

Monday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time				
											1	2	3	4	5	6	7	8							
5:30											Public Swim 5:30 AM – 4:15 PM Public Swim 5:30 AM – 4:15 PM NO PUBLIC SWIM 4:15 PM – 7:00 PM School Rentals 11:00 AM - 3:00 PM Adults Only Lap Lane (16+ yrs) 5:30 AM-10:30 PM Continuous Swim Lessons 4:20 PM – 7:00 PM NO PUBLIC SWIM 4:15 PM – 7:00 PM Public Swim 7:00 PM – 10:30 PM										5:30				
6:00			Intense Intervals 6:00-6:45																						6:00
6:30																									6:30
7:00																									7:00
7:30		Bootcamp 7:30-8:30																							7:30
8:00																									8:00
8:30																									8:30
9:00		Bootcamp 9:00-10:00	Chair Yoga 9:00-10:00		Intro Walking Group 8:45-10:00 Please meet in the lobby *																				9:00
9:30	Parent & Tot Play Time (0-5 yrs) 9:00-1:00 (continued in Youth Zone)		Intro Yoga 10:15-11:15																						9:30
10:00																									10:00
10:30				Healthy Hips & Knees 10:30-12:00			Child Minding (0-5 yrs) 8:30-1:15										10:30								
11:00		Zumba Gold 11:15-12:00								Pre School 8:45-3:00							11:00								
11:30																	11:30								
12:00			Flow Yoga 12:00-1:00		Small Group Training 12:00-12:45					Parent & Tot Play Time (0-5 yrs)							12:00								
12:30				Healthy Hearts 12:30-2:00													12:30								
1:00	Adult Drop-in Competitive Pickleball 12:30-3:00		Intro Tai Chi 1:15-2:00														1:00								
1:30																		1:30							
2:00																			2:00						
2:30																			2:30						
3:00																	3:00								
3:30	Active Kids (5-12 yrs) 3:30-5:00	Youth Open Gym Time (10+ yrs) 3:00-5:30	Cycle/HIIT 3:30-4:30														3:30								
4:00				Youth Orient. (10-13 yrs) 4:00-4:45													4:00								
4:30																	4:30								
5:00																	5:00								
5:30		Group Strength 5:30-6:20	PiYo 5:45-6:45														5:30								
6:00					Small Group Training 6:00-6:45												6:00								
6:30	Boys in Action 6:30-7:30						Boys in Action (7-9 yrs) 5:30-7:30										6:30								
7:00			Cycle 7:00-7:50						Zoned In (6-10 yrs) 4:30-7:30	Child Minding (0-5 yrs) 4:30-7:30							7:00								
7:30																	7:30								
8:00	Adult Drop-in Recreational Pickleball 7:30-9:30		Flow Yoga 8:00-9:00														8:00								
8:30																		8:30							
9:00																			9:00						
9:30																			9:30						
10:00	Adult Drop-in Basketball (16+ yrs) 9:30-10:15																10:00								
10:30																		10:30							

Lanes used may be different than shown

Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time.



Family Friendly Classes ages 10+; 10-11-yr-olds must be accompanied by someone 16 yrs or older.

LEGEND:

