January 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|--|---|--|
| | | | 1 | 2 | 3 | 4 |
| | | | | 8:00 am Holiday Camp (January 2) | 8:00 am Holiday Camp (January 3) | 9:00 am Lifesaving |
| | | | | 8:00 am Holiday Camp (January 2 | 8:00 am Holiday Camp (January 3) | Swim Instructors |
| | | | | AM) 8:00 am Holiday | 8:00 am Holiday Camp (January 3 | 9:00 am Lane Swim |
| | | | | Camp (January 2) | AM) | 9:30 am Adul Social |
| | | | | 8:00 am Holiday Camp (January 2 AM) | 8:00 am Holiday Camp (January 3 AM) | Pickleball (Holiday Schedule) |
| | | | | 12:30 pm Holiday Camp (January 2 PM) | 8:30 am 55+ Shinny - GOALIE Registration ONLY | 10:00 am Leisure Swin & Splash |
| | | | | 12:30 pm Leisure Swim/ Splash & Slide | 8:30 am 55+ Shinny 9:00 am 65+ Shinny | 11:00 am Adult Social |
| | | | | 12:30 pm Holiday Camp (January 2 | - GOALIE Registration Only 9:00 am 65+ Shinny | Pickleball (Holiday Schedule) |
| | | | | PM) 5:30 pm Sport Court Reservation - Alder | 10:30 am Leisure Swim & Splash | 11:15 am Shared Lane Swim (Lanes |
| | | | | Saputo Centre (Holiday Schedule) 6:00 pm Public | 11:45 am Shared Lane Swim (Lanes 1-4) | 1-4) 12:30 pm Public Swim |
| | | | | Skate (Holiday Schedule) | 11:45 am Ages 11- 13 Basketball Drop- In (Holiday | 12:45 pm Sport Court |
| | | | | 6:15 pm Pound 7:00 pm Sport Court | Schedule) | Reservation Alder Saputo Centre |
| | | | | Reservation - Alder Saputo Centre (Holiday Schedule) | 12:00 pm Adult Shinny - GOALIE Registration ONLY | (Holiday Schedule) |
| | | | | | 12:00 pm Adult Skate (Holiday Schedule) | 1:45 pm Leisure Swir & Splash |
| | | | | | 12:00 pm Adult Shinny | 2:15 pm Spc Court |
| | | | | | 12:15 pm Leisure Swim/ Splash & Slide | Reservation Alder Saputo Centre (Holiday |
| | | | | | 12:30 pm Holiday Camp (January 3 PM) | Schedule) 2:45 pm Lan Swim |
| | | | | | 12:30 pm Holiday Camp (January 3 PM) | 5:00 pm Adu Social Pickleball |
| | | | | | 12:45 pm Ages 14- 17 Basketball Drop- | (Holiday Schedule) |
| | | | | | In (Holiday Schedule) | 6:00 pm Birthday Par - Skate & |
| | | | | | 1:00 pm Family Skate (Holiday Schedule) | Celebrate 6:30 pm Adu |

| | | | | | 1:45 pm Ages 8-10 Basketball Drop-In (Holiday Schedule) | Social Pickleball (Holiday Schedule) |
|--|---|---|---|---|---|---|
| | | | | | 2:00 pm Shinny 8 - 10 years old (Holiday Schedule) | 50.150.000) |
| | | | | | 2:00 pm Shinny 8 - 10 years old - GOALIE Registration Only (Holiday Schedule) | |
| | | | | | 2:45 pm Parent & Child Under 8 Basketball Drop-In (Holiday Schedule) | |
| | | | | | 3:00 pm Shinny 11 - 13 years old - GOALIE Registration Only Holiday Schedule) | |
| | | | | | 3:00 pm Shinny 11 - 13 years old (Holiday Schedule) | |
| | | | | | 3:30 pm Hockey Skills 14+ years old (Holiday Schedule) | |
| | | | | | 4:00 pm Adult Social Pickleball (Holiday Schedule) | |
| | | | | | 4:00 pm Public Skate (Holiday Schedule) | |
| | | | | | 4:30 pm Leisure Swim & Splash | |
| | | | | | 4:30 pm Hockey Skills 13 years and UNDER (Holiday Schedule) | |
| | | | | | 5:30 pm Adult Social Pickleball (Holiday Schedule) | |
| | | | | | 5:45 pm Public Swim (Lap/ Leisure & Splash) | |
| | | | | | 7:00 pm Lane Swim | |
| | | | | | 7:05 pm Adult 18+ Basketball Drop-In (Holiday Schedule) | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 8:30 am Sport Court Reservation - Alder Saputo Centre (Holiday Schedule) | | | | | | 6:00 pm Birthday Party - Skate & Celebrate |
| 9:30 am Lane Swim | | | | | | |
| 10:00 am Sport Court Reservation - Alder Saputo Centre (Holiday Schedule) | | | | | | |
| 10:30 am Leisure Swim & Splash | | | | | | |
| 11:30 am Sport Court Reservation - Alder Saputo Centre (Holiday Schedule) | | | | | | |
| 11:45 am Lane | | | | | | |
| | | | | | | |

| Swim 1:00 pm Sport Court Reservation - Alder Saputo Centre (Holiday Schedule) 1:00 pm Public Swim 2:00 pm Leisure Swim & Splash 2:15 pm Lane Swim 2:30 pm Sport Court Reservation - Alder Saputo Centre (Holiday Schedule) 3:00 pm Birthday Party - Swim & Splash 4:00 pm Sport Court Reservation - Alder Saputo Centre (Holiday Schedule) 5:30 pm Sport | | | | | | |
|--|---|----|--|---|--|---|
| Court Reservation - Alder Saputo Centre (Holiday Schedule) 12 | 13 10:30 am Leisure Swim & Splash | 14 | 15 7:30 am Lane Swim 8:30 am 55+ Shinny - GOALIE Registration Only 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am 55+ Shinny 8:45 am Therapeutic Swim 9:00 am Adult Skate 9:00 am Walking Track 9:00 am 65+ Shinny - GOALIE Registration Only 9:00 am 65+ Shinny 9:30 am Public Swim (Lap) 10:00 am Sport Court Reservation - Alder Saputo Centre | 16 7:30 am Lane Swim 8:05 am Private Hockey/Ringette Technical Skating Skills (Ages 6+) 8:30 am 70+ Shinny 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am 70+ Shinny - GOALIE Registration Only 8:35 am Adult Private Hockey Technical Skating Skills (Adult 18+) 8:35 am Private Learn to Skate Adult (Ages 18+) 8:45 am Aqua Zumba 9:20 am Private Learn to Skate Adult (Ages 18+) | 17 7:30 am Lane Swim 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am 55+ Shinny - GOALIE Registration Only 8:30 am 55+ Shinny 8:45 am AquaFitness 9:00 am Adult Skate 9:00 am Walking Track 9:00 am 65+ Shinny - GOALIE Registration Only 9:00 am Zumba® Gold 9:00 am 65+ Shinny 9:30 am Public Swim (Lap) 9:45 am Chair | 18 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) 8:45 am Parent & Child (Ages 2 to 5) 8:45 am Semi-Private Learn to |
| | | | 10:00 am Tiny Tots Skate 10:15 am Zumba® Toning 10:30 am Sensory Friendly Swim 11:00 am Walking Track 11:00 am Family Skate 11:00 am Balls & Bands | (Ages 18+) 9:20 am Small Group Learn to Skate Toddler (Age 3) 9:30 am Public Swim (Lap) 10:00 am Sport Court Reservation - Alder Saputo Centre 10:00 am Parent & Child (Ages 2 to 5) 10:00 am Beginner | 9:45 am Chair Fitness 10:00 am Sport Court Reservation - Alder Saputo Centre 10:00 am Tiny Tots Skate 10:30 am Leisure Swim & Splash 11:00 am Walking Track 11:00 am Family Skate | Learn to Skate Preschool (Ages 4 to 5) 9:00 am Lane Swim 9:00 am Walking Track 9:00 am Bronze Cross and Standard First Aid CPR-C |

