

# 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+) 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

					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 Family Skate 11:00 am Balls & Bands 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 Walking Track 9:00 am Adult Skate 9:00 am 65+ Shinny 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 Preschool 1 4:30 pm Private Swimming Lessons	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

12:30 pm Adult Skate	1:00 pm Lane Swim	11:15 am Preschool 4	(Preschool 1-5)	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 4	9:30 am Adult Social Pickleball
1:00 pm Lane Swim	2:00 pm Lane Swim	11:15 am Preschool 3	4:30 pm Preschool 3	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 Private Hockey/Ringette Technical Skating Skills (Ages 6+)	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 Semi-Private Learn to Skate Youth (6 to 17 years)	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	4:45 pm Private Learn to Skate Youth (Ages 4+)	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 1	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 Preschool 2	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 Parent & Tot 1	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 Walking Track	10:00 am Swimmer 1
4:30 pm Hockey Skills - 13 years and UNDER	4:30 pm Multi Sports (3-4)	1:00 pm Walking Track	5:00 pm Preschool 3	10:00 am Parent & Tot 3
4:30 pm Private Swimming Lessons (Preschool 1-5)	4:30 pm Preschool 3	1:00 pm Home School Community Open Gym	5:00 pm Private Swimming Lessons (Preschool 1-5)	10:00 am Preschool 3
4:30 pm Preschool 3	4:30 pm Preschool 2	1:30 pm Lane Swim	5:25 pm NEW Parent and Player Pre-Power (Ages 4 to 5)	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	5:25 pm Semi-Private Power Skating (Age 6) FULL EQUIPMENT	10:15 am Swimmer 8-Ranger Patrol
4:30 pm Preschool 1		3:00 pm Figure	5:30 pm Preschool 3	10:15 am Swimmer 7 - Rookie Patrol
			5:30 pm Adult Social Pickleball	

