

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	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

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 - Preschool 1-5
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 2	10:15 am Preschool 3	5:00 pm Preschool 2	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 5	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 NEW Parent and Player Pre-Power (Ages 4 to 5)	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 Semi-Private Power Skating (Age 6) FULL EQUIPMENT	9:30 am Parent & Child (Ages 2 to 5)
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

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 Hockey/Ringette Technical Skating Skills (Ages 6+)	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 Learn to Skate Youth (Ages 6 to 17)	11:45 am Private Swimming Lessons
6:45 pm Parent & Tot 3	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 Preschool 4	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		
7:15 pm Preschool 2	7:00 pm Private Swimming Lessons	6:45 pm Preschool 3	5:00 pm Preschool 4		
7:15 pm Preschool 1	7:15 pm Swimmer 1	6:45 pm Preschool 4	5:00 pm Preschool 1		
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		

				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 1:00 pm Bronze Cross and Standard First Aid CPR-C 6:00 pm Birthday Party - Skate & Celebrate

<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>24</p> <p>8:30 am Saputo Centre Closed for a Maintenance</p> <p>8:30 am Saputo Centre Closed for a Maintenance</p> <p>8:30 am Saputo Centre Closed for a Maintenance</p> <p>8:30 am Saputo Centre Closed for a Maintenance</p> <p>8:30 am Saputo Centre Closed for a Maintenance</p> <p>8:30 am Saputo Centre Closed for a Maintenance</p> <p>8:30 am Saputo Centre Closed for a Maintenance</p> <p>9:00 am Lane Swim</p> <p>10:15 am Leisure Swim & Splash</p> <p>11:30 am Leisure Swim & Splash</p> <p>3:00 pm Birthday Party - Swim & Splash</p> <p>4:00 pm Lane Swim</p>	<p>25</p> <p>10:30 am Leisure Swim & Splash</p> <p>11:45 am Lane Swim</p> <p>12:15 pm Leisure Swim</p> <p>12:45 pm Lane Swim</p>	<p>26</p> <p>8:45 am AquaFitness - Zumba®</p> <p>12:00 pm Lane Swim</p> <p>1:00 pm Leisure Swim & Splash</p> <p>7:00 pm Kickboxing</p> <p>8:45 pm Lane Swim</p>	<p>27</p> <p>9:30 am Public Swim (Lap)</p> <p>10:45 am Sensory Friendly Swim</p> <p>12:00 pm Lane Swim</p> <p>8:45 pm Lane Swim</p>	<p>28</p> <p>7:30 am Lane Swim</p> <p>7:30 am Lane Swim</p> <p>8:05 am Private Hockey/Ringette Technical Skating Skills (Ages 6+)</p> <p>8:30 am 70+ Shinny - GOALIE Registration Only</p> <p>8:30 am Sport Court Reservation - Alder Saputo Centre</p> <p>8:30 am 70+ Shinny</p> <p>8:35 am Adult Private Hockey Technical Skating Skills (Adult 18+)</p> <p>8:35 am Private Learn to Skate Adult (Ages 18+)</p> <p>8:45 am AquaFitness</p> <p>9:00 am Walking Track</p> <p>9:15 am Beginner Line Dancing</p> <p>9:20 am Private Learn to Skate Adult (Ages 18+)</p> <p>9:20 am Small Group Learn to Skate Toddler (Age 3)</p> <p>9:30 am Strollercise</p>	<p>29</p> <p>7:30 am Lane Swim</p> <p>8:30 am Sport Court Reservation - Alder Saputo Centre</p> <p>8:30 am 55+ Shinny - GOALIE Registration ONLY</p> <p>8:30 am 55+ Shinny</p> <p>8:45 am AquaFitness</p> <p>9:00 am Walking Track</p> <p>9:00 am Walking Track</p> <p>9:00 am 65+ Shinny - GOALIE Registration Only</p> <p>9:00 am Adult Skate</p> <p>9:00 am 65+ Shinny</p> <p>9:15 am Zumba® Gold</p> <p>9:45 am Sun Salutation Beginners/Intermediate</p> <p>10:00 am Chair Fitness</p> <p>10:00 am Tiny Tots Skate</p> <p>10:00 am Sport Court Reservation - Alder Saputo Centre</p> <p>10:30 am Leisure Swim & Splash</p> <p>11:00 am Walking Track</p>	

