February 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|--|
| | | | | | | 1 |
| | | | | | | 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 Bronze Star |
| | | | | | | 10:15 am Parent & Tot 1 |
| | | | | | | 10:15 am Preschool 1 |
| | | | | | | 10:15 am Swimmer 1 |
| | | | | | | 10:15 am Swimmer 3 |
| | | | | | | 10:45 am Preschool 1 |
| | | | | | | 10:45 am Swimmer 2 |
| | | | | | | 10:45 am Private Swimming Lessons |
| | | | | | | 10:45 am Preschool 3 |
| | | | | | | 10:45 am Preschool 2 |
| | | | | | | 10:45 am Preschool 4 |
| | | | | | | 11:00 am Swimmer 4 |
| | | | | | | 11:15 am Preschool 1 |
| | | | | | | 11:15 am Preschool 3 |
| | | | | | | 11:15 am Swimmer 1 |
| | | | | | | 11:15 am Preschool 2 |
| | | | | | | 11:15 am Parent & Tot 2 |
| | | | | | | 11:15 am Preschool 5 |

| | | | | | | 11:30 am Swimmer 7 - Rookie Patrol |
|---|---|---|---|---|---|--|
| | | | | | | 11:30 am Swimmer 8- Ranger Patrol |
| | | | | | | 11:30 am Swimmer 9- Star Patrol |
| | | | | | | 12:00 pm Preschool 2 |
| | | | | | | 12:00 pm Swimmer 3 |
| | | | | | | 12:00 pm Swimmer 2 |
| | | | | | | 12:00 pm Preschool 1 |
| | | | | | | 12:00 pm Preschool 4 |
| | | | | | | 12:00 pm Preschool 3 |
| | | | | | | 12:00 pm Parent & Tot 3 |
| | | | | | | 12:30 pm Preschool 1 |
| | | | | | | 12:30 pm Swimmer 5 |
| | | | | | | 12:30 pm Preschool 2 |
| | | | | | | 12:30 pm Swimmer 1 |
| | | | | | | 12:30 pm Preschool 3 |
| | | | | | | 12:30 pm Swimmer 6 |
| | | | | | | 12:30 pm Preschool 5 |
| | | | | | | 12:30 pm Private Swimming Lessons |
| | | | | | | 12:45 pm Swimmer 4 |
| | | | | | | 1:00 pm Preschool 2 |
| | | | | | | 1:00 pm Preschool 3 |
| | | | | | | 1:00 pm Private Swimming Lessons |
| | | | | | | 1:00 pm Preschool 1 |
| | | | | | | 1:00 pm Swimmer 2 |
| | | | | | | 1:00 pm Private Swimming Lessons |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |

| Convenience Lessons - Swimmer 1-6 10:15 am Convenience Lessons - Preschool 1-5 10:15 am Private Swimming Lessons 10:45 am Private Swimming Lessons 11:00 am Convenience Lessons - Preschool 1-5 11:00 am Convenience Lessons - Swimmer 1-6 11:15 am Private Swimming Lessons 12:00 pm Private Swimming Lessons 12:00 pm Convenience Lessons - Swimmer 1-6 12:00 pm Convenience Lessons - Preschool 1-5 12:30 pm Private Swimming Lessons | Track 12:00 pm Lane Swim 1:00 pm Walking Track 1:00 pm Lane Swim 6:30 pm Leisure Swim & Splash 7:45 pm Leisure Swim/Splash & Slide | 6:00 pm Shared Lane Swim- Lanes 1-4 6:00 pm Leisure Swim/ Splash & Slide 7:15 pm Public Swim 8:30 pm Lane Swim | Swim 10:30 am Sensory Friendly Swim 12:15 pm Leisure Swim 12:15 pm Leisure Swim 1:15 pm Lane Swim 4:30 pm Leisure Swim & Splash 5:45 pm Leisure Swim & Splash 7:00 pm Lane Swim | Zumba 10:30 am Therapeutic Swim 12:15 pm Lane Swim 1:15 pm Leisure Swim & Splash | 9:30 am Public Swim (Lap) 10:30 am Leisure Swim & Splash 12:00 pm Lane Swim 1:00 pm Lane Swim 4:15 pm Lane Swim 5:30 pm Leisure Swim & Splash 6:45 pm Leisure Swim/ Splash & Slide 7:45 pm Public Swim 9:00 pm Lane Swim | Bronze Cross and Standard First Aid CPR-C 3:15 pm Lane Swim 3:15 pm Leisure Swim/ Splash & Slide 6:00 pm Birthday Party - Skate & Celebrate |
|--|--|--|--|--|--|---|
| Swimming Lessons 12:45 pm Convenience Lessons - Swimmer 1-6 12:45 pm Convenience Lessons - Preschool 1-5 1:00 pm Private Swimming Lessons 3:00 pm Birthday Party - Swim & Splash 4:15 pm Leisure Swim & Splash 4:15 pm Lane Swim | | | | | | |
| 9 9:00 am Lane Swim 10:15 am Leisure Swim/ Splash & Slide 11:15 am Leisure Swim & Splash 11:15 am Lane Swim 12:30 pm Public Swim 1:45 pm Lane Swim 3:00 pm Birthday Party - Swim & Splash | 10 4:00 pm Lane Swim 5:00 pm Lane Swim | 11 | 12 12:00 pm Therapeutic Swim | 13 | 14 | 15 |

| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|--|--|----|----|----|--|---|