Adults	Open Swim	Birthday Parties	Youth	Group Fitness	Swim Lessons	Childminding	Specialized Training	Registered	Children + Family	Small Group Training	Register Weekly
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Tuesday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time		
											1	2	3	4	5	6	7	8					
5:30																						5:30	
6:00		Intro Group Strength 6:00-6:45	Bootcamp 6:00-6:45																			6:00	
6:30																						6:30	
7:00																						7:00	
7:30			Stretch & Roll 7:00-7:45																			7:30	
8:00																						8:00	
8:30																						8:30	
9:00																						9:00	
9:30	Parent & Tot Play Time (0-5 yrs)	Intense Group Strength 9:00-10:00	Yoga 9:00-10:00																			9:30	
10:00	9:00-1:00 (continued in Youth Zone)	Group Strength 10:15-11:10	Cycle/HIIT 10:15-11:15																			10:00	
10:30																						10:30	
11:00					Healthy Hips & Knees 10:30-12:00																		11:00
11:30		Fit for Life 50+ 11:30-12:15																				11:30	
12:00			Cycle 12:00-12:50																			12:00	
12:30																						12:30	
1:00	Adult Drop-in Recreational Pickleball 12:30-3:00																					1:00	
1:30			School Rental																			1:30	
2:00					Healthy Aging 12:30-2:00																		2:00
2:30																						2:30	
3:00																						3:00	
3:30	Karate (4-10 yrs) 3:15-4:00 & 4:15-5:15	Youth Open Gym Time (10+ yrs) 3:00-5:30																				3:30	
4:00																							4:00
4:30						Youth Orient. (10-13 yrs) 4:00-4:45																	
5:00																						5:00	
5:30																						5:30	
6:00	Boys in Action 6:00-7:00		Prenatal Yoga 6:00-6:50																			6:00	
6:30		Group Kick 6:30-7:30	Bootcamp 7:00-8:00																			6:30	
7:00																						7:00	
7:30	Family Drop-in Badminton 7:30-9:30																					7:30	
8:00																						8:00	
8:30																							8:30
9:00																						9:00	
9:30	Adult Drop-in Basketball (16+ yrs) 9:30-10:15																					9:30	
10:00																						10:00	
10:30																						10:30	

Lanes used may be different than shown

Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time.

Youth Orientations: 10-11yr Olds - Mandatory orientation with Adult 16+. Parent/Guardian or approved adult that will be attending with youth in Conditioning Room.

12-13yr Olds - Must have an orientation.

Shoe tag must be worn at all times while in the Conditioning Room

Wednesday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time					
											1	2	3	4	5	6	7	8								
5:30											Public Swim 5:30 AM – 4:15 PM Public Swim 5:30 AM - 4:15 PM NO PUBLIC SWIM 4:15 PM – 7:00 PM School Rentals 11:00 AM - 3:00 PM Gentle Aqua 3:00-3:45 Continuous Swim Lessons 4:20 PM – 7:00 PM NO PUBLIC SWIM 4:15 PM – 7:00 PM Public Swim 7:00 PM – 10:30 PM										5:30					
6:00		Intro Step 6:15-6:45	Intense Intervals 6:00-6:45																						6:00	
6:30							Before School Care 6:30-8:30																		Deep 6:30-7:30	6:30
7:00																										7:00
7:30		Bootcamp 7:30-8:30																								7:30
8:00																										8:00
8:30																										8:30
9:00		Barre 9:00-10:00	Chair Yoga II 9:00-10:00																							
9:30	Parent & Tot Play Time (0-5 yrs) 9:00-1:00 (continued in Youth Zone)			Healthy Hearts 9:00-11:00														Deep Aqua 9-10	9:30							
10:00																				10:00						
10:30					School Rental																10:30					
11:00																			11:00							
11:30																			11:30							
12:00			Yoga 12:00-1:00																12:00							
12:30																			12:30							
1:00	Adult Drop-in Lawn Bowling (16+ yrs) 12:30-3:00			Healthy Hearts 12:30-2:00															1:00							
1:30		School Rental	Chair Tai Chi 1:15-2:00																	1:30						
2:00																				2:00						
2:30																			2:30							
3:00																			3:00							
3:30																			3:30							
4:00		Youth Open Gym Time (10+ yrs) 3:00-5:30	Cycle/HIIT 3:30-4:30																4:00							
4:30			Gentle Yoga 4:45-5:45		Youth Orient. (10-13 yrs) 4:00-4:45															4:30						
5:00																				5:00						
5:30																			5:30							
6:00		Group Strength 5:30-6:20																	6:00							
6:30			Bootcamp 6:00-7:00																6:30							
6:30	Girls Unite (7-9 yrs) 6:30-7:30																		6:30							
7:00																			7:00							
7:30																			7:30							
8:00	Adult Drop-in Basketball (16+ yrs) 7:30-10:15																		8:00							
8:30																			8:30							
9:00																			9:00							
9:30																			9:30							
10:00																			10:00							
10:30																			10:30							

Lanes used may be different than shown

Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time.

