November 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|--|--|
| | | | | | 1 | 2 6:00 pm Birthday Party - Skate & Celebrate |
| 3 3:00 pm Birthday Party - Swim & Splash | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 8:45 am Therapeutic Swim 4:00 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL | 9:45 am Preschool 1 9:45 am Parent & Tot 1 9:45 am Preschool 3 | 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+) | 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 | Technical Skating | 8:35 am Adult | 4:30 pm Private | Hockey/Ringette |
|-------------------------------------|-----------------------------|------------------------------------|--|--|-------------------------------------|
| 4:30 pm Preschool | Preschool 2 | Skills (Ages 6+) FULL EQUIPMENT | Private Hockey | Swimming Lessons (Preschool 1-5) | Technical Skating Skills |
| 2 | 10:15 am | | Technical Skating | | (Ages 6+) FULL |
| 4:30 pm Preschool | Preschool 4 | 3:45 pm Private Hockey/Ringette | Skills (Adult 18+) | 4:30 pm Private Swimming Lessons | EQUIPMENT |
| 3 | 10:15 am Parent & | Technical Skating | 9:20 am Private | (Preschool 1-5) | 8:05 am Private |
| 4:30 pm Preschool | Tot 3 | Skills (Ages 6+) | Learn to Skate Adult (Ages 18+) | , | Learn to Skate |
| 1 | 10:15 am Parent & | FULL EQUIPMENT | | 4:30 pm Preschool 1 | Youth (Ages 4+) |
| 4:40 pm Semi- | Tot 2 | 3:45 pm Private | 9:20 am Small Group Learn to | 4:30 pm Preschool 4 | 8:45 am Semi- |
| Private Learn to | 4:30 pm Preschool | Hockey/Ringette Technical Skating | Skate Toddler (Age | 4:50 pm Private Learn | Private Learn to Skate Preschool |
| Skate Youth (6 to 17 years) | 5 | Skills (Ages 6+) | 3) | to Skate Youth (Ages 6 to 17) | (4 to 5 years) |
| 4:40 pm Private | 4:30 pm Preschool | FULL EQUIPMENT | 9:45 am Parent & | ĺ | 8:45 am Parent |
| Learn to Skate | 1 | 4:15 pm Private | Tot 2 | 4:50 pm Semi-Private Learn to Skate Youth | & Child (Ages 2 |
| Youth (Ages 6 to | 4:30 pm Preschool | Learn to Skate | 9:45 am Preschool | (6 to 17 years) | to 5) |
| 17) | 3 | Youth (Ages 6 to 17) | 2 | 5:00 pm Preschool 3 | 9:15 am |
| 5:00 pm Preschool | 4:30 pm Preschool | | 9:45 am Preschool | | Convenience |
| 3 | | 4:15 pm Private Learn to Skate | 4 | 5:00 pm Private Swimming Lessons | Lessons - Swimmer 1-6 |
| 5:00 pm Preschool | 4:30 pm Preschool | Youth (Ages 6 to | 10:00 am Small | (Preschool 1-5) | |
| 2 | | 17) | Group Learn to Skate Toddler (Age | 5:00 pm Preschool 5 | 9:15 am Convenience |
| 5:00 pm Preschool | 4:45 pm Private | 4:15 pm Adapted | 3) | 1 | Lessons - |
| 1 | Swimming Lessons | Private Lessons | 10:00 am Parent & | 5:00 pm Preschool 2 | Preschool 1-5 |
| 5:00 pm Private | (Preschool 1-5) | (Ages 8+) | Child (Ages 2 to 5) | 5:30 pm Semi-Private Power Skating (Age | 9:25 am |
| Swimming Lessons (Preschool 1-5) | 5:00 pm Parent & | 4:30 pm Preschool | 10:15 am Preschool | 6) FULL | Preschool (Ages |
| | Tot 3 | 2 | 3 | EQUIPMENT | 4 to 5) |
| 5:00 pm Preschool | 5:00 pm Preschool | 4:30 pm Preschool | 10:15 am Parent & | 5:30 pm NEW Parent | 9:30 am Private |
| | 1 | 3 | Tot 1 | and Player Pre-Power | Swimming Lessons |
| 5:00 pm Parent & Tot 2 | 5:00 pm Preschool | 4:30 pm Preschool | 10:15 am Preschool | (Ages 4 to 5) | |
| 5:20 pm Preschool | 4 | | 1 | 5:30 pm Preschool 2 | 9:30 am Junior Chefs (Ages 8- |
| (Ages 4 to 5) | 5:00 pm Preschool | 4:30 pm Multi Sports (3-4) | 10:40 am Small | 5:30 pm Private | 11) |
| 5:30 pm Junior | 3 | | Group Learn to | Swimming Lessons | 10:00 am |
| Chefs (Ages 8-11) | 5:00 pm Drama & | 4:30 pm Preschool | Skate Preschool | (Preschool 1-5) | Convenience |
| 5:30 pm Preschool | Creative Arts Club | | (Ages 4 to 5) | 5:30 pm Preschool 1 | Lessons - Swimmer 1-6 |
| 4 | 5:00 pm Preschool | 4:30 pm Parent & Tot 2 | 10:40 am Parent & Child (Ages 2 to 5) | 5:30 pm Parent & Tot | |
| 5:30 pm Parent & | 2 | | | 3 | 10:00 am Convenience |