| 3:00 pm Birthday Party - Swim & Splash | 11:00 am Free Family Day Public Skate 11:00 am FREE | | | | 5:30 pm Friday Night Social (Ages 8 to 13) | 8:05 am Semi-Priva Learn to Skate Yout |
| | Family Day Public Swim | | | | | (6 to 17 years) |
| | 11:30 am Free Family Day Public Skate | | | | | 8:05 am Private Hockey Technical |
| | 12:00 pm Free Family Day Public Skate | | | | | Skating Sl (Ages 6+) FULL EQUIPMI |
| | 12:30 pm Free Family Day Public Skate | | | | | 8:05 am Private Le to Skate |
| | 12:30 pm FREE Family Day Public Swim | | | | | Youth (Ag 4+) |
| | 1:00 pm Free Family Day Public Skate | | | | | 8:45 am Semi-Priv Learn to |
| | 1:30 pm Free Family Day Public Skate 2:00 pm Free Family | | | | | Skate Preschool (Ages 4 to |
| | Day Public Skate 2:00 pm FREE | | | | | 8:45 am Parent & Child (Ag |
| | Family Day Public Swim | | | | | to 5) 9:00 am Bronze St |
| | | | | | | 9:00 am Walking Track |
| | | | | | | 9:00 am Preschoo |
| | | | | | | 9:00 am Swimmer |
| | | | | | | 9:00 am Swimmer |
| | | | | | | 9:00 am Parent & 1 |
| | | | | | | 9:00 am Preschool |
| | | | | | | 9:00 am Preschool |
| | | | | | | 9:00 am I Swim- Sh (3 Lanes) |
| | | | | | | 9:00 am Preschool |
| | | | | | | 9:25 am Preschool (Ages 4 to |
| | | | | | | 9:30 am Parent & 2 |
| | | | | | | 9:30 am Preschool |
| | | | | | | 9:30 am Preschool |
| | | | | | | 9:30 am Swimmer |

| | | | 9:30 am Adult Social Pickleball |
|--|--|--|--|
| | | | 9:30 am Preschool 1 |
| | | | 9:30 am Preschool 2 |
| | | | 9:30 am Junior Chefs (Ages 8-11) |
| | | | 9:45 am Swimmer 4 |
| | | | 10:00 am Preschool 4 |
| | | | 10:00 am Preschool 1 |
| | | | 10:00 am Preschool 2 |
| | | | 10:00 am Swimmer 1 |
| | | | 10:00 am Parent & Tot 3 |
| | | | 10:00 am Preschool 3 |
| | | | 10:05 am Parent & Child (Ages 2 to 5) |
| | | | 10:15 am Swimmer 8- Ranger Patrol |
| | | | 10:15 am Swimmer 7 - Rookie Patrol |
| | | | 10:15 am Swimmer 9- Star Patrol |
| | | | 10:30 am Preschool 3 |
| | | | 10:30 am Private Swimming Lessons |
| | | | 10:30 am Preschool 1 |
| | | | 10:45 am Swimmer 2 |
| | | | 10:45 am Swimmer 3 |
| | | | 10:45 am Preschool 5 |
| | | | 10:45 am Youth (Ages 6 to 17) |
| | | | 10:45 am Preschool 2 |
| | | | 11:00 am Adult Social Pickleball |
| | | | 11:00 am Walking Track |
| | | | 11:15 am |

| Swimmer 1 |
|---|
| 11:15 am |
| Preschool 2 11:15 am |
| Preschool 1 |
| 11:15 am Preschool 3 |
| 11:15 am Swimmer 5 |
| 11:15 am Private Swimming Lessons |
| 11:15 am Swimmer 6 |
| 11:15 am Private Swimming Lessons |
| 11:30 am Swimmer 4 |
| 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+) |
| 11:45 am Preschool 3 |
| 11:45 am Swimmer 2 |
| 11:45 am Private Swimming Lessons |
| 11:45 am Preschool 1 |
| 11:45 am Preschool 2 |
| 11:45 am Private Swimming Lessons |
| 12:30 pm Sport Court Reservation - Alder Saputo Centre |
| 12:30 pm Lane Swim |
| 12:45 pm Leisure Swim & Splash |

| 23 | | | | | | | |
|--|---------------------|---------------------|---------------------|---------------------|-------------------|---------------------|--|
| Public Swim (Lup & Lichuez) Public Swim (Reservation Alder Supto Centre (South Reservation Alder Supto Centre (Supto Centre (S | | | | | | | Walking |
| Salo am Sport Courr Reservation - Alder Saputo Centre Salo am Sport Courr Reservation - Alder Saputo Centre Salo am Sport Courr Reservation - Alder Saputo Centre Solo am Sport Courr Reservat | | | | | | | Public Swim (Lap & |
| Same Sport Court Reservation - Alder Saputo Centre Same Sport Court Reservation Court Reserva | | | | | | | Court Reservation - Alder Saputo |
| Swim Signary Swim | | | | | | | Walking |
