## **March 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:00 am Lane Swim
2 3:00 pm Birthday Party - Swim & Splash	3 11:00 am Walking Track 1:00 pm Walking Track 4:00 pm Lane Swim 5:00 pm Lane Swim	4	5	6 3:50 pm Private Hockey Technical Skating Skills (Ages 7-11) FULL EQUIPMENT 4:20 pm Private Hockey Technical Skating Skills (Ages 11-12) FULL EQUIPMENT 4:50 pm Private Hockey Technical Skating Skills (Ages 11+1) FULL EQUIPMENT	7 4:00 pm Lane Swim 5:00 pm Lane Swim	8 6:00 pm Birthday Party - Skate & Celebrate
9 10:00 am Lifesaving Swim Instructors 3:00 pm Birthday Party - Swim & Splash	8:00 am March Break Camp Monday (Ages 6 to 13) 8:00 am March Break Camp Monday (Ages 4 to 5) 8:30 am Home Alone 10:45 am Lane Swim 5:45 pm Lane Swim 6:45 pm Lane Swim	8:00 am March Break Camp Tuesday (Ages 4 to 5) 8:00 am March Break Camp Tuesday (Ages 6 to 13)	8:00 am March Break Camp Wednesday (Ages 6 to 13) 8:00 am March Break Camp Wednesday (Ages 4 to 5)	8:00 am March Break Camp Thursday (Ages 4 to 5) 8:00 am March Break Camp Thursday (Ages 6 to 13) 2:45 pm Lane Swim 8:30 pm Sport Court Reservation - Alder Saputo Centre (March Break Schedule)	8:00 am March Break Camp Friday (Ages 4 to 5) 8:00 am March Break Camp Monday-Friday (Ages 4 to 5) 8:00 am March Break Camp Monday-Friday (Ages 6 to 13) 8:00 am March Break Camp Friday (Ages 6 to 13) 10:45 am Lane Swim 10:45 am Leisure & Splash/ Slide 12:30 pm Public Swim 4:20 pm March Break Hockey Development Camp (Ages 7 & 8) 4:30 pm Lane Swim 5:35 pm March Break REP Hockey Development Camp (Ages 9 & 10) 6:45 pm Public Swim	8:00 am Lane Swim

					6:50 pm March Break REP Hockey Development Camp (Ages 11+)	
16	17	18	19	20	21	22
3:00 pm National	11:00 am Walking Track	7:30 am Lane Swim	7:30 am Lane Swim	7:30 am Lane Swim	7:30 am Lane Swim	8:05 am Private Learn
Lifeguard - Recert 3:00 pm Birthday Party - Swim & Splash	1:00 pm Walking Track	8:30 am Sport Court Reservation - Alder Saputo Centre	8:30 am 55+ Shinny - GOALIE Registration Only	8:05 am Private Hockey/Ringette Technical Skating Skills (Ages 6+)	8:30 am Sport Court Reservation - Alder Saputo Centre	to Skate Youth (Ages 4+)
Spiasii		8:45 am Aqua Zumba 9:00 am Walking	8:30 am Sport Court Reservation - Alder Saputo Centre	8:30 am 70+ Shinny - GOALIE	8:30 am 55+ Shinny - GOALIE Registration Only	8:05 am Private Hockey
		Track	8:30 am 55+ Shinny	Registration Only 8:30 am Sport Court	8:30 am 55+ Shinny	Technical Skating Skills
		9:00 am 70+ Shinny	8:45 am AquaFitness	Reservation - Alder	8:45 am Aquafit	(Ages 6+)
		9:00 am 70+ Shinny - GOALIE	9:00 am 65+ Shinny	Saputo Centre 8:30 am 70+ Shinny	9:00 am Walking Track	FULL EQUIPMENT
		Registration Only	9:00 am 65+ Shinny - GOALIE	8:35 am Private	9:00 am Adult Skate	8:05 am
		9:30 am Public Swim (Lap & Leisure)	Registration Only 9:00 am Adult Skate	Learn to Skate Adult (Ages 18+)	9:00 am 65+ Shinny - GOALIE	Semi-Private Learn to Skate Youth
		10:00 am Sport	9:00 am Walking Track	8:35 am Adult Private Hockey	Registration Only 9:00 am 65+ Shinny	(6 to 17 years)
		Court Reservation - Alder Saputo Centre	9:30 am Public Swim (Lap &	Technical Skating Skills (Adult 18+)	9:00 am Zumba® Gold	8:45 am Small Group Learn
		10:00 am Dance Fit 10:30 am Hatha Intermediate	Leisure) 10:00 am Sport	8:45 am Aqua Zumba	9:30 am Public Swim (Lap)	to Skate Preschool (Ages 4 to 5)
		10:30 am Therapeutic Swim	Court Reservation - Alder Saputo Centre	9:20 am Private Learn to Skate Adult (Ages 18+)	9:45 am Chair Fitness	8:45 am Parent &
		(Lap)	10:00 am Tiny Tots Skate	9:20 am Small	9:45 am Sun	Child (Ages 2 to 5)
		10:45 am Parent & Tot 1	10:15 am Zumba® Toning	Group Learn to Skate Toddler (Age 3)	Salutation 10:00 am Tiny Tots Skate	9:00 am Bronze Star
		10:45 am Preschool	10:30 am Sensory Friendly Swim (Lap	9:30 am Public Swim (Lap &	10:00 am Sport Court Reservation -	9:00 am Walking Track
		10:45 am Intermediate Line	& Leisure) 10:30 am Chair Yoga	Leisure) 10:00 am Beginner	Alder Saputo Centre	9:00 am
		Dance 10:45 am Preschool	11:00 am Walking	Line Dancing	10:30 am Leisure & Splash	Preschool 3 9:00 am
		1 11:00 am Walking	Track 11:00 am Family Skate	10:00 am Sport Court Reservation - Alder Saputo Centre	11:00 am Restorative Yoga	Swimmer 3 9:00 am