| 11:30 am Sport Court Reservation - | Line Dancing | 11:30 am Sport Court Reservation - | 9:25 am Preschool |
|---|---|---|-------------------------------------|
| Alder Saputo Centre | 10:00 am Small Group Learn to | Alder Saputo Centre | (Ages 4 to 5) |
| 12:00 pm Adult Shinny | Skate Toddler (Age 3) | 12:00 pm Adult Shinny | 9:30 am Adu Social Pickleball |
| 12:00 pm Adult Shinny - GOALIE | 10:40 am Parent & Child (Ages 2 to 5) | 12:00 pm Adult Shinny - GOALIE Registration Only | 9:30 am Junior Chefs |
| Registration Only 12:15 pm Lane | 10:40 am Small Group Learn to | 12:00 pm Lane | (Ages 8-11) |
| Swim | Skate Preschool (Ages 4 to 5) | Swim | 10:05 am Parent & |
| 12:15 pm Leisure Swim | 10:45 am Preschool | 1:00 pm Lane Swim 1:00 pm Sport Court | Child (Ages to 5) |
| 12:30 pm Family Skate | 10:45 am Preschool | Reservation - Alder Saputo Centre | 10:15 am Preschool 3 |
| 1:00 pm Walking Track | 10:45 am Parent & | 1:00 pm Walking Track | 10:15 am Bronze Star |
| 1:00 pm Sport Court Reservation - Alder Saputo Centre | 11:00 am Walking Track | 2:30 pm Sport Court Reservation - Alder Saputo Centre | 10:15 am Parent & To 1 |
| 1:15 pm Lane Swim | 11:15 am Parent & Tot 2 | 3:00 pm Walking Track | 10:15 am Preschool 1 |
| 2:30 pm Sport Court Reservation - Alder Saputo Centre | 11:15 am Preschool | 4:00 pm Adult Social Pickleball | 10:15 am Preschool 2 |
| 3:00 pm Walking Track | 11:15 am Parent & Tot 3 | 4:00 pm Public Skate | 10:15 am Private |
| 3:20 pm Private Hockey/Ringette | 11:15 am Preschool 4 | 4:30 pm Private Swimming Lessons | Swimming Lessons |
| Technical Skating Skills (Ages 6+) | 11:30 am NEW Parent and Child | (Preschool 1-5) | 10:15 am Swimmer 1 |
| FULL EQUIPMENT | Mini Hockey Learn | 4:30 pm Preschool 2 | 10:15 am |
| 3:30 pm Shinny 14- 17 Years Old - | to Skate (Ages 2 to 4) | 4:30 pm Preschool 3 4:30 pm Preschool 1 | Swimmer 3 |
| GOALIE Registration Only | 11:30 am Sport Court Reservation - | 4:45 pm Private Learn to Skate | 10:45 am Preschool 1 |
| 3:30 pm Shinny 14- 17 years old | Alder Saputo Centre 12:10 pm Private | Youth (Ages 4+) | 10:45 am Swimmer 2 |
| 3:50 pm Private Hockey/Ringette | Learn to Skate Adult (Ages 18+) | 4:45 pm Private Hockey/Ringette Technical Skating | 10:45 am Preschool 3 |
| Technical Skating Skills (Ages 6+) | 12:10 pm Adult | Skills (Ages 6+) | 10:45 am |
| FULL EQUIPMENT | Private Hockey Technical Skating Skills (Adult 18+) | 4:45 pm Semi- Private Learn to | Preschool 2 10:45 am |
| 4:20 pm Private Hockey/Ringette | 12:15 pm Lane | Skate Youth (6 to 17 years) | Preschool 4 |
| Technical Skating Skills (Ages 6+) FULL EQUIPMENT | Swim 12:30 pm Adult | 5:00 pm Walking Track | 10:45 am Youth (Ages to 17) |
| 4:30 pm Preschool 1 | Skate | 5:00 pm Preschool 1 | 10:45 am |
| 4:30 pm Public Skate | 1:00 pm Walking Track | 5:00 pm Preschool 2 | Private Swimming Lessons |
| 4:30 pm Private | 1:00 pm Home School Community | 5:00 pm Parent & Tot 1 | 11:00 am |
| Swimming Lessons (Preschool 1-5) | Open Gym | 5:00 pm Preschool 3 | Walking Track |
| 4:30 pm Multi Sports (3-4) | 1:15 pm Leisure Swim & Splash | 5:25 pm NEW Parent and Player Pre-Power (Ages 4 | 11:00 am Swimmer 4 |
| 4:30 pm Preschool 3 | 2:30 pm Sport Court Reservation - Alder | to 5) | 11:00 am |
| 4:30 pm Preschool 2 | Saputo Centre | 5:25 pm Semi- Private Power | Adult Social Pickleball |
| 5:00 pm Preschool 3 5:00 pm Parent & | 3:00 pm Figure Skating Skills | Skating (Age 6) FULL EQUIPMENT | 11:15 am Preschool 5 |
| Tot 2 | 3:00 pm Walking Track | 5:30 pm Preschool 3 | 11:15 am |
| 5:00 pm Walking Track | 3:30 pm Hockey Skills - 14 years old | 5:30 pm Preschool 2 5:30 pm Adult | Preschool 1 11:15 am |
| 5:00 pm Preschool 1 | and OVER | Social Pickleball | Swimmer 1 |
| 5:00 pm Preschool 2 | 3:50 pm Private | 5:30 pm Private | 11:15 am |

| 5:20 pm Multi Sports (3-4) | Hockey Technical Skating Skills (Ages | Swimming Lessons (Preschool 1-5) | Preschool 2 11:15 am |
|--|--|---|------------------------------|
| 5:30 pm Preschool 3 | 7-10) FULL EQUIPMENT | 5:30 pm Preschool 1 | Preschool 3 |
| 5:30 pm Preschool 1 | 4:00 pm Shinny 11- | 6:00 pm Preschool 2 | 11:15 am |
| 5:30 pm Parent & | 13 Years Old - GOALIE | 6:00 pm Preschool 1 | Parent & Tot 2 |
| Tot 1 | Registration Only | 6:00 pm Preschool 3 | 11:30 am |
| 5:30 pm Preschool 2 | 4:00 pm Shinny 11- 13 years old | 6:00 pm Parent & Tot 2 | Swimmer 9- Star Patrol |
| 5:30 pm Private Swimming Lessons (Preschool 1-5) | 4:20 pm Private | 6:00 pm Parent & | 11:30 am Swimmer 7 - |
| 6:00 pm Private | Hockey Technical Skating Skills (Ages | Tot 3 6:05 pm Parent & | Rookie Patrol |
| Swimming Lessons (Preschool 1-5) | 11-12) FULL EQUIPMENT | Child (Ages 2 to 5) | 11:30 am Swimmer 8- |
| 6:00 pm Cardio | 4:30 pm Preschool 2 | 6:05 pm Preschool (Ages 4 to 5) | Ranger Patrol |
| Tone | 4:30 pm Hockey Skills - 13 years and | 6:45 pm Private | 11:40 am Private Learn |
| 6:10 pm Multi Sports (5-7) | UNDER | Learn to Skate Youth (Ages 4+) | to Skate Youth (Ages |
| 6:15 pm Preschool 3 | 4:30 pm Mini Artists (3-4) | 6:45 pm Leisure | 4+) |
| 6:15 pm Preschool 1 | 4:30 pm Preschool 3 | Swim & Splash | 11:40 am Semi-Private |
| 6:15 pm Preschool 2 | 4:30 pm Preschool 1 | 6:45 pm Semi- Private Learn to | Learn to |
| 6:15 pm Parent & Tot 3 | 4:30 pm Indoor | Skate Youth (6 to 17 years) | Skate Youth (6 to 17 |
| 6:30 pm Private | Soccer (3-4) | 7:00 pm Walking | years) 11:40 am |
| Swimming Lessons (Preschool 1-5) | 4:30 pm Private Swimming Lessons | Track | Private |
| 6:45 pm Preschool 5 | (Preschool 1-5) | 7:05 pm Adult 18+ Basketball Drop-In | Hockey Technical |
| 6:45 pm Preschool 4 | 4:50 pm Private Hockey Technical | 7:25 pm Youth | Skating Skills |
| 6:45 pm Preschool 3 | Skating Skills (Ages | (Ages 6 to 17) | (Ages 6+) FULL |
| 6:45 pm Preschool 1 | 11+) FULL EQUIPMENT | 7:45 pm Public | EQUIPMENT |
| 7:00 pm Multi | 5:00 pm Preschool 3 | Swim 8:10 pm Sport Court | 12:00 pm Parent & Tot |
| Sports (8-11) | 5:00 pm Private | Reservation - Alder | 3 |
| 7:00 pm Zumba® | Swimming Lessons (Preschool 1-5) | Saputo Centre | 12:00 pm |
| 7:00 pm Walking Track | 5:00 pm Preschool 2 | 9:00 pm Lane Swim | Preschool 3 |