| 23 24 25 26 27 28 28 29 29 20 am Preschool 3 am Sport Courte Reservation - Alder Saputo Centre 9:00 am Preschool 3 am Sport Courte Reservation - Alder Saputo Centre 2 Sputo Centre 3 am Aqua 2 Sputo Centre 2 Sputo Centre 3 am Aqua 2 Sputo Centre 3 am Sport Court Reservation - Alder Saputo Centre 2 Sputo Centre 3 am Sport Court Reservation - Alder Saputo Centre 2 Sputo Centre 3 am Aqua 2 Sputo Centre 3 am Aqua 2 Sputo Centre 4 Sputo Centre 4 Sputo Centre 5 Sputo Centre 5 Sputo Centre 6 Sputo Centre 8 and Sport Court Reservation - Alder Saputo Centre 8 and Sport Court Reservation - Alder Saputo Centre 8 and Sport Court Reservation - Alder Saputo Centre 8 and Sport Court Reservation - Alder Saputo Centre 8 and Sport Court Reservation - Alder Saputo Centre 8 and Sport Court Reservation - Alder Saputo Centre 8 and Sport Court Reservation - Alder Saputo Centre 8 and Sport Court Reservation - Alder Saputo Centre 9:00 am Walking 9:00 am Walking 9:00 am Walking 9:00 am Walking 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre 9:00 am Walking 9:00 | | | | | | | |
| 23 | | | | | | | Court Reservation - Alder Saputo |
| 23 24 25 26 27 7:30 am Lane Swim Court Reservation - Alder Saputo Centre 9:00 am Preschool 3 9:00 am Swimmer 9:00 am Swimmer 9:00 am Swimmer 9:00 am Swimmer 3 3 9:00 am Swimmer 3 3 9:00 am Swimmer 3 4 5 5 5 Shinny 9:00 am Swimmer 3 5 5 5 Shinny 9:00 am Swimmer 3 5 5 5 Shinny 9:00 am Walking Prack Pr | | | | | | | Social |
| 23 24 25 26 27 28 8:30 am Sport Court Reservation Alder Saputo Centre 9:00 am Preschool 3 9:00 am Swimmer 3 29:00 am Swimmer 3 29:00 am Swimmer 3 20:00 am Swimmer 3 20:00 am Swimmer 3 20:00 am Swimmer 3 21:00 am Swimmer 3 22:00 am Swimmer 3 24:00 am Sport Court Reservation Alder Saputo Centre Sa | | | | | | | Walking |
| 23 8.30 am Sport Court Reservation - Alder Saputo Centre 9.00 am Preschool 3 9.00 am Swimmer 3 24 25 7.30 am Lane Swim R.30 am Sport Court Reservation - Alder Saputo Centre 9.00 am Preschool 3 8.30 am Sport Court Reservation - Alder Saputo Centre Saputo | | | | | | | Birthday Party - Skate & |
| 23 24 25 8:30 am Sport Court Reservation - Alder Saputo Centre 9:00 am Preschool 3 9:00 am Swimmer 3 24 25 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre Skills (Ages 6+) 8:30 am 55+ Shinny - GOALIE Registration Only 8:30 am 70+ Shinny - GOALIE Registration Only Reservation - Alder Saputo Centre 8:30 am 70+ Shinny - GOALIE Registration Only Reservation - Alder Saputo Centre 8:30 am 70+ Shinny - GOALIE Registration Only Reservation - Alder Saputo Centre 8:30 am 70+ Shinny - GOALIE Registration Only Reservation - Alder Saputo Centre 8:30 am 70+ Shinny - GOALIE Registration Only | | | | | | | Social |
| Public Skate 8:00 pm Sport Court Reservation - Alder Saputo Centre 7:30 am Lane Swim Court Reservation - Alder Saputo Centre 9:00 am Preschool 3 8:30 am Sport Court Reservation - Alder Saputo Centre 9:00 am Swimmer 3 Public Skate 8:00 pm Sport Court Reservation - Alder Saputo 8:30 am Sport Court Reservation - Alder Saputo Centre Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre Reservation - Alder Saputo Centre Saputo Centre Saputo Centre Saputo Centre Saputo Centre Reservation - Alder Saputo Centre Saputo C | | | | | | | Walking |
| 23 8:30 am Sport Court Reservation - Alder Saputo Centre 7:30 am Lane Swim Court Reservation - Alder Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre 9:00 am Preschool 3 8:30 am Sport Court Reservation - Alder Saputo Centre 9:00 am Preschool 3 8:30 am Sport Court Reservation - Alder Saputo Centre Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre Saputo Centre Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre Saputo Centre Saputo Centre 8:30 am Sport Court Reservation - Alder Swim Reservation - Alder Saputo Centre Saputo Centre Saputo Centre 8:30 am Sport Court Reservation - Alder Swim Reservation - Alder Saputo Centre Saputo Centre Saputo Centre 8:30 am Sport Court Reservation - Alder Swim Reservation - Alder Swim Reservation - Alder Swim Si:30 am Sport Court Reservation - Alder Saputo Centre Saputo Centre Skills (Ages 6+) Skills (Ages 6+) Skills (Ages 6+) Signam 55+ Shinny - GOALIE Registration Only Registration Only Registration Only Registration Only Registration Only Registration Only | | | | | | | |
