

April 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|---|---|
| | | 1 9:00 am 70+ Shiny - GOALIES Only 9:00 am 70+ Shiny | 2 3:20 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT 3:50 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT 4:20 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT | 3 | 4 4:15 pm Lane Swim | 5 |
| 6 3:00 pm Birthday Party - Swim & Splash | 7 9:00 am Indoor Nordic Walking 10:30 am Hatha Beginner 11:45 am Breath & Meditation 4:00 pm Lane Swim 4:20 pm Semi-Private Learn to Skate Youth (6 to 17 years) 4:20 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT 4:20 pm Private Learn to Skate Youth (Ages 4+) 4:30 pm Preschool 3 4:30 pm Preschool 1 | 8 10:30 am Hatha Intermediate 10:45 am Preschool 1 10:45 am Parent & Tot 1 10:45 am Preschool 2 11:15 am Preschool 1 11:15 am Parent & Tot 3 11:15 am Preschool 3 11:15 am Parent & Tot 2 11:15 am Preschool 4 4:30 pm Private Swimming Lessons (Preschool 1-5) 4:30 pm Preschool | 9 10:30 am Chair Yoga 11:45 am Vinyasa 4:30 pm Preschool 1 4:30 pm Private Swimming Lessons (Preschool 1-5) 4:30 pm Preschool 2 4:30 pm Preschool 3 4:30 pm Multi Sports (3-4) 5:00 pm Preschool 2 5:00 pm Parent & Tot 2 5:00 pm Preschool 3 5:00 pm Preschool 1 | 10 10:30 am Yin Yoga 10:45 am Preschool 2 10:45 am Parent & Tot 1 10:45 am Preschool 1 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 4:30 pm Mini Artists (3-4) 4:30 pm Private Swimming Lessons (Preschool 1-5) | 11 8:45 am Aquafit 9:30 am Public Swim (Lap) 9:45 am Sun Salutation 10:30 am Leisure & Splash 11:00 am Restorative Yoga 11:30 am Therapeutic Swim (Lap) 4:30 pm Preschool 3 4:30 pm Preschool 2 4:30 pm Preschool 4 4:30 pm Preschool 1 4:30 pm Private Swimming Lessons | 12 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) 8:05 am Private Learn to Skate Youth (Ages 4+) 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 Preschool 3 |

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| | 4:45 pm Private Swimming Lessons (Preschool 1-5) | 3 | 5:20 pm Multi Sports (3-4) | 4:30 pm Preschool 3 | (Preschool 1-5) | 9:00 am Swimmer 3 |
| | 4:45 pm Preschool 2 | 4:30 pm Preschool 1 | 5:30 pm Preschool 1 | 4:30 pm Preschool 1 | 4:45 pm Semi-Private Learn to Skate Youth (6 to 17 years) | 9:00 am Swimmer 1 |
| | 5:00 pm Preschool 1 | 4:30 pm Preschool 2 | 5:30 pm Parent & Tot 1 | 4:30 pm Indoor Soccer (3-4) | 4:45 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) | 9:00 am Parent & Tot 1 |
| | 5:00 pm Preschool 3 | 5:00 pm Preschool 3 | 5:30 pm Private Swimming Lessons (Preschool 1-5) | 4:30 pm Preschool 2 | 4:45 pm Private Learn to Skate Youth (Ages 4+) | 9:00 am Preschool 2 |
| | 5:00 pm Preschool (Ages 4 to 5) | 5:00 pm Parent & Tot 1 | 5:30 pm Preschool 2 | 5:00 pm Preschool 4 | 5:00 pm Preschool 1 | 9:00 am Preschool 4 |
| | 5:00 pm Lane Swim | 5:00 pm Private Swimming Lessons (Preschool 1-5) | 5:30 pm Preschool 3 | 5:00 pm Private Swimming Lessons (Preschool 1-5) | 5:00 pm Preschool 2 | 9:00 am Preschool 1 |
| | 5:15 pm Parent & Tot 2 | 5:00 pm Preschool 1 | 6:00 pm Private Swimming Lessons (Preschool 1-5) | 5:00 pm Preschool 3 | 5:00 pm Preschool 1 | 9:25 am Preschool (Ages 4 to 5) |
| | 5:15 pm Preschool 2 | 5:00 pm Preschool 2 | 6:10 pm Multi Sports (5-7) | 5:00 pm Preschool 2 | 5:00 pm Parent & Tot 1 | 9:30 am Parent & Tot 2 |
| | 5:30 pm Junior Chefs (Ages 8-11) | 5:30 pm Parent & Tot 2 | 6:15 pm Parent & Tot 3 | 5:00 pm Private Swimming Lessons (Preschool 1-5) | 5:00 pm Preschool 3 | 9:30 am Preschool 5 |
| | 5:30 pm Preschool 3 | 5:30 pm Parent & Tot 3 | 6:15 pm Preschool 2 | 5:20 pm Indoor Soccer (5-7) | 5:00 pm Private Swimming Lessons (Preschool 1-5) | 9:30 am Preschool 3 |
| | 5:30 pm Preschool 1 | 5:30 pm Preschool 3 | 6:15 pm Preschool 1 | 5:30 pm Preschool 2 | 5:25 pm NEW Parent and Player Pre-Power (Ages 4 to 5) | 9:30 am Swimmer 2 |
| | 5:40 pm Youth (Ages 6 to 17) | 5:30 pm Preschool 2 | 6:15 pm Preschool 3 | 5:30 pm Preschool 3 | 5:25 pm Semi-Private Power Skating (Age 6) FULL EQUIPMENT | 9:30 am Preschool 1 |
| | 5:45 pm Preschool 2 | 5:30 pm Swimmer 1 | 6:30 pm Private Swimming Lessons (Preschool 1-5) | 5:30 pm Parent & Tot 1 | 5:30 pm Preschool 3 | 9:30 am Preschool 2 |
| | 5:45 pm Parent & Tot 1 | 5:30 pm Preschool 1 | 6:45 pm Preschool 5 | 5:30 pm Preschool 4 | 5:30 pm Preschool 2 | 9:30 am Junior Chefs (Ages 8-11) |
| | 6:15 pm Preschool 3 | 5:30 pm Swimmer 2 | 6:45 pm Preschool 4 | 5:30 pm Little Artists (5-7) | 5:30 pm Preschool 1 | 9:45 am Swimmer 4 |
| | 6:15 pm Preschool 1 | 5:45 pm Basketball (5-7) | 6:45 pm Preschool 3 | 5:30 pm Swimmer 2 | 5:30 pm Private Swimming Lessons (Preschool 1-5) | 10:00 am Preschool 4 |
| | 6:30 pm Preschool 2 | 5:45 pm Swimmer 3 | 6:45 pm Preschool 1 | 5:30 pm Preschool 1 | 5:30 pm Preschool 1 | 10:00 am Preschool 1 |
| | 6:30 pm Parent & Tot 3 | 5:45 pm Swimmer 4 | 7:00 pm Multi Sports (8-11) | 5:45 pm Swimmer 6 | 5:30 pm Preschool 2 | 10:00 am Preschool 2 |