Thursday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time				
											1	2	3	4	5	6	7	8							
5:30											<div style="display: flex; flex-direction: column; align-items: center; justify-content: center;"> <div style="border: 1px solid black; background-color: #90ee90; padding: 5px; margin-bottom: 10px;">Y Masters 6:00-7:00</div> <div style="margin-bottom: 10px;">Public Swim 5:30 AM – 4:15 PM</div> <div style="border: 1px solid black; background-color: #90ee90; padding: 5px; margin-bottom: 10px;">Shallow Aqua 9:15-10:00</div> <div style="display: flex; gap: 5px;"> <div style="border: 1px solid black; background-color: #add8e6; padding: 5px; font-size: small;">Walk Lane</div> <div style="border: 1px solid black; background-color: #90ee90; padding: 5px;">Gentle Aqua 10:15-11:00</div> </div> <div style="margin-bottom: 10px;">Public Swim 5:30 AM – 4:15 PM</div> <div style="margin-bottom: 10px;">NO PUBLIC SWIM 4:15 PM – 7:00 PM</div> <div style="margin-bottom: 10px;">Continuous Swim Lessons 4:20 PM – 7:00 PM NO PUBLIC SWIM 4:15 PM – 7:00 PM</div> <div>Public Swim 7:00 PM – 10:30 PM</div> </div>								5:30						
6:00			Bootcamp 6:00-6:45																						6:00
6:30																									6:30
7:00			Stretch & Roll 7:00-7:45																						7:00
7:30																									7:30
8:00																									8:00
8:30																									8:30
9:00	Parent & Tot Play Time (0-5 yrs) 9:00-1:00 <small>(continued in Youth Zone)</small>	Intense Group Strength 9:00-10:00	Yoga 9:00-10:00				Child Minding (0-5 yrs) 8:30-1:15												Pre School 8:45-3:00	Adults Only Lap Lane (16+ yrs) 5:30 AM- 10:30 PM					9:00
9:30		Group Strength 10:15-11:10																9:30							
10:00																					10:00				
10:30					Healthy Hips & Knees 10:30-12:00																10:30				
11:00																		11:00							
11:30		Fit for Life 50+ 11:30-12:15																11:30							
12:00			Cycle 12:00-12:50		Small Group Training 12:00-12:45					Parent & Tot Play Time (0-5 yrs)							12:00								
12:30	Adult Drop-in Recreational Pickleball 12:30-3:00			Healthy Aging 12:30-2:00														12:30							
1:00			School Rental															1:00							
1:30					Breathe Well 2:00-3:00														1:30						
2:00																			2:00						
2:30																		2:30							
3:00																		3:00							
3:30	Karate (4-10 yrs) 3:15-4:00 & 4:15-5:15	Active Kids (5-12 yrs) 3:30-5:00																3:30							
4:00				Gentle Yoga 4:00-4:50	Youth Orient. (10-13 yrs) 4:00-4:45														4:00						
4:30																				4:30					
5:00																		5:00							
5:30		Step/Strength 5:30-6:30																5:30							
6:00	Girls Unite 6:00-7:00		Yoga 6:00-6:50		Small Group Training 6:00-6:45					Zoned In (6-10 yrs) 4:30-7:30	Child Minding (0-5 yrs) 4:30-7:30							6:00							
6:30																			6:30						
7:00			Intense Bootcamp 7:00-8:00	Prenatal Fitness (Pool) 7:15- 8:00														7:00							
7:30	Adult Drop-in Volleyball (16+ yrs) 7:30-10:00																	7:30							
8:00																		8:00							
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10:30																		10:30							

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Please note: 7:15-8:00 p.m. Prenatal Fitness takes place in Dive Tank