| 7:15 pm Swimmer 1 | 5:00 pm Walking | | 12:00 pm Preschool 4 |
| 7:15 pm Swimmer 3 | Track | | 12:00 pm |
| 7:15 pm Swimmer 2 | 5:00 pm Private | | Preschool 2 |
| 7:15 pm Swimmer 6 | Swimming Lessons (Preschool 1-5) | | 12:00 pm Swimmer 3 |
| 7:15 pm Swimmer 4 | 5:00 pm Preschool 1 | | 12:00 pm |
| 7:15 pm Swimmer 5 | 5:20 pm Indoor | | Swimmer 2 |
| 7:45 pm Swimmer 1 | Soccer (5-7) 5:30 pm Swimmer 2 | | 12:00 pm Preschool 1 |
| 7:45 pm Swimmer 2 | 5:30 pm Swimmer 2 | | 12:30 pm |
| 8:00 pm Adult 18+ Basketball Drop-In | Artists (5-7) | | Sport Court Reservation - |
| 8:30 pm Lane Swim | 5:30 pm Preschool 4 | | Alder Saputo Centre |
| • | 5:30 pm Preschool 1 | | 12:30 pm |
| | 5:30 pm Preschool 3 | | Swimmer 6 |
| | 5:30 pm Swimmer 2 | | 12:30 pm |
| | 5:45 pm Swimmer 6 | | Preschool 5 |
| | 5:45 pm Swimmer 5 | | 12:30 pm Private |
| | 6:00 pm Swimmer 2 | | Swimming Lessons |
| | 6:00 pm Swimmer 1 | | 2000110 |

| | | | 6:00 pm Preschool 5 | | 12:30 pm Swimmer 1 |
|---|---|---|--|-----|---|
| | | | 6:10 pm Indoor Soccer (8-11) | | 12:30 pm Preschool 3 |
| | | | 6:15 pm Pound | | 12:30 pm |
| | | | 6:15 pm Swimmer 1 | | Preschool 2 |
| | | | 6:15 pm Preschool 2 | | 12:30 pm |
| | | | 6:15 pm Preschool 1 | | Preschool 1 |
| | | | 6:45 pm Swimmer 4 | | 12:30 pm Swimmer 5 |
| | | | 6:45 pm Swimmer 1 | | 12:45 pm |
| | | | 6:45 pm Swimmer 2 | | Swimmer 4 |
| | | | 6:45 pm Preschool 5 | | 1:00 pm Preschool 2 |
| | | | 6:45 pm Preschool 4 | | 1:00 pm |
| | | | 6:45 pm Preschool 1 6:45 pm Swimmer 3 | | Preschool 3 |
| | | | 6:45 pm Junior | | 1:00 pm Walking |
| | | | Artists (8-11) | | Track |
| | | | 6:45 pm Preschool 2 | | 1:00 pm Private |
| | | | 7:00 pm Walking Track | | Swimming Lessons |
| | | | 7:00 pm Sport Court Reservation - Alder | | 1:00 pm |
| | | | Saputo Centre | | Private Swimming |
| | | | 7:15 pm Private Swimming Lessons | | Lessons 1:00 pm |
| | | | 7:15 pm Step & Tone | | Swimmer 2 1:00 pm |
| | | | 7:15 pm Private Swimming Lessons | | Preschool 1 2:00 pm |
| | | | 7:15 pm Private Swimming Lessons | | Public Swim 2:00 pm Sport |
| | | | 7:15 pm Swimmer 2 | | Court |
| | | | 7:15 pm Private Swimming Lessons | | Reservation - Alder Saputo Centre |
| | | | 7:15 pm Swimmer 1 | | 3:00 pm |
| | | | 7:30 pm Swimmer 7 - Rookie Patrol | | Walking Track |
| | | | 7:30 pm Swimmer 9- Star Patrol | | 3:15 pm Lane Swim |
| | | | 7:30 pm Swimmer | | 3:30 pm Sport Court |
| | | | 8- Ranger Patrol 7:45 pm Swimmer | | Reservation - Alder Saputo |
| | | | 2-Teen/Adult 7:45 pm Swimmer | | Centre 5:00 pm Adult |
| | | | 1- Teen/Adult 7:45 pm Swimmer | | Social Pickleball |
| | | | 3- Teen/Adult 8:30 pm Sport Court | | 5:00 pm Walking Track |
| | | | Reservation - Alder Saputo Centre | | 6:00 pm |
| | | | 8:45 pm Lane Swim | | Birthday Party - Skate & |
| | | | | | Celebrate 6:30 pm Adult |
| | | | | | Social Pickleball |
| | | | | | 7:00 pm Walking Track |
| | | | | | 7:30 pm |
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| | | | | | | Public Skate |
|---|--|--|---|---|--|--|
| | | | | | | 8:00 pm Sport Court Reservation - Alder Saputo Centre |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 8:30 am Sport Court Reservation - Alder Saputo Centre 9:00 am Lane Swim 9:00 am Walking Track 10:00 am Sport Court Reservation - Alder Saputo Centre 10:15 am Convenience Lessons - Swimmer 1-6 10:15 am Private Swimming Lessons 10:15 am Convenience Lessons - Preschool 1-5 10:45 am Private Swimming Lessons 11:00 am Convenience Lessons - Preschool 1-5 11:00 am Convenience Lessons - Preschool 1-5 11:00 am Convenience Lessons - Preschool 1-5 | 7:30 am Lane Swim 8:30 am 55+ Shinny GOALIE Registration Only 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am Home Alone 8:30 am 55+ Shinny 8:45 am Therapeutic Swim 9:00 am Adult Skate 9:00 am 65+ Shinny 9:00 am Indoor Nordic Walking 9:00 am 65+ Shinny GOALIE Registration Only 9:15 am Zumba® 9:30 am Public Swim (Lap) 10:00 am Sport Court Reservation - Alder Saputo Centre 10:00 am Tiny Tots | 7:30 am Lane Swim 8:30 am Sport Court Reservation - Alder Saputo Centre 8:45 am Aqua Zumba 9:00 am 70+ Shinny 9:00 am 70+ Shinny - GOALIE Registration Only 9:30 am Public Swim (Lap) 10:00 am Sport Court Reservation - Alder Saputo Centre 10:00 am Dance Fit 10:30 am Hatha Intermediate 10:45 am Intermediate Line Dance 10:45 am Preschool 1 10:45 am Parent & Tot 1 10:45 am Preschool 2 | 7:30 am Lane Swim 8:30 am 55+ Shinny GOALIE Registration Only 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am 55+ Shinny 8:45 am Therapeutic Swim 9:00 am Adult Skate 9:00 am Walking Track 9:00 am 65+ Shinny GOALIE Registration Only 9:00 am 65+ Shinny 9:30 am Public Swim (Lap) 10:00 am Sport Court Reservation Alder Saputo Centre 10:00 am Tiny Tots Skate 10:15 am Zumba® Toning | 7:30 am Lane Swim 8:05 am Private Hockey/Ringette Technical Skating Skills (Ages 6+) 8:30 am 70+ Shinny 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am 70+ Shinny - GOALIE Registration Only 8:35 am Adult Private Hockey Technical Skating Skills (Adult 18+) 8:35 am Private Learn to Skate Adult (Ages 18+) 8:45 am Aqua Zumba 9:20 am Private Learn to Skate Adult (Ages 18+) 9:20 am Small Group Learn to Skate Toddler (Age 3) | 7:30 am Lane Swim 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am Home Alone 8:45 am AquaFitness 9:00 am Walking Track 9:00 am Zumba® Gold 9:30 am Public Swim (Lap) 9:45 am Chair Fitness 9:45 am Sun Salutation 10:00 am Sport Court Reservation - Alder Saputo Centre 10:30 am Leisure Swim & Splash 11:00 am Restorative Yoga 11:30 am Sport Court Reservation - | 9:00 am Bronze Cross and Standard First Aid CPR-C 9:00 am Walking Track 9:00 am Lane Swim 9:30 am Adult Social Pickleball 9:30 am Junior Chefs (Ages 8-11) 10:15 am Preschool 2 10:15 am Private Swimming Lessons 10:15 am Preschool 3 10:15 am Preschool 1 10:15 am Preschool 1 |
| Convenience Lessons - Swimmer 1-6 11:15 am Private | Skate 10:30 am Leisure Swim & Splash 10:30 am Hatha | 11:00 am Walking Track 11:15 am Parent & | 10:30 am Sensory Friendly Swim 10:30 am Chair Yoga 11:00 am Walking | 9:30 am Public Swim (Lap) 10:00 am Sport Court Reservation - | Alder Saputo Centre 12:00 pm Lane Swim | 1 10:15 am Bronze Star 10:15 am |