| 8:30 am Sport Court Reservation - Alder Saputo Centre 9:00 am Preschool 3 8:30 am Sport Court Reservation - Alder Saputo Centre 9:00 am Swimmer 3 8:30 am Sport Court Reservation - Alder Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre Saputo Centre 8:30 am Sport Court Reservation Only 8:30 am Sport Court Reservation Only Skills (Ages 6+) 8:30 am 70+ Shinny - GOALIE Registration Only 9:00 am Walking Registration Only Registration Only Registration Only | | | | | | | Court Reservation - Alder Saputo |
| Court Reservation - Alder Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre 9:00 am Preschool 8:30 am Sport Court Reservation - Alder Saputo Centre Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre Saputo Centre Sills (Ages 6+) 8:30 am Sport Court Reservation - Alder Skating Skills (Ages 6+) 8:30 am Sport Court Reservation - Alder Skills (Ages 6+) 8:30 am Sport Court Reservation - Alder Skills (Ages 6+) 8:30 am Sport Court Reservation - Alder Skills (Ages 6+) 8:30 am Sport Court Reservation - Alder Skills (Ages 6+) 8:30 am Sport Court Reservation - Alder Skills (Ages 6+) 8:30 am Sport Court Reservation - Alder Skills (Ages 6+) 8:30 am Sport Court Reservation - Alder Skills (Ages 6+) 8:30 am Sport Court Reservation - Alder Skills (Ages 6+) 8:30 am Sport Court Reservation - Alder Skills (Ages 6+) 8:30 am Sport Court Reservation - Alder Skills (Ages 6+) 8:30 am Sport Court Reservation - Alder Skills (Ages 6+) 8:30 am Sport Court Reservation - Alder Skills (Ages 6+) 8:30 am Sport Court Reservation - Alder Skills (Ages 6+) 8:30 am Sport Court Reservation - Alder Skills (Ages 6+) 8:30 am Sport Court Reservation - Alder Skills (Ages 6+) 8:30 am Sport Court Reservation - Alder Skills (Ages 6+) 8:30 am Sport Court Reservation - Alder Skills (Ages 6+) | 23 | 24 | 25 | 26 | 27 | 28 | |
| Alder Saputo Centre 8:30 am Sport Court Reservation - Alder 9:00 am Preschool 8:30 am Sport Court Reservation - Alder Saputo Centre Saputo Centre 8:30 am Sport Court Reservation - Alder Saputo Centre | | 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 | |
| 8:30 am 55+ Shinny 9:00 am Swimmer GOALIE Registration Only 8:45 am Aqua Zumba Reservation - Alder Saputo Centre Saputo Centre Skills (Ages 6+) 8:30 am 55+ Shinny - GOALIE Registration Only 9:00 am Walking Registration Only | Alder Saputo Centre | Reservation - Alder | Reservation - Alder | - GOALIE | Hockey/Ringette | Reservation - Alder | |
| 9:00 am Swimmer - GOALIE Zumba Reservation - Alder 8:30 am 70+ Shinny - GOALIE Registration Only 9:00 am Walking 9:00 am Walking Reservation - Alder 8:30 am 70+ Shinny - GOALIE Registration Only Registratio | | _ | _ | | | _ | |
| | | - GOALIE | Zumba | Reservation - Alder | - GOALIE | - GOALIE | |
| | 9:00 am Preschool | 8:30 am 55+ Shinny | | 8:30 am 55+ Shinny | Registration Only | 8:30 am 55+ Shinny | |

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| 4 | 8:45 am Therapeutic | 9:00 am 70+ Shinny | 8:45 am AquaFitness | 8:30 am Sport Court Reservation - Alder | 8:45 am Aquafit |
| 9:00 am Preschool 2 | Swim (Lap) | - GOALIE Registration Only | 9:00 am 65+ Shinny | Saputo Centre | 9:00 am Walking |
| | 9:00 am Adult Skate | | 9:00 am 65+ Shinny | 8:30 am 70+ Shinny | Track |
| 9:00 am Parent & Tot 1 | 9:00 am Indoor | 9:00 am 70+ Shinny | - GOALIE | 8:35 am Private | 9:00 am Adult Skate |
| 9:00 am Lane | Nordic Walking | 9:30 am Public Swim (Lap & | Registration Only | Learn to Skate Adult | 9:00 am 65+ Shinny |
| Swim- Shared 4 | 9:00 am 65+ Shinny | Leisure) | 9:00 am Adult Skate | (Ages 18+) | - GOALIE |
| Lanes | - GOALIE Registration Only | 10:00 am Sport | 9:00 am Walking | 8:35 am Adult | Registration Only |
| 9:00 am Swimmer | 9:00 am 65+ Shinny | Court Reservation - | Track | Private Hockey Technical Skating | 9:00 am 65+ Shinny |