		Track 11:15 am Preschool	11:00 am Balls & Bands	10:00 am Small Group Learn to	11:00 am Family Skate	Parent & Tot
		11:15 am Preschool	11:30 am Sport Court Reservation -	Skate Toddler (Age 3)	11:00 am Walking Track	9:00 am Swimmer 1
		11:15 am Parent & Tot 3	Alder Saputo Centre 11:45 am Leisure &	10:00 am Parent & Child (Ages 2 to 5) 10:30 am Yin Yoga	11:30 am Sport Court Reservation - Alder Saputo Centre	9:00 am Preschool 2
		11:15 am Parent & Tot 2	Splash 11:45 am Vinyasa	10:40 am Parent & Child (Ages 2 to 5)	11:30 am Therapeutic Swim	9:00 am Lane Swim- Shared (3 Lanes)
		11:15 am Preschool	12:00 pm Adult Shinny - GOALIE Registration Only	10:40 am Small Group Learn to	(Lap) 12:00 pm Adult Shinny - GOALIE	9:00 am Preschool 4
		11:30 am Sport Court Reservation -	12:00 pm Therapeutic Swim	Skate Preschool (Ages 4 to 5)	Registration Only  1:00 pm Sport Court	9:00 am Preschool 1
		Alder Saputo Centre 12:00 pm Lane Swim	(Lap) 12:00 pm Adult	Tot 1	Reservation - Alder Saputo Centre	9:25 am Preschool (Ages 4 to 5)
		12:00 pm Leisure & Splash	Shinny 12:30 pm Family	10:45 am Preschool 2 10:45 am Preschool	1:00 pm Lane Swim 1:00 pm Walking	9:30 am Parent & Tot
		12:00 pm Adult Shinny	Skate 1:00 pm Leisure Swim	1 11:00 am Walking	Track 2:00 pm Lane Swim	9:30 am
		12:00 pm Adult Shinny - GOALIE Registration Only	1:00 pm Walking Track	Track 11:15 am Preschool 5	2:30 pm Sport Court Reservation - Alder Saputo Centre	Preschool 5 9:30 am Preschool 3

12:30 pm Adult	1:00 pm Lane Swim	11:15 am Preschool	3:00 pm Walking	9:30 am
Skate	1:00 pm Sport Court	4 11:15 am Preschool	Track	Swimmer 2
1:00 pm Walking Track	Reservation - Alder Saputo Centre	11:15 am Parent &	4:00 pm Adult Social Pickleball	9:30 am Adult Social
1:00 pm Lane Swim	2:00 pm Lane Swim	11:15 am Preschool	4:30 pm Preschool 1	Pickleball
1:00 pm Inclusive Open Gym	2:30 pm Sport Court Reservation - Alder Saputo Centre	3 11:15 am Parent &	4:30 pm Private Swimming Lessons (Preschool 1-5)	9:30 am Preschool 1 9:30 am
2:30 pm Sport Court Reservation -	3:00 pm Walking Track	Tot 3 11:30 am Parent and	4:30 pm Preschool 4	Preschool 2
Alder Saputo Centre	3:20 pm Private	Child Mini Hockey Learn to Skate	4:30 pm Preschool 2	9:30 am Junior Chefs
3:00 pm Figure Skating Skills	Hockey/Ringette	(Ages 2 to 4)	4:30 pm Preschool 3	(Ages 8-11)
3:00 pm Walking Track	Technical Skating Skills (Ages 6+) FULL EQUIPMENT	11:30 am Sport Court Reservation -	4:45 pm Private Hockey/Ringette Technical Skating	9:45 am Swimmer 4
3:30 pm Hockey	3:30 pm Shinny 14-	Alder Saputo Centre	Skills (Ages 6+)	10:00 am Preschool 4
Skills - 14 years old and OVER 4:00 pm Shinny 8-	17 Years Old - GOALIE Registration Only	Therapeutic Swim (Lap)	4:45 pm Semi- Private Learn to Skate Youth (6 to 17	10:00 am Preschool 1
10 Years Old - GOALIE	3:30 pm Shinny 14- 17 years old	12:10 pm Adult Private Hockey	years) 4:45 pm Private	10:00 am Preschool 2
Registration Only 4:00 pm Shinny 8-	3:50 pm Private Hockey/Ringette	Technical Skating Skills (Adult 18+)	Learn to Skate Youth (Ages 4+)	10:00 am Swimmer 1
10 years old	Technical Skating	12:10 pm Private Learn to Skate Adult	5:00 pm Preschool 1	10:00 am
4:30 pm Hockey Skills - 13 years and	Skills (Ages 6+) FULL EQUIPMENT	(Ages 18+)	5:00 pm Preschool 2	Parent & Tot
UNDER  4:30 pm Private	4:20 pm Private Hockey/Ringette	12:30 pm Adult Skate	5:00 pm Parent & Tot 1	10:00 am Preschool 3
Swimming Lessons (Preschool 1-5)	Technical Skating Skills (Ages 6+) FULL EQUIPMENT	1:00 pm Walking Track	5:00 pm Walking Track	10:05 am Parent &
4:30 pm Preschool	4:30 pm Preschool 3	1:00 pm Home School Community	5:00 pm Preschool 3	Child (Ages 2 to 5)
4:30 pm Youth	4:30 pm Multi Sports (3-4)	Open Gym  1:30 pm Lane Swim	5:00 pm Private Swimming Lessons (Preschool 1-5)	10:15 am Swimmer 8-
Social Pickleball Ages 12-17 - Drop-	4:30 pm Preschool 2	2:30 pm Sport Court	5:25 pm NEW	Ranger Patrol
In 4:30 pm Preschool	4:30 pm Private Swimming Lessons	Reservation - Alder Saputo Centre	Parent and Player Pre-Power (Ages 4	10:15 am Swimmer 7 -
4:30 pm Preschool	(Preschool 1-5)	3:00 pm Figure	to 5)	Rookie Patrol

4:30 pm Preschool	4:30 pm Preschool 1	Skating Skills	5:25 pm Semi-	10:15 am