| Tot 3 | 5:15 pm Private | 5:00 pm Preschool | 11:30 am NEW Parent and Child | 5:30 pm Parent & Tot | Lessons - |
| 5:30 pm Preschool | Swimming Lessons | 5:00 pm Preschool | Mini Hockey Learn | 2 | Preschool 1-5 |
| 2 | (Preschool 1-5) | 4 | to Skate (Ages 2 to | 6:00 pm Preschool 4 | 10:00 am Parent |
| 5:30 pm Preschool | 5:30 pm Preschool | 5:00 pm Preschool | 4) | 6:10 pm Preschool | & Tot 1 |
| 1 | 5 | 3 | 12:10 pm Adult | (Ages 4 to 5) | 10:05 am Parent |
| 5:30 pm Preschool | 5:30 pm Swimmer | 5:00 pm Parent & | Private Hockey Technical Skating | 6:10 pm Parent & | & Child (Ages 2 |
| 3 | 1 | Tot 3 | Skills (Ages 18+) | Child (Ages 2 to 5) | to 5) |
| 5:55 pm Youth | 5:30 pm Swimmer | 5:00 pm Preschool | 12:10 pm Private | 6:15 pm Preschool 3 | 10:30 am Private |
| (Ages 6 to 17) | 4 | 2 | Learn to Skate | 6:15 pm Private | Swimming |
| 6:00 pm Preschool | 5:30 pm Swimmer | 5:20 pm Multi | Adult (Ages 18+) | Swimming Lessons | Lessons |
| 4 | 3 | Sports (3-4) | 2:30 pm Shinny 11 | (Preschool 1-5) | 10:45 am Youth |
| 6:00 pm Preschool | 5:30 pm Swimmer | 5:30 pm Preschool | - 13 years old GOALIE | 6:15 pm Preschool 1 | (Ages 6 to 17) |
| 2 | 2 | 2 | Registration Only | 6:45 pm Preschool 3 | 10:45 am |
| 6:15 pm Preschool | 5:45 pm Basketball | 5:30 pm Preschool | (Holiday Schedule) | 6:45 pm Preschool 5 | Convenience |
| 5 | (5-7) | 4 | 3:00 pm Shinny 11 | 6:45 pm Preschool 2 | Lessons - Swimmer 1-6 |
| 6:15 pm Preschool | 5:45 pm Private | 5:30 pm Parent & | - 13 years old | | |
| 3 | Swimming | Tot 1 | (Holiday Schedule) | 6:45 pm Private Swimming Lessons | 10:45 am Convenience |
| 6:15 pm Preschool | Lessons | 5:30 pm Preschool | 3:45 pm Private | (Preschool 1-5) | Lessons - |
| 1 | 6:15 pm Swimmer | 3 | Hockey Technical Skating Skills (Ages | 6:50 pm Youth (Ages | Preschool 1-5 |
| 6:45 pm Power | 2 | 5:30 pm Preschool | 7-10) FULL | 6 to 17) | 11:00 am Parent |
| Skating for Hockey/Ringette | 6:15 pm Swimmer | 1 | EQUIPMENT | 7:15 pm Private | & Tot 2 |
| (Ages 7 to 10) | | 6:00 pm Preschool | 4:15 pm Private | Swimming Lessons | 11:40 am |
| FULL | 6:15 pm Parent & Tot 1 | 4 | Hockey Technical | (Preschool 1-5) | Private Learn to Skate Youth |
| EQUIPMENT | | 6:00 pm Preschool | Skating Skills (Ages 11-12) FULL | 7:15 pm Preschool 1 | (Ages 6 to 17) |
| 6:45 pm Preschool | 6:30 pm Private Swimming | 2 | EQUIPMENT | 7:15 pm Preschool 3 | 11:40 am Semi- |
| 2 | Lessons | 6:10 pm Multi | 4:30 pm Mini | 7:15 pm Parent & Tot | Private Learn to |
| 6:45 pm Preschool | (20 0 : | Sports (5-7) | Artists (3-4) | 7.13 pin r archi & rot | Skate Youth (6 |
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| 3 | 6:30 pm SWimmer | l | (= .) | ı ~ | . 17 |
|--------------------------------|-----------------------------|-------------------------------------|--|--|--------------------------|
| | 3 | 6:15 pm Parent & Tot 3 | 4:30 pm Preschool | 7:15 pm Parent & Tot | to 17 years) |
| 6:45 pm Parent & Tot 2 | 6:35 pm Basketball | | 4 | 3 | 11:45 am Convenience |
| 6:45 pm Preschool | (8-11) | 6:15 pm Parent & Tot 2 | 4:30 pm Preschool | 7:45 pm Private Learn | Lessons - |
| 1 | 6:45 pm Swimmer | 6:15 pm Preschool | 3 | to Skate Youth (Ages | Swimmer 1-6 |
| 6:45 pm Preschool | 6 | 3 | 4:30 pm Preschool | 6 to 17) | 11:45 am |
| 4 | 6:45 pm Swimmer | 6:15 pm Preschool | 2 | 7:45 pm Private | Private |
| 6:45 pm Parent & | 2 | 1 | 4:30 pm Indoor | Hockey/Ringette Technical Skating | Swimming Lessons |
| Tot 3 | 6:45 pm Parent & | 6:45 pm Preschool | Soccer (3-4) | Skills (Ages 6+) | |
| 7:15 pm Preschool | Tot 2 | 1 | 4:30 pm Preschool | 7:45 pm Small Group | 11:45 am Convenience |
| 3 | 6:45 pm Swimmer | 6:45 pm Preschool | 1 | Learn to Skate Adult | Lessons - |
| 7:15 pm Preschool | 1 | 5 | 4:45 pm Private | (Age 18+) | Preschool 1-5 |
| 5 | 7:00 pm Swimmer | 6:45 pm Preschool | Hockey Technical Skating Skills (Ages | 7:45 pm Small Group | 12:15 pm Parent |