| | 6:35 pm Power Skating for Hockey/Ringette (Ages 7 to 10) FULL EQUIPMENT | 6:00 pm Preschool 3 | 7:15 pm Swimmer 1 | 5:45 pm Swimmer 5 | 5:30 pm Private Swimming Lessons (Preschool 1-5) | 10:00 am Swimmer 1 |
| | 6:45 pm Preschool 3 | 6:00 pm Swimmer 1 | 7:15 pm Swimmer 6 | 6:00 pm Swimmer 1 | 6:00 pm Parent & Tot 2 | 10:00 am Parent & Tot 3 |
| | 6:45 pm Preschool 1 | 6:00 pm Swimmer 2 | 7:15 pm Swimmer 3 | 6:00 pm Preschool 5 | 6:00 pm Preschool 3 | 10:00 am Preschool 3 |
| | 7:00 pm Private Swimming Lessons (Preschool 1-5) | 6:15 pm Preschool 2 | 7:15 pm Swimmer 4 | 6:00 pm Preschool 2 | 6:00 pm Preschool 1 | 10:05 am Parent & Child (Ages 2 to 5) |
| | 7:00 pm Preschool 2 | 6:15 pm Swimmer 2 | 7:15 pm Swimmer 5 | 6:10 pm Indoor Soccer (8-11) | 6:00 pm Parent & Tot 3 | 10:15 am Swimmer 8-Ranger Patrol |
| | 7:15 pm Preschool 4 | 6:15 pm Preschool 1 | 7:15 pm Swimmer 2 | 6:15 pm Preschool 1 | 6:00 pm Private Swimming Lessons (Preschool 1-5) | 10:15 am Swimmer 7 - Rookie Patrol |
| | 7:15 pm Preschool 5 | 6:30 pm Swimmer 5 | 7:45 pm Private Swimming Lessons | 6:15 pm Swimmer 1 | 6:00 pm Preschool 2 | 10:15 am Swimmer 9-Star Patrol |
| | 7:30 pm Swimmer 6 | 6:30 pm Swimmer 6 | 7:45 pm Private Swimming Lessons | 6:15 pm Preschool 2 | 6:05 pm Parent & Child (Ages 2 to 5) | 10:30 am Preschool 3 |
| | 7:30 pm Swimmer 4 | 6:30 pm Preschool 5 | 8:15 pm Lane Swim | 6:45 pm Swimmer 4 | 6:05 pm Preschool (Ages 4 to 5) | 10:30 am Private Swimming Lessons |
| | 7:30 pm Power Skating for Hockey/Ringette (Ages 11+) FULL EQUIPMENT | 6:35 pm Basketball (8-11) | | 6:45 pm Preschool 1 | 6:45 pm Semi-Private Learn to Skate Youth (6 to 17 years) | 10:30 am |
| | | 6:45 pm Preschool 4 | | 6:45 pm Junior Artists (8-11) | | |
| | | 6:45 pm Swimmer 1 | | 6:45 pm Swimmer 2 | | |
| | | 6:45 pm Swimmer 2 | | | | |

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| 7:30 pm Swimmer 3 | 6:45 pm Preschool 1 | 6:45 pm Preschool 2 | 6:45 pm Preschool 1 | 6:45 pm Private Learn to Skate Youth (Ages 4+) | Preschool 1 |
| 7:30 pm Swimmer 5 | 6:45 pm Preschool 2 | 6:45 pm Preschool 2 | 6:45 pm Preschool 5 | 6:45 pm Leisure Splash & Slide | 10:45 am Swimmer 2 |
| | 6:45 pm Drama & Creative Arts Club | 6:45 pm Drama & Creative Arts Club | 6:45 pm Swimmer 2 | 7:35 pm Youth (Ages 6 to 17) | 10:45 am Swimmer 3 |
| | 7:15 pm Private Swimming Lessons | 7:15 pm Private Swimming Lessons | 6:45 pm Swimmer 1 | 7:45 pm Leisure & Splash | 10:45 am Preschool 5 |
| | 7:15 pm Private Swimming Lessons | 7:15 pm Private Swimming Lessons | 6:45 pm Preschool 4 | 7:45 pm Lane Swim | 10:45 am Youth (Ages 6 to 17) |
| | 7:15 pm Private Swimming Lessons | 7:15 pm Private Swimming Lessons | 7:15 pm Swimmer 1 | | 10:45 am Preschool 2 |
| | 7:15 pm Private Swimming Lessons | 7:15 pm Private Swimming Lessons | 7:15 pm Private Swimming Lessons | | 11:15 am Private Swimming Lessons |
| | 7:15 pm Swimmer 1 | 7:15 pm Swimmer 1 | 7:15 pm Swimmer 2 | | 11:15 am Private Swimming Lessons |
| | 7:15 pm Swimmer 2 | 7:15 pm Swimmer 2 | 7:15 pm Private Swimming Lessons | | 11:15 am Swimmer 6 |
| | 7:30 pm Swimmer 8- Ranger Patrol | 7:30 pm Swimmer 8- Ranger Patrol | 7:15 pm Private Swimming Lessons | | 11:15 am Swimmer 5 |
| | 7:30 pm Swimmer 9- Star Patrol | 7:30 pm Swimmer 9- Star Patrol | 7:15 pm Private Swimming Lessons | | 11:15 am Swimmer 1 |
| | 7:30 pm Swimmer 7 - Rookie Patrol | 7:30 pm Swimmer 7 - Rookie Patrol | 7:30 pm Swimmer 7 - Rookie Patrol | | 11:15 am Preschool 2 |
| | 7:45 pm Swimmer 1- Teen/Adult | 7:45 pm Swimmer 1- Teen/Adult | 7:30 pm Swimmer 9- Star Patrol | | 11:15 am Preschool 1 |
| | 7:45 pm Swimmer 2-Teen/Adult | 7:45 pm Swimmer 2-Teen/Adult | 7:30 pm Swimmer 8- Ranger Patrol | | 11:15 am Preschool 3 |
| | | | 7:45 pm Swimmer 1- Teen/Adult | | 11:30 am Swimmer 4 |
| | | | 7:45 pm Swimmer 2-Teen/Adult | | 11:40 am Semi-Private Learn to Skate Youth (6 to 17 years) |
| | | | 7:45 pm Swimmer 3 - Teen/Adult | | 11:40 am Private Hockey Technical Skating Skills (Ages 6+) FULL EQUIPMENT |
| | | | 8:45 pm Lane Swim | | 11:40 am Private Learn to Skate Youth (Ages 4+) |
| | | | | | 11:45 am Preschool 3 |
| | | | | | 11:45 am Swimmer 2 |
| | | | | | 11:45 am Private Swimming Lessons |
| | | | | | 11:45 am Preschool 1 |
| | | | | | 11:45 am Private Swimming Lessons |
| | | | | | 11:45 am Preschool 2 |
| | | | | | 3:00 pm Lane |

| | | | | | | Swim |
|-----------------------------------|--------------------------------------|---------------------------------------|--|-------------------------------------|----|-------------------------------------|
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 9:00 am Preschool 1 | 8:45 am Therapeutic Swim (Lap) | 8:45 am Aqua Zumba | 10:30 am Sensory Friendly Swim (Lap & Leisure) | 9:30 am Public Swim (Lap & Leisure) | | 8:00 am Lane Swim |
