

Sunday

January

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/Walking Track	Multi-purpose Room	Youth Zone	Child & Family Centre	Main Pool								Leisure Pool	Dive Tank
								1	2	3	4	5	6	7	8		
9:30	Family Drop-in Badminton (Children under 10 yrs must be accompanied by a parent or guardian) 9:30-11:30am			Open for Drop-in use 9:30-5:00		Family Time (Children under 10 yrs must be accompanied by a parent or guardian) 9:30am-5:00pm	Open for Family Drop-in use (Children under 10 yrs must be accompanied by a parent or guardian) 9:30am-5:00pm	Continuous Swim Lesson 9:30am-12:00pm									
10:00																	
10:30																	
11:00																	
11:30	Open Gym Everyone Welcome (Children under 10 yrs must be accompanied by a parent or guardian) 11:30-5:00			Open for Drop-in use 9:30-5:00		Family Time (Children under 10 yrs must be accompanied by a parent or guardian) 9:30am-5:00pm	Open for Family Drop-in use (Children under 10 yrs must be accompanied by a parent or guardian) 9:30am-5:00pm	Adults Only (19+ yrs) 9:30am-5:00pm									
12:00																	
12:30																	
1:00																	
1:30								TRX 1:00-2:00pm									
2:00																	
2:30																	
3:00																	
3:30																	
4:00																	
4:30																	
5:00																	

Legend

Adult	Aquatics	Birthday Parties	Child & Youth	Family	Fitness	Registered	Rentals	Swim Lessons	Childminding
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Please note this is a regular weekly schedule for the month of December. Actual daily schedules may be different. Check with Member Services for detailed daily schedule. Please note that there will be a number of program changes December 19 - January 1.

Gymnasium and Group Fitness Studio are open for drop-in use when not otherwise scheduled.

Table Tennis available in the Multi-purpose Room whenever the space is not otherwise in use.

Wednesday

January

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/Walking Track	Multi-purpose Room	Youth Zone	Child & Family Centre	Main Pool								Leisure Pool	Dive Tank
								1	2	3	4	5	6	7	8		
5:30				Open for Drop-in use 5:30-10:00				Pool Closed									
6:00			Cyclefit 6:00-6:50					Public Swim 6:00-11:00								Deep water	
6:30																	
7:00			TRX 7:00-7:50														
7:30								Public Swim 6:00-11:00								Deep water	
8:00			Power Yoga 8:00-9:00														
8:30																	
9:00	Preschool Drop-in Gym 9:00-12:00	Choreography Blast 9:00-10:00		Healthy Hearts 10:00-11:30	Nobody's Perfect Parenting Program 9:00-12:00	Adult Time 9:00-3:00	Childminding 8:30-12:30	Adults Only (19+ yrs) 6:00-10:00								CL	Deep water
9:30																	
10:00																	
10:30								Public Swim 12:00-5:00									
11:00																	
11:30																	
12:00			TRX/Spin Combo 12:00-1:00	Open for Drop-in use 12:00-10:00				Public Swim 12:00-5:00									
12:30																	
1:00																	
1:30								Public Swim 12:00-5:00									
2:00																	
2:30																	
3:00	In the Zone Youth Time (10+ yrs) Climbing & Sport Walls open 3:00-5:30							Public Swim 12:00-5:00									
3:30																	
4:00																	
4:30		Karate (6-14 yrs) 4:30-5:30						Public Swim 12:00-5:00								S & D	
5:00																	
5:30	Rep Reebok 5:30-6:30	Adult Basketball (16+ yrs) 5:30-7:00	Power Yoga 5:30-6:30													Public Swim 12:00-5:00	
6:00																	
6:30					Youth in Action (11-14 yrs) 6:00-8:00			Public Swim 12:00-5:00									
7:00																	
7:30	Adult Drop-in Pickleball (16+ yrs) 7:00-9:00		Beginner Spin 7:00-7:45													Public Swim 12:00-5:00	
8:00			TRX 8:00-8:50														
8:30																	
9:00	Adult Open Gym (16+ yrs) 9:00-10:00							Public Swim 12:00-5:00									
9:30																	
10:00																	