| Swimming Lessons | Beginner | Tot 2 | Track | Alder Saputo Centre | 1:00 pm Lane Swim | Swimmer 1 |

| 11:30 am Sport Court Reservation - | 11:00 am Walking Track | 11:15 am Preschool | 11:00 am Family Skate | 10:00 am Parent & Child (Ages 2 to 5) | 1:00 pm Sport Court Reservation - Alder | 10:15 am Swimmer 3 |
|--|--------------------------------------|--|---------------------------------------|--|--|--------------------------|
| Alder Saputo Centre | | 11:15 am Preschool | | 10:00 am Beginner | Saputo Centre | 10:45 am |
| 12:00 pm | 11:00 am Family Skate | 4 | 11:00 am Balls & Bands | Line Dancing | 2:30 pm Sport Court Reservation - Alder | Preschool 1 |
| Convenience Lessons - Swimmer | 11:30 am Sport | 11:15 am Preschool | 11:30 am Sport | 10:00 am Small | Saputo Centre | 10:45 am |
| 1-6 | Court Reservation - | 3 | Court Reservation - | Group Learn to | 4:00 pm Adult | Swimmer 2 |
| 12:00 pm | Alder Saputo Centre | 11:15 am Parent & | Alder Saputo Centre | Skate Toddler (Age 3) | Social Pickleball | 10:45 am |
| Convenience | 11:45 am Breath & | Tot 3 | 11:45 am Vinyasa | , | 4:30 pm Preschool 2 | Private |
| Lessons - | Meditation | 11:30 am Sport | 12:00 pm Adult | 10:30 am Yin Yoga | | Swimming Lessons |
| Preschool 1-5 | 12:00 pm Adult | Court Reservation - | Shinny - GOALIE | 10:40 am Small | 4:30 pm Preschool 3 | |
| 12:00 pm Private Swimming Lessons | Shinny - GOALIE Registration Only | Alder Saputo Centre 12:00 pm Adult | Registration Only | Group Learn to Skate Preschool | 4:30 pm Preschool 1 | 10:45 am Preschool 3 |
| C | | Shinny | 12:00 pm Adult | (Ages 4 to 5) | 4:30 pm Private | 10:45 am |
| 12:30 pm Private | 12:00 pm Lane | | Shinny | 10:40 am Parent & | Swimming Lessons | Preschool 2 |
| Swimming Lessons | Swim | 12:00 pm Adult Shinny - GOALIE | 12:15 pm Leisure | Child (Ages 2 to 5) | (Preschool 1-5) | |
| 12:45 pm | 12:00 pm Adult | Registration Only | Swim | 10:45 am Parent & | 5:00 pm Preschool 1 | 10:45 am Preschool 4 |
| Convenience Lessons - Swimmer | Shinny | 12:15 pm Lane | 12:15 pm Lane | Tot 1 | 5:00 pm Preschool 2 | |
| 1-6 | 12:30 pm Family | Swim | Swim | 10:45 am Preschool | 5:00 pm Preschool 3 | 11:00 am Swimmer 4 |
| | Skate | 12:30 pm Adult | 12:30 pm Family | 10.43 am Freschool | 1 | |
| 12:45 pm Convenience | 1:00 pm Walking | Skate | Skate | 10:45 am Preschool | 5:00 pm Parent & Tot 1 | 11:00 am Adult Social |
| Lessons - | Track | | 1:00 pm Walking | 2 | | Pickleball |
| Preschool 1-5 | 1:00 pm Sport Court | 1:00 pm Walking Track | Track | | 5:30 pm Adult Social Pickleball | |
| 1:00 pm Walking | Reservation - Alder | | 1:00 pm Sport Court | 11:00 am Walking Track | | 11:15 am Preschool 5 |
| Track | Saputo Centre | 1:00 pm Inclusive Open Gym | Reservation - Alder | | 5:30 pm Private | |
| 1:00 pm Private | 1:00 pm Lane Swim | | Saputo Centre | 11:15 am Parent & Tot 2 | Swimming Lessons (Preschool 1-5) | 11:15 am Preschool 1 |
| Swimming Lessons | 2:30 pm Sport Court | 1:15 pm Leisure | 1:15 pm Lane Swim | | | |
| 1:00 pm Sport | Reservation - Alder | Swim & Splash | 2:30 pm Sport Court | 11:15 am Preschool | 5:30 pm Preschool 1 | 11:15 am Swimmer 1 |
| Court Reservation - | Saputo Centre | 2:30 pm Sport | Reservation - Alder | | 5:30 pm Preschool 3 | |
| Alder Saputo Centre | 3:00 pm Figure | Court Reservation - Alder Saputo Centre | Saputo Centre | 11:15 am Parent & Tot 3 | 5:30 pm Preschool 2 | 11:15 am Preschool 2 |
| 1:30 pm Alzheimer | Skating Skills | 3:00 pm Figure | 3:00 pm Walking | | 6:00 pm Parent & | |
| Awareness Month Fundraiser - Skates | 3:00 pm Walking | Skating Skills | Track | 11:15 am Preschool | Tot 2 | 11:15 am Preschool 3 |
| & Scones | Track | 3:00 pm Walking | 3:20 pm Private | | 6:00 pm Parent & | |
| | 4:00 pm Shinny 5-7 | Track | Hockey/Ringette | 11:30 am NEW Parent and Child | Tot 3 | 11:15 am Parent & Tot |
| 2:00 pm Public Swim | years old | 3:30 pm Hockey | Technical Skating Skills (Ages 6+) | Mini Hockey Learn | 6:00 pm Preschool 2 | 2 |
| | 4:00 pm Shinny 5-7 | Skills - 14 years old | FULL EQUIPMENT | to Skate (Ages 2 to | _ | 11:30 am |
| 2:30 pm Sport Court Reservation - | Years Old GOALIE | and OVER | | 4) | 6:00 pm Preschool 1 | Swimmer 9- |
| Alder Saputo Centre | Registration Only | 4:00 pm Shinny 8- | 3:30 pm Shinny 14- 17 Years Old - | 11:30 am Sport | 6:00 pm Preschool 3 | Star Patrol |
| 3:00 pm Walking | 4:05 pm Ages 14-17 | 10 Years Old - | GOALIE | Court Reservation - | 6:45 pm Leisure | 11:30 am |
| Track | Basketball Drop-In | GOALIE | Registration Only | Alder Saputo Centre | Swim & Splash | Swimmer 7 - |
| 3:00 pm Birthday | 4:20 pm Semi- Private Learn to | Registration Only | 3:30 pm Shinny 14- | 12:10 pm Private | 7:05 pm Adult 18+ | Rookie Patrol |
| Party - Swim & | Skate Youth (6 to 17 | 4:00 pm Shinny 8- | 17 years old | Learn to Skate Adult (Ages 18+) | Basketball Drop-In | 11:30 am |
| Splash | years) | 10 years old | 3:50 pm Private | ` ` ' | 7:45 pm Public | Swimmer 8- |
| 4:00 pm Sport | 4:20 pm Private | 4:30 pm Hockey | Hockey/Ringette | 12:10 pm Adult Private Hockey | Swim | Ranger Patrol |
| Court Reservation - | Hockey/Ringette | Skills - 13 years and UNDER | Technical Skating | Technical Skating | 8:10 pm Sport Court | 12:00 pm |
| Alder Saputo Centre | Technical Skating | | Skills (Ages 6+) FULL EQUIPMENT | Skills (Adult 18+) | Reservation - Alder | Swimmer 2 |
| 4:15 pm Lane Swim | Skills (Ages 6+) FULL EQUIPMENT | 4:30 pm Private Swimming Lessons | 4:20 pm Private | 12:15 pm Lane | Saputo Centre | 12:00 pm Preschool 1 |
| 4:15 pm Leisure | 4:20 pm Private | (Preschool 1-5) | Hockey/Ringette | Swim | 9:00 pm Lane Swim | |
| Swim & Splash | Learn to Skate | 4:30 pm Youth | Technical Skating | 12:30 pm Adult | | 12:00 pm Preschool 2 |
| 5:00 pm Walking | Youth (Ages 4+) | Social Pickleball | Skills (Ages 6+) FULL EQUIPMENT | Skate | | |
| Track | 4:30 pm Preschool 1 | Ages 12-17 - Drop- In | 4:30 pm Preschool 1 | 1:00 pm Walking | | 12:00 pm Swimmer 3 |
| 5:30 pm Sport | 4:30 pm Preschool 3 | | _ | Track | | |