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

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

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



7 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 10:30 am Private Swimming Lessons 10:30 am Preschool 1 10:30 am Preschool 3 10:45 am Swimmer 2 10:45 am Swimmer 6 10:45 am Swimmer 5 10:45 am Preschool 2 10:45 am Preschool 5 11:00 am Walking Track 11:15 am Preschool	8:45 am Therapeutic Swim (Lap) 9:00 am Adult Skate 9:00 am Indoor Nordic Walking 9:00 am 65+ Shinny - GOALIE Registration Only 9:00 am 65+ Shinny 9:15 am Zumba® 9:30 am Public Swim (Lap & Leisure) 10:00 am Sport Court Reservation - Alder Saputo Centre 10:00 am Tiny Tots Skate 10:30 am Hatha Beginner 10:30 am Leisure & Splash 11:00 am Family Skate 11:00 am Walking Track 11:30 am Sport Court Reservation - Alder Saputo Centre 11:45 am Breath & Meditation 12:00 pm Adult Shinny - GOALIE Registration Only 12:00 pm Adult Shinny 12:00 pm Lane Swim 12:00 pm Leisure & Splash 12:30 pm Family Skate 1:00 pm Lane Swim 1:00 pm Sport Court Reservation - Alder Saputo Centre 1:00 pm Walking Track 2:30 pm Sport Court Reservation - Alder Saputo Centre 3:00 pm Figure Skating Skills 3:00 pm Walking Track 4:00 pm Shinny 5-7 years old 4:00 pm Shinny 5-7 Years Old GOALIE Registration Only 4:05 pm Ages 14-17 Basketball Drop-In	9:00 am 70+ Shinny - GOALIE Registration Only 9:00 am 70+ Shinny 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 Preschool 2 10:45 am Parent & Tot 1 10:45 am Intermediate Line Dance 10:45 am Preschool 1 11:00 am Walking Track 11:15 am Preschool 4 11:15 am Parent & Tot 3 11:15 am Preschool 1 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 Lane Swim 12:00 pm Leisure & Splash 12:00 pm Adult Shinny 12:00 pm Adult Shinny - GOALIE Registration Only 12:00 pm Adult Shinny 12:00 pm Adult Shinny 12:00 pm Adult Shinny - GOALIE Registration Only 12:30 pm Adult Skate 1:00 pm Walking Track 1:00 pm Lane Swim 1:00 pm Inclusive Open Gym 2:30 pm Sport Court Reservation - Alder Saputo Centre 3:00 pm Figure Skating Skills 3:00 pm Walking	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 Family Skate 11:00 am Balls & Bands 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 1:00 pm Walking Track 1:00 pm Lane Swim 1:00 pm Sport Court Reservation - Alder Saputo Centre 2:00 pm Lane Swim 2:30 pm Sport Court Reservation - Alder Saputo Centre 3:00 pm Walking Track 3:20 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+)	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 11:15 am Preschool 4 11:15 am Parent & Tot 2 11:15 am Preschool 3 11:15 am Parent & Tot 3 11:30 am Parent and Child Mini Hockey Learn to Skate (Ages 2 to 4) 11:30 am Sport Court Reservation -	8:45 am Aquafit 9:00 am Walking Track 9:00 am Adult Skate 9:00 am 65+ Shinny - GOALIE Registration Only 9:00 am 65+ Shinny 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 12:00 pm Adult Shinny - GOALIE Registration Only 1:00 pm Sport Court Reservation - Alder Saputo Centre 1:00 pm Walking Track 1:00 pm Lane Swim 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 4:00 pm Public Skate 4:30 pm Preschool 2 4:30 pm Preschool 3 4:30 pm Preschool 1 4:30 pm Private Swimming Lessons	Parent & Tot 1 9:00 am Swimmer 1 9:00 am Bronze Star 9:00 am Preschool 1 9:00 am Preschool 4 9:00 am Lane Swim- Shared (3 Lanes) 9:00 am Preschool 2 9:30 am Preschool 5 9:30 am Parent & Tot 2 9:30 am Adult Social Pickleball 9:30 am Preschool 1 9:30 am Junior Chefs (Ages 8-11) 9:30 am Preschool 2 9:30 am Preschool 3 9:30 am Swimmer 2 9:45 am Swimmer 4 10:00 am Preschool 4 10:00 am Preschool 1 10:00 am Preschool 2 10:00 am Preschool 3 10:00 am Swimmer 1 10:00 am Parent & Tot 3 10:15 am Swimmer 7 - Rookie Patrol 10:15 am Swimmer 8- Ranger Patrol 10:15 am Swimmer 9- Star Patrol 10:30 am Private Swimming Lessons 10:30 am Preschool 3
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4:15 pm Shared Lane Swim (Lanes 1-5)	Track	6:00 pm Preschool 3	6:45 pm Preschool 3	5:30 pm Preschool 3	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 Walking Track	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 Zumba®	5:30 pm Preschool 1	3:00 pm Walking Track
	7:30 pm Swimmer 3	6:15 pm Body Blast	7:15 pm Swimmer 5	5:30 pm Swimmer 2	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 Swimmer 1	
		7:15 pm Private Swimming Lessons		6:45 pm Preschool 4	
		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 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		
30	31					
8:30 am Sport Court Reservation - Alder Saputo Centre	7:30 am Lane Swim					
9:00 am Preschool 3	8:30 am Sport Court Reservation - Alder Saputo Centre					
9:00 am Swimmer 3	8:45 am Therapeutic Swim (Lap)					
9:00 am Preschool 4	9:00 am Indoor Nordic Walking					
9:00 am Parent & Tot 1	9:15 am Zumba®					
9:00 am Preschool 2	9:30 am Public Swim (Lap & Leisure)					
9:00 am Lane Swim- Shared 4 Lanes	10:00 am Sport Court Reservation - Alder Saputo Centre					
9:00 am Swimmer 1	10:30 am Hatha Beginner					
9:00 am Walking Track	10:30 am Leisure & Splash					
9:00 am Preschool 1	11:00 am Walking Track					
9:30 am Preschool 1	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 3	1:00 pm Lane Swim					
9:30 am Preschool 5	1:00 pm Walking Track					
9:45 am Swimmer 4	1:00 pm Sport Court Reservation - Alder Saputo Centre					
10:00 am Preschool 2	2:30 pm Sport Court Reservation - Alder Saputo Centre					
10:00 am Preschool 1	3:00 pm Walking Track					
10:00 am Swimmer 1	4:05 pm Ages 14-17 Basketball Drop-In					
10:00 am Preschool 3	4:20 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+)					
10:00 am Preschool 4	FULL EQUIPMENT					
10:00 am Sport Court Reservation - Alder Saputo Centre	4:20 pm Private Learn to Skate Youth (Ages 4+)					
10:00 am Parent & Tot 3	4:20 pm Semi-					

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

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						