5:00 pm Preschool	4:30 pm Public Skate	3:00 pm Walking Track	Private Power Skating (Age 6)	Swimmer 9- Star Patrol
3.00 pm reschool	5:00 pm Preschool 2	3:30 pm Hockey	FULL EQUIPMENT 5:30 pm Preschool 3	10:30 am Preschool 3
5:00 pm Parent & Tot 1	5:00 pm Preschool 1	Skills - 14 years old and OVER	5:30 pm Adult	10:30 am
5:00 pm Walking Track	5:00 pm Preschool 3	4:00 pm Shinny 11- 13 Years Old -	Social Pickleball 5:30 pm Private	Private Swimming
5:00 pm Private	5:00 pm Walking Track	GOALIE Registration Only	Swimming Lessons (Preschool 1-5)	Lessons 10:30 am
Swimming Lessons (Preschool 1-5)	5:00 pm Parent & Tot 2	4:00 pm Shinny 11- 13 years old	5:30 pm Preschool 2	Preschool 1
5:00 pm Preschool	5:20 pm Multi Sports (3-4)	4:30 pm Mini Artists (3-4)	5:30 pm Private Swimming Lessons	10:45 am Swimmer 2
5:00 pm Preschool	5:30 pm Preschool 1	4:30 pm Hockey	(Preschool 1-5) 5:30 pm Preschool 1	10:45 am Swimmer 3
5:15 pm Balls & Bands	5:30 pm Private Swimming Lessons (Preschool 1-5)	Skills - 13 years and UNDER	6:00 pm Parent & Tot 2	10:45 am Preschool 5
5:30 pm Swimmer 2	5:30 pm Parent &	4:30 pm Private Swimming Lessons (Preschool 1-5)	6:00 pm Preschool 3	10:45 am Youth (Ages 6 to 17)
5:30 pm Preschool	5:30 pm Preschool 2	4:30 pm Indoor	6:00 pm Parent & Tot 3	10:45 am
5:30 pm Mindful Moments	5:30 pm Preschool 3	Soccer (3-4)	6:00 pm Private Swimming Lessons	Preschool 2
5:30 pm Swimmer 1	6:00 pm Cardio Tone	4:30 pm Preschool 2 4:30 pm Preschool 3	(Preschool 1-5)	11:00 am Adult Social
5:30 pm Preschool	6:00 pm Private	4:30 pm Preschool 1	6:00 pm Preschool 1 6:00 pm Preschool 2	Pickleball 11:00 am
5:30 pm Parent &	Swimming Lessons (Preschool 1-5)	5:00 pm Preschool 3	6:05 pm Parent &	Walking Track
Tot 2	6:10 pm Multi	5:00 pm Preschool 2	Child (Ages 2 to 5)	11:15 am
5:30 pm Mindful Moments	Sports (5-7) 6:15 pm Parent &	5:00 pm Preschool 4 5:00 pm Walking	6:05 pm Preschool (Ages 4 to 5)	Swimmer 1
5:30 pm Parent &	Tot 3	Track	6:45 pm Semi- Private Learn to	11:15 am Preschool 2
Tot 3 5:30 pm Preschool	6:15 pm Preschool 2 6:15 pm Preschool 1	5:00 pm Private Swimming Lessons (Preschool 1-5)	Skate Youth (6 to 17 years)	11:15 am Preschool 1
3 5:45 pm Swimmer 3	6:15 pm Preschool 3	5:00 pm Private	6:45 pm Leisure	11:15 am
5:45 pm Swimmer 4	6:30 pm Private Swimming Lessons	Swimming Lessons (Preschool 1-5)	Splash & Slide 6:45 pm Private	Preschool 3
5:45 pm Basketball	(Preschool 1-5)	5:20 pm Indoor	Learn to Skate Youth (Ages 4+)	Swimmer 5
(5-7) 6:00 pm Swimmer 2	6:45 pm Preschool 5	Soccer (5-7) 5:30 pm Preschool 2	7:00 pm Walking	11:15 am Private
6:00 pm Preschool	6:45 pm Preschool 4 6:45 pm Preschool 3	5:30 pm Preschool 3	Track	Swimming Lessons
3	6:45 pm Preschool 1	5:30 pm Parent &	7:05 pm Adult 18+ Basketball Drop-In	11:15 am Swimmer 6
6:00 pm Swimmer 1 6:15 pm Preschool	7:00 pm Multi Sports (8-11)	Tot 1 5:30 pm Preschool 4	7:35 pm Youth (Ages 6 to 17)	11:15 am
1 6:15 pm Preschool	7:00 pm Walking Track	5:30 pm Little Artists (5-7)	7:45 pm Leisure & Splash	Private Swimming Lessons
2 6:15 pm Swimmer 2	7:00 pm Zumba®	5:30 pm Preschool 1	7:45 pm Lane Swim	11:30 am
6:15 pm Swimmer 2 6:15 pm Body Blast	7:15 pm Swimmer 5	5:30 pm Swimmer 2	8:10 pm Sport Court Reservation - Alder	Swimmer 4
6:30 pm Swimmer 5	7:15 pm Swimmer 4	5:45 pm Swimmer 6	Saputo Centre	11:30 am Lane Swim
6:30 pm Swimmer 6	7:15 pm Swimmer 2 7:15 pm Swimmer 1	5:45 pm Swimmer 5 6:00 pm Swimmer 1		11:40 am Semi-Private
6:30 pm Preschool 5	7:15 pm Swimmer 6	6:00 pm Preschool 5		Learn to Skate Youth
I	I	I	I	1 2000

6:35 pm Basketball	7:15 pm Swimmer 3	6:00 pm Swimmer 2	(6 to 17 years)
(8-11) 6:35 pm Ages 11-13	7:45 pm Private Swimming Lessons	6:10 pm Indoor Soccer (8-11)	11:40 am
Basketball Drop-In	7:45 pm Private	6:15 pm Preschool 1	Private Learn to Skate
6:45 pm Swimmer 1	Swimming Lessons	6:15 pm Swimmer 1	Youth (Ages
6:45 pm Preschool	8:00 pm Adult 18+ Basketball Drop-In	6:15 pm Pound	4+) 11:40 am
	8:15 pm Lane Swim	6:15 pm Preschool 2	Private
6:45 pm Preschool	one più zane swim	6:45 pm Swimmer 4	Hockey Technical
6:45 pm Drama &		6:45 pm Preschool 1	Skating Skills
Creative Arts Club 6:45 pm Swimmer 2		6:45 pm Junior Artists (8-11)	(Ages 6+) FULL
6:45 pm Preschool		6:45 pm Swimmer 3	EQUIPMENT
