for Hockey/Ringette (Ages 7 to 10) FULL EQUIPMENT | 6:15 pm Swimmer 1 | 5:30 pm Preschool 1 | | 6:45 pm Preschool 2 | 10:45 am Convenience Lessons - Preschool 1-5 |
| 6:45 pm Preschool 2 | 6:15 pm Parent & Tot 1 | 6:00 pm Preschool 4 | | 6:45 pm Private Swimming Lessons (Preschool 1-5) | 11:00 am Parent & Tot 2 |
| 6:45 pm Preschool | 6:30 pm Private Swimming Lessons | 6:00 pm Preschool 2 | | 6:50 pm Youth (Ages 6 to 17) | 11:40 am Private Learn to Skate Youth (Ages 6 to 17) |
| | | 6:10 pm Multi Sports (5-7) | | 7:15 pm Private Swimming Lessons (Preschool 1-5) | 11:40 am Semi- Private Learn to Skate Youth (6 |

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| 3 | 6:50 pm Swimmer 3 | 6:15 pm Parent & Tot 3 | 4:30 pm Preschool 4 | 7:15 pm Parent & Tot 3 | to 17 years) |
| 6:45 pm Parent & Tot 2 | 6:35 pm Basketball (8-11) | 6:15 pm Parent & Tot 2 | 4:30 pm Preschool 3 | 7:45 pm Private Learn to Skate Youth (Ages 6 to 17) | 11:45 am Convenience Lessons - Swimmer 1-6 |
| 6:45 pm Preschool 1 | 6:45 pm Swimmer 6 | 6:15 pm Preschool 3 | 4:30 pm Preschool 2 | 7:45 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) | 11:45 am Private Swimming Lessons |
| 6:45 pm Preschool 4 | 6:45 pm Swimmer 2 | 6:15 pm Preschool 1 | 4:30 pm Indoor Soccer (3-4) | 7:45 pm Small Group Learn to Skate Adult (Age 18+) | 11:45 am Convenience Lessons - Preschool 1-5 |
| 6:45 pm Parent & Tot 3 | 6:45 pm Parent & Tot 2 | 6:45 pm Preschool 1 | 4:30 pm Preschool 1 | 7:45 pm Small Group Learn to Skate Teen (Ages 13 to 17) | 12:15 pm Parent & Tot 3 |
| 7:15 pm Preschool 3 | 6:45 pm Swimmer 1 | 6:45 pm Preschool 5 | 4:45 pm Private Hockey Technical Skating Skills (Ages 13+) FULL EQUIPMENT | 7:45 pm Private Learn to Skate Teen (Ages 6+) | 12:30 pm Convenience Lessons - Swimmer 1-6 |
| 7:15 pm Preschool 5 | 7:00 pm Swimmer 2 | 6:45 pm Preschool 2 | 5:00 pm Preschool 3 | | 12:30 pm Convenience Lessons - Preschool 1-5 |
| 7:15 pm Preschool 2 | 7:00 pm Private Swimming Lessons | 6:45 pm Preschool 3 | 5:00 pm Preschool 4 | | 12:45 pm Private Swimming Lessons |
| 7:15 pm Preschool 1 | 7:15 pm Swimmer 1 | 6:45 pm Preschool 4 | 5:00 pm Preschool 1 | | 6:00 pm Birthday Party - Skate & Celebrate |
| 7:35 pm Power Skating for Hockey/Ringette (Ages 11+) FULL EQUIPMENT | 7:15 pm Swimmer 8- Ranger Patrol | 7:00 pm Multi Sports (8-11) | 5:00 pm Preschool 2 | | |
| 7:45 pm Swimmer 3 | 7:15 pm Preschool 5 | 7:15 pm Preschool 5 | 5:20 pm Indoor Soccer (5-7) | | |
| 7:45 pm Preschool 3 | 7:15 pm Swimmer 7 - Rookie Patrol | 7:15 pm Private Swimming Lessons | 5:30 pm Swimmer 1 | | |
| 7:45 pm Preschool 5 | 7:15 pm Swimmer 4 | 7:15 pm Private Swimming Lessons | 5:30 pm Swimmer 2 | | |
| 7:45 pm Preschool 2 | 7:15 pm Swimmer 5 | 7:15 pm Preschool 2 | 5:30 pm Swimmer 3 | | |
