

March 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | | | | | 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+) 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 | 10 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 | 11 8:00 am March Break Camp Tuesday (Ages 4 to 5) 8:00 am March Break Camp Tuesday (Ages 6 to 13) | 12 8:00 am March Break Camp Wednesday (Ages 6 to 13) 8:00 am March Break Camp Wednesday (Ages 4 to 5) | 13 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) | 14 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 5:30 pm Lane Swim 5:35 pm March Break REP Hockey Development Camp (Ages 9 & 10) 6:45 pm Public Swim | 15 8:00 am Lane Swim |

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

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

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| 5:30 pm Mindful Moments | 5:30 pm Preschool 3 | 4:30 pm Indoor Soccer (3-4) | (Ages 4 to 5) | Preschool 2 |
| 5:30 pm Swimmer 1 | 6:00 pm Cardio Tone | 4:30 pm Preschool 3 | 6:45 pm Semi-Private Learn to Skate Youth (6 to 17 years) | 11:00 am Adult Social Pickleball |
| 5:30 pm Preschool 2 | 6:00 pm Private Swimming Lessons (Preschool 1-5) | 4:30 pm Preschool 1 | 6:45 pm Leisure Splash & Slide | 11:00 am Walking Track |
| 5:30 pm Parent & Tot 2 | 6:10 pm Multi Sports (5-7) | 5:00 pm Preschool 3 | 6:45 pm Private Learn to Skate Youth (Ages 4+) | 11:15 am Swimmer 1 |
| 5:30 pm Mindful Moments | 6:15 pm Parent & Tot 3 | 5:00 pm Preschool 2 | 7:00 pm Walking Track | 11:15 am Preschool 2 |
| 5:30 pm Parent & Tot 3 | 6:15 pm Preschool 2 | 5:00 pm Preschool 4 | 7:05 pm Adult 18+ Basketball Drop-In | 11:15 am Preschool 1 |
| 5:30 pm Preschool 3 | 6:15 pm Preschool 1 | 5:00 pm Private Swimming Lessons (Preschool 1-5) | 7:35 pm Youth (Ages 6 to 17) | 11:15 am Preschool 3 |
| 5:45 pm Swimmer 3 | 6:15 pm Preschool 3 | 5:00 pm Private Swimming Lessons (Preschool 1-5) | 7:45 pm Leisure & Splash | 11:15 am Swimmer 5 |
| 5:45 pm Swimmer 4 | 6:30 pm Private Swimming Lessons (Preschool 1-5) | 5:20 pm Indoor Soccer (5-7) | 7:45 pm Lane Swim | 11:15 am Private Swimming Lessons |
| 5:45 pm Basketball (5-7) | 6:45 pm Preschool 5 | 5:30 pm Preschool 2 | 8:10 pm Sport Court Reservation - Alder Saputo Centre | 11:15 am Private Swimming Lessons |
| 6:00 pm Swimmer 2 | 6:45 pm Preschool 4 | 5:30 pm Preschool 3 | | 11:15 am Swimmer 6 |
| 6:00 pm Preschool 3 | 6:45 pm Preschool 3 | 5:30 pm Parent & Tot 1 | | 11:30 am Swimmer 4 |
| 6:00 pm Swimmer 1 | 6:45 pm Preschool 1 | 5:30 pm Preschool 4 | | 11:30 am Lane Swim |
| 6:15 pm Preschool 1 | 7:00 pm Multi Sports (8-11) | 5:30 pm Little Artists (5-7) | | 11:40 am Semi-Private Learn to Skate Youth (6 to 17 years) |
| 6:15 pm Preschool 2 | 7:00 pm Zumba® | 5:30 pm Swimmer 2 | | 11:40 am Private Learn to Skate Youth (Ages 4+) |
| 6:15 pm Swimmer 2 | 7:00 pm Walking Track | 5:30 pm Preschool 1 | | 11:40 am Private Hockey Technical Skating Skills (Ages 6+) FULL EQUIPMENT |
| 6:15 pm Body Blast | 7:15 pm Swimmer 5 | 5:45 pm Swimmer 6 | | 11:45 am Preschool 3 |
| 6:30 pm Swimmer 5 | 7:15 pm Swimmer 4 | 5:45 pm Swimmer 5 | | 11:45 am Swimmer 2 |
| 6:30 pm Swimmer 6 | 7:15 pm Swimmer 2 | 6:00 pm Swimmer 1 | | 11:45 am Private Swimming Lessons |
| 6:30 pm Preschool 5 | 7:15 pm Swimmer 1 | 6:00 pm Preschool 5 | | 11:45 am Private Swimming Lessons |
| 6:35 pm Basketball (8-11) | 7:15 pm Swimmer 6 | 6:00 pm Swimmer 2 | | 11:45 am Private Swimming |
| 6:35 pm Ages 11-13 Basketball Drop-In | 7:15 pm Swimmer 3 | 6:10 pm Indoor Soccer (8-11) | | |
| 6:45 pm Swimmer 1 | 7:45 pm Private Swimming Lessons | 6:15 pm Preschool 1 | | |
| 6:45 pm Preschool 4 | 7:45 pm Private Swimming Lessons | 6:15 pm Swimmer 1 | | |
| 6:45 pm Preschool 2 | 8:00 pm Adult 18+ Basketball Drop-In | 6:15 pm Pound | | |
| 6:45 pm Drama & Creative Arts Club | 8:15 pm Lane Swim | 6:15 pm Preschool 2 | | |
| 6:45 pm Swimmer 2 | | 6:45 pm Swimmer 4 | | |
| 6:45 pm Preschool 1 | | 6:45 pm Preschool 1 | | |
| 7:00 pm Walking Track | | 6:45 pm Junior Artists (8-11) | | |
| 7:15 pm Private Swimming Lessons | | 6:45 pm Swimmer 3 | | |
| 7:15 pm Private Swimming Lessons | | 6:45 pm Preschool 2 | | |
| 7:15 pm Swimmer 1 | | 6:45 pm Preschool 5 | | |
| 7:15 pm Swimmer 2 | | 6:45 pm Swimmer 2 | | |
| | | 6:45 pm Preschool 4 | | |
| | | 6:45 pm Swimmer 1 | | |
| | | 7:00 pm Sport Court Reservation - Alder Saputo Centre | | |