| 1 | 9:15 am Zumba® | Alder Saputo Centre | 9:30 am Public Swim (Lap & | Skills (Adult 18+) | 9:00 am Zumba® Gold |
| 9:00 am Walking Track | 7114 | 10:00 am Dance Fit | Leisure) | 8:45 am Aqua | |
| 9:00 am Preschool | 9:30 am Public Swim (Lap & | 10:30 am Hatha | 10:00 am Sport | Zumba | 9:30 am Public Swim (Lap) |
| 9:00 am Preschool | Leisure) | Intermediate | Court Reservation - | 9:20 am Private Learn to Skate Adult | 9:45 am Chair |
| 9:30 am Preschool | 10:00 am Sport | 10:30 am Therapeutic Swim | Alder Saputo Centre | (Ages 18+) | Fitness |
| 1 | Court Reservation - Alder Saputo Centre | (Lap) | 10:00 am Tiny Tots Skate | 9:20 am Small | 9:45 am Sun |
| 9:30 am Swimmer | _ | 10:45 am Preschool | | Group Learn to | Salutation |
| 2 | 10:00 am Tiny Tots Skate | 2 | 10:15 am Zumba® Toning | Skate Toddler (Age 3) | 10:00 am Tiny Tots |
| 9:30 am Preschool | 10:30 am Hatha | 10:45 am Parent & | 10:30 am Sensory | 9:30 am Public | Skate |
| 3 | Beginner | Tot 1 | Friendly Swim (Lap | Swim (Lap & | 10:00 am Sport Court Reservation - |
| 9:30 am Parent & Tot 2 | 10:30 am Leisure & | 10:45 am Intermediate Line | & Leisure) | Leisure) | Alder Saputo Centre |
| | Splash | Dance | 10:30 am Chair Yoga | 10:00 am Beginner | 10:30 am Leisure & |
| 9:30 am Preschool 2 | 11:00 am Walking | 10:45 am Preschool | 11:00 am Walking | Line Dancing | Splash |
| 9:30 am Preschool | Track | 1 | Track | 10:00 am Sport | 11:00 am |
| 5 | 11:00 am Family Skate | 11:00 am Walking | 11:00 am Balls & Bands | Court Reservation - Alder Saputo Centre | Restorative Yoga |
| 9:45 am Swimmer | | Track | | 10:00 am Small | 11:00 am Family |
| 4 | 11:30 am Sport Court Reservation - | 11:15 am Preschool 4 | 11:00 am Family Skate | Group Learn to | Skate |
| 10:00 am Preschool | Alder Saputo Centre | | 11:30 am Sport | Skate Toddler (Age 3) | 11:00 am Walking Track |
| 2 | 11:45 am Lane | 11:15 am Parent & Tot 3 | Court Reservation - | | 11:30 am Sport |
| 10:00 am Lifesaving Swim Instructors | Swim | 11:15 am Preschool | Alder Saputo Centre | 10:00 am Parent & Child (Ages 2 to 5) | Court Reservation - |
| | 11:45 am Breath & | 1 | 11:45 am Vinyasa | 10:30 am Yin Yoga | Alder Saputo Centre |
| 10:00 am Preschool | Meditation | 11:15 am Parent & | 11:45 am Leisure & | 10:40 am Parent & | 11:30 am |
| 10:00 am Swimmer | 12:00 pm Adult Shinny - GOALIE | Tot 2 | Splash | Child (Ages 2 to 5) | Therapeutic Swim (Lap) |
| 1 | Registration Only | 11:15 am Preschool | 12:00 pm Adult Shinny - GOALIE | 10:40 am Small | 12:00 pm Adult |
| 10:00 am Preschool | 12:00 pm Adult | 3 | Registration Only | Group Learn to | Shinny |
| 3 | Shinny | 11:30 am Sport Court Reservation - | 12:00 pm | Skate Preschool (Ages 4 to 5) | 12:00 pm Adult |
| 10:00 am Preschool | 12:00 pm Leisure & | Alder Saputo Centre | Therapeutic Swim | 10:45 am Parent & | Shinny - GOALIE |
| 4 | Splash | 12:00 pm Lane | (Lap) | Tot 1 | Registration Only |
| 10:00 am Parent & Tot 3 | 12:30 pm Family Skate | Swim | 12:00 pm Adult Shinny | 10:45 am Preschool | 1:00 pm Sport Court Reservation - Alder |
| 10:00 am Sport | 1:00 pm Lane Swim | 12:00 pm Leisure & | 12:30 pm Family | 2 | Saputo Centre |
| Court Reservation - | _ | Splash | Skate | 10:45 am Preschool | 1:00 pm Walking |
| Alder Saputo Centre | 1:00 pm Walking Track | 12:00 pm Adult Shinny | 1:00 pm Leisure | 1 | Track |
| 10:30 am Private | 1:00 pm Sport Court | , | Swim | 11:00 am Walking Track | 1:00 pm Lane Swim |
| Swimming Lessons | Reservation - Alder | 12:00 pm Adult Shinny - GOALIE | 1:00 pm Walking | 11:15 am Preschool | 2:00 pm Lane Swim |
| 10:30 am Preschool | Saputo Centre | Registration Only | Track | 5 | 2:30 pm Sport Court |
| 10:30 am Preschool | 2:30 pm Sport Court Reservation - Alder | 12:30 pm Adult | 1:00 pm Lane Swim | 11:15 am Preschool | Reservation - Alder |