| 9:00 am Lane Swim- Shared 4 Lanes | 10:30 am Leisure & Splash | 10:30 am Therapeutic Swim (Lap) | 11:45 am Leisure & Splash | 10:45 am Leisure Swim & Splash | | 9:00 am Lane Swim |
| 9:00 am Swimmer 1 | 11:00 am Walking Track | 12:00 pm Leisure & Splash | 1:00 pm Lane Swim | 12:00 pm Therapeutic Swim (Lap) | | 11:30 am Lane Swim |
| 9:00 am Preschool 4 | 12:00 pm Lane Swim | 12:00 pm Lane Swim | 1:00 pm Leisure Swim | 1:30 pm Lane Swim | | 12:30 pm Lane Swim |
| 9:00 am Preschool 3 | 1:00 pm Walking Track | 5:30 pm Shared Lane Swim (Lanes 1-4) | 2:00 pm Lane Swim | 7:15 pm Step & Tone | | 12:45 pm Leisure Swim & Splash |
| 9:00 am Swimmer 3 | 5:45 pm Leisure Swim | 5:30 pm Leisure Swim | 5:00 pm Leisure Swim | | | 1:45 pm Public Swim (Lap & Leisure) |
| 9:00 am Parent & Tot 1 | 6:45 pm Leisure & Splash | 6:30 pm Leisure & Splash/Slide | 6:00 pm Leisure & Splash/Slide | | | |
| 9:00 am Preschool 2 | 7:45 pm Shared Lane Swim (Lanes 1-2) | 6:30 pm Shared Lane Swim (Lanes 1-4) | 6:00 pm Cardio Tone | | | |
| 9:30 am Parent & Tot 2 | | | 7:00 pm Lane Swim | | | |
| 9:30 am Preschool 2 | | 6:35 pm Ages 11-13 Basketball Drop-In | | | | |
| 9:30 am Preschool 3 | | | | | | |
| 9:30 am Preschool 5 | | | | | | |
| 9:30 am Preschool 1 | | | | | | |
| 9:30 am Swimmer 2 | | | | | | |
| 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 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 | | | | | | |

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| 5 11:15 am Preschool 2 11:15 am Swimmer 1 11:15 am Private Swimming Lessons 11:15 am Preschool 1 11:15 am Preschool 3 11:15 am Private Swimming Lessons 11:45 am Private Swimming Lessons 11:45 am Convenience Lessons - Preschool 1-5 11:45 am Convenience Lessons - Swimmer 1-6 12:15 pm Private Swimming Lessons 12:30 pm Convenience Lessons - Swimmer 1-6 12:30 pm Convenience Lessons - Preschool 1-5 12:45 pm Private Swimming Lessons 2:00 pm Public Swim (Lap & Leisure) 3:00 pm Birthday Party - Swim & Splash 3:15 pm Lane Swim 4:00 pm Leisure Swim & Splash 4:15 pm Lane Swim | | | | | | |
| 20 | 21 7:30 am Lane Swim 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 1 8:15 am Pickleball Court Reservation - Tony Rose B Floor, | 22 7:30 am Lane Swim 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 1 8:15 am Pickleball Court Reservation - Tony Rose B Floor, | 23 7:30 am Lane Swim 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 1 8:15 am Pickleball Court Reservation - Tony Rose B Floor, | 24 7:30 am Lane Swim 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 1 8:15 am Pickleball Court Reservation - Tony Rose B Floor, | 25 7:30 am Lane Swim 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 1 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 8:15 am Pickleball Court Reservation - Tony Rose B Floor, | 26 8:00 am Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT 8:50 am Private Learn to Skate Youth (Ages 4+) 8:50 am Parent & Child (Ages 2 to 5) 9:00 am Walking Track 9:00 am Swimmer 2 |

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| | Court 3 | Court 3 | Court 3 | Court 3 | Court 3 | |
| | 8:30 am 55+ Shinny | 8:30 am 65+ Shinny | 8:30 am 55+ Shinny | 8:30 am Sport Court Reservation - Alder Saputo Centre | 8:30 am 65+ Shinny | 9:00 am Private Swimming Lessons |
| | 8:30 am 55+ Shinny - GOALIES Only | 8:30 am Sport Court Reservation - Alder Saputo Centre | 8:30 am 55+ Shinny - GOALIES Only | 8:45 am Aqua Zumba | 8:30 am Sport Court Reservation - Alder Saputo Centre | 9:00 am Preschool 1 |
| | 8:30 am Sport Court Reservation - Alder Saputo Centre | | 8:30 am Sport Court Reservation - Alder Saputo Centre | 9:30 am Public | 8:30 am 65+ Shinny - GOALIES Only | 9:00 am Preschool 4 |

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| 8:45 am Therapeutic Swim (Lap) | 8:30 am 65+ Shinny - GOALIES Only | 8:45 am AquaFitness | Swim (Lap & Leisure) | 8:45 am Aquafit | 9:00 am Bronze Star |
| 9:00 am Indoor Nordic Walking | 8:45 am Aqua Zumba | 9:00 am Walking Track | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 1 | 9:00 am Zumba® Gold | 9:00 am Preschool 2 |
| 9:00 am Indoor Nordic Walking | 9:00 am Walking Track | 9:30 am Preschool 1 | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 9:00 am Walking Track | 9:00 am Swimmer 1 |
| 9:15 am Zumba® | 9:30 am Public Swim (Lap & Leisure) | 9:30 am Public Swim (Lap) | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 9:30 am Public Swim (Lap) | 9:00 am Preschool 3 |
| 9:30 am Public Swim (Lap & Leisure) | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 1 | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 9:00 am Swimmer 3 |
| 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 9:15 am Swimmer 2 |
| 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 10:00 am Sport Court Reservation - Alder Saputo Centre | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 9:30 am Preschool 1 |