| 7:15 pm Preschool | - | 2 | 13+) FULL | Learn to Skate Teen (Ages 13 to 17) | & Tot 3 |
| 2 | 7:00 pm Private Swimming | 6:45 pm Preschool | EQUIPMENT | , | 12:30 pm |
| 7:15 pm Preschool | Lessons | 3 | 5:00 pm Preschool | 7:45 pm Private Learn to Skate Teen (Ages | Convenience Lessons - |
| 1 | 7:15 pm Swimmer | 6:45 pm Preschool | 3 | 6+) | Swimmer 1-6 |
| 7:35 pm Power | 1 1 | 4 | 5:00 pm Preschool | | 12:30 pm |
| Skating for Hockey/Ringette | 7:15 pm Swimmer | 7:00 pm Multi | 4 | | Convenience |
| (Ages 11+) FULL | 8- Ranger Patrol | Sports (8-11) | 5:00 pm Preschool | | Lessons - |
| EQUIPMENT | 7:15 pm Preschool | 7:15 pm Preschool | 1 | | Preschool 1-5 |
| 7:45 pm Swimmer | 5 | 5 | 5:00 pm Preschool | | 12:45 pm |
| 3 | 7:15 pm Swimmer | 7:15 pm Private | | | Private Swimming |
| 7:45 pm Preschool | 7 - Rookie Patrol | Swimming Lessons | 5:20 pm Indoor Soccer (5-7) | | Lessons |
| 3 | 7:15 pm Swimmer | 7:15 pm Private | ` ′ | | 6:00 pm |
| 7:45 pm Preschool | 4 | Swimming Lessons | 5:30 pm Swimmer | | Birthday Party - |
| 5 | 7:15 pm Swimmer | 7:15 pm Preschool | | | Skate & Celebrate |
| 7:45 pm Preschool | 5 | _ | 5:30 pm Swimmer 2 | | Celebrate |
| 2 | 7:15 pm Swimmer | 7:15 pm Private Swimming Lessons | | | |
| 7:45 pm Swimmer | 9- Star Patrol | | 5:30 pm Swimmer | | |
| 5 | 7:30 pm Swimmer | 7:15 pm Preschool | 5:30 pm Swimmer | | |
| | 1 | | 1 1 | | |
| | 7:30 pm Private | 7:15 pm Preschool | 5:30 pm Little | | |
| | Swimming Lessons | 7:45 pm Swimmer | Artists (5-7) | | |
| | 8:00 pm Swimmer | 6 | 5:30 pm Preschool | | |
| | 2-Adult | 7:45 pm Preschool | 5 | | |
| | 8:00 pm Swimmer | 2 | 6:00 pm Swimmer | | |
| | 3-Adult | 7:45 pm Swimmer | 1 | | |
| | 8:00 pm Swimmer | 4 | 6:10 pm Indoor | | |
| | 2-Teen | 7:45 pm Swimmer | Soccer (8-11) | | |
| | 8:00 pm Swimmer | 3 | 6:15 pm Parent & | | |
| | 1-Teen | 7:45 pm Preschool | Tot 3 | | |
| | 8:00 pm Swimmer | 3 | 6:15 pm Swimmer | | |
| | 3-Teen | | 1 | | |
| | 8:00 pm Swimmer | | 6:15 pm Swimmer 2 | | |
| | 1-Adult | | | | |
| | | | 6:30 pm Swimmer | | |
| | | | 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 | | |
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| | | | 7:00 pm Swimmer | | |
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| 11:45 am Private | | | | | | Maintenance |
|--|--|------------------------------------|---|---|---|--|
| Swimming Lessons 11:45 am Convenience | | | | | | 8:45 am Semi- Private Learn to Skate Preschool (Ages 4 to 5) |
| Lessons - Swimmer 1-6 | | | | | | 8:45 am Parent & Child (Ages 2 to 5) |
| Convenience Lessons - Preschool 1-5 | | | | | | 9:00 am Walking Track |
| 12:15 pm Parent & Tot 1 | | | | | | 9:00 am Walking Track |
| 12:30 pm Convenience Lessons - | | | | | | 9:25 am Preschool (Ages 4 to 5) |
| Swimmer 1-6 12:30 pm Convenience | | | | | | 10:05 am Parent & Child (Ages 2 to 5) |
| Lessons - Preschool 1-5 | | | | | | 10:45 am Youth (Ages 6 to 17) |
| 12:45 pm Private Swimming | | | | | | 11:00 am Walking Track |
| 3:00 pm Birthday Party - Swim & Splash | | | | | | 11:40 am Semi- Private Learn to Skate Youth (6 to 17 years) |
| | | | | | | 11:40 am Private Hockey Technical Skating Skills (Ages 6+) FULL EQUIPMENT |
| | | | | | | 11:40 am Private Learn to Skate Youth (Ages 4+) |
| | | | | | | 1:00 pm Walking Track |
| | | | | | | 1:00 pm Bronze Cross and Standard First Aid CPR-C |
| | | | | | | 1:45 pm Public Swim |
| | | | | | | 3:00 pm Lane Swim |
| | | | | | | 3:00 pm Walking Track |
| | | | | | | 5:00 pm Walking Track |
| | | | | | | 6:00 pm Birthday Party - Skate & Celebrate |
| | | | | | | 7:00 pm Walking Track |
| | | | | | | 7:30 pm Public Skate |
| 24 | 25 | 26 | 27 | 28 | 29 | |
| 8:30 am Saputo Centre Closed for | 7:30 am Lane Swim | 7:30 am Lane Swim | 7:30 am Lane Swim | 7:30 am Lane Swim | 7:30 am Lane Swim | |