| 3 | Saputo Centre | Skate | 1:00 pm Sport Court | 4 | Saputo Centre |
| 10:45 am Swimmer | 3:00 pm Figure | 1:00 pm Walking | Reservation - Alder Saputo Centre | 11:15 am Parent & | 3:00 pm Walking Track |
| 2 | Skating Skills | Track | 2:00 pm Lane Swim | Tot 2 | 4:00 pm Adult |
| 10:45 am Swimmer | 3:00 pm Walking | 1:00 pm Lane Swim | 2:30 pm Sport Court | 11:15 am Preschool | Social Pickleball |
| 6 | Track | 1:00 pm Inclusive Open Gym | Reservation - Alder | | 4:00 pm Public |
| 10:45 am Swimmer | 4:00 pm Shinny 5-7 | | Saputo Centre | 11:15 am Parent & Tot 3 | Skate |
| 5 | years old | 2:30 pm Sport Court Reservation - | 3:00 pm Walking | 11:30 am Parent and | 4:30 pm Preschool 2 |
| 10:45 am Preschool | 4:00 pm Shinny 5-7 Years Old GOALIE | Alder Saputo Centre | Track | Child Mini Hockey | 4:30 pm Preschool 3 |
| 10:45 am Preschool | Registration Only | 3:00 pm Figure | 3:20 pm Private Hockey/Ringette | Learn to Skate (Ages 2 to 4) | 4:30 pm Preschool 1 |
| 5 | 4:05 pm Ages 14-17 | Skating Skills | Technical Skating | | 4:30 pm Private |
| | Basketball Drop-In | 3:00 pm Walking | Skills (Ages 6+) | 11:30 am Sport | Swimming Lessons |

| 11:00 am Walking | 4:20 pm Privata | Track | FULL EQUIPMENT | Court Reservation - | (Preschool 1-5) |
|------------------|-----------------|-------|----------------|---------------------|-----------------|
| Track | 4:20 pm Private | | | Alder Saputo Centre | (110000000110) |

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| 11:15 am Preschool | Hockey/Ringette Technical Skating | 3:30 pm Hockey Skills - 14 years old | 3:30 pm Shinny 14- 17 Years Old - | 12:00 pm | 4:30 pm Preschool 4 |
| 1 | Skills (Ages 6+) | and OVER | GOALIE | Therapeutic Swim (Lap) | 4:45 pm Private |
| 11:15 am Private Swimming Lessons | FULL EQUIPMENT | 4:00 pm Shinny 8- | Registration Only | 1 2 | Hockey/Ringette Technical Skating |
| | 4:20 pm Private | 10 Years Old - | 3:30 pm Shinny 14- | 12:10 pm Adult Private Hockey | Skills (Ages 6+) |
| 11:15 am Preschool | Learn to Skate Youth (Ages 4+) | GOALIE Registration Only | 17 years old | Technical Skating | 4:45 pm Semi- |
| | 4:20 pm Semi- | 4:00 pm Shinny 8- | 3:50 pm Private Hockey/Ringette | Skills (Adult 18+) | Private Learn to |
| 11:15 am Swimmer | Private Learn to | 10 years old | Technical Skating | 12:10 pm Private | Skate Youth (6 to 17 years) |
| 11:15 am Preschool | Skate Youth (6 to 17 | 4:30 pm Hockey | Skills (Ages 6+) | Learn to Skate Adult (Ages 18+) | 4:45 pm Private |
| 3 | years) | Skills - 13 years and | FULL EQUIPMENT | 12:30 pm Adult | Learn to Skate |
| 11:15 am Private | 4:30 pm Preschool 3 | UNDER | 4:20 pm Private Hockey/Ringette | Skate | Youth (Ages 4+) |
| Swimming Lessons | 4:30 pm Preschool 1 | 4:30 pm Private | Technical Skating | 1:00 pm Walking | 5:00 pm Preschool 1 |
| 11:30 am Sport | 4:45 pm Preschool 2 | Swimming Lessons (Preschool 1-5) | Skills (Ages 6+) | Track | 5:00 pm Preschool 2 |
| Court Reservation - | 4:45 pm Private | 4:30 pm Preschool | FULL EQUIPMENT | 1:00 pm Home | 5:00 pm Parent & |
| Alder Saputo Centre | Swimming Lessons | 3 | 4:30 pm Multi Sports (3-4) | School Community | Tot 1 |
| 11:45 am Convenience | (Preschool 1-5) | 4:30 pm Youth | 4:30 pm Preschool 3 | Open Gym | 5:00 pm Walking |
| Lessons - | 5:00 pm Preschool 1 | Social Pickleball | 1 | 1:30 pm Lane Swim | Track |
| Preschool 1-5 | 5:00 pm Preschool 3 | Ages 12-17 - Drop- In | 4:30 pm Preschool 2 | 2:30 pm Sport Court | 5:00 pm Preschool 3 |
| 11:45 am Private | 5:00 pm Walking | | 4:30 pm Private | Reservation - Alder Saputo Centre | 5:00 pm Private |
| Swimming Lessons | Track | 4:30 pm Preschool | Swimming Lessons (Preschool 1-5) | 3:00 pm Figure | Swimming Lessons (Preschool 1-5) |
| 11:45 am Convenience | 5:00 pm Preschool (Ages 4 to 5) | 4:30 pm Preschool | 4:30 pm Preschool 1 | Skating Skills | |