Friday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time			
											1	2	3	4	5	6	7	8						
5:30																						5:30		
6:00																							6:00	
6:30			Flow Yoga 6:00-7:00																			Deep 6:30-7:30	6:30	
7:00																							7:00	
7:30		Bootcamp 7:30-8:30																					7:30	
8:00																							8:00	
8:30																							8:30	
9:00																							9:00	
9:30	Parent & Tot Play Time (0-5 yrs) 9:00-1:00 (continued in Youth Zone)	Bootcamp 9:00-10:00	Chair Yoga 9:00-10:00	Healthy Hearts 9:00-11:00																		Deep Aqua 9-10	9:30	
10:00																								10:00
10:30					Healthy Hips & Knees 10:30-12:00																			10:30
11:00		Zumba Gold 11:15-12:00	TRX 11:00-11:45																					
11:30																							11:30	
12:00																							12:00	
12:30			Yoga 12:00-1:00																				12:30	
1:00	Adult Drop-in Competitive Pickleball (16+ yrs) 12:30-3:00		Advanced Tai Chi 1:15-2:00																				1:00	
1:30																							1:30	
2:00																								2:00
2:30																							2:30	
3:00																							3:00	
3:30	Youth Open Gym Time (10+ yrs) 3:00-5:30		Cycle/HIIT 3:30-4:30																				3:30	
4:00																							4:00	
4:30					Youth Orient. (10-13 yrs) 4:00-4:45																			4:30
5:00																								5:00
5:30			Intro to Meditation 5:30-6:15																				5:30	
6:00																							6:00	
6:30																							6:30	
7:00																							7:00	
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Lanes used may be different than shown

Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time.

Saturday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time							
											1	2	3	4	5	6	7	8										
7:00												Y Masters 7:00-8:30										7:00						
7:30												NO PUBLIC SWIM 9:00 AM – 12:00 PM										7:30						
8:00												Dive pool rental										8:00						
8:30		Bootcamp 8:30-9:30										Continuous Swim Lessons 9:20 AM – 12:00 PM NO PUBLIC SWIM 9:00 AM – 12:00 PM										8:30						
9:00	Parent & Tot Play Time (0-5 yrs) 9:00-1:00		Flow Yoga 9:00-10:15						Zoned In (6-10 yrs) 9:00-1:00	Child Minding (0-5 yrs) 9:00-1:00	Public Swim 12:00 PM – 9:00 PM										9:00							
9:30																										9:30		
10:00																											10:00	
10:30				Cycle 10:30-11:30																								10:30
11:00																												11:00
11:30																												11:30
12:00				Yoga 12:00-1:00																								12:00
12:30																												12:30
1:00																												1:00
1:30																												1:30
2:00		Birthday Parties (0-12 yrs) 12:30-2:30 1:30-3:30 3:30-5:30															2:00											
2:30																	2:30											
3:00																		3:00										
3:30																		3:30										
4:00																		4:00										
4:30				Youth Orient. (10-13 yrs) 4:00-4:45														4:30										
5:00																	5:00											
5:30																	5:30											
6:00	Family Gym Time (Children under 10 yrs must accompanied by a parent) 6:00-9:00																	6:00										
6:30																		6:30										
7:00																		7:00										
7:30																			7:30									
8:00																			8:00									
8:30																			8:30									
9:00																			9:00									

Lanes used may be different than shown

Sunday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time			
											1	2	3	4	5	6	7	8						
9:00	Parent & Tot Play Time (0-5 yrs) 9:00-1:00 (continued in Youth Zone)								Zoned In (6-10 yrs) 9:00-1:00	Child Minding (0-5 yrs) 9:00-1:00	Private Swimming Lessons 9:30 AM -10:00 AM										9:00			
9:30		Step/Strength 9:30-10:30																	9:30					
10:00														Continuous Swim Lessons 10:00 AM – 12:00 PM NO PUBLIC SWIM 10:00 AM – 12:00 PM										10:00
10:30																					10:30			
11:00				Meditation 11:30-12:30																	11:00			
11:30							Music & Movement (3-5 yrs)											11:30						
12:00																		12:00						
12:30																		12:30						
1:00	Jr. Tennis (6-14 yrs) 1:00-1:45 2:00-2:45 & 3:00-3:45																	1:00						
1:30																		1:30						
2:00																			2:00					
2:30																			2:30					
3:00																			3:00					
3:30			Bootcamp 3:30-4:30															3:30						
4:00	Youth Basketball 4:00-5:00pm																	4:00						
4:30				Youth Orient. (10-13 yrs)														4:30						
5:00	Adult Drop-In Basketball (16+ yrs) 5:00-7:00																	5:00						
5:30																		5:30						
6:00																		6:00						
6:30																		6:30						
7:00																		7:00						

Lanes used may be different than shown