

# March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:40 am Adult Shinny (18+) 9:00 am Yoga (13+) 9:15 am Relax Swim - All Ages 9:30 am Parent & Tot Gym (0-5 years) 10:15 am Zumba (13+) 11:30 am Adult Badminton (16+) 12:00 pm Adult Pickleball (18+)** 12:15 pm Bootcamp (13+) 1:00 pm Lane Swim (13+) 2:15 pm Youth Volleyball (13-17 years) 6:00 pm MetCon (13+) (pre-booking required) 7:00 pm Yoga (13+) 7:30 pm Adult Volleyball (18+) 7:30 pm Adult Badminton (16+)** 7:45 pm Aquafit (13+) (pre-booking required) 8:45 pm Lane Swim (13+)	2 8:15 am Kettlebell (13+) (pre-booking required) 9:15 am Pilates (13+) 9:15 am Cycle (13+) (pre-booking required) 9:40 am Parent & Tot Skate (6 y/o and Younger) 10:45 am Aquafit (13+) (pre-booking required) 11:30 am Parent & Tot Gym (0-5 years) 11:45 am Lane Swim (13+) - 4 LANES 12:35 pm Lane Swim (13+) 1:15 pm Adult Skate (18+) 2:15 pm Youth Basketball (13-19 years) 4:45 pm Children's Basketball (6-12 years)** 6:00 pm Tabata (13+) 7:00 pm Zumba (13+) 7:15 pm Leisure Swim - All Ages 7:30 pm Adult Pickleball (18+) 8:45 pm Lane Swim (13+)	3 9:15 am Relax Swim - All Ages 9:15 am MetCon (13+) (pre-booking required) 9:30 am Parent & Tot Gym (0-5 years) 10:15 am Stretch (13+) 10:45 am Aquafit (13+) (pre-booking required) 11:35 am Lane Swim (13+) 12:00 pm Adult Basketball (18+) 2:15 pm Youth Basketball (13-17 years) 4:45 pm Children's Basketball (6-12 years) 6:45 pm Public Skating (All Ages) 7:15 pm Leisure Swim - All Ages	4 7:15 am Parent & Tot Shinny (6 y/o and Younger) 7:30 am Lane Swim (13+) 8:00 am Lane Swim (13+) - 4 LANES 8:00 am Bootcamp (13+) 8:00 am Aquafit (13+) (pre-booking required) 9:00 am Bollywood (13+) 10:00 am Yoga (13+) 12:00 pm Lane Swim (13+) 12:30 pm Adult Basketball (18+) 1:30 pm Leisure Swim - All Ages 2:15 pm Public Skating (All Ages) 3:00 pm Parent & Tot Swim (0-6 years old)
5 7:30 am Lane Swim (13+)	6 6:00 am Lane Swim (13+)	7 6:00 am Lane Swim (13+)	8 6:40 am Adult Shinny (18+)	9 8:15 am Kettlebell (13+) (pre-booking)	10 9:15 am Relax Swim - All Ages	11 7:15 am Parent & Tot

<p>9:00 am Cycle (13+) (pre-booking required)</p> <p>10:00 am Yin Yoga (13+)</p> <p>12:00 pm Adult Badminton (16+)</p> <p>12:00 pm Lane Swim (13+)</p> <p>12:15 pm Public Skating (All Ages)</p> <p>1:30 pm Leisure Swim - All Ages</p> <p>3:00 pm Parent &amp; Tot Swim (0-6 years old)</p>	<p>9:15 am Relax Swim - All Ages</p> <p>9:15 am Fit Bodies (13+) (pre-booking required)</p> <p>10:15 am Zumba (13+)</p> <p>11:00 am Lane Swim (13+)</p> <p>11:30 am Adult Pickleball** (18+)</p> <p>12:00 pm Adult Shinny (18+)</p> <p>2:15 pm Youth Basketball (13-17 years)</p> <p>3:30 pm Parent &amp; Child Skate (8 y/o and