| 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 1 | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 11:00 am Walking Track | 9:45 am Chair Fitness | 9:30 am Parent & Tot 1 |
| 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 1 | 10:00 am Sport Court Reservation - Alder Saputo Centre | 10:00 am Preschool 2 | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 10:00 am Sport Court Reservation - Alder Saputo Centre | 9:30 am Swimmer 2 |
| 10:00 am Sport Court Reservation - Alder Saputo Centre | 10:00 am Dance Fit | 10:00 am Sport Court Reservation - Alder Saputo Centre | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 11:00 am Adult Skate | 9:30 am Preschool 3 |
| 10:45 am Parent & Tot 1 | 10:45 am Intermediate Line Dance | 10:00 am Preschool 3 | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 1 | 11:00 am Walking Track | 9:30 am Preschool 5 |
| 10:45 am Preschool 3 | 11:00 am Walking Track | 10:00 am Preschool 4 | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 11:15 am Chair Fitness | 9:30 am Parent & Child (Ages 2 to 5) |
| 10:45 am Preschool 2 | 11:00 am Adult Skate | 10:15 am Zumba® Toning | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 10:00 am Sport Court Reservation - Alder Saputo Centre | 9:30 am Adult Social Pickleball |
| 10:45 am Preschool 1 | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 11:00 am Walking Track | 11:15 am Beginner Line Dancing | 11:00 am Adult Skate | 9:30 am Junior Chefs (Ages 8- 11) |
| 11:00 am Walking Track | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 11:00 am Family Skate | 11:30 am Sport Court Reservation - Alder Saputo Centre | 11:00 am Walking Track | 9:30 am Swimmer 1 |
| 11:00 am Family Skate | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 1 | 11:00 am Balls & Bands | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 9:30 am Preschool 2 |
| 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 1 | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 9:45 am Swimmer 3 |
| 11:15 am Leisure & Splash | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 11:15 am Parent & Tot 2 | 9:45 am Swimmer 4 |
| 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 11:30 am Sport Court Reservation - Alder Saputo Centre | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 1:00 pm Home School Community Open Gym | 11:15 am Preschool 2 | 10:00 am Parent & Tot 2 |
| 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 11:30 am Sport Court Reservation - Alder Saputo Centre | 1:00 pm Walking Track | 11:15 am Preschool 4 | 10:00 am Swimmer 1 |
| 11:30 am Sport Court Reservation - Alder Saputo Centre | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 1 | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 2:30 pm Sport | 11:15 am Preschool 3 | 10:00 am Preschool 1 |
| 12:30 pm Lane Swim | 12:45 pm Pickleball | | | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 10:00 am Preschool 2 |
| | | | | 11:15 am Parent & Tot 3 | 10:00 am Swimmer 2 |
| | | | | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 10:00 am Preschool 3 |
| | | | | 11:15 am Preschool 1 | 10:00 am Preschool 4 |
| | | | | 11:30 am Sport Court Reservation - Alder Saputo Centre | 10:10 am Preschool (Ages 4 to 5) |
| | | | | 12:00 pm Adult Shinnv - GOALIES | 10:15 am Swimmer 7 - Rookie Patrol |
| | | | | | 10:15 am Swimmer 8- Ranger Patrol |
| | | | | | 10:15 am |

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| 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 3 | Court Reservation - Tony Rose B Floor, Court 2 | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 1 | Court Reservation - Alder Saputo Centre | Only | Swimmer 9- Star Patrol |
| 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 3:00 pm Walking Track | 12:00 pm Adult Shinny | 10:30 am Preschool 3 |
| 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 1:00 pm Inclusive Open Gym | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 3:00 pm Figure Skating Skills | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 10:30 am Parent & Tot 3 |
| 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 1 | 1:00 pm Walking Track | 1:00 pm Sport Court Reservation - Alder Saputo Centre | 4:30 pm Preschool 2 | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 10:30 am Preschool 5 |
| 1:00 pm Walking Track | 2:30 pm Sport Court Reservation - Alder Saputo Centre | 1:00 pm Walking Track | 4:30 pm Mini Artists (3-4) | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 1 | 10:30 am Swimmer 1 |
| 1:00 pm Sport Court Reservation - Alder Saputo Centre | 3:00 pm Walking Track | 2:30 pm Sport Court Reservation - Alder Saputo Centre | 4:30 pm Preschool 3 | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 10:30 am Preschool 1 |
| 1:30 pm Lane Swim | 4:15 pm Youth Social Pickleball Ages 12-17 - Drop- In | 3:00 pm Walking Track | 4:30 pm Indoor Soccer (3-4) | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 10:45 am Swimmer 3 |
