

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

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

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	14	15	16	17 4:00 pm Lane Swim	18 6:00 pm Birthday Party - Skate & Celebrate
19 3:00 pm Birthday Party - Swim & Splash	20 9:00 am Indoor Nordic Walking 11:00 am Walking Track 4:00 pm Lane Swim 5:00 pm Lane Swim	21	22	23	24 9:00 am Home Alone	25
26	27 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 65+ Shinny - GOALIE Registration Only 9:00 am 65+ Shinny	28 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	29 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	30 7:30 am Lane Swim 8:05 am Private Hockey/Ringette Technical Skating Skills (Ages 6+) 8:30 am 70+ Shinny - GOALIE Registration Only 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am 70+ Shinny 8:35 am Adult Private Hockey Technical Skating Skills (Adult 18+)	31 7:30 am Lane Swim 8:30 am Sport Court Reservation - Alder Saputo Centre 8:45 am AquaFitness 9:00 am Walking Track - CLOSED 9:00 am Zumba® Gold 9:30 am Public Swim (Lap) 9:45 am Chair Fitness 9:45 am Sun	

9:15 am Zumba®	10:00 am Dance Fit	Registration Only	8:35 am Private Learn to Skate Adult (Ages 18+)	Salutation
9:30 am Public Swim (Lap)	10:30 am Hatha Intermediate	9:00 am 65+ Shinny	8:45 am Aqua Zumba	10:00 am Sport Court Reservation - Alder Saputo Centre
10:00 am Sport Court Reservation - Alder Saputo Centre	10:45 am Intermediate Line Dance	9:30 am Public Swim (Lap)	9:20 am Small Group Learn to Skate Toddler (Age 3)	10:30 am Leisure Swim & Splash
10:00 am Tiny Tots Skate	10:45 am Preschool 1	10:00 am Sport Court Reservation - Alder Saputo Centre	9:20 am Private Learn to Skate Adult (Ages 18+)	11:00 am Restorative Yoga
10:30 am Leisure Swim & Splash	10:45 am Parent & Tot 1	10:00 am Tiny Tots Skate	9:30 am Public Swim (Lap)	11:30 am Sport Court Reservation - Alder Saputo Centre
10:30 am Hatha Beginner	10:45 am Preschool 2	10:15 am Zumba® Toning	10:00 am Sport Court Reservation - Alder Saputo Centre	12:00 pm Lane Swim
11:00 am Family Skate	11:00 am Walking Track	10:30 am Sensory Friendly Swim	10:00 am Beginner Line Dancing	1:00 pm Lane Swim
11:30 am Sport Court Reservation - Alder Saputo Centre	11:15 am Parent & Tot 2	10:30 am Chair Yoga	10:00 am Small Group Learn to Skate Toddler (Age 3)	1:00 pm Sport Court Reservation - Alder Saputo Centre
11:45 am Breath & Meditation	11:15 am Preschool 1	11:00 am Walking Track	10:00 am Parent & Child (Ages 2 to 5)	2:30 pm Sport Court Reservation - Alder Saputo Centre
12:00 pm Adult Shinny - GOALIE Registration Only	11:15 am Preschool 4	11:00 am Balls & Bands	10:30 am Yin Yoga	4:00 pm Adult Social Pickleball
12:00 pm Lane Swim	11:15 am Preschool 3	11:00 am Family Skate	10:40 am Parent & Child (Ages 2 to 5)	4:30 pm Preschool 2
12:00 pm Adult Shinny	11:15 am Parent & Tot 3	11:30 am Sport Court Reservation - Alder Saputo Centre	10:40 am Small Group Learn to Skate Preschool (Ages 4 to 5)	4:30 pm Preschool 3
12:30 pm Family Skate	11:30 am Sport Court Reservation - Alder Saputo Centre	11:45 am Vinyasa	10:45 am Preschool 1	4:30 pm Preschool 1
1:00 pm Sport Court Reservation - Alder Saputo Centre	12:00 pm Adult Shinny	12:00 pm Adult Shinny - GOALIE Registration Only	10:45 am Preschool 2	4:30 pm Private Swimming Lessons (Preschool 1-5)
1:00 pm Lane Swim	12:00 pm Adult Shinny - GOALIE Registration Only	12:15 pm Leisure Swim	10:45 am Parent & Tot 1	5:00 pm Preschool 1
2:30 pm Sport Court Reservation - Alder Saputo Centre	12:15 pm Lane Swim	12:15 pm Lane Swim	11:00 am Walking Track	5:00 pm Preschool 2
3:00 pm Figure Skating Skills	12:30 pm Adult Skate	12:30 pm Family Skate	11:15 am Parent & Tot 2	5:00 pm Preschool 3
3:00 pm Walking Track	1:00 pm Walking Track	1:00 pm Walking Track	11:15 am Preschool 3	5:00 pm Parent & Tot 1
4:00 pm Shinny 5-7 years old	1:00 pm Inclusive Open Gym	1:00 pm Sport Court Reservation - Alder Saputo Centre	11:15 am Parent & Tot 3	5:30 pm Private Swimming Lessons (Preschool 1-5)
4:00 pm Shinny 5-7 Years Old GOALIE Registration Only	1:15 pm Leisure Swim & Splash	1:15 pm Lane Swim	11:15 am Preschool 4	5:30 pm Adult Social Pickleball
4:05 pm Ages 14-17 Basketball Drop-In	2:30 pm Sport Court Reservation - Alder Saputo Centre	2:30 pm Sport Court Reservation - Alder Saputo Centre	11:30 am Parent and Child Mini Hockey Learn to Skate (Ages 2 to 4)	5:30 pm Preschool 1
4:20 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT	3:00 pm Figure Skating Skills	3:00 pm Walking Track	11:30 am Sport Court Reservation - Alder Saputo Centre	5:30 pm Preschool 2
4:20 pm Private Learn to Skate Youth (Ages 4+)	3:00 pm Walking Track	3:20 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT		5:30 pm Preschool 3
	3:30 pm Hockey Skills - 14 years old and OVER	3:30 pm Shinny 14- 17 Years Old - GOALIE		6:00 pm Parent & Tot 2
	4:00 pm Shinny 8- 10 Years Old -			6:00 pm Parent & Tot 3