Younger)</p> <p>4:45 pm Parent &amp; Child Basketball (6-12 years)</p> <p>6:00 pm Bootcamp (13+)</p> <p>7:00 pm Bollywood (13+)</p> <p>7:30 pm Adult Pick-Up Basketball (18+)</p> <p>7:45 pm Aquafit (13+) (pre-booking required)</p> <p>8:00 pm Yoga (13+)</p> <p>8:45 pm Lane Swim (13+)</p>	<p>8:15 am Circuit (13+) (pre-booking required)</p> <p>9:15 am Stretch (13+)</p> <p>9:30 am Parent &amp; Tot Gym (0-5 years)</p> <p>9:30 am Parent &amp; Tot Gym (0-5 years)</p> <p>10:15 am Barre (13+) (pre-booking required)</p> <p>10:45 am Aquafit (13+) (pre-booking required)</p> <p>11:30 am Adult Badminton (16+)</p> <p>11:45 am Lane Swim (13+)</p> <p>2:15 pm Youth Basketball (13-19 years)</p> <p>3:30 pm Parent &amp; Tot Swim (0-6 years old)</p> <p>4:45 pm Children's Badminton (6-15 years)**</p> <p>6:00 pm Cycle (13+) (pre-booking required)</p> <p>7:00 pm Stretch (13+)</p> <p>7:15 pm Leisure Swim - All Ages</p> <p>7:30 pm Adult Badminton (16+)**</p> <p>8:00 pm Kettlebell (13+) (pre-booking required)</p> <p>8:45 pm Lane Swim (13+)</p>	<p>9:00 am Yoga (13+)</p> <p>9:15 am Relax Swim - All Ages</p> <p>9:30 am Parent &amp; Tot Gym (0-5 years)</p> <p>10:15 am Zumba (13+)</p> <p>11:00 am Lane Swim (13+)</p> <p>12:00 pm Adult Pickleball (18+)**</p> <p>12:15 pm Bootcamp (13+)</p> <p>2:15 pm Youth Volleyball (13-17 years)</p> <p>4:45 pm Parent &amp; Child Volleyball (6-12 years)</p> <p>6:00 pm MetCon (13+) (pre-booking required)</p> <p>7:00 pm Yoga (13+)</p> <p>7:30 pm Adult Volleyball (18+)</p> <p>7:45 pm Aquafit (13+) (pre-booking required)</p> <p>8:45 pm Lane Swim (13+)</p>	<p>required)</p> <p>9:15 am Pilates (13+)</p> <p>9:15 am Cycle (13+) (pre-booking required)</p> <p>9:40 am Parent &amp; Tot Skate (6 y/o and Younger)</p> <p>10:45 am Aquafit (13+) (pre-booking required)</p> <p>11:30 am Parent &amp; Tot Gym (0-5 years)</p> <p>11:45 am Lane Swim (13+) - 4 LANES</p> <p>12:35 pm Lane Swim (13+)</p> <p>1:15 pm Adult Skate (18+)</p> <p>2:15 pm Youth Basketball (13-19 years)</p> <p>4:45 pm Children's Basketball (6-12 years)**</p> <p>6:00 pm Tabata (13+)</p> <p>7:00 pm Zumba (13+)</p> <p>7:15 pm Leisure Swim - All Ages</p> <p>7:30 pm Adult Pickleball (18+)</p> <p>8:45 pm Lane Swim (13+)</p>	<p>9:15 am MetCon (13+) (pre-booking required)</p> <p>9:30 am Parent &amp; Tot Gym (0-5 years)</p> <p>10:15 am Stretch (13+)</p> <p>10:45 am Aquafit (13+) (pre-booking required)</p> <p>11:35 am Lane Swim (13+)</p> <p>12:00 pm Adult Basketball (18+)</p> <p>2:15 pm Youth Basketball (13-17 years)</p> <p>5:00 pm Free Youth Night (Grade 7-12)</p> <p>6:45 pm Public Skating (All Ages)</p> <p>7:15 pm Leisure Swim - All Ages</p> <p>7:30 pm Family Sports</p> <p>7:30 pm Family Sports</p>	