1		6:45 pm Preschool 2	11:45 am Preschool 3
7:00 pm Walking Track		6:45 pm Preschool 5	11:45 am
		6:45 pm Swimmer 2	Swimmer 2
7:15 pm Private Swimming Lessons		6:45 pm Swimmer 1	11:45 am Private
7:15 pm Private		6:45 pm Preschool 4	Swimming Lessons
Swimming Lessons		7:00 pm Sport Court	11:45 am
7:15 pm Swimmer 1		Reservation - Alder Saputo Centre	Private
7:15 pm Swimmer 2		7:00 pm Walking	Swimming Lessons
7:15 pm Dance Fit		Track	11:45 am
7:15 pm Private Swimming Lessons		7:15 pm Private Swimming Lessons	Preschool 2
7:15 pm Private Swimming Lessons		7:15 pm Private	11:45 am Preschool 1
7:30 pm Ages 14-17		Swimming Lessons 7:15 pm Private	12:30 pm
Basketball Drop-In		Swimming Lessons	Sport Court Reservation -
7:30 pm Swimmer 7 - Rookie Patrol		7:15 pm Swimmer 2	Alder Saputo Centre
7:30 pm Swimmer		7:15 pm Step & Tone	12:30 pm Lane Swim
9- Star Patrol		7:15 pm Swimmer 1	12:45 pm
7:30 pm Swimmer 8- Ranger Patrol		7:15 pm Private Swimming Lessons	Leisure Swim & Splash
7:45 pm Swimmer 2-Teen/Adult		7:30 pm Swimmer 7	1:00 pm
7:45 pm Swimmer		- Rookie Patrol	Walking
1- Teen/Adult		7:30 pm Swimmer 9- Star Patrol	Track 1:45 pm
8:45 pm Lane Swim		7:30 pm Swimmer	Public Swim
		8- Ranger Patrol	(Lap & Leisure)
		7:45 pm Swimmer 1- Teen/Adult	2:00 pm Sport Court
		7:45 pm Swimmer 2-Teen/Adult	Reservation - Alder Saputo
		7:45 pm Swimmer 3	Centre
		- Teen/Adult	3:00 pm Walking
		8:30 pm Sport Court	Track
		Reservation - Alder Saputo Centre	3:00 pm Lane
		8:45 pm Lane Swim	Swim
			3:30 pm Sport Court
			Reservation - Alder Saputo Centre
			5:00 pm Adult
			Social Pickleball
			5:00 pm

						Walking Track 6:30 pm Adult Social Pickleball 7:00 pm Walking Track 7:30 pm Public Skate 8:00 pm Sport Court Reservation - Alder Saputo Centre
23	24	25	26	27	28	29
8:30 am Sport Court Reservation - Alder Saputo Centre 9:00 am Preschool 3 9:00 am Swimmer 3 9:00 am Preschool	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	7:30 am Lane Swim 8:30 am Sport Court Reservation - Alder Saputo Centre 8:45 am Aqua Zumba 9:00 am Walking Track	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	7:30 am Lane Swim 8:05 am Private Hockey/Ringette Technical Skating Skills (Ages 6+) 8:30 am 70+ Shinny - GOALIE Registration Only	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	9:00 am Swimmer 3 9:00 am Preschool 3 9:00 am Walking Track 9:00 am

-	8:45 am Therapeutic	9:00 am 70+ Shinny	8:45 am AquaFitness	Reservation - Alder	8:45 am Aquafit	1 41 611 64 101
9:00 am Parent &	Swim (Lap)	- GOALIE	9:00 am 65+ Shinny	Saputo Centre	9:00 am Walking	-
1	9:00 am Adult Skate	Registration Only	9:00 am 65+ Shinny	8:30 am 70+ Shinny	Track	9:00 am Swimmer 1
1 7	9:00 am Indoor	9:00 am 70+ Shinny	- GOALIE	8:35 am Private	9:00 am Adult Skate	9:00 am
9:00 am Lane	Nordic Walking	9:30 am Public Swim (Lap &	Registration Only	Learn to Skate Adult (Ages 18+)	9:00 am 65+ Shinny	Bronze Star
Swim- Snared 4	9:00 am 65+ Shinny - GOALIE	Leisure)	9:00 am Adult Skate		- GOALIE Registration Only	9:00 am Preschool 1
	Registration Only	10:00 am Sport	9:00 am Walking Track	8:35 am Adult Private Hockey	9:00 am 65+ Shinny	
9:00 am Swimmer	9:00 am 65+ Shinny	Court Reservation - Alder Saputo Centre	9:30 am Public	Technical Skating Skills (Adult 18+)	9:00 am Zumba®	9:00 am Preschool 4
9:00 am Walking	9:15 am Zumba®	10:00 am Dance Fit	Swim (Lap &	8:45 am Aqua	Gold	9:00 am Lane
1	9:30 am Public	10:30 am Hatha	Leisure)	Zumba	9:30 am Public	Swim- Shared
9.00 alli Fieschool	Swim (Lap & Leisure)	Intermediate	10:00 am Sport Court Reservation -	9:20 am Private	Swim (Lap)	(3 Lanes)
	10:00 am Sport	10:30 am	Alder Saputo Centre	Learn to Skate Adult (Ages 18+)	9:45 am Chair Fitness	9:00 am Preschool 2
1	Court Reservation -	Therapeutic Swim (Lap)	10:00 am Tiny Tots	9:20 am Small	9:45 am Sun	9:30 am
9.30 am Swimmer	Alder Saputo Centre	10:45 am Preschool	Skate	Group Learn to	Salutation	Preschool 5
	10:00 am Tiny Tots Skate	2	10:15 am Zumba® Toning	Skate Toddler (Age 3)	10:00 am Tiny Tots	9:30 am
9:30 am Parent &	10:30 am Hatha	10:45 am Parent &	10:30 am Sensory	9:30 am Public	Skate	Parent & Tot 2
	Beginner	Tot 1	Friendly Swim (Lap	Swim (Lap &	10:00 am Sport Court Reservation -	9:30 am Adult