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| | | <p>7:15 pm Dance Fit</p> <p>7:15 pm Private Swimming Lessons</p> <p>7:15 pm Private Swimming Lessons</p> <p>7:30 pm Ages 14-17 Basketball Drop-In</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>8:45 pm Lane Swim</p> | | <p>7:00 pm Walking Track</p> <p>7:15 pm Private Swimming Lessons</p> <p>7:15 pm Private Swimming Lessons</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 Step & Tone</p> <p>7:15 pm Swimmer 1</p> <p>7:15 pm Private Swimming Lessons</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 1- Teen/Adult</p> <p>7:45 pm Swimmer 2-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> | | <p>Lessons</p> <p>11:45 am Preschool 2</p> <p>11:45 am Preschool 1</p> <p>12:30 pm Sport Court Reservation - Alder Saputo Centre</p> <p>12:30 pm Lane Swim</p> <p>12:45 pm Leisure Swim & Splash</p> <p>1:00 pm Walking Track</p> <p>1:45 pm Public Swim (Lap & Leisure)</p> <p>2:00 pm Sport Court Reservation - Alder Saputo Centre</p> <p>3:00 pm Walking Track</p> <p>3:00 pm Lane Swim</p> <p>3:30 pm Sport Court Reservation - Alder Saputo Centre</p> <p>5:00 pm Adult Social Pickleball</p> <p>5:00 pm Walking Track</p> <p>6:30 pm Adult Social Pickleball</p> <p>7:00 pm Walking Track</p> <p>7:30 pm Public Skate</p> <p>8:00 pm Sport Court Reservation - Alder Saputo Centre</p> |
| <p>23</p> <p>8:30 am Sport Court Reservation - Alder Saputo Centre</p> <p>9:00 am Preschool 3</p> <p>9:00 am Swimmer 3</p> <p>9:00 am Preschool</p> | <p>24</p> <p>7:30 am Lane Swim</p> <p>8:30 am Sport Court Reservation - Alder Saputo Centre</p> <p>8:30 am 55+ Shinny - GOALIE Registration Only</p> <p>8:30 am 55+ Shinny</p> | <p>25</p> <p>7:30 am Lane Swim</p> <p>8:30 am Sport Court Reservation - Alder Saputo Centre</p> <p>8:45 am Aqua Zumba</p> <p>9:00 am Walking Track</p> | <p>26</p> <p>7:30 am Lane Swim</p> <p>8:30 am 55+ Shinny - GOALIE Registration Only</p> <p>8:30 am Sport Court Reservation - Alder Saputo Centre</p> <p>8:30 am 55+ Shinny</p> | <p>27</p> <p>7:30 am Lane Swim</p> <p>8:05 am Private Hockey/Ringette Technical Skating Skills (Ages 6+)</p> <p>8:30 am 70+ Shinny - GOALIE Registration Only</p> | <p>28</p> <p>7:30 am Lane Swim</p> <p>8:30 am Sport Court Reservation - Alder Saputo Centre</p> <p>8:30 am 55+ Shinny - GOALIE Registration Only</p> <p>8:30 am 55+ Shinny</p> | <p>29</p> <p>9:00 am Swimmer 3</p> <p>9:00 am Preschool 3</p> <p>9:00 am Walking Track</p> <p>9:00 am</p> |