| 7:45 pm Swimmer 5 | 7:15 pm Swimmer 9- Star Patrol | 7:15 pm Private Swimming Lessons | 5:30 pm Swimmer 1 | | |
| | 7:30 pm Swimmer 1 | 7:15 pm Preschool 1 | 5:30 pm Little Artists (5-7) | | |
| | 7:30 pm Private Swimming Lessons | 7:15 pm Preschool 3 | 5:30 pm Preschool 5 | | |
| | 8:00 pm Swimmer 2-Adult | 7:45 pm Swimmer 6 | 6:00 pm Swimmer 1 | | |
| | 8:00 pm Swimmer 3-Adult | 7:45 pm Preschool 2 | 6:10 pm Indoor Soccer (8-11) | | |
| | 8:00 pm Swimmer 2-Teen | 7:45 pm Swimmer 4 | 6:15 pm Parent & Tot 3 | | |
| | 8:00 pm Swimmer 1-Teen | 7:45 pm Swimmer 3 | 6:15 pm Swimmer 1 | | |
| | 8:00 pm Swimmer 3-Teen | 7:45 pm Preschool 3 | 6:15 pm Swimmer 2 | | |
| | 8:00 pm Swimmer 1-Adult | | 6:30 pm Swimmer 4 | | |
| | | | 6:45 pm Swimmer 1 | | |
| | | | 6:45 pm Junior Artists (8-11) | | |
| | | | 6:45 pm Swimmer 2 | | |
| | | | 6:45 pm Swimmer 5 | | |
| | | | 6:45 pm Preschool 5 | | |
| | | | 7:00 pm Swimmer 1 | | |

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| | | | | 7:15 pm Swimmer 8- Ranger Patrol 7:15 pm Swimmer 9- Star Patrol 7:15 pm Swimmer 6 7:15 pm Swimmer 3 7:15 pm Swimmer 7 - Rookie Patrol 7:15 pm Preschool 5 7:15 pm Swimmer 2 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 Swimmer 1-Adult 8:00 pm Swimmer 2-Adult 8:00 pm Swimmer 3-Adult | | |
| 17 9:15 am Convenience Lessons - Swimmer 1-6 9:15 am Convenience Lessons - Preschool 1-5 9:30 am Private Swimming Lessons 10:00 am Parent & Tot 2 10:00 am Convenience Lessons - Preschool 1-5 10:00 am Convenience Lessons - Swimmer 1-6 10:30 am Private Swimming Lessons 10:45 am Convenience Lessons - Swimmer 1-6 10:45 am Convenience Lessons - Preschool 1-5 11:00 am Parent & Tot 3 | 18 8:30 am Saputo Centre Closed for a Private Event 8:30 am Saputo Centre Closed for a Private Event 8:30 am Saputo Centre Closed for a Private Event 8:30 am Saputo Centre Closed for a Private Event 8:30 am Saputo Centre Closed for a Private Event 9:00 am Indoor Nordic Walking 5:15 pm Leisure Swim & Splash 6:30 pm Lane Swim | 19 9:30 am Public Swim (Lap Only) 10:30 am Leisure Swim 4:30 pm Cardio Tone 5:30 pm Balls & Bands 7:00 pm Lane Swim | 20 | 21 9:30 am Public Swim (Lap Only) 10:30 am Leisure Swim & Splash 11:45 am Lane Swim | 22 5:15 pm Leisure Swim & Splash 6:30 pm Leisure Swim & Splash 8:00 pm Lane Swim | 23 8:05 am Private Hockey Technical Skating Skills (Ages 6+) FULL EQUIPMENT 8:05 am Private Learn to Skate Youth (Ages 4+) 8:05 am Semi-Private Learn to Skate Youth (6 to 17 years) 8:30 am Saputo Centre Closed for Maintenance 8:30 am Saputo Centre Closed for a Maintenance 8:30 am Saputo Centre Closed for a Maintenance 8:30 am Saputo Centre Closed for a Maintenance 8:30 am Saputo Centre Closed for a Maintenance |