| Lessons - Swimmer | ` ~ ′ | 2 | 4:30 pm Public | 3:00 pm Walking | 5:25 pm NEW Parent and Player |
| 1-6 | 5:10 pm Ages 8-10 Basketball Drop-In | 5:00 pm Preschool | Skate | Track | Pre-Power (Ages 4 |
| 12:15 pm Private | 5:15 pm Parent & | 3 | 5:00 pm Preschool 2 | 3:30 pm Hockey | to 5) |
| Swimming Lessons | Tot 2 | 5:00 pm Parent & | 5:00 pm Preschool 1 | Skills - 14 years old and OVER | 5:25 pm Semi- |
| 12:30 pm Convenience | 5:15 pm Preschool 2 | Tot 1 | 1 | | Private Power Skating (Age 6) |
| Lessons - Swimmer | 5:30 pm Junior | 5:00 pm Walking Track | 5:00 pm Preschool 3 | 3:50 pm Private Hockey Technical | FULL EQUIPMENT |
| 1-6 | Chefs (Ages 8-11) | | 5:00 pm Parent & Tot 2 | Skating Skills (Ages | 5:30 pm Preschool 3 |
| 12:30 pm | 5:30 pm Preschool 3 | 5:00 pm Private Swimming Lessons | 5:00 pm Walking | 7-11) FULL EQUIPMENT | 5:30 pm Adult |
| Convenience Lessons - | 5:30 pm Preschool 1 | (Preschool 1-5) | Track | 4:00 pm Shinny 11- | Social Pickleball |
| Preschool 1-5 | 5:30 pm Music Club | 5:00 pm Preschool | 5:20 pm Multi | 13 Years Old - | 5:30 pm Private |
| 12:45 pm Private | 5:40 pm Youth | 1 | Sports (3-4) | GOALIE Registration Only | Swimming Lessons (Preschool 1-5) |
| Swimming Lessons | (Ages 6 to 17) | 5:00 pm Preschool 2 | 5:30 pm Preschool 1 | | 5:30 pm Preschool 2 |
| 1:00 pm Walking | 5:45 pm Preschool 2 | | 5:30 pm Parent & | 4:00 pm Shinny 11- 13 years old | 5:30 pm Private |
| Track | 5:45 pm Parent & | 5:15 pm Balls & Bands | Tot 1 | 4:20 pm Private | Swimming Lessons |
| 1:00 pm Sport Court Reservation - | Tot 1 | 5:30 pm Swimmer 2 | 5:30 pm Private Swimming Lessons | Hockey Technical | (Preschool 1-5) |
| Alder Saputo Centre | 6:15 pm Ages 11-13 | 5:30 pm Preschool | (Preschool 1-5) | Skating Skills (Ages 11-12) FULL | 5:30 pm Preschool 1 |
| 1:30 pm Bronze | Basketball Drop-In | 1 | 5:30 pm Preschool 2 | EQUIPMENT | 6:00 pm Parent & |
| Medallion and Emergency First | 6:15 pm Cardio Tone | 5:30 pm Mindful | 5:30 pm Preschool 3 | 4:30 pm Preschool 3 | Tot 2 |
| Aid | 6:15 pm Preschool 3 | Moments | 6:00 pm Cardio | 4:30 pm Preschool 1 | 6:00 pm Preschool 3 |
| 1:30 pm Public | 1 | 5:30 pm Swimmer 1 | Tone | 4:30 pm Preschool 2 | 6:00 pm Parent & Tot 3 |
| Skate | 6:15 pm Preschool 1 | 5:30 pm Preschool | 6:00 pm Private | 4:30 pm Indoor | 6:00 pm Private |
| 2:00 pm Public | 6:30 pm Preschool 2 | 2 | Swimming Lessons | Soccer (3-4) | Swimming Lessons |
| Swim (Lap & Leisure) | 6:30 pm Parent & Tot 3 | 5:30 pm Parent & | (Preschool 1-5) | 4:30 pm Mini Artists | (Preschool 1-5) |
| 2:30 pm Sport | | Tot 2 | 6:10 pm Multi Sports (5-7) | (3-4) | 6:00 pm Preschool 2 |
| Court Reservation - | 6:35 pm Power Skating for | 5:30 pm Mindful Moments | 6:15 pm Parent & | 4:30 pm Hockey | 6:00 pm Preschool 1 |
| Alder Saputo Centre | Hockey/Ringette | 5:30 pm Parent & | Tot 3 | Skills - 13 years and UNDER | 6:05 pm Parent & |
| 3:00 pm Birthday | (Ages 7 to 10) FULL EQUIPMENT | Tot 3 | 6:15 pm Preschool 2 | 4:30 pm Private | Child (Ages 2 to 5) |
| Party - Swim & Splash | 6:45 pm Preschool 3 | 5:30 pm Preschool | 6:15 pm Preschool 1 | Swimming Lessons | 6:05 pm Preschool |
| 3:00 pm Walking | 6:45 pm Preschool 1 | 3 | 6:15 pm Preschool 3 | (Preschool 1-5) | (Ages 4 to 5) |
| Track | _ | 5:45 pm Swimmer 3 | 6:30 pm Private | 4:50 pm Private Hockey Technical | 6:45 pm Semi- Private Learn to |
| 3:15 pm Lane Swim | 7:00 pm Private Swimming Lessons | 5:45 pm Swimmer 4 | Swimming Lessons | Skating Skills (Ages | Skate Youth (6 to 17 |
| 4:00 pm Sport | (Preschool 1-5) | 5:45 pm Basketball | (Preschool 1-5) | 11+) FULL | years) |
| Court Reservation - | 7:00 pm Preschool 2 | (5-7) | 6:45 pm Preschool 5 | EQUIPMENT | 6:45 pm Leisure |
| Alder Saputo Centre | 7:00 pm Walking | 6:00 pm Swimmer 2 | 6:45 pm Preschool 4 | 5:00 pm Preschool 2 | Splash & Slide |