| 2:30 pm Sport Court Reservation - Alder Saputo Centre | 4:30 pm Preschool 3 | 4:30 pm Multi Sports (3-4) | 4:30 pm Preschool 4 | 1:00 pm Lane Swim | 10:45 am Swimmer 2 |
| 3:00 pm Walking Track | 4:30 pm Preschool 4 | 4:30 pm Preschool 3 | 5:00 pm Preschool 1 | 1:00 pm Walking Track | 10:45 am Preschool 2 |
| 3:35 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT | 5:00 pm Preschool 1 | 4:30 pm Preschool 1 | 5:00 pm Private Swimming Lessons (Preschool 1-5) | 1:00 pm Leisure Swim | 10:50 am Youth (Ages 6 to 17) |
| 4:05 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT | 5:00 pm Preschool 3 | 4:30 pm Preschool 4 | 5:00 pm Walking Track | 1:00 pm Sport Court Reservation - Alder Saputo Centre | 11:00 am Walking Track |
| 4:05 pm Ages 14-17 Basketball Drop-In | 5:00 pm Walking Track | 5:00 pm Preschool 2 | 5:00 pm Parent & Tot 1 | 2:00 pm Lane Swim | 11:00 am Adult Social Pickleball |
| 4:30 pm Preschool 1 | 5:00 pm Preschool 2 | 5:00 pm Preschool 1 | 5:00 pm Preschool 2 | 2:30 pm Sport Court Reservation - Alder Saputo Centre | 11:15 am Private Swimming Lessons |
| 4:30 pm Private Swimming Lessons (Preschool 1-5) | 5:00 pm Preschool 3 | 5:00 pm Preschool 2 | 5:20 pm Indoor Soccer (5-7) | 3:00 pm Walking Track | 11:15 am Preschool 3 |
| 4:30 pm Preschool 3 | 5:00 pm Parent & Tot 1 | 5:00 pm Preschool 3 | 5:30 pm Preschool 2 | 4:00 pm Adult Social Pickleball | 11:15 am Preschool 2 |
| 4:35 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT | 5:30 pm Preschool 2 | 5:00 pm Preschool 5 | 5:30 pm Swimmer 1 | 4:30 pm Preschool 3 | 11:15 am Preschool 1 |
| 4:45 pm Preschool 2 | 5:30 pm Mindful Moments | 5:15 pm Parent & Tot 1 | 5:30 pm Parent & Tot 2 | 4:30 pm Introducing Youth to Pickleball | 11:15 am Swimmer 2 |
| 4:45 pm Preschool 4 | 5:30 pm Swimmer 3 | 5:15 pm Private Swimming Lessons (Preschool 1-5) | 5:30 pm Little Artists (5-7) | 4:30 pm Private Swimming Lessons (Preschool 1-5) | 11:15 am Private Swimming Lessons |
| 4:45 pm Private Swimming Lessons (Preschool 1-5) | 5:30 pm Parent & Tot 3 | 5:15 pm Private Swimming Lessons (Preschool 1-5) | 5:30 pm Swimmer 4 | 4:30 pm Preschool 2 | 11:15 am Preschool 4 |
| 5:00 pm Lane Swim | 5:30 pm Preschool 3 | 5:20 pm Multi Sports (3-4) | 5:30 pm Preschool 3 | 4:30 pm Preschool 1 | 11:15 am Swimmer 1 |
| 5:00 pm Parent & Tot 1 | 5:30 pm Mindful Moments | 5:30 pm Preschool 2 | 5:30 pm Parent & Tot 3 | 4:30 pm Preschool 4 | 11:30 am Swimmer 4 |
| 5:00 pm Walking Track | 5:30 pm Parent & Tot 2 | 5:30 pm Preschool 1 | 6:00 pm Swimmer 2 | 5:00 pm Walking Track | 11:30 am Swimmer 6 |
| 5:00 pm Preschool 3 | 5:30 pm Swimmer 4 | 5:30 pm Preschool 4 | 6:00 pm Preschool 5 | 5:00 pm Preschool 2 | 11:45 am Swimmer 1 |
| | 5:30 pm Swimmer 1 | 5:30 pm Preschool 3 | 6:00 pm Preschool 2 | 5:00 pm Preschool 1 | 11:45 am Private Swimming Lessons |
| | 5:45 pm Basketball (5-7) | 5:45 pm Private Swimming Lessons | 6:10 pm Indoor Soccer (8-11) | 5:00 pm Parent & Tot 1 | 11:45 am Swimmer 2 |
| | 6:00 pm Preschool 5 | | 6:15 pm Swimmer 5 | 5:00 pm Preschool 5 | 11:45 am Preschool 3 |
| | | | | 5:00 pm Preschool 3 | 11:45 am Private Swimming Lessons |
| | | | | 5:30 pm Preschool 2 | 11:45 am |
| | | | | 5:30 pm Adult | |

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| 5:00 pm Preschool 1 | 6:00 pm Swimmer 2 | Swimming Lessons (Preschool 1-5) | 6:15 pm Preschool 5 | Social Pickleball | Preschool 1 |
| 5:10 pm Ages 8-10 Basketball Drop-In | 6:15 pm Swimmer 5 | 5:45 pm Parent & Tot 2 | 6:15 pm Swimmer 6 | 5:30 pm Preschool 1 | 11:45 am Private Learn to Skate Youth (Ages 4+) |
| 5:15 pm Preschool 2 | 6:15 pm Preschool 1 | 5:45 pm Private Swimming Lessons (Preschool 1-5) | 6:15 pm Preschool 1 | 5:30 pm Preschool 3 | 11:45 am Preschool 2 |
| 5:15 pm Preschool 5 | 6:15 pm Preschool 3 | 5:45 pm Parent & Tot 3 | 6:15 pm Pound | 5:30 pm Preschool 4 | 12:30 pm Sport Court Reservation - Alder Saputo Centre |
| 5:15 pm Private Learn to Skate Youth (Ages 6+) | 6:15 pm Preschool 2 | 6:00 pm Cardio Tone | 6:30 pm Swimmer 1 | 5:30 pm Parent & Tot 2 | 12:30 pm Lane Swim |
| 5:15 pm Private Swimming Lessons (Preschool 1-5) | 6:15 pm Swimmer 6 | 6:10 pm Multi Sports (5-7) | 6:45 pm Preschool 1 | 5:30 pm Friday Night Social (Ages 8 to 13) | 12:45 pm Leisure Splash & Slide |
| 5:30 pm Private Swimming Lessons (Preschool 1-5) | 6:15 pm Body Blast | 6:15 pm Preschool 1 | 6:45 pm Preschool 2 | 5:30 pm Pickleball 101 (Let's Play Pickleball) | 1:00 pm Walking Track |
| 5:30 pm Preschool 3 | 6:30 pm Swimmer 1 | 6:15 pm Preschool 5 | 6:45 pm Preschool 3 | 6:00 pm Preschool 5 | 1:45 pm Public Swim |
| 5:30 pm Preschool 1 | 6:35 pm Basketball (8-11) | 6:15 pm Private Swimming Lessons (Preschool 1-5) | 6:45 pm Junior Artists (8-11) | 6:00 pm Preschool 2 | 2:00 pm Sport Court Reservation - Alder Saputo Centre |