1 /.	10:30 am Leisure &	10:45 am Intermediate Line	& Leisure)	Leisure)	Alder Saputo Centre	Social Pickleball
9:30 am Preschool	Splash 11:00 am Family	Dance	10:30 am Chair Yoga	10:00 am Beginner Line Dancing	10:30 am Leisure &	9:30 am
1 3	Skate Skate	10:45 am Preschool	11:00 am Walking Track	10:00 am Sport	Splash	Preschool 1
9:30 am Preschool	11:00 am Walking	11:00 am Walking	11:00 am Family	Court Reservation -	11:00 am Restorative Yoga	9:30 am
9:45 am Swimmer	Track	Track	Skate	Alder Saputo Centre	11:00 am Family	Junior Chefs (Ages 8-11)
4	11:30 am Sport Court Reservation -	11:15 am Preschool	11:00 am Balls & Bands	10:00 am Small Group Learn to	Skate	9:30 am
	Alder Saputo Centre	4		Skate Toddler (Age	11:00 am Walking Track	Preschool 2
2	11:45 am Breath &	11:15 am Parent & Tot 3	11:30 am Sport Court Reservation -	3)		9:30 am
10:00 am Preschool	Meditation	11:15 am Preschool	Alder Saputo Centre	10:00 am Parent & Child (Ages 2 to 5)	11:30 am Sport Court Reservation -	Preschool 3
	12:00 pm Adult Shinny - GOALIE	1	11:45 am Leisure & Splash	10:30 am Yin Yoga	Alder Saputo Centre	9:30 am Swimmer 2
	Registration Only	11:15 am Parent &	11:45 am Vinyasa	10:40 am Parent &	11:30 am Therapeutic Swim	9:45 am
	12:00 pm Adult	Tot 2	12:00 pm Adult	Child (Ages 2 to 5)	(Lap)	Swimmer 4
	Shinny	11:15 am Preschool	Shinny - GOALIE	10:40 am Small Group Learn to	12:00 pm Adult	10:00 am
	12:00 pm Lane Swim	11:30 am Sport	Registration Only	Skate Preschool	Shinny	Preschool 4
10:00 am Sport	12:00 pm Leisure &	Court Reservation -	12:00 pm Therapeutic Swim	(Ages 4 to 5)	12:00 pm Adult Shinny - GOALIE	10:00 am Preschool 1
Court Reservation -	Splash	Alder Saputo Centre	(Lap)	10:45 am Parent & Tot 1	Registration Only	10:00 am
	12:30 pm Family	12:00 pm Lane Swim	12:00 pm Adult	10:45 am Preschool	1:00 pm Sport Court	Preschool 2
Tot 3	Skate	12:00 pm Leisure &	Shinny	2	Reservation - Alder Saputo Centre	10:00 am Preschool 3
10:30 am Private	1:00 pm Lane Swim	Splash	12:30 pm Family Skate	10:45 am Preschool	1:00 pm Walking	10:00 am
	1:00 pm Sport Court Reservation - Alder	12:00 pm Adult Shinny	1:00 pm Leisure	1	Track	Swimmer 1
10:30 am Preschool	Saputo Centre	12:00 pm Adult	Swim	11:00 am Walking Track	1:00 pm Lane Swim	10:00 am
	1:00 pm Walking Track	Shinny - GOALIE	1:00 pm Walking Track	11:15 am Preschool	2:00 pm Lane Swim	Parent & Tot 3
3	2:30 pm Sport Court	Registration Only	1:00 pm Lane Swim	5	2:30 pm Sport Court Reservation - Alder	10:15 am
10:45 am Swimmer	Reservation - Alder	12:30 pm Adult Skate	1:00 pm Lane Swim 1:00 pm Sport Court	11:15 am Preschool	Saputo Centre	Swimmer 7 -
2	Saputo Centre	1:00 pm Walking	Reservation - Alder	11:15 am Parent &	3:00 pm Walking	Rookie Patrol
1	3:00 pm Figure Skating Skills	Track	Saputo Centre	Tot 2	Track	10:15 am Swimmer 8-
	3:00 pm Walking	1:00 pm Lane Swim	2:00 pm Lane Swim	11:15 am Preschool	4:00 pm Adult Social Pickleball	Ranger Patrol
1	Track	1:00 pm Inclusive	2:30 pm Sport Court Reservation - Alder	3	4:00 pm Public	10:15 am Swimmer 9-
	4:00 pm Shinny 5-7	Open Gym	Saputo Centre	11:15 am Parent & Tot 3	Skate	Swimmer 9- Star Patrol
	years old	2:30 pm Sport Court Reservation -	3:00 pm Walking	11:30 am Parent and	4:30 pm Preschool 2	10:30 am
	4:00 pm Shinny 5-7 Years Old GOALIE	Alder Saputo Centre	Track	Child Mini Hockey	4:30 pm Preschool 3	Private Swimming
	Registration Only	3:00 pm Figure	3:20 pm Private Hockey/Ringette	Learn to Skate (Ages 2 to 4)	4:30 pm Private	Lessons
Track	4:05 pm Ages 14-17	Skating Skills	Technical Skating	11:30 am Sport	Swimming Lessons (Preschool 1-5)	10:30 am
11:15 am Preschool	Basketball Drop-In	3:00 pm Walking	Skills (Ages 6+)	Court Reservation -		Preschool 3

1 1	1.20 D.:	11ack	LIOPETÁOILMEM		4:30 pm Preschool I	I
1	4:20 pm Private Hockey/Ringette	3:30 pm Hockey	3:30 pm Shinny 14-	Alder Saputo Centre	4:30 pm Preschool 4	10:30 am Preschool 1
11:15 am Private Swimming Lessons	Technical Skating	Skills - 14 years old	17 Years Old -	12:00 pm Therapeutic Swim	5:00 pm Preschool 3	
11:15 am Preschool	Skills (Ages 6+) FULL EQUIPMENT	and OVER	GOALIE Registration Only	(Lap)	1	10:45 am Swimmer 2
2	4:20 pm Private	4:00 pm Shinny 8- 10 Years Old -	3:30 pm Shinny 14-	12:10 pm Adult	5:00 pm Private Swimming Lessons	10:45 am