| Court Reservation - | | 4:30 pm Preschool | 4:30 pm Public Skate | 1:00 pm Home | | 12:00 pm Preschool 4 |
| Alder Saputo Centre | 4:45 pm Preschool 2 | 1 | Skaic | School Community | l | |

| 7:00 pm Walking | 4:45 pm Private | 4:30 pm Preschool | 4:30 pm Private | Open Gym | 12:00 pm |
|-----------------|---|--|--|---|------------------------------|
| Track | Swimming Lessons (Preschool 1-5) | 3 | Swimming Lessons (Preschool 1-5) | 1:15 pm Leisure | Preschool 3 |
| | 5:00 pm Preschool 1 | 4:30 pm Preschool | 4:30 pm Multi | Swim & Splash 2:30 pm Sport Court | 12:00 pm Parent & Tot |
| | 5:00 pm Walking | 5:00 pm Preschool | Sports (3-4) | Reservation - Alder | 3 |
| | Track | 3 | 4:30 pm Preschool 3 | Saputo Centre | 12:30 pm Preschool 1 |
| | 5:00 pm Preschool (Ages 4 to 5) | 5:00 pm Preschool | 4:30 pm Preschool 2 | 3:00 pm Figure Skating Skills | 12:30 pm |
| | 5:00 pm Preschool 3 | 5:00 pm Preschool | 5:00 pm Preschool 3 | 3:00 pm Walking | Swimmer 5 |
| | 5:10 pm Ages 8-10 | 2 | 5:00 pm Parent & Tot 2 | Track | 12:30 pm Preschool 2 |
| | Basketball Drop-In 5:15 pm Parent & | 5:00 pm Private Swimming Lessons (Preschool 1-5) | 5:00 pm Walking Track | 3:30 pm Hockey Skills - 14 years old and OVER | 12:30 pm Swimmer 1 |
| | Tot 2 | 5:00 pm Parent & | 5:00 pm Preschool 1 | 3:50 pm Private | 12:30 pm |
| | 5:15 pm Preschool 2 | Tot 1 | 5:00 pm Preschool 2 | Hockey Technical Skating Skills (Ages | Preschool 3 |
| | 5:30 pm Preschool 1 | 5:00 pm Walking Track | 5:20 pm Multi | 7-10) FULL EQUIPMENT | 12:30 pm Preschool 5 |
| | 5:30 pm Junior Chefs (Ages 8-11) | 5:15 pm Balls & | Sports (3-4) | 4:00 pm Shinny 11- | 12:30 pm |
| | 5:30 pm Preschool 3 | Bands | 5:30 pm Preschool 3 5:30 pm Preschool 1 | 13 Years Old - | Private Swimming |
| | 5:40 pm Youth | 5:15 pm Drama & Creative Arts Club | 5:30 pm Parent & | GOALIE Registration Only | Lessons |
| | (Ages 6 to 17) | 5:30 pm Parent & | Tot 1 | 4:00 pm Shinny 11- | 12:30 pm |
| | 5:45 pm Preschool 2 5:45 pm Parent & | Tot 2 | 5:30 pm Preschool 2 | 13 years old | Sport Court Reservation - |
| | Tot 1 | 5:30 pm Swimmer 1 | 5:30 pm Private Swimming Lessons | 4:20 pm Private Hockey Technical | Alder Saputo Centre |
| | 6:15 pm Preschool 1 | 5:30 pm Swimmer 2 | (Preschool 1-5) | Skating Skills (Ages 11-12) FULL | 12:30 pm |
| | 6:15 pm Ages 11-13 | 5:30 pm Preschool | 6:00 pm Private Swimming Lessons | EQUIPMENT | Swimmer 6 |
| | Basketball Drop-In 6:15 pm Cardio | 5:30 pm Parent & | (Preschool 1-5) | 4:30 pm Preschool 2 | 12:45 pm Swimmer 4 |
| | Tone | Tot 3 | 6:00 pm Cardio | 4:30 pm Hockey Skills - 13 years and | 1:00 pm |
| | 6:15 pm Preschool 3 | 5:30 pm Mindful Moments | Tone 6:10 pm Multi | UNDER | Preschool 2 |
| | 6:30 pm Parent & Tot 3 | 5:30 pm Preschool | Sports (5-7) | 4:30 pm Mini Artists (3-4) | 1:00 pm Preschool 3 |
| | 6:30 pm Preschool 2 | 5:30 pm Preschool | 6:15 pm Preschool 3 6:15 pm Preschool 2 | 4:30 pm Preschool 3 | 1:00 pm Private |
| | 6:35 pm Power | 3 | 6:15 pm Preschool 1 | 4:30 pm Preschool 1 | Swimming |
| | Skating for Hockey/Ringette | 5:45 pm Swimmer 4 | 6:15 pm Parent & | 4:30 pm Indoor Soccer (3-4) | Lessons 1:00 pm |
| | (Ages 7 to 10) FULL EQUIPMENT | 5:45 pm Basketball (5-7) | Tot 3 | 4:30 pm Private | Preschool 1 |
| | 6:45 pm Preschool 3 | 5:45 pm Swimmer 3 | 6:30 pm Private Swimming Lessons | Swimming Lessons (Preschool 1-5) | 1:00 pm |
| | 6:45 pm Preschool 1 | 6:00 pm Swimmer 2 | (Preschool 1-5) | 4:50 pm Private | Swimmer 2 1:00 pm |
| | 7:00 pm Private | 6:00 pm Swimmer 1 | 6:45 pm Preschool 5 | Hockey Technical | Private |
| | Swimming Lessons (Preschool 1-5) | 6:00 pm Preschool | 6:45 pm Preschool 4 | Skating Skills (Ages 11+) FULL | Swimming Lessons |
| | 7:00 pm Walking | 3 6.15 mm Procedure 1 | 6:45 pm Preschool 3 | EQUIPMENT | 2:00 pm Sport |
| | Track | 6:15 pm Preschool | 6:45 pm Preschool 1 | 5:00 pm Preschool 3 | Court Reservation - |
| | 7:00 pm Preschool 2 | 6:15 pm Body Blast | 7:00 pm Multi Sports (8-11) | 5:00 pm Private Swimming Lessons | Alder Saputo Centre |
| | 7:15 pm Zumba® 7:15 pm Preschool 5 | 6:15 pm Swimmer 2 | 7:00 pm Zumba® | (Preschool 1-5) | 3:30 pm Sport |
| | 7:15 pm Preschool 4 | 6:15 pm Preschool | 7:00 pm Walking | 5:00 pm Preschool 2 | Court |
| I | /.13 pm 11eschool 4 | 2 | Track | 5:00 pm Walking | Reservation - |

| 7:20 pm Sport Court Reservation - Alder | 6:30 pm Swimmer 6 | 7:15 pm Swimmer 1 | Track | Alder Saput Centre |
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| Saputo Centre | 6:30 pm Preschool | 7:15 pm Swimmer 3 | 5:00 pm Private Swimming Lessons | 5:00 pm Ad |
| 7:30 pm Swimmer 3 | 5 | 7:15 pm Swimmer 2 | (Preschool 1-5) | Social |
| 7:30 pm Swimmer 4 | 6:30 pm Swimmer 5 | 7:15 pm Swimmer 6 | 5:00 pm Preschool 1 | Pickleball |
| 7:30 pm Swimmer 6 | 6:35 pm Basketball (8-11) | 7:15 pm Swimmer 4 | 5:20 pm Indoor Soccer (5-7) | 6:30 pm Ad Social |
| 7:30 pm Swimmer 5 | 6:45 pm Preschool | 7:15 pm Swimmer 5 | 5:30 pm Swimmer 2 | Pickleball |
| 7:30 pm Power | 2 | 7:45 pm Swimmer 1 | 5:30 pm Little | 8:00 pm Sp Court |
| Skating for Hockey/Ringette | 6:45 pm Preschool | 7:45 pm Swimmer 2 | Artists (5-7) | Reservation |
| (Ages 11+) FULL EQUIPMENT | 6:45 pm Swimmer 2 | 8:00 pm Adult 18+ | 5:30 pm Preschool 4 | Alder Sapu Centre |
| 8:45 pm Lane Swim | 6:45 pm Swimmer 1 | Basketball Drop-In 8:30 pm Lane Swim | 5:30 pm Preschool 1 | |
| o. 15 pin Lane 5 with | 6:45 pm Preschool | 8.30 pm Lane Swim | 5:30 pm Preschool 3 | |
| | 1 | | 5:30 pm Swimmer 2 | |
| | 7:00 pm Walking | | 5:45 pm Swimmer 6 | |
| | Track | | 5:45 pm Swimmer 5 | |
| | 7:15 pm Private Swimming Lessons | | 6:00 pm Swimmer 2 | |
| | 7:15 pm Swimmer 1 | | 6:00 pm Swimmer 1 | |
| | 7:15 pm Private | | 6:00 pm Preschool 5 | |
| | Swimming Lessons | | 6:10 pm Indoor | |
| | 7:15 pm Private Swimming Lessons | | Soccer (8-11) | |
| | _ | | 6:15 pm Pound | |
| | 7:15 pm Swimmer 2 | | 6:15 pm Swimmer 1 | |
| | 7:15 pm Dance Fit | | 6:15 pm Preschool 2 | |
| | 7:15 pm Private Swimming Lessons | | 6:15 pm Preschool 1 | |
| | 7:30 pm Swimmer 7 | | 6:45 pm Swimmer 4 | |
| | - Rookie Patrol | | 6:45 pm Swimmer 1 | |