4:20 pm Semi-Private Learn to Skate Youth (6 to 17 years)	GOALIE Registration Only	Registration Only	12:10 pm Adult Private Hockey Technical Skating Skills (Adult 18+)	6:00 pm Preschool 2
4:30 pm Preschool 1	4:00 pm Shinny 8-10 years old	3:30 pm Shinny 14-17 years old	12:10 pm Private Learn to Skate Adult (Ages 18+)	6:00 pm Preschool 1
4:30 pm Preschool 3	4:30 pm Hockey Skills - 13 years and UNDER	3:50 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT	12:15 pm Lane Swim	6:00 pm Preschool 3
4:45 pm Preschool 2	4:30 pm Private Swimming Lessons (Preschool 1-5)	4:20 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT	12:30 pm Adult Skate	6:45 pm Leisure Swim & Splash
4:45 pm Private Swimming Lessons (Preschool 1-5)	4:30 pm Youth Social Pickleball Ages 12-17 - Drop-In	4:30 pm Preschool 2	1:00 pm Walking Track	7:05 pm Adult 18+ Basketball Drop-In
5:00 pm Preschool 1	4:30 pm Preschool 1	4:30 pm Preschool 3	1:00 pm Home School Community Open Gym	7:45 pm Public Swim
5:00 pm Walking Track	4:30 pm Preschool 3	4:30 pm Multi Sports (3-4)	1:15 pm Leisure Swim & Splash	8:10 pm Sport Court Reservation - Alder Saputo Centre
5:00 pm Preschool (Ages 4 to 5)	4:30 pm Preschool 2	4:30 pm Public Skate	2:30 pm Sport Court Reservation - Alder Saputo Centre	9:00 pm Lane Swim
5:00 pm Preschool 3	5:00 pm Preschool 3	4:30 pm Preschool 1	3:00 pm Figure Skating Skills	
5:10 pm Ages 8-10 Basketball Drop-In	5:00 pm Preschool 1	4:30 pm Private Swimming Lessons (Preschool 1-5)	3:00 pm Walking Track	
5:15 pm Preschool 2	5:00 pm Preschool 2	5:00 pm Preschool 2	3:30 pm Hockey Skills - 14 years old and OVER	
5:15 pm Parent & Tot 2	5:00 pm Private Swimming Lessons (Preschool 1-5)	5:00 pm Parent & Tot 2	3:50 pm Private Hockey Technical Skating Skills (Ages 7-11) FULL EQUIPMENT	
5:30 pm Preschool 1	5:00 pm Parent & Tot 1	5:00 pm Walking Track	4:00 pm Shinny 11-13 Years Old - GOALIE Registration Only	
5:30 pm Junior Chefs (Ages 8-11)	5:00 pm Walking Track	5:00 pm Preschool 1	4:00 pm Shinny 11-13 years old	
5:30 pm Preschool 3	5:15 pm Balls & Bands	5:00 pm Preschool 3	4:20 pm Private	
5:40 pm Youth (Ages 6 to 17)	5:15 pm Drama & Creative Arts Club	5:20 pm Multi Sports (3-4)		
5:45 pm Preschool 2	5:30 pm Mindful Moments	5:30 pm Preschool 3		
5:45 pm Parent & Tot 1		5:30 pm Preschool 1		
6:15 pm Preschool 1		5:30 pm Parent & Tot 1		
6:15 pm Ages 11-13 Basketball Drop-In		5:30 pm Preschool 2		
6:15 pm Preschool 3				
6:15 pm Cardio Tone				