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| <p>11:45 am Private Swimming Lessons</p> <p>11:45 am Convenience Lessons - Swimmer 1-6</p> <p>11:45 am Convenience Lessons - Preschool 1-5</p> <p>12:15 pm Parent & Tot 1</p> <p>12:30 pm Convenience Lessons - Swimmer 1-6</p> <p>12:30 pm Convenience Lessons - Preschool 1-5</p> <p>12:45 pm Private Swimming Lessons</p> <p>3:00 pm Birthday Party - Swim & Splash</p> | | | | | | <p>Maintenance</p> <p>8:45 am Semi-Private Learn to Skate Preschool (Ages 4 to 5)</p> <p>8:45 am Parent & Child (Ages 2 to 5)</p> <p>9:00 am Walking Track</p> <p>9:00 am Walking Track</p> <p>9:25 am Preschool (Ages 4 to 5)</p> <p>10:05 am Parent & Child (Ages 2 to 5)</p> <p>10:45 am Youth (Ages 6 to 17)</p> <p>11:00 am Walking Track</p> <p>11:40 am Semi-Private Learn to Skate Youth (6 to 17 years)</p> <p>11:40 am Private Hockey Technical Skating Skills (Ages 6+) FULL EQUIPMENT</p> <p>11:40 am Private Learn to Skate Youth (Ages 4+)</p> <p>1:00 pm Walking Track</p> <p>1:00 pm Bronze Cross and Standard First Aid CPR-C</p> <p>1:45 pm Public Swim</p> <p>3:00 pm Lane Swim</p> <p>3:00 pm Walking Track</p> <p>5:00 pm Walking Track</p> <p>6:00 pm Birthday Party - Skate & Celebrate</p> <p>7:00 pm Walking Track</p> <p>7:30 pm Public Skate</p> |
| <p>24</p> <p>8:30 am Saputo Centre Closed for a Maintenance</p> <p>8:30 am Saputo</p> | <p>25</p> <p>7:30 am Lane Swim</p> <p>8:30 am Sport Court Reservation - Alder Saputo</p> | <p>26</p> <p>7:30 am Lane Swim</p> <p>8:30 am Sport Court Reservation</p> | <p>27</p> <p>7:30 am Lane Swim</p> <p>8:30 am Sport Court Reservation - Alder Saputo Centre</p> | <p>28</p> <p>7:30 am Lane Swim</p> <p>8:05 am Private Hockey/Ringette Technical Skating</p> | <p>29</p> <p>7:30 am Lane Swim</p> <p>8:30 am Sport Court Reservation - Alder Saputo Centre</p> | |

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| Centre Closed for a Maintenance | Centre | - Alder Saputo Centre | 8:30 am 55+ Shinny | Skills (Ages 6+) | 8:30 am 55+ Shinny - GOALIE Registration ONLY |
| 8:30 am Saputo Centre Closed for a Maintenance | 8:30 am 55+ Shinny | 8:45 am AquaFitness - Zumba® | 8:30 am 55+ Shinny - GOALIE Registration ONLY | 8:30 am 70+ Shinny - GOALIE Registration Only | 8:30 am 55+ Shinny |
| 8:30 am Saputo Centre Closed for a Maintenance | 8:30 am 55+ Shinny - GOALIE Registration ONLY | 9:00 am Walking Track | 8:45 am Therapeutic Swim | 8:30 am Sport Court Reservation - Alder Saputo Centre | 8:45 am AquaFitness |
| 8:30 am Saputo Centre Closed for a Maintenance | 8:45 am AquaFitness | 9:00 am 70+ Shinny | 9:00 am 65+ Shinny | 8:30 am 70+ Shinny | 9:00 am 65+ Shinny - GOALIE Registration Only |