| a Maintenance 8:30 am Saputo | 8:30 am Sport Court Reservation - Alder Saputo | 8:30 am Sport Court Reservation | 8:30 am Sport Court Reservation - Alder Saputo Centre | 8:05 am Private Hockey/Ringette Technical Skating | 8:30 am Sport Court Reservation - Alder Saputo Centre | |

| Centre Closed for a Maintenance | Centre 8:30 am 55+ | - Alder Saputo Centre | 8:30 am 55+ Shinny | Skills (Ages 6+) 8:30 am 70+ | 8:30 am 55+ Shinny - GOALIE Registration |
|----------------------------------|--------------------------------|--------------------------------------|---|---|---|
| 8:30 am Saputo | Shinny | 8:45 am | 8:30 am 55+ Shinny | Shinny - GOALIE | ONLY |
| Centre Closed for a Maintenance | 8:30 am 55+ Shinny - GOALIE | AquaFitness - Zumba® | - GOALIE Registration ONLY | Registration Only 8:30 am Sport | 8:30 am 55+ Shinny |
| 8:30 am Saputo | Registration ONLY | 9:00 am Walking | 8:45 am | Court Reservation - | 8:45 am AquaFitness |
| Centre Closed for a Maintenance | 8:45 am AguaFitness | Track 9:00 am 70+ | Therapeutic Swim 9:00 am 65+ Shinny | Alder Saputo Centre | 9:00 am 65+ Shinny - GOALIE Registration |
| 8:30 am Saputo | 1 | Shinny | 9:00 am Walking | 8:30 am 70+ | Only |
| Centre Closed for a Maintenance | 9:00 am Adult Skate | 9:00 am 70+ | Track | Shinny | 9:00 am Adult Skate |
| 8:30 am Saputo | 9:00 am 65+ Shinny - GOALIE | Shinny - GOALIE Registration Only | 9:00 am Adult Skate 9:00 am 65+ Shinny | 8:35 am Adult Private Hockey | 9:00 am Walking Track |
| Centre Closed for Maintenance | Registration Only | 9:00 am Intermediate Hatha | - GOALIE Registration Only | Technical Skating Skills (Adult 18+) | 9:00 am Walking Track |
| 9:00 am Walking Track | 9:00 am Walking Track | 9:30 am Public | 9:00 am Walking | 8:35 am Private Learn to Skate | 9:00 am 65+ Shinny |
| 9:00 am Walking | 9:00 am Indoor | Swim (Lap) | Track | Adult (Ages 18+) | 9:15 am Zumba® |
| Track | Nordic Walking | 10:00 am Sport | 9:30 am Chair Yoga | 8:45 am | Gold |
| 9:00 am Lane | 9:00 am 65+ Shinny | Court Reservation - Alder Saputo | 9:30 am Public | AquaFitness | 9:30 am Public Swim |
| Swim | Simility | Centre | Swim (Lap) | 9:00 am Walking | (Lap) |

| 10:15 am Leisure | 9:15 am Zumba® | 10:15 am Dance | 10:00 am Tiny Tots | Track | 9:45 am Sun |
|---|---|--------------------------------------|--|--|---|
| Swim & Splash | 9:30 am Public Swim (Lap) | Fit | Skate 10:00 am Sport | 9:15 am Beginner Line Dancing | Salutation Beginners/Intermediate |
| 11:00 am Walking Track | 10:00 am Tiny Tots | 10:45 am Parent & Tot 1 | Court Reservation - | 9:20 am Private | 10:00 am Chair |
| 11:30 am Leisure | Skate | 10:45 am | Alder Saputo Centre | Learn to Skate Adult (Ages 18+) | Fitness |
| Swim & Splash | 10:00 am Sport Court Reservation - | Preschool 2 | 10:15 am Zumba® Toning | 9:20 am Small | 10:00 am Tiny Tots Skate |
| 1:00 pm Walking Track 1:30 pm FREE | Alder Saputo Centre | 10:45 am Preschool 1 11:00 am | 10:30 am Sensory Friendly Swim | Group Learn to Skate Toddler (Age 3) | 10:00 am Sport Court Reservation - Alder |
| Public Skate - Sponsored by | 10:30 am Yoga Beginners | Intermediate Line Dance | 10:45 am Vinyasa Yoga (Gentle Flow) | 9:30 am Public Swim (Lap) | Saputo Centre 10:45 am Leisure Swim & Splash |
| Anna Fitzcharles, Realtor & The Glimmer Booth | 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 |
| 1:45 pm Public 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 | 11:00 am Family Skate |
| 3:00 pm Lane Swim | 11:00 am Walking Track | 11:15 am Preschool 1 | 11:00 am Balls & Bands | 3) 10:00 am Sport | 11:00 am Restorative Yoga with Healing |
| 3:00 pm Walking | 11:30 am Sport Court Reservation - Alder Saputo | 11:15 am Preschool 4 | 11:30 am Leisure Swim & Splash | Court Reservation - Alder Saputo | Singing Bowls 11:30 am Sport Court |
| 3:00 pm Birthday | Centre | 11:15 am | 11:30 am Sport Court Reservation - | Centre 10:00 am Parent & | Reservation - Alder Saputo Centre |