| | 7:30 pm Ages 14-17 Basketball Drop-In | | 6:45 pm Swimmer 2 | |
| | 7:30 pm Swimmer | | 6:45 pm Preschool 5 | |
| | 8- Ranger Patrol | | 6:45 pm Preschool 4 | |
| | 7:30 pm Swimmer | | 6:45 pm Preschool 1 | |
| | 9- Star Patrol | | 6:45 pm Swimmer 3 | |
| | 7:45 pm Swimmer 2-Teen/Adult | | 6:45 pm Junior Artists (8-11) | |
| | 7:45 pm Swimmer | | 6:45 pm Preschool 2 | |
| | 1- Teen/Adult 8:45 pm Lane Swim | | 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 | |

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| | | | | 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 | | |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| 8:30 am Sport | 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 | ı |
| Court Reservation - Alder Saputo Centre | 8:30 am 55+ Shinny - GOALIE | 8:30 am Sport Court Reservation - Alder | 8:30 am 55+ Shinny - GOALIE | 8:05 am Private Hockey/Ringette | 8:30 am Sport Court Reservation - Alder | |
| 9:00 am Lane Swim | Registration Only | Saputo Centre | Registration Only | Technical Skating Skills (Ages 6+) | Saputo Centre | |
| 9:00 am Walking Track | 8:30 am Sport Court Reservation - Alder Saputo Centre | 8:45 am Aqua Zumba | 8:30 am Sport Court Reservation - Alder Saputo Centre | 8:30 am 70+ Shinny - GOALIE | 8:45 am AquaFitness | |
| 10:00 am Sport Court Reservation - | 8:30 am 55+ Shinny | 9:00 am 70+ Shinny 9:00 am 70+ Shinny | 8:30 am 55+ Shinny | Registration Only | 9:00 am Walking Track | |
| Alder Saputo Centre | 8:45 am | - GOALIE | 8:45 am Therapeutic | 8:30 am Sport Court Reservation - Alder | 9:00 am Zumba® | |
| 10:15 am Convenience | AquaFitness | Registration Only 9:30 am Public | Swim | Saputo Centre | Gold | |
| Lessons - Swimmer | 9:00 am Adult Skate 9:00 am 65+ Shinny | 9:30 am Public Swim (Lap) | 9:00 am Adult Skate 9:00 am Walking | 8:30 am 70+ Shinny | 9:30 am Public Swim (Lap) | ı |
| 10:15 am Private | - GOALIE | 10:00 am Sport | Track | 8:35 am Private Learn to Skate Adult | 9:45 am Chair | ı |
| Swimming Lessons | Registration Only | Court Reservation - Alder Saputo Centre | 9:00 am 65+ Shinny | (Ages 18+) | Fitness | |
| 10:15 am | 9:00 am 65+ Shinny | 10:00 am Dance Fit | - GOALIE Registration Only | 8:35 am Adult | 9:45 am Sun Salutation | |
| Convenience Lessons - | 9:15 am Zumba® | 10:30 am Hatha | 9:00 am 65+ Shinny | Private Hockey Technical Skating | 10:00 am Sport | |
| Preschool 1-5 | 9:30 am Public Swim (Lap) | Intermediate | 9:30 am Public | Skills (Adult 18+) | Court Reservation - Alder Saputo Centre | |
| 10:45 am Private Swimming Lessons | 10:00 am Sport | 10:45 am Intermediate Line | Swim (Lap) | 8:45 am Aqua Zumba | 10:30 am Leisure | |
| 11:00 am | Court Reservation - Alder Saputo Centre | Dance | 10:00 am Sport Court Reservation - | 9:20 am Small | Swim & Splash | |
| Convenience Lessons - | 10:00 am Tiny Tots | 10:45 am Preschool | Alder Saputo Centre | Group Learn to Skate Toddler (Age | 11:00 am Restorative Yoga | |
| Preschool 1-5 | Skate | 10:45 am Parent & | 10:00 am Tiny Tots Skate | 3) | 11:30 am Sport | |
| 11:00 am Convenience | 10:30 am Leisure Swim & Splash | Tot 1 | 10:15 am Zumba® | 9:20 am Private Learn to Skate Adult | Court Reservation - Alder Saputo Centre | ı |
| Lessons - Swimmer 1-6 | 10:30 am Hatha | 10:45 am Preschool | Toning 10:30 am Sensory | (Ages 18+) | 12:00 pm Lane | |
| 11:15 am Private | Beginner 11:00 am Walking | 11:00 am Walking | Friendly Swim | 9:30 am Public Swim (Lap) | Swim | |
| Swimming Lessons | Track | Track | 10:30 am Chair Yoga | 10:00 am Sport | 1:00 pm Lane Swim | ı |
| 11:30 am Sport Court Reservation - Alder Saputo Centre | 11:00 am Family Skate | Tot 2 | 11:00 am Walking Track | Court Reservation - Alder Saputo Centre | 1:00 pm Sport Court Reservation - Alder Saputo Centre | |
| 12:00 pm Convenience | 11:30 am Sport Court Reservation - | 11:15 am Preschool | 11:00 am Family Skate | 10:00 am Beginner Line Dancing | 2:30 pm Sport Court Reservation - Alder | |
| Lessons - Swimmer 1-6 | Alder Saputo Centre 11:45 am Breath & Moditation | 11:15 am Preschool | 11:00 am Balls & Bands | 10:00 am Small Group Learn to Skate Toddler (Age | Saputo Centre 4:00 pm Adult | |
| 12:00 pm | Meditation | 11:15 am Preschool | 11:30 am Sport | 3) | Social Pickleball | |
| Convenience Lessons - Preschool 1-5 | 12:00 pm Adult Shinny - GOALIE Registration Only | 11:15 am Parent & Tot 3 | Court Reservation - Alder Saputo Centre | 10:00 am Parent & Child (Ages 2 to 5) | 4:30 pm Preschool 2 4:30 pm Preschool 3 | |
| 12:00 pm Private | 12:00 pm Lane | 11:30 am Sport | 11:45 am Vinyasa | 10:30 am Yin Yoga | 4:30 pm Preschool 1 | |
| Swimming Lessons | Swim | Court Reservation - Alder Saputo Centre | 12:00 pm Adult Shinny - GOALIE | 10:40 am Parent & | 4:30 pm Private | ı |
| 12:30 pm Private | 12:00 pm Adult | Aider Suputo Commit | Registration Only | Child (Ages 2 to 5) | Swimming Lessons | |

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| Swimming Lessons | Shinny | 12:00 pm Adult Shinny | 12:00 pm Adult | 10:40 am Small Group Learn to | (Preschool 1-5) |
| 12:45 pm Convenience | 12:30 pm Family Skate | 12:00 pm Adult | Shinny | Skate Preschool | 5:00 pm Preschool 1 |
| Lessons - Swimmer | | Shinny - GOALIE | 12:15 pm Leisure | (Ages 4 to 5) | 5:00 pm Preschool 2 |
| 1-6 | 1:00 pm Walking Track | Registration Only | Swim | 10:45 am Preschool | 5:00 pm Preschool 3 |
| 12:45 pm | 1:00 pm Sport Court | 12:15 pm Lane | 12:15 pm Lane Swim | 1 | 5:00 pm Parent & |
| Convenience Lessons - | Reservation - Alder | Swim | | 10:45 am Preschool | Tot 1 |
| Preschool 1-5 | Saputo Centre | 12:30 pm Adult | 12:30 pm Family Skate | 2 | 5:30 pm Adult |
| 1:00 pm Private | 1:00 pm Lane Swim | Skate | 1:00 pm Walking | 10:45 am Parent & Tot 1 | Social Pickleball |
| Swimming Lessons | 2:30 pm Sport Court | 1:00 pm Walking Track | Track | | 5:30 pm Private Swimming Lessons |
| 1:00 pm Sport | Reservation - Alder Saputo Centre | 1:00 pm Inclusive | 1:00 pm Sport Court | 11:00 am Walking Track | (Preschool 1-5) |
| Court Reservation - Alder Saputo Centre | _ | Open Gym | Reservation - Alder | 11:15 am Parent & | 5:30 pm Preschool 1 |