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

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

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| 4:15 pm Shared Lane Swim (Lanes 1-5) | 7:00 pm walking Track | 6:00 pm Preschool 3 | 6:45 pm Preschool 3 | 5:30 pm Preschool 3 | 12:45 pm Leisure Swim & Splash |
| 5:00 pm Walking Track | 7:15 pm Zumba® | 6:00 pm Swimmer 1 | 6:45 pm Preschool 1 | 5:30 pm Parent & Tot 1 | 1:00 pm Walking Track |
| 5:30 pm Sport Court Reservation - Alder Saputo Centre | 7:15 pm Preschool 4 | 6:15 pm Preschool 1 | 7:00 pm Multi Sports (8-11) | 5:30 pm Little Artists (5-7) | 1:45 pm Public Swim (Lap & Leisure) |
| 7:00 pm Walking Track | 7:20 pm Sport Court Reservation - Alder Saputo Centre | 6:15 pm Preschool 2 | 7:00 pm Zumba® | 5:30 pm Preschool 4 | 2:00 pm Sport Court Reservation - Alder Saputo Centre |
| | 7:30 pm Swimmer 5 | 6:15 pm Swimmer 2 | 7:00 pm Walking Track | 5:30 pm Swimmer 2 | 3:00 pm Walking Track |
| | 7:30 pm Swimmer 3 | 6:15 pm Body Blast | 7:15 pm Swimmer 5 | 5:30 pm Preschool 1 | 3:00 pm Lane Swim |
| | 7:30 pm Swimmer 6 | 6:30 pm Swimmer 5 | 7:15 pm Swimmer 4 | 5:45 pm Swimmer 6 | 3:30 pm Sport Court Reservation - Alder Saputo Centre |
| | 7:30 pm Swimmer 4 | 6:30 pm Swimmer 6 | 7:15 pm Swimmer 2 | 5:45 pm Swimmer 5 | 5:00 pm Adult Social Pickleball |
| | 7:30 pm Power Skating for Hockey/Ringette (Ages 11+) FULL EQUIPMENT | 6:30 pm Preschool 5 | 7:15 pm Swimmer 1 | 6:00 pm Swimmer 1 | 5:00 pm Walking Track |
| | 8:45 pm Lane Swim | 6:30 pm Preschool 5 | 7:15 pm Swimmer 6 | 6:00 pm Preschool 5 | 6:30 pm Adult Social Pickleball |
| | | 6:35 pm Basketball (8-11) | 7:15 pm Swimmer 3 | 6:00 pm Swimmer 2 | 7:00 pm Walking Track |
| | | 6:35 pm Ages 11-13 Basketball Drop-In | 7:45 pm Private Swimming Lessons | 6:10 pm Indoor Soccer (8-11) | 8:00 pm Sport Court Reservation - Alder Saputo Centre |
| | | 6:45 pm Swimmer 1 | 7:45 pm Private Swimming Lessons | 6:15 pm Preschool 1 | |
| | | 6:45 pm Preschool 4 | 8:00 pm Adult 18+ Basketball Drop-In | 6:15 pm Swimmer 1 | |
| | | 6:45 pm Preschool 2 | 8:15 pm Lane Swim | 6:15 pm Pound | |
| | | 6:45 pm Drama & Creative Arts Club | | 6:15 pm Preschool 2 | |
| | | 6:45 pm Swimmer 2 | | 6:45 pm Swimmer 4 | |
| | | 6:45 pm Preschool 1 | | 6:45 pm Preschool 1 | |
| | | 7:00 pm Walking Track | | 6:45 pm Junior Artists (8-11) | |
| | | 7:15 pm Private Swimming Lessons | | 6:45 pm Swimmer 3 | |
| | | 7:15 pm Private Swimming Lessons | | 6:45 pm Preschool 2 | |
| | | 7:15 pm Swimmer 1 | | 6:45 pm Preschool 5 | |
| | | 7:15 pm Swimmer 2 | | 6:45 pm Swimmer 2 | |
| | | 7:15 pm Dance Fit | | 6:45 pm Preschool 4 | |
| | | 7:15 pm Private Swimming Lessons | | 6:45 pm Swimmer 1 | |
| | | 7:15 pm Private Swimming Lessons | | 7:00 pm Sport Court Reservation - Alder Saputo Centre | |
| | | 7:30 pm Ages 14-17 Basketball Drop-In | | 7:00 pm Walking Track | |
| | | 7:30 pm Swimmer 7 - Rookie Patrol | | 7:15 pm Private Swimming Lessons | |
| | | 7:30 pm Swimmer 9- Star Patrol | | 7:15 pm Private Swimming Lessons | |
| | | 7:30 pm Swimmer 8- Ranger Patrol | | 7:15 pm Private Swimming Lessons | |
| | | 7:45 pm Swimmer 2-Teen/Adult | | 7:15 pm Private Swimming Lessons | |
| | | 7:45 pm Swimmer 1- Teen/Adult | | 7:15 pm Private Swimming Lessons | |
| | | 8:45 pm Lane Swim | | 7:15 pm Private Swimming Lessons | |
| | | | | 7:30 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 | |

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

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

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