6:30 pm Parent & Tot 3	5:30 pm Parent & Tot 2	5:30 pm Private Swimming Lessons (Preschool 1-5)	Hockey Technical Skating Skills (Ages 11-12) FULL EQUIPMENT
6:30 pm Preschool 2	5:30 pm Swimmer 1	6:00 pm Private Swimming Lessons (Preschool 1-5)	4:30 pm Indoor Soccer (3-4)
6:35 pm Power Skating for Hockey/Ringette (Ages 7 to 10) FULL EQUIPMENT	5:30 pm Swimmer 2	6:00 pm Cardio Tone	4:30 pm Private Swimming Lessons (Preschool 1-5)
6:45 pm Preschool 1	5:30 pm Preschool 2	6:10 pm Multi Sports (5-7)	4:30 pm Preschool 1
6:45 pm Preschool 3	5:30 pm Parent & Tot 3	6:15 pm Preschool 3	4:30 pm Preschool 3
7:00 pm Private Swimming Lessons (Preschool 1-5)	5:30 pm Mindful Moments	6:15 pm Preschool 2	4:30 pm Mini Artists (3-4)
7:00 pm Walking Track	5:30 pm Preschool 1	6:15 pm Preschool 1	4:30 pm Hockey Skills - 13 years and UNDER
7:00 pm Preschool 2	5:30 pm Preschool 3	6:15 pm Parent & Tot 3	4:30 pm Preschool 2
7:15 pm Zumba®	5:45 pm Swimmer 4	6:30 pm Private Swimming Lessons (Preschool 1-5)	4:50 pm Private Hockey Technical Skating Skills (Ages 11+) FULL EQUIPMENT
7:15 pm Preschool 5	5:45 pm Basketball (5-7)	6:45 pm Preschool 5	5:00 pm Walking Track
7:15 pm Preschool 4	5:45 pm Swimmer 3	6:45 pm Preschool 4	5:00 pm Private Swimming Lessons (Preschool 1-5)
7:20 pm Sport Court Reservation - Alder Saputo Centre	6:00 pm Swimmer 2	6:45 pm Preschool 3	5:00 pm Preschool 1
7:30 pm Swimmer 3	6:00 pm Swimmer 1	6:45 pm Preschool 1	5:00 pm Preschool 3
7:30 pm Swimmer 4	6:00 pm Preschool 3	7:00 pm Multi Sports (8-11)	5:00 pm Private Swimming Lessons (Preschool 1-5)
7:30 pm Swimmer 6	6:15 pm Preschool 1	7:00 pm Zumba®	5:00 pm Preschool 2
7:30 pm Power Skating for Hockey/Ringette (Ages 11+) FULL EQUIPMENT	6:15 pm Body Blast	7:00 pm Walking Track	5:20 pm Indoor Soccer (5-7)
7:30 pm Swimmer 5	6:15 pm Swimmer 2	7:15 pm Swimmer 1	5:30 pm Swimmer 2
8:45 pm Lane Swim	6:15 pm Preschool 2	7:15 pm Swimmer 3	5:30 pm Little Artists (5-7)
	6:30 pm Swimmer 6	7:15 pm Swimmer 2	5:30 pm Preschool 4
	6:30 pm Preschool 5	7:15 pm Swimmer 6	5:30 pm Preschool 1
	6:30 pm Swimmer 5	7:15 pm Swimmer 4	5:30 pm Preschool 3
	6:35 pm Basketball (8-11)	7:15 pm Swimmer 4	5:30 pm Swimmer 2
	6:45 pm Preschool 2	7:15 pm Swimmer 5	5:45 pm Swimmer 6
	6:45 pm Swimmer 2	7:45 pm Swimmer 1	5:45 pm Swimmer 5
	6:45 pm Preschool 4	7:45 pm Swimmer 2	6:00 pm Swimmer 2
	6:45 pm Swimmer 1	8:00 pm Adult 18+ Basketball Drop-In	6:00 pm Swimmer 1
	6:45 pm Preschool 1	8:30 pm Lane Swim	6:00 pm Preschool 5
	7:00 pm Walking Track		6:10 pm Indoor Soccer (8-11)
	7:15 pm Private Swimming Lessons		6:15 pm Pound
	7:15 pm Swimmer 1		6:15 pm Swimmer 1
	7:15 pm Private Swimming Lessons		6:15 pm Preschool 2
	7:15 pm Private Swimming Lessons		6:15 pm Preschool 1
	7:15 pm Swimmer 2		6:45 pm Swimmer 4
	7:15 pm Dance Fit		6:45 pm Swimmer 1
	7:15 pm Private Swimming Lessons		6:45 pm Swimmer 2
	7:30 pm Swimmer 7 - Rookie Patrol		6:45 pm Preschool 5