| • | 3:00 pm Figure Skating Skills | 1:15 pm Leisure | Saputo Centre | Tot 2 | 5:30 pm Preschool 2 |
| 2:00 pm Public Swim | 3:00 pm Walking | Swim & Splash | 1:15 pm Lane Swim | 11:15 am Preschool | 5:30 pm Preschool 3 |
| 2:30 pm Sport | Track | 2:30 pm Sport | 2:30 pm Sport Court Reservation - Alder | 3 | · |
| Court Reservation - | 4:00 pm Shinny 5-7 | Court Reservation - Alder Saputo Centre | Saputo Centre | 11:15 am Parent & | 6:00 pm Parent & Tot 2 |
| Alder Saputo Centre | years old | 1 | 3:00 pm Walking | Tot 3 | 6:00 pm Parent & |
| 4:00 pm Sport | 4:00 pm Shinny 5-7 | 3:00 pm Figure Skating Skills | Track | 11:15 am Preschool | Tot 3 |
| Court Reservation - Alder Saputo Centre | Years Old GOALIE Registration Only | 3:00 pm Walking | 3:20 pm Private | 11:30 am Parent and | 6:00 pm Preschool 2 |
| 4:15 pm Lane Swim | 4:05 pm Ages 14-17 | Track | Hockey/Ringette Technical Skating | Child Mini Hockey | 6:00 pm Preschool 1 |
| 4:15 pm Leisure | Basketball Drop-In | 3:30 pm Hockey | Skills (Ages 6+) | Learn to Skate | 6:00 pm Preschool 3 |
| Swim & Splash | 4:20 pm Private | Skills - 14 years old | FULL EQUIPMENT | (Ages 2 to 4) | 6:45 pm Leisure |
| 5:30 pm Sport | Hockey/Ringette | and OVER | 3:30 pm Shinny 14- | 11:30 am Sport Court Reservation - | Swim & Splash |
| Court Reservation - | Technical Skating Skills (Ages 6+) | 4:00 pm Shinny 8- 10 Years Old - | 17 Years Old - GOALIE | Alder Saputo Centre | 7:05 pm Adult 18+ |
| Alder Saputo Centre | FULL EQUIPMENT | GOALIE | Registration Only | 12:10 pm Adult | Basketball Drop-In |
| | 4:20 pm Private | Registration Only | 3:30 pm Shinny 14- | Private Hockey | 7:45 pm Public |
| | Learn to Skate | 4:00 pm Shinny 8- | 17 years old | Technical Skating Skills (Adult 18+) | Swim |
| | Youth (Ages 4+) | 10 years old | 3:50 pm Private | 12:10 pm Private | 8:10 pm Sport Court |
| | 4:20 pm Semi- Private Learn to | 4:30 pm Hockey Skills - 13 years and | Hockey/Ringette Technical Skating | Learn to Skate Adult | Reservation - Alder Saputo Centre |
| | Skate Youth (6 to 17 | UNDER | Skills (Ages 6+) | (Ages 18+) | 9:00 pm Lane Swim |
| | years) | 4:30 pm Private | FULL EQUIPMENT | 12:15 pm Lane | 7.00 pm Lane Swim |
| | 4:30 pm Preschool 1 | Swimming Lessons | 4:20 pm Private | Swim | |
| | 4:30 pm Preschool 3 | (Preschool 1-5) | Hockey/Ringette Technical Skating | 12:30 pm Adult Skate | |
| | 4:45 pm Preschool 2 | 4:30 pm Youth Social Pickleball | Skills (Ages 6+) | 1:00 pm Walking | |
| | 4:45 pm Private | Ages 12-17 - Drop- | FULL EQUIPMENT | Track | |
| | Swimming Lessons | In | 4:30 pm Preschool 2 | 1:00 pm Home | |
| | (Preschool 1-5) | 4:30 pm Preschool | 4:30 pm Preschool 3 | School Community | |
| | 5:00 pm Preschool 1 | 1 | 4:30 pm Multi | Open Gym | |
| | 5:00 pm Walking Track | 4:30 pm Preschool | Sports (3-4) | 1:15 pm Leisure Swim & Splash | |
| | | 4:30 pm Preschool | 4:30 pm Public Skate | 1 | |
| | 5:00 pm Preschool (Ages 4 to 5) | 2 | | 2:30 pm Sport Court Reservation - Alder | |
| | 5:00 pm Preschool 3 | 5:00 pm Preschool | 4:30 pm Preschool 1 | Saputo Centre | |
| | 5:10 pm Ages 8-10 | 3 | 4:30 pm Private Swimming Lessons | 3:00 pm Figure | |
| | Basketball Drop-In | 5:00 pm Preschool | (Preschool 1-5) | Skating Skills | |
| | 5:15 pm Preschool 2 | 1 | 5:00 pm Preschool 2 | 3:00 pm Walking Track | |
| | 5:15 pm Parent & | 5:00 pm Preschool 2 | 5:00 pm Parent & | | |
| | Tot 2 | 5:00 pm Private | Tot 2 | 3:30 pm Hockey Skills - 14 years old | |
| | 5:30 pm Preschool 1 | Swimming Lessons | 5:00 pm Walking | and OVER | |
| | 5:30 pm Junior | (Preschool 1-5) | Track | 3:50 pm Private | |
| | Chefs (Ages 8-11) | 5:00 pm Parent & | 5:00 pm Preschool 1 | Hockey Technical Skating Skills (Ages | |
| | 5:30 pm Preschool 3 | Tot 1 | 5:00 pm Preschool 3 | 7-11) FULL | |
| | 5:40 pm Youth | 5:00 pm Walking Track | 5:20 pm Multi | EQUIPMENT | |
| | (Ages 6 to 17) | 11401 | Sports (3-4) | 4:00 pm Shinny 11- | |
| | | | | | |

| 5:45 pm Preschool 2 | 5:15 pm Balls & Bands | 5:30 pm Preschool 3 | 13 Years Old - GOALIE | |
|--|--|---|--|--|
| 5:45 pm Parent & Tot 1 | 5:15 pm Drama & Creative Arts Club | 5:30 pm Preschool 1 5:30 pm Parent & | Registration Only | |
| 6:15 pm Preschool 1 | 5:30 pm Parent & | Tot 1 | 4:00 pm Shinny 11- 13 years old | |
| 6:15 pm Ages 11-13 Basketball Drop-In | Tot 2 | 5:30 pm Preschool 2 | 4:20 pm Private Hockey Technical | |
| 6:15 pm Preschool 3 | 5:30 pm Swimmer 1 5:30 pm Swimmer 2 | 5:30 pm Private Swimming Lessons | Skating Skills (Ages 11-12) FULL | |
| 6:15 pm Cardio | 5:30 pm Swimmer 2 5:30 pm Preschool | (Preschool 1-5) 6:00 pm Private | EQUIPMENT | |
| Tone 6:30 pm Parent & | 2 | Swimming Lessons (Preschool 1-5) | 4:30 pm Indoor Soccer (3-4) | |
| Tot 3 | 5:30 pm Parent & Tot 3 | 6:00 pm Cardio | 4:30 pm Private | |
| 6:30 pm Preschool 2 6:35 pm Power | 5:30 pm Mindful Moments | Tone | Swimming Lessons (Preschool 1-5) | |
| Skating for | 5:30 pm Preschool | 6:10 pm Multi Sports (5-7) | 4:30 pm Preschool 1 | |
| Hockey/Ringette (Ages 7 to 10) | 1 | 6:15 pm Preschool 3 | 4:30 pm Preschool 3 | |
| FULL EQUIPMENT | 5:30 pm Preschool | 6:15 pm Preschool 2 | 4:30 pm Mini Artists (3-4) | |
| 6:45 pm Preschool 1 6:45 pm Preschool 3 | 5:45 pm Swimmer 4 | 6:15 pm Preschool 1 | 4:30 pm Hockey | |
| 7:00 pm Private | 5:45 pm Basketball | 6:15 pm Parent & Tot 3 | Skills - 13 years and UNDER | |
| Swimming Lessons (Preschool 1-5) | (5-7) 5:45 pm Swimmer 3 | 6:30 pm Private | 4:30 pm Preschool 2 | |
| 7:00 pm Walking | 6:00 pm Swimmer 2 | Swimming Lessons (Preschool 1-5) | 4:50 pm Private | |
| Track | 6:00 pm Swimmer 1 | 6:45 pm Preschool 5 | Hockey Technical Skating Skills (Ages | |
| 7:00 pm Preschool 2 7:15 pm Zumba® | 6:00 pm Preschool | 6:45 pm Preschool 4 | 11+) FULL EQUIPMENT | |
| 7:15 pm Zumba® 7:15 pm Preschool 5 | 6:15 pm Body Blast | 6:45 pm Preschool 3 | 5:00 pm Walking | |
| 7:15 pm Preschool 4 | 6:15 pm Preschool | 6:45 pm Preschool 1 7:00 pm Multi | Track 5:00 pm Private | |
| 7:20 pm Sport Court | 1 | Sports (8-11) | Swimming Lessons (Preschool 1-5) | |
| Reservation - Alder Saputo Centre | 6:15 pm Swimmer 2 | 7:00 pm Walking Track | 5:00 pm Preschool 1 | |