9:30 am Public Swim (Lap)	11:00 am Family Skate
10:00 am Small Group Learn to Skate Toddler (Age 3)	11:00 am Restorative Yoga with Healing Singing Bowls
10:00 am Sport Court Reservation - Alder Saputo Centre	11:30 am Sport Court Reservation - Alder Saputo Centre
10:00 am Parent & Child (Ages 2 to 5)	11:45 am Lane Swim
10:15 am YIN Yoga	12:00 pm Adult Shinny
10:40 am Parent & Child (Ages 2 to 5)	12:00 pm Adult Shinny - GOALIE Registration ONLY
10:40 am Small Group Learn to Skate Preschool (Ages 4 to 5)	12:45 pm Lane Swim
10:45 am Preschool 1	1:00 pm Sport Court Reservation - Alder Saputo Centre
10:45 am Preschool 2	1:00 pm Walking Track
10:45 am Parent & Tot 1	2:30 pm Sport Court Reservation - Alder Saputo Centre
11:00 am Walking Track	3:00 pm Walking Track
11:15 am Parent & Tot 2	4:00 pm Public Skate
11:15 am Preschool 3	4:00 pm Adult Social Pickleball
11:15 am Parent & Tot 3	4:30 pm Preschool 2
11:15 am Preschool 4	4:30 pm Preschool 3
11:30 am NEW Parent and Child Mini Hockey Learn to Skate (Ages 2 to 4)	4:30 pm Preschool 1
11:30 am Sport Court Reservation - Alder Saputo Centre	4:30 pm Private Swimming Lessons (Preschool 1-5)
12:00 pm Lane Swim	4:45 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+)
12:10 pm Private Learn to Skate Adult (Ages 18+)	4:45 pm Semi-Private Learn to Skate Youth (6 to 17 years)
12:10 pm Adult Private Hockey Technical Skating Skills (Adult 18+)	4:45 pm Private Learn to Skate Youth (Ages 4+)
1:00 pm Walking Track	5:00 pm Preschool 2
1:00 pm Home School Community Open Gym	5:00 pm Preschool 1
1:00 pm Leisure Swim & Splash	5:00 pm Preschool 3
2:30 pm Sport Court Reservation - Alder Saputo Centre	5:00 pm Parent & Tot 1
	5:00 pm Walking Track
	5:25 pm NEW Parent and Player Pre-Power (Ages 4 to 5)
	5:25 pm Semi-Private Power Skating (Age 6) FULL EQUIPMENT
	5:30 pm Friday Night Social (Ages 7 to 13)
	5:30 pm Preschool 3
	5:30 pm Preschool 2

3:00 pm Walking Track	5:30 pm Adult Social Pickleball
3:30 pm Hockey Skills - 14 years old and OVER	5:30 pm Private Swimming Lessons (Preschool 1-5)
3:50 pm Private Hockey Technical Skating Skills (Ages 7-10) FULL EQUIPMENT	5:30 pm Preschool 1
4:00 pm Shinny 11 - 13 years old	6:00 pm Preschool 2
4:00 pm Shinny 11 - 13 years GOALIE Registration Only	6:00 pm Preschool 3
4:20 pm Private Hockey Technical Skating Skills (Ages 11-12) FULL EQUIPMENT	6:00 pm Preschool 1
4:30 pm Preschool 2	6:00 pm Parent & Tot 2
4:30 pm Mini Artists (3-4)	6:00 pm Parent & Tot 3
4:30 pm Preschool 3	6:05 pm Parent & Child (Ages 2 to 5)
4:30 pm Private Swimming Lessons (Preschool 1-5)	6:05 pm Preschool (Ages 4 to 5)
4:30 pm Hockey Skills - 13 Years Old and UNDER	6:45 pm Private Learn to Skate Youth (Ages 4+)
4:30 pm Indoor Soccer (3-4)	6:45 pm Leisure Swim & Splash
4:30 pm Preschool 1	6:45 pm Semi-Private Learn to Skate Youth (6 to 17 years)
4:50 pm Private Hockey Technical Skating Skills (Ages 11+) FULL EQUIPMENT	7:00 pm Walking Track
5:00 pm Preschool 3	7:05 pm Adult 18+ Basketball Drop-In
5:00 pm Preschool 2	7:25 pm Youth (Ages 6 to 17)
5:00 pm Walking Track	7:45 pm Public Swim
5:00 pm Private Swimming Lessons (Preschool 1-5)	8:10 pm Sport Court Reservation - Alder Saputo Centre
5:00 pm Preschool 1	9:00 pm Lane Swim
5:20 pm Indoor Soccer (5-7)	
5:30 pm Preschool 2	
5:30 pm Swimmer 2	
5:30 pm Little Artists (5-7)	
5:30 pm Preschool 4	
5:30 pm Preschool 1	

5:30 pm Swimmer
2

5:30 pm Preschool
3

5:45 pm Swimmer
6

5:45 pm Swimmer
5

6:00 pm Swimmer
2

6:00 pm Swimmer
1

6:00 pm Preschool
5

6:10 pm Indoor
Soccer (8-11)

6:15 pm Swimmer
1

6:15 pm Preschool
2

6:15 pm Pound

6:15 pm Preschool
1

6:45 pm Swimmer
4

6:45 pm Swimmer
1

6:45 pm Swimmer
2

6:45 pm Preschool
5

6:45 pm Preschool
4

6:45 pm Preschool
1

6:45 pm Swimmer
3

6:45 pm Preschool
2

6:45 pm Junior
Artists (8-11)

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

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	
				8:45 pm Lane Swim	