		<p>7:30 pm Ages 14-17 Basketball Drop-In</p> <p>7:30 pm Swimmer 8- Ranger Patrol</p> <p>7:30 pm Swimmer 9- Star Patrol</p> <p>7:45 pm Swimmer 2-Teen/Adult</p> <p>7:45 pm Swimmer 1- Teen/Adult</p> <p>8:45 pm Lane Swim</p>		<p>6:45 pm Preschool 4</p> <p>6:45 pm Preschool 1</p> <p>6:45 pm Swimmer 3</p> <p>6:45 pm Junior Artists (8-11)</p> <p>6:45 pm Preschool 2</p> <p>7:00 pm Walking Track</p> <p>7:00 pm Sport Court Reservation - Alder Saputo Centre</p> <p>7:15 pm Private Swimming Lessons</p> <p>7:15 pm Step & Tone</p> <p>7:15 pm Private Swimming Lessons</p> <p>7:15 pm Private Swimming Lessons</p> <p>7:15 pm Swimmer 2</p> <p>7:15 pm Private Swimming Lessons</p> <p>7:15 pm Swimmer 1</p> <p>7:30 pm Swimmer 7 - Rookie Patrol</p> <p>7:30 pm Swimmer 9- Star Patrol</p> <p>7:30 pm Swimmer 8- Ranger Patrol</p> <p>7:45 pm Swimmer 2-Teen/Adult</p> <p>7:45 pm Swimmer 1- Teen/Adult</p> <p>7:45 pm Swimmer 3- Teen/Adult</p> <p>8:30 pm Sport Court Reservation - Alder Saputo Centre</p> <p>8:45 pm Lane Swim</p>	
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