| 7:30 pm Swimmer 3 | 6:15 pm Preschool 2 | 7:00 pm Zumba® | 5:00 pm Preschool 3 | |
| 7:30 pm Swimmer 4 | 6:30 pm Swimmer 6 | 7:15 pm Swimmer 1 | 5:00 pm Private | |
| 7:30 pm Swimmer 6 | 6:30 pm Preschool | 7:15 pm Swimmer 3 | Swimming Lessons (Preschool 1-5) | |
| 7:30 pm Power Skating for | 6:30 pm Swimmer 5 | 7:15 pm Swimmer 2 | 5:00 pm Preschool 2 | |
| Hockey/Ringette (Ages 11+) FULL | 6:35 pm Basketball | 7:15 pm Swimmer 6 | 5:20 pm Indoor Soccer (5-7) | |
| EQUIPMENT | (8-11) | 7:15 pm Swimmer 4 7:15 pm Swimmer 5 | 5:30 pm Swimmer 2 | |
| 7:30 pm Swimmer 5 | 6:45 pm Preschool 2 | 7:45 pm Swimmer 1 | 5:30 pm Little | |
| 8:45 pm Lane Swim | 6:45 pm Preschool | 7:45 pm Swimmer 2 | Artists (5-7) | |
| | 6:45 pm Swimmer 2 | 8:00 pm Adult 18+ | 5:30 pm Preschool 4 5:30 pm Preschool 1 | |
| | 6:45 pm Swimmer 1 | Basketball Drop-In 8:30 pm Lane Swim | 5:30 pm Preschool 3 | |
| | 6:45 pm Preschool | 0.50 pm Lane Swiiii | 5:30 pm Swimmer 2 | |
| | 1 7:00 pm Walking | | 5:45 pm Swimmer 6 | |
| | 7:00 pm Walking Track | | 5:45 pm Swimmer 5 | |
| | 7:15 pm Private Swimming Lessons | | 6:00 pm Swimmer 2 | |
| | 7:15 pm Swimmer 1 | | 6:00 pm Swimmer 1 | |
| | 7:15 pm Private | | 6:00 pm Preschool 5 6:10 pm Indoor | |
| | Swimming Lessons | | Soccer (8-11) | |
| | 7:15 pm Private Swimming Lessons | | 6:15 pm Pound | |
| | 7:15 pm Swimmer 2 | | 6:15 pm Swimmer 1 6:15 pm Preschool 2 | |
| | 7:15 pm Dance Fit | | 0.13 piii Freschool 2 | |

| 1.15 pm Private 1.15 pm Pr | I | I I | (c15 P |
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| 7-20 pm Swimmer 7 - Rookie Patrol 7-30 pm Ages 14-17 Basketball Deep-In 7-30 pm Swimmer 8- Ranger Patrol 7-30 pm Swimmer 9- Starr Patrol 7-345 pm Swimmer 2-Teen/Adult 7-45 pm Swimmer 1-Teen/Adult 8-45 pm Lane Swim 8-45 pm Lane Swim 8-45 pm Lane Swim 8-45 pm Lane Swim 8-45 pm Swimmer 7-15 pm Svimmer 7-15 pm Svimmer 7-15 pm Svimmer 7-15 pm Svimmer 8-7-15 pm Svimmer 7-15 pm Svimmer 8-8 ranger Patrol 7-30 pm Swimmer 7-8 rookie Patrol 7-30 pm Swimmer 9-8 ranger Patrol 7-30 pm Swimmer 9-8 ranger Patrol 7-30 pm Swimmer 8-8 ranger Patrol 7-35 pm Swimmer 8-7 ranger Patrol 7-35 pm Swimmer 9-8 ranger Patrol 7-35 pm Swimmer 8-8 ranger Patrol 7-35 pm Swimmer 8-8 ranger Patrol 7-35 pm Swimmer 8-7 ranger Patrol 7-35 pm Swimmer 8-8 ranger Patrol 7-35 pm Swimmer 9-8 ranger Patrol 7-35 pm Swimmer 9-8 ranger Patrol 7-35 pm Swimmer 1-Teen/Adult 7-45 pm Swimmer 1-Teen/Adult 7-45 pm Swimmer 1-Teen/Adult 7-45 pm Swimmer | | | 6:15 pm Preschool 1 |
| - Rookie Patrol 7-30 pm Ages 14-17 Baskethall Drop-In 7-30 pm Swimmer 8- Ranger Patrol 6-45 pm Preschool 1 7-30 pm Swimmer 9- Star Patrol 6-45 pm Swimmer 9- Star Patrol 6-45 pm Swimmer 1- Teem/Adult 7-45 pm Swimmer 1- Teem/Adult 7-45 pm Swimmer 1- Teem/Adult 8-45 pm Lane Swim 8-45 pm Sport Court 8-8ervation - Alder 8-8imming Lessons 7-15 pm Private 8-8imming Lessons 7-15 pm Private 8-8imming Lessons 7-15 pm Private 8-8imming Lessons 7-15 pm Swimmer 2 7-15 pm Private 8-8imming Lessons 7-15 pm Swimmer 1 7-30 pm Swimmer 1 7-30 pm Swimmer 7 8-8cokie Patrol 7-30 pm Swimmer 7 8-8cokie Patrol 7-30 pm Swimmer 9-8ar Patrol 7-45 pm Swimmer 7-45 pm Swimmer 8-8anger Patrol 7-45 pm Swimmer 8-8anger Patrol 7-45 pm Swimmer 8-745 pm Swimmer 9-8ar Patrol 8-30 pm Sport Court 8-8ervation - Alder 8-30 pm Sport Court | | | |
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| 8- Ranger Patrol 8- Ranger Patrol 6-45 pm Preschool 1 6-45 pm Swimmer 3 9- Star Patrol 6-45 pm Swimmer 3 6-45 pm Preschool 2 7-15 pm Preschool 2 7 | | | |
| 7:30 pm Swimmer 9. Star Patrol 7:45 pm Swimmer 2-Tocu/Adult 7:45 pm Swimmer 1- Tccn/Adult 8:45 pm Lane Swim 8:45 pm Lane Swim 7:00 pm Walking Track 7:00 pm Sport Court Reservation - Alder Suptuo Centre 7:15 pm Private Swimming Lessons 7:15 pm Swimmer 2 7:15 pm Swimmer 2 7:15 pm Swimmer 7 - Rookie Patrol 7:30 pm Swimmer 1 7:30 pm Swimmer 1 7:30 pm Swimmer 7 - Rookie Patrol 7:30 pm Swimmer 9 - Star Patrol 7:45 pm Swimmer 9- Star Patrol 7:45 pm Swimmer 1- Tccn/Adult 7:45 pm Swimmer 1- Tccn/Adult 7:45 pm Swimmer 3- Tocn/Adult 7:45 pm Swimmer | | | |
| 9- State Patrol 7:45 pm Swimmer 2-Teen/Adult 7:45 pm Swimmer 1- Teen/Adult 8:45 pm Lane Swim 8:45 pm Lane Swim 7:00 pm Walking Track 7:10 pm Private 8:45 pm Lane Swim 7:15 pm Private 8:45 pm Step & Tone 7:15 pm Private 8:45 pm Private 8:4 | | | |
| 2-Teen/Adult 2-Teen/Adult 7:45 pm Swimmer 1- Teen/Adult 7:45 pm Swimmer 1- Teen/Adult 8:45 pm Lane Swim 7:00 pm Sport Court Reservation - Adder Sapuno Centre 7:15 pm Private Swimming Lessons 7:15 pm Swimmer 2 7:15 pm Swimmer 2 7:15 pm Swimmer 1 7:30 pm Swimmer 7 - Rookie Patrol 7:30 pm Swimmer 7 - Rookie 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 7:45 pm Swimmer 3-Teen/Adult 8:30 pm Sport Court Reservation - Adler Sapuno Centre | | 9- Star Patrol 7:45 pm Swimmer | |
| 1. Teen/Adult 8.45 pm Lane Swim 7.00 pm Sport Court Reservation - Alder Saputo Centre 7:15 pm Private Swimming Lessons 7:15 pm Swimmer 2 7:15 pm Swimmer 2 7:15 pm Swimmer 1 7:30 pm Swimmer 1 7:30 pm Swimmer 7 - Rookie Patrol 7:30 pm Swimmer 9- Star Patrol 7:30 pm Swimmer 9- Star Patrol 7:45 pm Swimmer 1-7:45 p | | | 6:45 pm Junior |
| Track 7:00 pm Sport Court Reservation - Alder Saputo Centre 7:15 pm Private Swimming Lessons 7:15 pm Sprivate Swimming Lessons 7:15 pm Swimmer 2 7:15 pm Private Swimming Lessons 7:15 pm Swimmer 1 7:30 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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| 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 | | | |
| 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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| 7:45 pm Swimmer 1- Teen/Adult 7:45 pm Swimmer 3- Teen/Adult 8:30 pm Sport Court Reservation - Alder Saputo Centre | | | 7:45 pm Swimmer |
| 1- Teen/Adult 7:45 pm Swimmer 3- Teen/Adult 8:30 pm Sport Court Reservation - Alder Saputo Centre | | | |
| 3- Teen/Adult 8:30 pm Sport Court Reservation - Alder Saputo Centre | | | 1- Teen/Adult |
| Reservation - Alder Saputo Centre | | | |
| 8:45 pm Lane Swim | | | Reservation - Alder |
| | | | 8:45 pm Lane Swim |