11:15 am Swimmer	Learn to Skate	GOALIE	17 years old	Private Hockey	(Preschool 1-5)	Swimmer 3
1	Youth (Ages 4+)	Registration Only	3:50 pm Private	Technical Skating Skills (Adult 18+)	5:00 pm Walking	10:45 am
11:15 am Preschool	4:20 pm Semi-	4:00 pm Shinny 8-	Hockey/Ringette	12:10 pm Private	Track	Preschool 5
3	Private Learn to Skate Youth (6 to 17	10 years old	Technical Skating Skills (Ages 6+)	Learn to Skate Adult	5:00 pm Parent &	10:45 am
11:15 am Private	years)	4:30 pm Hockey Skills - 13 years and	FULL EQUIPMENT	(Ages 18+)	Tot 1	Preschool 2
Swimming Lessons	4:30 pm Preschool 3	UNDER	4:20 pm Private	12:30 pm Adult	5:00 pm Preschool 2	11:00 am Adult Social
11:30 am Sport Court Reservation -	4:30 pm Preschool 1	4:30 pm Private	Hockey/Ringette Technical Skating	Skate	5:00 pm Preschool 1	Pickleball
Alder Saputo Centre	4:45 pm Preschool 2	Swimming Lessons	Skills (Ages 6+)	1:00 pm Walking Track	5:30 pm Preschool 1	11:00 am
11:45 am	4:45 pm Private	(Preschool 1-5)	FULL EQUIPMENT	1:00 pm Home	5:30 pm Preschool 2	Walking
Convenience Lessons -	Swimming Lessons	4:30 pm Preschool	4:30 pm Preschool 3	School Community	5:30 pm Private	Track
Preschool 1-5	(Preschool 1-5)	4:30 pm Youth	4:30 pm Multi	Open Gym	Swimming Lessons (Preschool 1-5)	11:15 am Swimmer 1
11:45 am Private	5:00 pm Preschool 1	Social Pickleball	Sports (3-4)	1:30 pm Lane Swim	<u> </u>	11:15 am
Swimming Lessons	5:00 pm Walking	Ages 12-17 - Drop-	4:30 pm Preschool 2	2:30 pm Sport Court	5:30 pm Private Swimming Lessons	Preschool 2
11:45 am	Track	In	4:30 pm Private	Reservation - Alder Saputo Centre	(Preschool 1-5)	11:15 am
Convenience	5:00 pm Preschool 3	4:30 pm Preschool	Swimming Lessons (Preschool 1-5)		5:30 pm Friday	Preschool 1
Lessons - Swimmer	5:00 pm Preschool	4:30 pm Preschool	4:30 pm Preschool 1	3:00 pm Figure Skating Skills	Night Social (Ages 8 to 13)	11:15 am
12:15 pm Private	(Ages 4 to 5)	2	1	3:00 pm Walking	<b>_</b>	Preschool 3
Swimming Lessons	5:10 pm Ages 8-10 Basketball Drop-In	5:00 pm Preschool	4:30 pm Public Skate	Track	5:30 pm Preschool 3	11:15 am
12:30 pm	5:15 pm Parent &	3	5:00 pm Preschool 2	3:30 pm Hockey	5:30 pm Adult Social Pickleball	Swimmer 5
Convenience Lessons - Swimmer	Tot 2	5:00 pm Parent &	5:00 pm Preschool 1	Skills - 14 years old and OVER	6:00 pm Preschool 1	11:15 am Private
1-6	5:15 pm Preschool 2	Tot 1	1		1	Swimming
12:30 pm	5:30 pm Junior	5:00 pm Walking	5:00 pm Preschool 3	4:00 pm Shinny 11- 13 Years Old -	6:00 pm Preschool 2	Lessons
Convenience	Chefs (Ages 8-11)	Track	5:00 pm Walking Track	GOALIE	6:00 pm Private Swimming Lessons	11:15 am Swimmer 6
Lessons - Preschool 1-5	5:30 pm Preschool 3	5:00 pm Private Swimming Lessons	5:00 pm Parent &	Registration Only	(Preschool 1-5)	
12:45 pm Private	5:30 pm Preschool 1	(Preschool 1-5)	Tot 2	4:00 pm Shinny 11- 13 years old	6:00 pm Parent &	11:15 am Private
Swimming Lessons	5:30 pm Music Club	5:00 pm Preschool	5:20 pm Multi		Tot 2	Swimming
1:00 pm Walking	5:40 pm Youth	1	Sports (3-4)	4:30 pm Mini Artists (3-4)	6:00 pm Preschool 3	Lessons
Track	(Ages 6 to 17)	5:00 pm Preschool	5:30 pm Preschool 1	4:30 pm Hockey	6:00 pm Parent &	11:30 am Swimmer 4
1:00 pm Sport	5:45 pm Preschool 2	_	5:30 pm Private	Skills - 13 years and	Tot 3	11:30 am
Court Reservation - Alder Saputo Centre	5:45 pm Parent &	5:15 pm Balls & Bands	Swimming Lessons (Preschool 1-5)	UNDER	6:45 pm Leisure Splash & Slide	Lane Swim
1:30 pm Bronze	Tot 1	5:30 pm Swimmer 2	` ′	4:30 pm Private Swimming Lessons	1	11:45 am
Medallion and	6:15 pm Ages 11-13	1	5:30 pm Parent & Tot 1	(Preschool 1-5)	7:00 pm Walking Track	Private
Emergency First Aid	Basketball Drop-In	5:30 pm Preschool	5:30 pm Preschool 2	4:30 pm Preschool 2	7:05 pm Adult 18+	Swimming Lessons
	6:15 pm Cardio	5:30 pm Mindful	5:30 pm Preschool 3	4:30 pm Indoor	Basketball Drop-In	11:45 am
1:30 pm Public Skate	Tone	Moments	6:00 pm Cardio	Soccer (3-4)	7:45 pm Lane Swim	Preschool 2
2:00 pm Public	6:15 pm Preschool 3	5:30 pm Swimmer 1	Tone	4:30 pm Preschool 3	7:45 pm Leisure &	11:45 am
Swim (Lap &	6:15 pm Preschool 1	5:30 pm Preschool	6:00 pm Private	4:30 pm Preschool 1	Splash	Preschool 1
Leisure)	6:30 pm Preschool 2	2	Swimming Lessons	5:00 pm Preschool 3	8:10 pm Sport Court	11:45 am