| 5:30 pm Junior Chefs (Ages 8-11) | 6:45 pm Preschool 5 | 6:15 pm Preschool 2 | 7:00 pm Walking Track | 6:00 pm Private Swimming Lessons (Preschool 1-5) | 3:00 pm Lane Swim |
| 5:30 pm Music Club | 6:45 pm Preschool 2 | 6:15 pm Preschool 3 | 7:00 pm Sport Court Reservation - Alder Saputo Centre | 6:00 pm Preschool 1 | 3:00 pm Walking Track |
| 5:45 pm Parent & Tot 2 | 6:45 pm Drama & Creative Arts Club | 6:30 pm Private Swimming Lessons (Preschool 1-5) | 7:15 pm Swimmer 3 | 6:00 pm Preschool 3 | 3:30 pm Sport Court Reservation - Alder Saputo Centre |
| 5:45 pm Preschool 2 | 6:45 pm Preschool 1 | 6:30 pm Private Swimming Lessons (Preschool 1-5) | 7:15 pm Private Swimming Lessons (Preschool 1-5) | 6:30 pm Pickleball 102 (Practice Makes Pickleball) | 5:00 pm Adult Social Pickleball |
| 5:45 pm Preschool 4 | 7:00 pm Walking Track | 6:45 pm Preschool 4 | 7:15 pm Swimmer 2 | 6:45 pm Leisure Splash & Slide | |
| 5:45 pm Parent & Tot 3 | 7:15 pm Swimmer 6 | 6:45 pm Preschool 3 | 7:15 pm Swimmer 5 | 7:00 pm Walking Track | |
| 6:00 pm Lane Swim | 7:15 pm Private Swimming Lessons (Preschool 1-5) | 6:45 pm Preschool 1 | 7:15 pm Swimmer 1 | 7:05 pm Adult 18+ Basketball Drop-In | |

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| | 6:15 pm Parent & Tot 2 6:15 pm Cardio Tone 6:15 pm Preschool 1 6:15 pm Ages 11-13 Basketball Drop-In 6:30 pm Preschool 5 6:30 pm Preschool 2 6:30 pm Private Swimming Lessons (Preschool 1-5) 6:45 pm Recreation Leaders 6:45 pm Preschool 1 7:00 pm Preschool 4 7:00 pm Parent & Tot 3 7:00 pm Preschool 2 7:00 pm Walking Track 7:15 pm Zumba® 7:15 pm Private Swimming Lessons (Preschool 1-5) 7:15 pm Private Swimming Lessons (Preschool 1-5) 7:15 pm Preschool 1 7:20 pm Sport Court Reservation - Alder Saputo Centre 7:30 pm Swimmer 3 7:30 pm Swimmer 4 7:30 pm Swimmer 5 7:30 pm Swimmer 6 8:45 pm Lane Swim | 7:15 pm Dance Fit 7:15 pm Swimmer 5 7:15 pm Swimmer 4 7:15 pm Swimmer 3 7:15 pm Swimmer 1 7:15 pm Swimmer 2 7:30 pm Ages 14-17 Basketball Drop-In 7:45 pm Private Swimming Lessons (Preschool 1-5) 7:45 pm Private Swimming Lessons (Preschool 1-5) 7:45 pm Private Swimming Lessons 7:45 pm Private Swimming Lessons 8:00 pm Private Swimming Lessons 8:00 pm Private Swimming Lessons 8:00 pm Private Swimming Lessons 8:30 pm Swimmer 1- Teen/Adult 8:30 pm Swimmer 1- Teen/Adult 8:30 pm Swimmer 2-Teen/Adult | 6:45 pm Preschool 2 7:00 pm Swimmer 5 7:00 pm Swimmer 4 7:00 pm Zumba® 7:00 pm Walking Track 7:00 pm Swimmer 3 7:00 pm Multi Sports (8-11) 7:15 pm Swimmer 2 7:15 pm Swimmer 1 7:15 pm Private Swimming Lessons 7:15 pm Private Swimming Lessons 8:00 pm Aquafit 8:00 pm Adult 18+ Basketball Drop-In | 7:15 pm Swimmer 6 7:15 pm Step & Tone 7:15 pm Swimmer 4 7:45 pm Private Swimming Lessons (Preschool 1-5) 7:45 pm Private Swimming Lessons (Preschool 1-5) 7:45 pm Private Swimming Lessons 8:00 pm Private Swimming Lessons 8:00 pm Private Swimming Lessons 8:00 pm Private Swimming Lessons 8:30 pm Swimmer 1- Teen/Adult 8:30 pm Swimmer 3 - Teen/Adult 8:30 pm Sport Court Reservation - Alder Saputo Centre 8:30 pm Swimmer 2-Teen/Adult | 7:30 pm Pickleball (The Big 4 for Early Intermediates) 7:30 pm Pickleball 101 (Let's Play Pickleball) 7:45 pm Leisure & Splash 7:45 pm Lane Swim 8:10 pm Sport Court Reservation - Alder Saputo Centre | 5:00 pm Walking Track 6:30 pm Adult Social Pickleball 7:00 pm Walking Track 8:00 pm Sport Court Reservation - Alder Saputo Centre |
| 27 8:30 am Sport Court Reservation - Alder Saputo Centre 9:00 am Swimmer 1 9:00 am Swimmer 2 9:00 am Swimmer 3 9:00 am Preschool 1 | 28 7:30 am Lane Swim 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 1 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 29 7:30 am Lane Swim 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 1 | 30 7:30 am Lane Swim 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 1 | | | |

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| 9:00 am Private Swimming Lessons | 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 8:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 3 | | | |
| 9:00 am Shared Lane Swim (Lane 1-2) | 8:30 am 55+ Shinny | 8:30 am 65+ Shinny | 8:30 am 55+ Shinny | | | |
| 9:00 am Preschool 4 | 8:30 am 55+ Shinny - GOALIES Only | 8:30 am Sport Court Reservation - Alder Saputo Centre | 8:30 am 55+ Shinny - GOALIES Only | | | |
| 9:00 am Preschool 3 | 8:30 am Sport Court Reservation - Alder Saputo Centre | 8:30 am 65+ Shinny - GOALIES Only | 8:30 am Sport Court Reservation - Alder Saputo Centre | | | |
| 9:00 am Preschool 2 | 8:45 am Therapeutic Swim (Lap) | 8:45 am Aqua Zumba | 8:45 am AquaFitness | | | |
| 9:00 am Walking Track | 9:00 am Indoor Nordic Walking | 9:00 am Walking Track | 9:00 am Walking Track | | | |
| 9:15 am Swimmer 1 | 9:00 am Indoor Nordic Walking | 9:30 am Public Swim (Lap & Leisure) | 9:30 am Preschool 1 | | | |