| Party - Swim & Splash | 11:45 am Breath & Meditation | Preschool 3 11:15 am Parent & | Alder Saputo Centre 12:00 pm Adult | Child (Ages 2 to 5) | 12:00 pm Adult Shinny |
| 4:00 pm Lane Swim | 12:00 pm Adult Shinny | Tot 3 11:30 am Sport | Shinny | 10:15 am YIN Yoga 10:40 am Parent & | 12:00 pm Lane Swim |
| 5:00 pm Walking | 12:00 pm Adult | Court Reservation | 12:00 pm Adult Shinny - GOALIE | Child (Ages 2 to 5) | 12:00 pm Adult Shinny - GOALIE |
| Track | Shinny - GOALIE | - Alder Saputo Centre | Registration ONLY | 10:40 am Small Group Learn to | Registration ONLY |
| 7:00 pm Walking Track | Registration ONLY 12:15 pm Lane Swim | 12:00 pm Adult Shinny | 12:30 pm Family Skate | Skate Preschool (Ages 4 to 5) | 1:00 pm Sport Court Reservation - Alder Saputo Centre |
| | 12:15 pm Leisure Swim | 12:00 pm Adult Shinny - GOALIE | 12:45 pm Lane Swim | 10:45 am Preschool | 1:00 pm Walking |
| | 12:30 pm Family | Registration ONLY 12:30 pm Adult | 12:45 pm Leisure Swim | 10:45 am Preschool | Track 2:30 pm Sport Court |
| | Skate | Skate | 1:00 pm Walking | 10:45 am Parent & | Reservation - Alder Saputo Centre |
| | 1:00 pm Sport Court Reservation - Alder Saputo | 1:00 pm Inclusive Open Gym | Track 1:00 pm Sport | Tot 1 11:00 am Walking | 3:00 pm Walking Track |
| | Centre | 1:00 pm Walking Track | Court Reservation - Alder Saputo Centre | Track | 4:00 pm Public Skate |
| | 1:00 pm Walking Track | 1:30 pm Lane Swim | 1:45 pm Lane Swim | 11:15 am Parent & Tot 2 | 4:00 pm Adult Social Pickleball |
| | 1:15 pm Lane Swim | 2:30 pm Sport | 2:30 pm Sport Court Reservation - | 11:15 am Preschool | 4:30 pm Preschool 2 |
| | 2:30 pm Sport | Court Reservation - Alder Saputo | Alder Saputo Centre 3:00 pm Walking | 11:15 am Parent & Tot 3 | 4:30 pm Preschool 3 |
| | Court Reservation - Alder Saputo | Centre | Track | 11:15 am Preschool | 4:30 pm Preschool 1 |
| | Centre | 3:00 pm Walking Track | 3:20 pm Private Hockey/Ringette | 4 | 4:30 pm Private Swimming Lessons |
| | 3:00 pm Figure Skating Skills | 3:00 pm Figure | Technical Skating | 11:30 am NEW Parent and Child | (Preschool 1-5) |
| | 3:00 pm Walking | Skating Skills | Skills (Ages 6+) FULL EQUIPMENT | Mini Hockey Learn to Skate (Ages 2 to | 4:45 pm Private Hockey/Ringette |
| | Track 4:00 pm Shinny 5 - | 3:30 pm Hockey Skills - 14 years | 3:30 pm Shinny 14 -17 year old | 4) | Technical Skating Skills (Ages 6+) |
| | 7 years old 4:00 pm Shinny 5 - | old and OVER 4:00 pm Shinny 8 - | GOALIE Registration Only | 11:30 am Sport Court Reservation - | 4:45 pm Semi-Private Learn to Skate Youth |
| | 7 years GOALIE Registration Only | 10 years GOALIE Registration Only | 3:30 pm Shinny 14 - 17 years old | Alder Saputo Centre | (6 to 17 years) |
| | 4:05 pm Ages 14- 17 Basketball Drop- | 4:00 pm Shinny 8 - 10 years old | 3:50 pm Private Hockey/Ringette | 12:10 pm Private Learn to Skate Adult (Ages 18+) | 4:45 pm Private Learn to Skate Youth (Ages 4+) |
| | In | 4:30 pm Hockey Skills - 13 Years | Technical Skating | 12:10 pm Adult | 5:00 pm Preschool 1 |
| | 4:20 pm Semi- Private Learn to | Old and UNDER | Skills (Ages 6+) FULL EQUIPMENT | Private Hockey | 5:00 pm Preschool 2 |
| | Skate Youth (6 to 17 years) | 4:30 pm Preschool | 4:20 pm Private Hockey/Ringette | Technical Skating Skills (Adult 18+) | 5:00 pm Parent & Tot 1 |
| | 4:20 pm Private Hockey/Ringette | 4:30 pm Preschool | Technical Skating Skills (Ages 6+) | 1:00 pm Walking Track | 5:00 pm Preschool 3 |
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| 1 | ı | FULL EQUIPMENT | 1.00 H | Э:00 рш waiking |
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| Technical Skating Skills (Ages 6+) | 4:30 pm Preschool | 4:30 pm Preschool | 1:00 pm Home School Community | Track |
| FULL | 1 | 1 | Open Gym | 5:25 pm NEW Parent |
| EQUIPMENT | 4:30 pm Youth Social Pickleball | 4:30 pm Private | 2:30 pm Sport | and Player Pre-Power (Ages 4 to 5) |