2:30 pm Sport Court Reservation -	6:30 pm Parent & Tot 3	5:30 pm Parent &	(Preschool 1-5)	5:00 pm Preschool 2	Reservation - Alder Saputo Centre	Private Swimming
Alder Saputo Centre		Tot 2	6:10 pm Multi Sports (5-7)	5:00 pm Preschool 4	-	Lessons
3:00 pm Walking	6:35 pm Power Skating for	5:30 pm Mindful Moments	6:15 pm Parent &	5:00 pm Walking		11:45 am
Track	Hockey/Ringette	5:30 pm Parent &	Tot 3	Track		Swimmer 2
3:00 pm Birthday	(Ages 7 to 10) FULL EQUIPMENT	Tot 3	6:15 pm Preschool 2	5:00 pm Private		11:45 am Preschool 3
Party - Swim & Splash	6:45 pm Preschool 3	5:30 pm Preschool	6:15 pm Preschool 1	Swimming Lessons		
3:15 pm Lane Swim	6:45 pm Preschool 1	3	6:15 pm Preschool 3	(Preschool 1-5)		12:30 pm Lane Swim
4:00 pm Sport	1	5:45 pm Swimmer 3	6:30 pm Private	5:00 pm Private Swimming Lessons		12:30 pm
Court Reservation -	7:00 pm Private Swimming Lessons	5:45 pm Swimmer 4	Swimming Lessons	(Preschool 1-5)		Sport Court
Alder Saputo Centre	(Preschool 1-5)	5:45 pm Basketball	(Preschool 1-5)	5:20 pm Indoor		Reservation - Alder Saputo
4:00 pm Leisure	7:00 pm Preschool 2	(5-7)	6:45 pm Preschool 5	Soccer (5-7)		Centre
Swim & Splash	7:00 pm Walking	6:00 pm Swimmer 2	6:45 pm Preschool 4	5:30 pm Preschool 2		12:45 pm

4:15 pm Shared Lane Swim (Lanes	Track	6:00 pm Preschool	6:45 pm Preschool 3	5:30 pm Preschool 3	Leisure Swim & Splash
1-5)	7:15 pm Zumba®		6:45 pm Preschool 1	5:30 pm Parent &	1:00 pm
5:00 pm Walking	7:15 pm Preschool 4	6:00 pm Swimmer 1	7:00 pm Multi	Tot 1	Walking
Track	7:15 pm Preschool 5	6:15 pm Preschool	Sports (8-11)	5:30 pm Little Artists (5-7)	Track
5:30 pm Sport Court Reservation -	7:20 pm Sport Court Reservation - Alder	6:15 pm Preschool	7:00 pm Zumba®	5:30 pm Preschool 4	1:45 pm Public Swim
Alder Saputo Centre	Saputo Centre	2	7:00 pm Walking Track	5:30 pm Preschool 1	(Lap &
7:00 pm Walking	7:30 pm Swimmer 5	6:15 pm Swimmer 2	7:15 pm Swimmer 5	5:30 pm Swimmer 2	Leisure)
Track	7:30 pm Swimmer 3	6:15 pm Body Blast	7:15 pm Swimmer 3	5:45 pm Swimmer 6	2:00 pm Sport Court
	7:30 pm Swimmer 6	6:30 pm Swimmer 5	7:15 pm Swimmer 4	5:45 pm Swimmer 5	Reservation -
	7:30 pm Swimmer 4	6:30 pm Swimmer 6	7:15 pm Swimmer 2	6:00 pm Swimmer 1	Alder Saputo Centre
	7:30 pm Power	6:30 pm Preschool	7:15 pm Swimmer 6	6:00 pm Preschool 5	3:00 pm
	Skating for Hockey/Ringette	5	7:15 pm Swimmer 3	6:00 pm Swimmer 2	Walking
	(Ages 11+) FULL	6:35 pm Basketball (8-11)	7:45 pm Private	6:10 pm Indoor	Track
	EQUIPMENT	6:35 pm Ages 11-13	Swimming Lessons	Soccer (8-11)	3:00 pm Lane Swim
	8:45 pm Lane Swim	Basketball Drop-In	7:45 pm Private	6:15 pm Preschool 1	3:30 pm Sport
		6:45 pm Swimmer 1	Swimming Lessons	6:15 pm Swimmer 1	Court
		6:45 pm Preschool	8:00 pm Adult 18+ Basketball Drop-In	6:15 pm Pound	Reservation - Alder Saputo
		4	8:15 pm Lane Swim	6:15 pm Preschool 2	Centre
		6:45 pm Preschool	6.13 pin Lane Swim	6:45 pm Swimmer 4	5:00 pm Adult Social
		6:45 pm Drama &		6:45 pm Preschool 1	Pickleball
		Creative Arts Club		6:45 pm Junior	5:00 pm
		6:45 pm Swimmer 2		Artists (8-11)	Walking Track
		6:45 pm Preschool		6:45 pm Swimmer 3	6:30 pm Adult
		•		6:45 pm Preschool 2	Social
		7:00 pm Walking Track		6:45 pm Preschool 5	Pickleball
		7:15 pm Private		6:45 pm Swimmer 2	7:00 pm Walking
		Swimming Lessons		6:45 pm Swimmer 1	Track
		7:15 pm Private Swimming Lessons		6:45 pm Preschool 4	8:00 pm Sport
		7:15 pm Swimmer 1		7:00 pm Sport Court Reservation - Alder	Court Reservation -
		7:15 pm Swimmer 1		Saputo Centre	Alder Saputo Centre
		7:15 pm Swimmer 2		7:00 pm Walking	Centre
		7:15 pm Private		Track	
		Swimming Lessons		7:15 pm Private Swimming Lessons	
		7:15 pm Private Swimming Lessons		7:15 pm Private Swimming Lessons	
		7:30 pm Ages 14-17 Basketball Drop-In		7:15 pm Private	
		7:30 pm Swimmer 7		Swimming Lessons 7:15 pm Swimmer 2	
		- Rookie Patrol		7:15 pm Step &	
		7:30 pm Swimmer 9- Star Patrol		Tone	
		7:30 pm Swimmer		7:15 pm Swimmer 1	
		8- Ranger Patrol		7:15 pm Private Swimming Lessons	
		7:45 pm Swimmer 2-Teen/Adult		7:30 pm Swimmer 7	
		7:45 pm Swimmer		- Rookie Patrol	
		1- Teen/Adult		7:30 pm Swimmer 9- Star Patrol	
		8:45 pm Lane Swim		7:30 pm Swimmer	
				8- Ranger Patrol	
				7:45 pm Swimmer 1- Teen/Adult	
				7:45 pm Swimmer	