| 4:00 pm Leisure | Track | 6:00 pm Preschool | 6:45 nm Preschool 3 | 5:00 pm Preschool 3 | 6:45 pm Private |

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|--------------------------------------|--|--|---|--|--------------------------------------|
| Swim & Splash | 7:15 pm Zumba® | 3 | 6:45 pm Preschool 1 | 5:00 pm Preschool 4 | Learn to Skate Youth (Ages 4+) |
| 4:15 pm Lane Swim 5:00 pm Walking | 7:15 pm Preschool 4 | 6:00 pm Swimmer 1 | 7:00 pm Multi | 5:00 pm Walking Track | 7:00 pm Walking |
| Track | 7:15 pm Preschool 5 | 6:15 pm Preschool | Sports (8-11) | 5:00 pm Private | Track 7:05 pm Adult 18+ |
| 5:30 pm Sport Court Reservation - | 7:20 pm Sport Court Reservation - Alder | 6:15 pm Preschool | 7:00 pm Zumba® | Swimming Lessons | Basketball Drop-In |
| Alder Saputo Centre | Saputo Centre | 2 | 7:00 pm Walking Track | (Preschool 1-5) 5:00 pm Private | 7:35 pm Youth |
| 7:00 pm Walking | 7:30 pm Swimmer 5 | 6:15 pm Swimmer 2 | 7:15 pm Swimmer 5 | Swimming Lessons | (Ages 6 to 17) |
| Track | 7:30 pm Swimmer 3 | 6:15 pm Body Blast | 7:15 pm Swimmer 4 | (Preschool 1-5) | 7:45 pm Leisure & Splash |
| | 7:30 pm Swimmer 6 | 6:30 pm Swimmer 5 | 7:15 pm Swimmer 2 | 5:20 pm Indoor Soccer (5-7) | 7:45 pm Lane Swim |
| | 7:30 pm Swimmer 4 | 6:30 pm Swimmer 6 | 7:15 pm Swimmer 1 | 5:30 pm Preschool 2 | 8:10 pm Sport Court |
| | 7:30 pm Power Skating for | 6:30 pm Preschool 5 | 7:15 pm Swimmer 6 | 5:30 pm Preschool 3 | Reservation - Alder Saputo Centre |
| | Hockey/Ringette | 6:35 pm Basketball | 7:15 pm Swimmer 3 | 5:30 pm Parent & | Supure String |
| | (Ages 11+) FULL EQUIPMENT | (8-11) | 7:45 pm Private Swimming Lessons | Tot 1 | |
| | 8:45 pm Lane Swim | 6:35 pm Ages 11-13 Basketball Drop-In | 7:45 pm Private | 5:30 pm Little Artists (5-7) | |
| | | 6:45 pm Swimmer 1 | Swimming Lessons | 5:30 pm Preschool 4 | |
| | | 6:45 pm Preschool | 8:00 pm Adult 18+ Basketball Drop-In | 5:30 pm Swimmer 2 | |
| | | 4 | 8:15 pm Lane Swim | 5:30 pm Preschool 1 | |
| | | 6:45 pm Preschool | 8.13 pm Lane Swim | 5:45 pm Swimmer 6 | |
| | | 6:45 pm Drama & | | 5:45 pm Swimmer 5 | |
| | | Creative Arts Club | | 6:00 pm Swimmer 1 | |
| | | 6:45 pm Swimmer 2 | | 6:00 pm Preschool 5 | |
| | | 6:45 pm Preschool | | 6:00 pm Swimmer 2 | |
| | | 7:00 pm Walking Track | | 6:10 pm Indoor Soccer (8-11) | |
| | | 7:15 pm Private | | 6:15 pm Preschool 1 | |
| | | Swimming Lessons | | 6:15 pm Swimmer 1 | |
| | | 7:15 pm Private Swimming Lessons | | 6:15 pm Pound | |
| | | 7:15 pm Swimmer 1 | | 6:15 pm Preschool 2 6:45 pm Swimmer 4 | |
| | | 7:15 pm Swimmer 2 | | 6:45 pm Preschool 1 | |
| | | 7:15 pm Dance Fit | | 6:45 pm Junior | |
| | | 7:15 pm Private | | Artists (8-11) | |
| | | Swimming Lessons | | 6:45 pm Swimmer 3 | |
| | | 7:15 pm Private Swimming Lessons | | 6:45 pm Preschool 2 | |
| | | 7:30 pm Ages 14-17 | | 6:45 pm Preschool 5 | |
| | | Basketball Drop-In | | 6:45 pm Swimmer 2 | |
| | | 7:30 pm Swimmer 7 - Rookie Patrol | | 6:45 pm Swimmer 1 | |
| | | 7:30 pm Swimmer 9- Star Patrol | | 6:45 pm Preschool 4 7:00 pm Sport Court | |
| | | 7:30 pm Swimmer 8- Ranger Patrol | | Reservation - Alder Saputo Centre | |
| | | 7:45 pm Swimmer 2-Teen/Adult | | 7:00 pm Walking Track | |
| | | 7:45 pm Swimmer 1- Teen/Adult | | 7:15 pm Private Swimming Lessons | |
| | | 8:45 pm Lane Swim | | 7:15 pm Private Swimming Lessons | |
| | | | | 7:15 pm Private Swimming Lessons | |
| | | | | 7:15 pm Swimmer 2 | |
| | | | | 7:15 pm Step & Tone | |
| | | | | 7:15 pm Swimmer 1 | |

| | 7:15 pm Private Swimming Lessons | |
|--|---|--|
| | 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 1- Teen/Adult | |
| | 7:45 pm Swimmer 2-Teen/Adult | |
| | 7:45 pm Swimmer 3 - Teen/Adult | |
| | 8:30 pm Sport Court Reservation - Alder Saputo Centre | |
| | 8:45 pm Lane Swim | |

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