| 8:30 am Saputo Centre Closed for Maintenance | 9:00 am Adult Skate | 9:00 am 70+ Shinny - GOALIE Registration Only | 9:00 am Walking Track | 8:35 am Adult Private Hockey Technical Skating Skills (Adult 18+) | 9:00 am Adult Skate |
| 9:00 am Walking Track | 9:00 am 65+ Shinny - GOALIE Registration Only | 9:00 am Intermediate Hatha | 9:00 am Adult Skate | 8:35 am Private Learn to Skate Adult (Ages 18+) | 9:00 am Walking Track |
| 9:00 am Walking Track | 9:00 am Walking Track | 9:30 am Public Swim (Lap) | 9:00 am 65+ Shinny - GOALIE Registration Only | 9:00 am Walking Track | 9:00 am Walking Track |
| 9:00 am Lane Swim | 9:00 am Indoor Nordic Walking | 10:00 am Sport Court Reservation - Alder Saputo Centre | 9:00 am Walking Track | 9:00 am 65+ Shinny | 9:15 am Zumba® Gold |
| | 9:00 am 65+ Shinny | | 9:30 am Chair Yoga | 9:00 am Adult Skate | 9:30 am Public Swim (Lap) |
| | | | 9:30 am Public Swim (Lap) | 8:45 am AquaFitness | |
| | | | | 9:00 am Walking | |

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| 10:15 am Leisure Swim & Splash | 9:15 am Zumba® | 10:15 am Dance Fit | 10:00 am Tiny Tots Skate | Track | 9:45 am Sun Salutation Beginners/Intermediate |
| 11:00 am Walking Track | 9:30 am Public Swim (Lap) | 10:45 am Parent & Tot 1 | 10:00 am Sport Court Reservation - Alder Saputo Centre | 9:15 am Beginner Line Dancing | 10:00 am Chair Fitness |
| 11:30 am Leisure Swim & Splash | 10:00 am Tiny Tots Skate | 10:45 am Preschool 2 | 10:15 am Zumba® Toning | 9:20 am Private Learn to Skate Adult (Ages 18+) | 10:00 am Tiny Tots Skate |
| 1:00 pm Walking Track | 10:00 am Sport Court Reservation - Alder Saputo Centre | 10:45 am Preschool 1 | 10:30 am Sensory Friendly Swim | 9:20 am Small Group Learn to Skate Toddler (Age 3) | 10:00 am Sport Court Reservation - Alder Saputo Centre |
| 1:30 pm FREE Public Skate - Sponsored by Anna Fitzcharles, Realtor & The Glimmer Booth | 10:30 am Yoga Beginners | 11:00 am Intermediate Line Dance | 10:45 am Vinyasa Yoga (Gentle Flow) | 9:30 am Public Swim (Lap) | 10:45 am Leisure Swim & Splash |
| 1:45 pm Public Swim | 10:45 am Leisure Swim & Splash | 11:00 am Walking Track | 11:00 am Walking Track | 9:30 am Strollercise | 11:00 am Walking Track |
| 3:00 pm Lane Swim | 11:00 am Family Skate | 11:15 am Parent & Tot 2 | 11:00 am Family Skate | 10:00 am Small Group Learn to Skate Toddler (Age 3) | 11:00 am Family Skate |
| 3:00 pm Walking Track | 11:00 am Walking Track | 11:15 am Preschool 1 | 11:00 am Balls & Bands | 10:00 am Sport Court Reservation - Alder Saputo Centre | 11:00 am Restorative Yoga with Healing Singing Bowls |
| 3:00 pm Birthday Party - Swim & Splash | 11:30 am Sport Court Reservation - Alder Saputo Centre | 11:15 am Preschool 4 | 11:30 am Leisure Swim & Splash | 10:00 am Parent & Child (Ages 2 to 5) | 11:30 am Sport Court Reservation - Alder Saputo Centre |