| 4:20 pm Private Learn to Skate | Ages 12-17 - | Swimming Lessons | Court Reservation - Alder Saputo | 5:25 pm Semi-Private |
| Youth (Ages 4+) | Drop-In | (Preschool 1-5) | Centre | Power Skating (Age |
| 4:30 pm Preschool | 4:30 pm Private Swimming | 4:30 pm Public Skate | 3:00 pm Walking Track | 6) FULL EQUIPMENT |
| 4:30 pm Preschool | Lessons (Preschool 1-5) | 4:30 pm Multi Sports (3-4) | 3:30 pm Hockey Skills - 14 years old | 5:30 pm Friday Night Social (Ages 7 to 13) |
| 4:45 pm Preschool | 4:30 pm Cardio Tone | 4:30 pm Preschool | and OVER | 5:30 pm Preschool 2 |
| 2 | 5:00 pm Private | 4:30 pm Preschool | 3:50 pm Private | 5:30 pm Preschool 3 |
| 4:45 pm Private Swimming Lessons | Swimming Lessons | 3 | Hockey Technical Skating Skills (Ages | 5:30 pm Adult Social Pickleball |
| (Preschool 1-5) | (Preschool 1-5) | 5:00 pm Preschool | 7-10) FULL EQUIPMENT | 5:30 pm Private |
| 5:00 pm Preschool | 5:00 pm Parent & Tot 1 | 5:00 pm Parent & | 4:00 pm Shinny 11 - 13 years old | Swimming Lessons (Preschool 1-5) |
| 5:00 pm Walking | 5:00 pm Walking | 5:00 pm Walking | 4:00 pm Shinny 11 | 5:30 pm Preschool 1 |
| Track | Track | Track | - 13 years GOALIE Registration Only | 6:00 pm Preschool 2 |
| 5:00 pm Yoga Beginners | 5:00 pm Preschool | 5:00 pm Preschool | 4:20 pm Private | 6:00 pm Preschool 3 |
| 5:00 pm Preschool | 5:00 pm Preschool | 1 | Hockey Technical | 6:00 pm Preschool 1 |
| (Ages 4 to 5) | 1 | 5:00 pm Preschool | Skating Skills (Ages 11-12) FULL | 6:00 pm Parent & Tot |
| 5:00 pm Preschool | 5:00 pm Preschool | _ | EQUIPMENT | 2 |
| 3 | 3 | 5:20 pm Multi Sports (3-4) | 4:30 pm Preschool | 6:00 pm Parent & Tot |
| 5:10 pm Ages 8-10 Basketball Drop-In | 5:15 pm Drama & Creative Arts Club | 5:30 pm Preschool | 2 | 3 605 B 48 |
| 5:15 pm Parent & | 5:30 pm Parent & | 3 | 4:30 pm Mini Artists (3-4) | 6:05 pm Parent & Child (Ages 2 to 5) |
| Tot 2 | Tot 2 | 5:30 pm Preschool | 4:30 pm Preschool | 6:05 pm Preschool |
| 5:15 pm Preschool | 5:30 pm Swimmer | 5:30 pm Parent & | 3 | (Ages 4 to 5) |
| 2 | 1 | Tot 1 | 4:30 pm Private | 6:45 pm Private Learn to Skate Youth (Ages |
| 5:30 pm Preschool | 5:30 pm Balls & Bands | 5:30 pm Yin Yoga | Swimming Lessons (Preschool 1-5) | 4+) |
| 5:30 pm Junior | 5:30 pm Preschool | 5:30 pm Preschool | 4:30 pm Hockey | 6:45 pm Semi-Private |
| Chefs (Ages 8-11) | 2 | 2 | Skills - 13 Years | Learn to Skate Youth (6 to 17 years) |
| 5:30 pm Preschool | 5:30 pm Preschool | 5:30 pm Private Swimming Lessons | Old and UNDER | 7:00 pm Walking |
| 3 | 1 5 20 P 4 6 | (Preschool 1-5) | 4:30 pm Indoor Soccer (3-4) | Track |
| 5:40 pm Youth (Ages 6 to 17) | 5:30 pm Parent & Tot 3 | 6:00 pm Cardio Tone | 4:30 pm Preschool | 7:05 pm Adult 18+ Basketball Drop-In |
| 5:45 pm Preschool | 5:30 pm Preschool | | 1 | 7:25 pm Youth (Ages |
| 2 | 3 | 6:00 pm Private Swimming Lessons | 4:50 pm Private Hockey Technical | 6 to 17) |
| 5:45 pm Parent & Tot 1 | 5:45 pm Swimmer | (Preschool 1-5) | Skating Skills (Ages | 8:10 pm Sport Court |
| 6:15 pm Preschool | 5:45 pm Basketball | 6:10 pm Multi Sports (5-7) | 11+) FULL EQUIPMENT | Reservation - Alder Saputo Centre |
| 1 | (5-7) | 6:15 pm Preschool | 5:00 pm Preschool | |
| 6:15 pm Ages 11- | 5:45 pm Swimmer | 3 | 3 | |
| 13 Basketball Drop- In | 3 | 6:15 pm Preschool | 5:00 pm Preschool | |
| 6:15 pm Cardio | 6:00 pm Swimmer 2 | 1 | _ | |
| Tone | 6:00 pm Swimmer | 6:15 pm Preschool | 5:00 pm Walking Track | |
| 6:15 pm Preschool | 1 | 6:15 pm Parent & | 5:00 pm Private | |
| 6:30 nm Parant & | 6:00 pm Preschool | Tot 3 | Swimming Lessons (Preschool 1-5) | |
| 6:30 pm Parent & Tot 3 | 6:15 nm Procedural | 6:30 pm Private | 5:00 pm Preschool | |
| 6:30 pm Preschool | 6:15 pm Preschool | Swimming Lessons (Preschool 1-5) | 1 | |
| 2 | 6:15 pm Swimmer | 6:45 pm Preschool | 5:20 pm Indoor | |
| 6:35 pm Power Skating for | 2 | 5 | Soccer (5-7) | |