		I	I	2-Teen/Adult	

			7:45 pm Swimmer 3 - Teen/Adult 8:30 pm Sport Court			
			8:30 pm Sport Court Reservation - Alder Saputo Centre 8:45 pm Lane Swim			
20	2:		8:45 рт санс зунн			+
30 8:20 am Spart	31 7:20 cm Long Swim			1		
8:30 am Sport Court Reservation -	7:30 am Lane Swim			1		
Alder Saputo Centre	8:30 am Sport Court Reservation - Alder			1		
9:00 am Preschool	Saputo Centre			1		
9:00 am Swimmer	8:45 am Therapeutic Swim (Lap)					
3 9:00 am Preschool	9:00 am Indoor Nordic Walking					
4	9:15 am Zumba®			1		
9:00 am Parent &	9:30 am Public			1		
Tot 1	Swim (Lap &			1		
9:00 am Preschool	Leisure)			1		
2	10:00 am Sport			1		
9:00 am Lane Swim- Shared 4 Lanes	Court Reservation - Alder Saputo Centre					
9:00 am Swimmer	10:30 am Hatha Beginner					
1 9:00 am Walking	10:30 am Leisure & Splash					
Track 9:00 am Preschool	11:00 am Walking Track					
9:00 am Preschool				1		
9:30 am Preschool	11:30 am Sport Court Reservation - Alder Saputo Centre					
9:30 am Swimmer 2	11:45 am Breath & Meditation					
9:30 am Parent & Tot 2	12:00 pm Lane Swim					
9:30 am Preschool 2	12:00 pm Leisure & Splash					
9:30 am Preschool	1:00 pm Lane Swim			1		
9:30 am Preschool	1:00 pm Walking Track					
5	1:00 pm Sport Court			1		
9:45 am Swimmer 4	Reservation - Alder Saputo Centre					
10:00 am Preschool 2	2:30 pm Sport Court Reservation - Alder					
10:00 am Preschool	Saputo Centre			1		
1	3:00 pm Walking			1		
10:00 am Swimmer	Track			1		
1	4:05 pm Ages 14-17 Basketball Drop-In			1		
10:00 am Preschool	4:20 pm Private			1		
	Hockey/Ringette			1		
10:00 am Preschool 4	Technical Skating			1		
10:00 am Sport	Skills (Ages 6+) FULL EQUIPMENT			1		
Court Reservation -	4:20 pm Private			1		
Alder Saputo Centre	Learn to Skate			1		
10:00 am Parent &	Youth (Ages 4+)			1		
Tot 3	4:20 pm Semi-			1		

10:30 am Private Swimming Lessons	Private Learn to Skate Youth (6 to 17 years)			
10:30 am Preschool	4:30 pm Preschool 3			
10:30 am Preschool	4:30 pm Preschool 1			
10:45 am Swimmer 2	4:45 pm Private Swimming Lessons (Preschool 1-5)			
10:45 am Swimmer	4:45 pm Preschool 2			
10:45 am Preschool	5:00 pm Preschool 1 5:00 pm Walking Track			
10:45 am Swimmer	5:00 pm Preschool 3			
10:45 am Preschool	5:00 pm Preschool (Ages 4 to 5)			
11:00 am Walking Track	5:10 pm Ages 8-10 Basketball Drop-In			
11:15 am Preschool	5:15 pm Parent & Tot 2			
11:15 am Private Swimming Lessons	5:15 pm Preschool 2 5:30 pm Junior			
11:15 am Preschool	Chefs (Ages 8-11) 5:30 pm Preschool 3			
11:15 am Swimmer	5:30 pm Preschool 1			
1 11:15 am Preschool	5:30 pm Music Club			
3	5:40 pm Youth (Ages 6 to 17)			
11:15 am Private Swimming Lessons	5:45 pm Preschool 2			
11:30 am Sport Court Reservation -	5:45 pm Parent & Tot 1			
Alder Saputo Centre 11:45 am	6:15 pm Ages 11-13 Basketball Drop-In			
Convenience Lessons - Preschool 1-5	6:15 pm Cardio Tone			
11:45 am Private Swimming Lessons	6:15 pm Preschool 3 6:15 pm Preschool 1			
Swimming Lessons 11:45 am	6:30 pm Preschool 2			
Convenience Lessons - Swimmer 1-6	6:30 pm Parent & Tot 3			
12:15 pm Private Swimming Lessons	6:35 pm Power Skating for Hockey/Ringette			
12:30 pm Convenience	(Ages 7 to 10) FULL EQUIPMENT			
Lessons - Swimmer 1-6	6:45 pm Preschool 3			
12:30 pm	6:45 pm Preschool 1			
Convenience Lessons - Preschool 1-5	7:00 pm Private Swimming Lessons (Preschool 1-5)			
12:45 pm Private Swimming Lessons	7:00 pm Preschool 2 7:00 pm Walking			
1:00 pm Walking Track	Track			
1:00 pm Sport	7:15 pm Zumba®			
Court Reservation - Alder Saputo Centre	7:15 pm Preschool 4 7:15 pm Preschool 5			
2:00 pm Public Swim (Lap & Leisure)	7:20 pm Sport Court Reservation - Alder Saputo Centre			

2:30 pm Sport Court Reservation - Alder Saputo Centre	7:30 pm Swimmer 5 7:30 pm Swimmer 3			
3:00 pm Walking Track	7:30 pm Swimmer 6 7:30 pm Swimmer 4			
3:15 pm Lane Swim 4:00 pm Sport Court Reservation - Alder Saputo Centre 4:00 pm Leisure Swim & Splash 4:15 pm Shared Lane Swim (Lanes 1-5)	7:30 pm Power Skating for Hockey/Ringette (Ages 11+) FULL EQUIPMENT 8:45 pm Lane Swim			
5:00 pm Walking Track				
5:30 pm Sport Court Reservation - Alder Saputo Centre				
7:00 pm Walking Track				

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