| 9:30 am Preschool 3 | 9:15 am Zumba® | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 9:30 am Public Swim (Lap) | | | |
| 9:30 am Preschool 2 | 9:30 am Public Swim (Lap & Leisure) | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 9:30 am Parent & Tot 1 | | | |
| 9:30 am Swimmer 1 | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 3 | | | |
| 9:30 am Preschool 5 | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 1 | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 | | | |
| 9:30 am Swimmer 2 | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 10:00 am Sport Court Reservation - Alder Saputo Centre | 10:00 am Preschool 2 | | | |
| 9:30 am Parent & Tot 1 | 9:45 am Pickleball Court Reservation - Tony Rose B Floor, Court 1 | 10:00 am Dance Fit | 10:00 am Sport Court Reservation - Alder Saputo Centre | | | |
| 9:45 am Swimmer 4 | | | | | | |
| 9:45 am Swimmer 3 | | | | | | |
| 10:00 am Preschool 3 | | | | | | |
| 10:00 am Parent & Tot 3 | | | | | | |
| 10:00 am Preschool | | | | | | |

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| 4 | 10:45 am Parent & Tot 1 | 10:45 am Intermediate Line Dance | 10:00 am Preschool 3 |
| 10:00 am Swimmer 1 | 10:45 am Preschool 3 | 11:00 am Walking Track | 10:00 am Preschool 4 |
| 10:00 am Swimmer 2 | 10:45 am Preschool 2 | 11:00 am Adult Skate | 10:15 am Zumba® Toning |
| 10:00 am Preschool 1 | 10:45 am Preschool 1 | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 11:00 am Walking Track |
| 10:00 am Sport Court Reservation - Alder Saputo Centre | 11:00 am Walking Track | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 11:00 am Family Skate |
| 10:00 am Preschool 2 | 11:00 am Family Skate | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 1 | 11:00 am Balls & Bands |
| 10:00 am Parent & Tot 2 | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 1 |
| 10:30 am Swimmer 5 | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 3 |
| 10:30 am Preschool 4 | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 1 | 11:30 am Sport Court Reservation - Alder Saputo Centre | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 |
| 10:30 am Preschool 5 | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 1 | 11:30 am Sport Court Reservation - Alder Saputo Centre |
| 10:30 am Preschool 3 | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 1 |
| 10:30 am Swimmer 1 | 11:15 am Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 2 |
| 10:45 am Swimmer 2 | 11:30 am Sport Court Reservation - Alder Saputo Centre | 1:00 pm Inclusive Open Gym | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 3 |
| 10:45 am Preschool 1 | 12:30 pm Lane Swim | 1:00 pm Walking Track | 1:00 pm Sport Court Reservation - Alder Saputo Centre |
| 10:45 am Swimmer 3 | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 2:30 pm Sport Court Reservation - Alder Saputo Centre | 1:00 pm Walking Track |
| 10:45 am Preschool 2 | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 3:00 pm Walking Track | 2:30 pm Sport Court Reservation - Alder Saputo Centre |
| 11:00 am Walking Track | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 1 | 4:15 pm Youth Social Pickleball Ages 12-17 - Drop-In | 3:00 pm Walking Track |
| 11:15 am Swimmer 2 | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 2 | 4:30 pm Preschool 3 | 4:30 pm Multi Sports (3-4) |
| 11:15 am Preschool 1 | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 3 | 4:30 pm Preschool 4 | 4:30 pm Preschool 3 |
| 11:15 am Preschool 2 | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 4 | 4:30 pm Preschool 2 | 4:30 pm Preschool 1 |
| 11:15 am Swimmer 6 | 12:45 pm Pickleball Court Reservation - Tony Rose B Floor, Court 1 | 4:30 pm Preschool 1 | 4:30 pm Preschool |
| 11:15 am Preschool 4 | 1:00 pm Walking Track | | |
| 11:15 am Swimmer 1 | 1:00 pm Sport Court Reservation - Alder Saputo Centre | | |
| 11:15 am Preschool 3 | 1:30 pm Lane Swim | | |
| 11:30 am Sport Court Reservation - Alder Saputo Centre | 2:30 pm Sport Court Reservation - Alder Saputo Centre | | |
| 11:30 am Swimmer 4 | 3:00 pm Walking Track | | |
| 11:30 am Swimmer 9- Star Patrol | 3:35 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) | | |
| 11:30 am Swimmer 8- Ranger Patrol | FULL EQUIPMENT | | |
| 11:30 am Swimmer 7 - Rookie Patrol | | | |

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| 11:45 am Swimmer 1 | 4:05 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT | 5:00 pm Preschool 1 | 4 |
| 11:45 am Preschool 2 | | 5:00 pm Preschool 3 | 4:30 pm Preschool 2 |
| 11:45 am Swimmer 2 | 4:05 pm Ages 14-17 Basketball Drop-In | 5:00 pm Walking Track | 5:00 pm Preschool 1 |
| 11:45 am Preschool 1 | 4:30 pm Preschool 1 | 5:00 pm Preschool 2 | 5:00 pm Balls & Bands |
| 11:45 am Preschool 5 | 4:30 pm Private Swimming Lessons (Preschool 1-5) | 5:00 pm Parent & Tot 1 | 5:00 pm Preschool 2 |
| 11:45 am Preschool 3 | 4:30 pm Preschool 3 | 5:00 pm Hatha Beginner | 5:00 pm Walking Track |