| Hockey/Ringette | 6:15 pm Preschool | 6:45 pm Preschool | 5:30 pm Preschool | |
| (Ages 7 to 10) FULL | 6:30 pm Swimmer | 4 | 5:30 pm Swimmer | |
| EQUIPMENT | 6:30 pm Swimmer | 6:45 pm Preschool | 2 | |
| 1 | 1 | 1 | 1 | ı |

| 6.45 pm Preschool 5 7.00 pm Zumba® 7.00 pm Preschool 1 7.00 pm Preschool 5 7.00 pm Multi 7.00 pm Preschool 1 7.00 pm Preschool 1 7.00 pm Preschool 1 7.00 pm Preschool 2 7.15 pm Preschool 2 7.15 pm Preschool 2 7.15 pm Preschool 4 7.15 pm Preschool 5 7.15 pm Swimmer 5 7.15 pm Swimmer 7.20 pm Sport 6.45 pm Preschool 1 7.45 pm Swimmer 7.20 pm Swimmer 7 | | | | |
|--|-----------------|--------------------|-------------------|-------------------------------------|
| 1-700 pm Private 5-30 pm Mindful 5-30 pm Preschool 5-30 pm Preschool 2-30 pm Swimmer 1-30 pm Swimmer 2-30 pm Swimm | • | * | . * | - |
| 6:30 pm Mindful 1 | . * | | - | • |
| Greschool 1-5 6.35 pm Basketball (8-11) 6.45 pm Preschool 2 7.15 pm Preschool 2 7.15 pm Preschool 3 7.15 pm Preschool 4 7.15 pm Preschool 5 7.15 pm Preschool 6 7.15 pm Swimmer 7 7.20 pm Sport 6 6.45 pm Preschool 1 7.20 pm Swimmer 1 7.20 pm Swimmer 2 7.20 pm Swimmer 2 7.20 pm Swimmer 3 7.20 pm Swimmer 4 7.20 pm Swimmer 4 7.20 pm Swimmer 5 7.20 pm Swimmer 6 7.20 pm Swimmer 7.20 pm Swimmer 7.20 pm Swimmer 8 7.20 pm Swimmer 9 7.20 pm Swimmer 1 7.20 pm Swimmer 2 7.20 pm Swimmer 2 7.20 pm Swimmer 1 7.20 pm Swimmer 1 7.20 pm Swimmer 2 7.20 pm Swimmer 2 7.20 pm Swimmer 2 7.20 pm Swimmer 1 7.20 pm Swimmer 1 7.20 pm Swimmer 2 7.20 pm Swimmer 3 7.20 pm Swimmer 4 7.20 pm Swimmer 4 7.20 pm Swimmer 4 7.20 pm Swimmer 4 7.20 pm Swimmer 5 7.20 pm Swimmer 6 7.20 pm Swimmer 7 7.20 pm Swimmer 7 7.20 pm Swimmer 8 7.20 pm Swimmer 9 7.20 pm Swimmer 1 7.20 pm Swimmer 2 7.20 pm Swimmer 2 7.20 pm Swimmer 3 7.20 pm Swimmer | | | | |
| Track 2,00 pm Preschool 2 | (Preschool 1-5) | 6:35 pm Basketball | | • |
| 7:15 pm Zumba® 6:45 pm Preschool 6:45 pm Swimmer 7:15 pm Preschool 6 7:15 pm Preschool 6:45 pm Swimmer 7:15 pm Swimmer 7:20 pm Sport Court Reservation-Alder Saputo Centre 7:30 pm Swimmer 7:30 pm Swimmer 6 7:15 pm Private Swimming Lessons 7:15 pm Swimmer 1 7:30 pm Swimmer 1 7:30 pm Swimmer 2 2 3:45 pm Swimmer 6:00 pm Swimmer 6:00 pm Swimmer 1 7:15 pm Swimmer 1 6:00 pm Swimmer 1 6:00 pm Swimmer 1 6:10 pm Indoor Soccer (8-11) 6:15 pm Preschool 1 6:15 p | Track | | | |
| 7:15 pm Preschool 5 7:15 pm Preschool 6-45 pm Swimmer 7:20 pm Sport Court Reservation - Alder Saputo Centre 7:30 pm Swimmer 3 7:30 pm Swimmer 7:30 pm Swimmer 6 7:30 pm Swimmer 7:30 pm Swimmer 6 7:30 pm Swimmer 7:30 pm Swimmer 6 7:30 pm Swimmer 7:15 pm Private Swimming Lessons 7:15 pm Swimmer 1 7:30 pm Swimmer 1 7:45 pm Swimmer 2 6:40 pm Swimmer 6:000 pm Swimmer 1 7:45 pm Swimmer 1 7:45 pm Swimmer 2 6:10 pm Indoor Soccer (8-11) 6:15 pm Preschool 5 6:15 pm Preschool 6:15 pm Preschool 6:15 pm Preschool 6:15 pm Preschool 1 6:45 pm Swimmer 1 7:45 pm Swimmer 2 6:10 pm Indoor Soccer (8-11) 6:15 pm Preschool 6:15 pm Preschool 1 | • | | | |
| 7:15 pm Preschool 4:45 pm Preschool 7:20 pm Sport Court Reservation Alder Saputo Centre 7:30 pm Swimmer 7:30 pm Swimmer 6 7:30 pm Swimmer 6 7:30 pm Swimmer 7:30 pm Swimmer 6 7:30 pm Swimmer 7:30 pm Swimmer 6 7:30 pm Swimmer 7:15 pm Private Swimming Lessons 7:15 pm | • | 4 | | 6 |
| 6-45 pm Preschool 1 | • | | | • |
| 7:20 pm Spot Court Reservation - Alder Saputo Centre 7:30 pm Swimmer 3 | • | | 6 | • |
| Adder Saputo Centre 7:00 pm Kickboxing 7:45 pm Swimmer 5 7:45 pm Swimmer 7:30 pm Swimmer 7:30 pm Swimmer 6 7:30 pm Swimmer 7:30 pm Swimmer 7:30 pm Swimmer 7:30 pm Swimmer 7:15 pm Private Swimming Lessons 7:15 pm Private 5:10 pm Indoor Soccer (8:11) 6:15 pm Preschool 2 6:15 pm Preschool 6: | | | | |
| 7:30 pm Swimmer 3 7:30 pm Swimmer 4 7:30 pm Swimmer 4 7:30 pm Swimmer 6 7:30 pm Swimmer 7:30 pm Power Skating for Hockey/Ringette (Ages 11+) FULL EQUIPMENT 8:45 pm Lane Swim 8:45 pm Lane Swim 8:45 pm Lane Swimming Lessons 7:15 pm Private Swimming Lessons 7:15 pm Pri | Alder Saputo | 7:00 pm | | 1 |