| 4:00 pm Lane Swim | 11:45 am Breath & Meditation | 11:15 am Preschool 3 | 11:30 am Sport Court Reservation - Alder Saputo Centre | 10:15 am YIN Yoga | 12:00 pm Adult Shinny |
| 5:00 pm Walking Track | 12:00 pm Adult Shinny | 11:15 am Parent & Tot 3 | 12:00 pm Adult Shinny | 10:40 am Parent & Child (Ages 2 to 5) | 12:00 pm Lane Swim |
| 7:00 pm Walking Track | 12:00 pm Adult Shinny - GOALIE Registration ONLY | 11:30 am Sport Court Reservation - Alder Saputo Centre | 12:00 pm Adult Shinny - GOALIE Registration ONLY | 10:40 am Small Group Learn to Skate Preschool (Ages 4 to 5) | 12:00 pm Adult Shinny - GOALIE Registration ONLY |
| | 12:15 pm Lane Swim | 12:00 pm Adult Shinny | 12:30 pm Family Skate | 10:45 am Preschool 1 | 1:00 pm Sport Court Reservation - Alder Saputo Centre |
| | 12:15 pm Leisure Swim | 12:00 pm Adult Shinny - GOALIE Registration ONLY | 12:45 pm Lane Swim | 10:45 am Preschool 2 | 1:00 pm Walking Track |
| | 12:30 pm Family Skate | 12:30 pm Adult Skate | 12:45 pm Leisure Swim | 10:45 am Parent & Tot 1 | 2:30 pm Sport Court Reservation - Alder Saputo Centre |
| | 1:00 pm Sport Court Reservation - Alder Saputo Centre | 1:00 pm Inclusive Open Gym | 1:00 pm Walking Track | 11:00 am Walking Track | 3:00 pm Walking Track |
| | 1:00 pm Walking Track | 1:00 pm Walking Track | 1:30 pm Lane Swim | 11:15 am Parent & Tot 2 | 4:00 pm Public Skate |
| | 1:15 pm Lane Swim | 1:30 pm Lane Swim | 2:30 pm Sport Court Reservation - Alder Saputo Centre | 11:15 am Preschool 3 | 4:00 pm Adult Social Pickleball |
| | 2:30 pm Sport Court Reservation - Alder Saputo Centre | 2:30 pm Sport Court Reservation - Alder Saputo Centre | 3:00 pm Walking Track | 11:15 am Parent & Tot 3 | 4:30 pm Preschool 2 |
| | 3:00 pm Figure Skating Skills | 3:00 pm Walking Track | 3:20 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) | 11:15 am Preschool 4 | 4:30 pm Preschool 3 |
| | 3:00 pm Walking Track | 3:00 pm Figure Skating Skills | 3:30 pm Shinny 14 -17 year old GOALIE Registration Only | 11:30 am NEW Parent and Child Mini Hockey Learn to Skate (Ages 2 to 4) | 4:30 pm Preschool 1 |
| | 4:00 pm Shinny 5 - 7 years old | 3:30 pm Hockey Skills - 14 years old and OVER | 3:30 pm Shinny 14 -17 year old GOALIE Registration Only | 11:30 am Sport Court Reservation - Alder Saputo Centre | 4:30 pm Private Swimming Lessons (Preschool 1-5) |
| | 4:00 pm Shinny 5 - 7 years GOALIE Registration Only | 4:00 pm Shinny 8 - 10 years GOALIE Registration Only | 3:30 pm Shinny 14 - 17 years old | 12:10 pm Private Learn to Skate Adult (Ages 18+) | 4:45 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) |