| 12:00 pm Bronze Cross and Standard First Aid CPR-C | 4:35 pm Private Hockey/Ringette Technical Skating Skills (Ages 6+) FULL EQUIPMENT | 5:30 pm Mindful Moments | 5:00 pm Preschool 3 |
| 12:00 pm Private Swimming Lessons | 4:45 pm Preschool 2 | 5:30 pm Parent & Tot 2 | 5:00 pm Preschool 5 |
| 12:15 pm Private Swimming Lessons | 4:45 pm Preschool 2 | 5:30 pm Swimmer 4 | 5:15 pm Parent & Tot 1 |
| 12:15 pm Private Swimming Lessons | 4:45 pm Preschool 4 | 5:30 pm Swimmer 1 | 5:15 pm Private Swimming Lessons (Preschool 1-5) |
| 12:15 pm Swimmer 2 | 4:45 pm Private Swimming Lessons (Preschool 1-5) | 5:30 pm Preschool 2 | 5:15 pm Private Swimming Lessons (Preschool 1-5) |
| 12:15 pm Parent & Tot 3 | 5:00 pm Vinyasa | 5:30 pm Preschool 1 | 5:20 pm Multi Sports (3-4) |
| 12:15 pm Swimmer 3 | 5:00 pm Parent & Tot 1 | 5:30 pm Mindful Moments | 5:30 pm Preschool 2 |
| 12:15 pm Private Swimming Lessons | 5:00 pm Walking Track | 5:30 pm Swimmer 3 | 5:30 pm Preschool 1 |
| 12:15 pm Swimmer 3 | 5:00 pm Preschool 3 | 5:30 pm Parent & Tot 3 | 5:30 pm Preschool 4 |
| 12:30 pm Private Swimming Lessons | 5:00 pm Preschool 1 | 5:30 pm Preschool 3 | 5:30 pm Preschool 3 |
| 12:45 pm Parent & Tot 2 | 5:10 pm Ages 8-10 Basketball Drop-In | 5:45 pm Basketball (5-7) | 5:45 pm Private Swimming Lessons (Preschool 1-5) |
| 12:45 pm Private Swimming Lessons | 5:15 pm Preschool 2 | 6:00 pm Preschool 5 | 5:45 pm Parent & Tot 2 |
| 12:45 pm Private Swimming Lessons | 5:15 pm Preschool 5 | 6:00 pm Swimmer 2 | 5:45 pm Private Swimming Lessons (Preschool 1-5) |
| 1:00 pm Sport Court Reservation - Alder Saputo Centre | 5:15 pm Private Learn to Skate Youth (Ages 6+) | 6:15 pm Swimmer 5 | 5:45 pm Parent & Tot 3 |
| 1:00 pm Walking Track | 5:15 pm Private Swimming Lessons (Preschool 1-5) | 6:15 pm Preschool 1 | 6:00 pm Cardio Tone |
| 2:00 pm Public Swim | 5:30 pm Private Swimming Lessons (Preschool 1-5) | 6:15 pm Preschool 3 | 6:10 pm Multi Sports (5-7) |
| 2:30 pm Sport Court Reservation - Alder Saputo Centre | 5:30 pm Preschool 3 | 6:15 pm Preschool 2 | 6:15 pm Swimmer 6 |
| 3:00 pm Walking Track | 5:30 pm Preschool 1 | 6:15 pm Swimmer 6 | 6:15 pm Body Blast 1 |
| 3:00 pm Birthday Party - Swim & Splash | 5:30 pm Junior Chefs (Ages 8-11) | 6:30 pm Swimmer 1 | 6:15 pm Preschool 5 |
| 3:15 pm Lane Swim | 5:30 pm Music Club | 6:35 pm Basketball (8-11) | 6:15 pm Private Swimming Lessons (Preschool 1-5) |
| | 5:45 pm Parent & Tot 2 | 6:45 pm Preschool 5 | 6:15 pm Preschool 2 |
| | | 6:45 pm Preschool 2 | 6:15 pm Preschool 3 |

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| 4:00 pm Sport Court Reservation - Alder Saputo Centre | 5:45 pm Preschool 2 | 6:45 pm Preschool 4 | 6:30 pm Private Swimming Lessons (Preschool 1-5) | | |
| 4:00 pm Birthday Party - Swim & Splash | 5:45 pm Preschool 4 | 6:45 pm Drama & Creative Arts Club | 6:30 pm Private Swimming Lessons (Preschool 1-5) | | |
| 4:15 pm Lane Swim | 5:45 pm Parent & Tot 3 | 6:45 pm Preschool 1 | 6:45 pm Preschool 4 | | |
| 5:00 pm Walking Track | 6:15 pm Parent & Tot 2 | 7:00 pm Walking Track | 6:45 pm Preschool 3 | | |
| 5:30 pm Sport Court Reservation - Alder Saputo Centre | 6:15 pm Cardio Tone | 7:15 pm Swimmer 6 | 6:45 pm Preschool 1 | | |
| 7:00 pm Walking Track | 6:15 pm Preschool 1 | 7:15 pm Private Swimming Lessons (Preschool 1-5) | 6:45 pm Preschool 2 | | |
| | 6:15 pm Ages 11-13 Basketball Drop-In | 7:15 pm Dance Fit | 7:00 pm Swimmer 5 | | |
| | 6:15 pm Preschool 3 | 7:15 pm Swimmer 5 | 7:00 pm Swimmer 4 | | |
| | 6:30 pm Private Swimming Lessons (Preschool 1-5) | 7:15 pm Swimmer 4 | 7:00 pm Zumba® | | |
| | 6:30 pm Preschool 5 | 7:15 pm Swimmer 3 | 7:00 pm Walking Track | | |
| | 6:30 pm Preschool 2 | 7:15 pm Swimmer 1 | 7:00 pm Multi Sports (8-11) | | |
| | 6:45 pm Preschool 1 | 7:15 pm Swimmer 2 | 7:15 pm Swimmer 2 | | |
| | 6:45 pm Recreation Leaders | 7:30 pm Ages 14-17 Basketball Drop-In | 7:15 pm Private Swimming Lessons | | |
| | 7:00 pm Preschool 4 | 7:45 pm Private Swimming Lessons (Preschool 1-5) | 7:15 pm Swimmer 1 | | |
| | 7:00 pm Parent & Tot 3 | 7:45 pm Private Swimming Lessons (Preschool 1-5) | 7:15 pm Private Swimming Lessons | | |
| | 7:00 pm Preschool 2 | 7:45 pm Private Swimming Lessons | 8:00 pm Aquafit | | |
| | 7:00 pm Walking Track | 8:00 pm Private Swimming Lessons | 8:00 pm Adult 18+ Basketball Drop-In | | |
| | 7:15 pm Zumba® | 8:00 pm Private Swimming Lessons | | | |
| | 7:15 pm Private Swimming Lessons (Preschool 1-5) | 8:00 pm Private Swimming Lessons | | | |
| | 7:15 pm Private Swimming Lessons (Preschool 1-5) | 8:30 pm Swimmer 1- Teen/Adult | | | |
| | 7:15 pm Preschool 1 | 8:30 pm Swimmer 2-Teen/Adult | | | |
| | 7:20 pm Sport Court Reservation - Alder Saputo Centre | | | | |
| | 7:30 pm Swimmer 3 | | | | |
| | 7:30 pm Swimmer 4 | | | | |
| | 7:30 pm Swimmer 5 | | | | |
| | 7:30 pm Swimmer 6 | | | | |
| | 8:45 pm Lane Swim | | | | |