| 7:30 pm Swimmer 4 7:30 pm Swimmer 5 7:30 pm Swimmer 6 7:30 pm Swimmer 7:15 pm Private Swimming Lessons 7:15 pm Private Swimming Less | _ | | | 6:10 pm Indoor |
| 1 | • | | * | · · · |
| Swimming Lessons Swimming Swimmer Swimming | 7:30 pm Swimmer | 1 | 8:00 pm Adult 18+ | |
| 7:15 pm Private Swimming Lessons 1 | • | Swimming | • | 2 |
| 1 1 1 1 1 1 1 1 1 1 | 5 | | • | 1 |
| Ages 11+) FULL Swimming Lessons Swimming Lessons | Skating for | _ | | • |
| Lessons | (Ages 11+) FULL | | | - |
| 7:15 pm Private Swimming Lessons 7:15 pm Dance Fit 7:30 pm Ages 14- 17 Basketball Drop-In 7:30 pm Swimmer 7 - Rookie Patrol 7:30 pm Swimmer 8 - Ranger Patrol 7:30 pm Swimmer 9 - Star Patrol 7:45 pm Swimmer 1 - Teen/Adult 7:45 pm Swimmer 2 - Teen/Adult 7:15 pm Private Swimming Lessons 7:15 pm Private Swimming Lessons 7:15 pm Private Swimming Lessons 7:15 pm Private | | Lessons | | • |
| 7:15 pm Private Swimming Lessons 7:15 pm Dance Fit 7:30 pm Ages 14- 17 Basketball Drop-In 7:30 pm Swimmer 7 - Rookie Patrol 7:30 pm Swimmer 8- Ranger Patrol 7:30 pm Swimmer 9- Star Patrol 7:45 pm Swimmer 1- Teen/Adult 7:45 pm Swimmer 2-Teen/Adult 7:45 pm Swimmer 7-15 pm Private Swimming Lessons 7:15 pm Private Swimming Lessons 7:15 pm Private Swimming Lessons 7:15 pm Private | Swim | | | * |
| 7:30 pm Ages 14- 17 Basketball Drop-In 7:30 pm Swimmer 7 - Rookie Patrol 7:30 pm Swimmer 8 - Ranger Patrol 7:30 pm Swimmer 9 - Star Patrol 7:45 pm Swimmer 1 - Teen/Adult 7:45 pm Swimmer 2 - Teen/Adult 7:45 pm Swimmer 7:00 pm Walking Track 7:00 pm Sport Court Reservation - Alder Saputo Centre 7:15 pm Private Swimming Lessons 7:15 pm Private Swimming Lessons 7:15 pm Private | | Swimming | | 6:45 pm Preschool |
| 7:30 pm Ages 14- 17 Basketball Drop-In 7:30 pm Swimmer 7 - Rookie Patrol 7:30 pm Swimmer 8 - Ranger Patrol 7:30 pm Swimmer 9 - Star Patrol 7:45 pm Swimmer 1 - Teen/Adult 7:45 pm Swimmer 2 - Teen/Adult 7:45 pm Swimmer 7:50 pm Sport 7:00 pm Walking 7:00 pm Sport 7:15 pm Private 8wimming Lessons 7:15 pm Private 8wimming Lessons 7:15 pm Private | | 7:15 pm Dance Fit | | • |
| 7:30 pm Swimmer 7 - Rookie Patrol 7:30 pm Swimmer 8 - Ranger Patrol 7:30 pm Swimmer 9 - Star Patrol 7:45 pm Swimmer 1 - Teen/Adult 7:45 pm Swimmer 2-Teen/Adult 7:50 pm Sport Court Reservation - Alder Saputo Centre 7:15 pm Private Swimming Lessons 7:15 pm Private Swimming Lessons 7:15 pm Private | | 17 Basketball | | 6:45 pm Preschool |
| 7:30 pm Swimmer 8- Ranger Patrol 7:30 pm Swimmer 9- Star Patrol 7:45 pm Swimmer 1- Teen/Adult 7:45 pm Swimmer 2-Teen/Adult 7:50 pm Sport Court Reservation - Alder Saputo Centre 7:15 pm Private Swimming Lessons 7:15 pm Private Swimming Lessons 7:15 pm Private Swimming Lessons 7:15 pm Private | | 7:30 pm Swimmer | | * |
| 9- Star Patrol 7:45 pm Swimmer 1- Teen/Adult 7:45 pm Swimmer 2-Teen/Adult 7:40 pm Sport Court Reservation - Alder Saputo Centre 7:15 pm Private Swimming Lessons 7:15 pm Private Swimming Lessons 7:15 pm Private Swimming Lessons 7:15 pm Private | | 7:30 pm Swimmer | | 6:45 pm Junior |
| 1- Teen/Adult 7:45 pm Swimmer 2-Teen/Adult 7:60 pm Sport Court Reservation - Alder Saputo Centre 7:15 pm Private Swimming Lessons 7:15 pm Private Swimming Lessons 7:15 pm Private Swimming Lessons 7:15 pm Private | | | | • |
| 2-Teen/Adult 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 Tone 7:15 pm Private | | | | |
| Swimming Lessons 7:15 pm Step & Tone 7:15 pm Private Swimming Lessons 7:15 pm Private | | | | Court Reservation - Alder Saputo |
| Tone 7:15 pm Private Swimming Lessons 7:15 pm Private | | | | • |
| Swimming Lessons 7:15 pm Private | | | | |
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| | 7:15 pm Swimmer 2 |
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| | 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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