| | 4:05 pm Ages 14-17 Basketball Drop-In | 4:00 pm Shinny 8 - 10 years old | 3:50 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) | 12:10 pm Adult Private Hockey Technical Skating Skills (Adult 18+) | 4:45 pm Semi-Private Learn to Skate Youth (6 to 17 years) |
| | 4:20 pm Semi-Private Learn to Skate Youth (6 to 17 years) | 4:30 pm Hockey Skills - 13 Years Old and UNDER | 4:20 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) | 1:00 pm Walking Track | 4:45 pm Private Learn to Skate Youth (Ages 4+) |
| | 4:20 pm Private Hockey/Ringette | 4:30 pm Preschool 3 | 4:30 pm Preschool 2 | | 5:00 pm Preschool 1 |
| | | 4:30 pm Preschool 2 | | | 5:00 pm Preschool 2 |
| | | | | | 5:00 pm Parent & Tot 1 |
| | | | | | 5:00 pm Preschool 3 |

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| Technical Skating Skills (Ages 6+) FULL EQUIPMENT | 4:30 pm Preschool 1 | FULL EQUIPMENT 4:30 pm Preschool 1 | 1:00 pm Home School Community Open Gym | 5:00 pm walking Track |
| 4:20 pm Private Learn to Skate Youth (Ages 4+) | 4:30 pm Youth Social Pickleball Ages 12-17 - Drop-In | 4:30 pm Private Swimming Lessons (Preschool 1-5) | 2:30 pm Sport Court Reservation - Alder Saputo Centre | 5:25 pm NEW Parent and Player Pre-Power (Ages 4 to 5) |
| 4:30 pm Preschool 1 | 4:30 pm Private Swimming Lessons (Preschool 1-5) | 4:30 pm Public Skate | 3:00 pm Walking Track | 5:25 pm Semi-Private Power Skating (Age 6) FULL EQUIPMENT |
| 4:30 pm Preschool 3 | 4:30 pm Cardio Tone | 4:30 pm Multi Sports (3-4) | 3:30 pm Hockey Skills - 14 years old and OVER | 5:30 pm Friday Night Social (Ages 7 to 13) |
| 4:45 pm Preschool 2 | 5:00 pm Private Swimming Lessons (Preschool 1-5) | 4:30 pm Preschool 2 | 3:50 pm Private Hockey Technical Skating Skills (Ages 7-10) FULL EQUIPMENT | 5:30 pm Preschool 2 |
| 4:45 pm Private Swimming Lessons (Preschool 1-5) | 5:00 pm Parent & Tot 1 | 4:30 pm Preschool 3 | 4:00 pm Shinny 11 - 13 years old | 5:30 pm Preschool 3 |
| 5:00 pm Preschool 1 | 5:00 pm Walking Track | 5:00 pm Preschool 3 | 4:00 pm Shinny 11 - 13 years GOALIE Registration Only | 5:30 pm Adult Social Pickleball |
| 5:00 pm Walking Track | 5:00 pm Preschool 2 | 5:00 pm Parent & Tot 2 | 4:20 pm Private Hockey Technical Skating Skills (Ages 11-12) FULL EQUIPMENT | 5:30 pm Private Swimming Lessons (Preschool 1-5) |
| 5:00 pm Yoga Beginners | 5:00 pm Preschool 1 | 5:00 pm Walking Track | 4:30 pm Preschool 2 | 5:30 pm Preschool 1 |
| 5:00 pm Preschool (Ages 4 to 5) | 5:00 pm Preschool 3 | 5:00 pm Preschool 1 | 4:30 pm Mini Artists (3-4) | 6:00 pm Preschool 2 |
| 5:00 pm Preschool 3 | 5:15 pm Drama & Creative Arts Club | 5:00 pm Preschool 2 | 4:30 pm Preschool 3 | 6:00 pm Preschool 3 |
| 5:10 pm Ages 8-10 Basketball Drop-In | 5:30 pm Parent & Tot 2 | 5:20 pm Multi Sports (3-4) | 4:30 pm Preschool 3 | 6:00 pm Preschool 1 |
| 5:15 pm Parent & Tot 2 | 5:30 pm Swimmer 1 | 5:30 pm Preschool 3 | 4:30 pm Private Swimming Lessons (Preschool 1-5) | 6:00 pm Parent & Tot 2 |
| 5:15 pm Preschool 2 | 5:30 pm Balls & Bands | 5:30 pm Parent & Tot 1 | 4:30 pm Hockey Skills - 13 Years Old and UNDER | 6:00 pm Parent & Tot 3 |
| 5:30 pm Preschool 1 | 5:30 pm Preschool 2 | 5:30 pm Yin Yoga | 4:30 pm Indoor Soccer (3-4) | 6:05 pm Parent & Child (Ages 2 to 5) |
| 5:30 pm Junior Chefs (Ages 8-11) | 5:30 pm Preschool 1 | 5:30 pm Preschool 2 | 4:30 pm Preschool 1 | 6:05 pm Preschool (Ages 4 to 5) |
| 5:30 pm Preschool 3 | 5:30 pm Parent & Tot 3 | 5:30 pm Private Swimming Lessons (Preschool 1-5) | 4:50 pm Private Hockey Technical Skating Skills (Ages 11+) FULL EQUIPMENT | 6:45 pm Private Learn to Skate Youth (Ages 4+) |
| 5:40 pm Youth (Ages 6 to 17) | 5:30 pm Preschool 3 | 6:00 pm Cardio Tone | 5:00 pm Preschool 3 | 6:45 pm Semi-Private Learn to Skate Youth (6 to 17 years) |
| 5:45 pm Preschool 2 | 5:45 pm Swimmer 4 | 6:00 pm Private Swimming Lessons (Preschool 1-5) | 5:00 pm Preschool 2 | 7:00 pm Walking Track |
| 5:45 pm Parent & Tot 1 | 5:45 pm Basketball (5-7) | 6:10 pm Multi Sports (5-7) | 5:00 pm Walking Track | 7:05 pm Adult 18+ Basketball Drop-In |
| 6:15 pm Preschool 1 | 5:45 pm Swimmer 3 | 6:15 pm Preschool 3 | 5:00 pm Private Swimming Lessons (Preschool 1-5) | 7:25 pm Youth (Ages 6 to 17) |
| 6:15 pm Ages 11-13 Basketball Drop-In | 6:00 pm Swimmer 2 | 6:15 pm Preschool 1 | 5:00 pm Preschool 1 | 8:10 pm Sport Court Reservation - Alder Saputo Centre |
| 6:15 pm Cardio Tone | 6:00 pm Swimmer 1 | 6:15 pm Preschool 2 | 5:00 pm Preschool 2 | |
| 6:15 pm Preschool 3 | 6:00 pm Preschool 3 | 6:15 pm Parent & Tot 3 | 5:20 pm Indoor Soccer (5-7) | |
| 6:30 pm Parent & Tot 3 | 6:15 pm Preschool 1 | 6:30 pm Private Swimming Lessons (Preschool 1-5) | 5:30 pm Preschool 2 | |
| 6:30 pm Preschool 2 | 6:15 pm Swimmer 2 | 6:45 pm Preschool 5 | 5:30 pm Swimmer 2 | |
| 6:35 pm Power Skating for Hockey/Ringette (Ages 7 to 10) FULL EQUIPMENT | 6:15 pm Preschool 2 | 6:45 pm Preschool 4 | | |
| | 6:30 pm Swimmer 6 | 6:45 pm Preschool 3 | | |

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

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| | | | | 7:15 pm Swimmer 2 | |
| | | | | 7:15 pm Private Swimming Lessons | |
| | | | | 7:15 pm Swimmer 1 | |
| | | | | 7:30 pm Swimmer 7 - Rookie Patrol | |
| | | | | 7:30 pm Swimmer 9- Star Patrol | |
| | | | | 7:30 pm Swimmer 8- Ranger Patrol | |
| | | | | 7:45 pm Swimmer 2-Teen/Adult | |
| | | | | 7:45 pm Swimmer 1- Teen/Adult | |
| | | | | 7:45 pm Swimmer 3- Teen/Adult | |
| | | | | 8:30 pm Sport Court Reservation - Alder Saputo Centre | |

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