<p>Shinny (6 y/o and Younger)</p> <p>7:30 am Lane Swim (13+)</p> <p>8:00 am Lane Swim (13+) - 4 LANES</p> <p>8:00 am Aquafit (13+) (pre-booking required)</p> <p>8:00 am Bootcamp (13+)</p> <p>9:00 am Bollywood (13+)</p> <p>10:00 am Yoga (13+)</p> <p>12:00 pm Parent &amp; Tot Gym (0-5 years)**</p> <p>12:00 pm Lane Swim (13+)</p> <p>12:30 pm Adult Basketball (18+)</p> <p>1:30 pm Leisure Swim - All Ages</p> <p>2:15 pm Public Skating (All Ages)</p> <p>2:30 pm Children's Basketball (6-12 years)**</p> <p>3:00 pm Parent &amp; Tot Swim (0-6 years old)</p> <p>5:00 pm Youth Basketball (13-19 years)</p> <p>5:00 pm Youth Basketball (13-17 years)</p>
<p>12</p> <p>7:30 am Lane Swim (13+)</p> <p>9:00 am Cycle (13+) (pre-booking required)</p> <p>10:00 am Yin Yoga</p>	<p>13</p> <p>6:00 am Lane Swim (13+)</p> <p>9:15 am Parent &amp; Tot Swim (0-6 years old)</p> <p>9:15 am Fit Bodies</p>	<p>14</p> <p>6:00 am Lane Swim (13+)</p> <p>8:15 am Circuit (13+) (pre-booking required)</p> <p>9:15 am Stretch</p>	<p>15</p> <p>6:40 am Adult Shinny (18+)</p> <p>9:00 am Yoga (13+)</p> <p>9:15 am Parent &amp; Tot Swim (0-6 years old)</p>	<p>16</p> <p>8:15 am Kettlebell (13+) (pre-booking required)</p> <p>9:15 am Pilates (13+)</p> <p>9:15 am Cycle (13+)</p>	<p>17</p> <p>9:15 am Parent &amp; Tot Swim (0-6 years old)</p> <p>9:15 am MetCon (13+) (pre-booking required)</p>	<p>18</p> <p>7:15 am Parent &amp; Tot Shinny (6 y/o and Younger)</p> <p>7:30 am Lane Swim (13+)</p>

(13+) 12:00 pm Adult Pickleball (18+)** 12:00 pm Adult Badminton (16+) 12:00 pm Lane Swim (13+) 12:15 pm Public Skating (All Ages) 1:30 pm Leisure Swim - All Ages 2:30 pm Parent & Child Basketball (6-12 years)** 3:00 pm Parent & Tot Swim (0-6 years old)	(13+) (pre-booking required) 10:15 am Zumba (13+) 11:00 am Lane Swim (13+) 12:00 pm Adult Pickleball (18+)** 12:00 pm Adult Shinny (18+) 2:15 pm Leisure Swim - All Ages 2:30 pm Parent & Child Basketball (6-12 years)** 3:30 pm Parent & Child Skate (8 y/o and Younger) 5:00 pm Youth Basketball (13-17 years) 6:00 pm Bootcamp (13+) 7:00 pm Bollywood (13+) 7:30 pm Adult Pick-Up Basketball (18+) 7:45 pm Aquafit (13+) (pre-booking required) 8:00 pm Yoga (13+) 8:45 pm Lane Swim (13+)	(13+) 10:15 am Barre (13+) (pre-booking required) 10:45 am Aquafit (13+) (pre-booking required) 11:45 am Lane Swim (13+) 12:00 pm Parent & Tot Gym (0-5 years)** 2:15 pm Leisure Swim - All Ages 2:30 pm Children's Badminton (6-15 years)** 5:00 pm Youth Basketball (13-19 years) 6:00 pm Cycle (13+) (pre-booking required) 7:00 pm Stretch (13+) 7:15 pm Leisure Swim - All Ages 7:30 pm Adult Badminton (16+)** 8:00 pm Kettlebell (13+) (pre-booking required) 8:45 pm Lane Swim (13+)	10:15 am Zumba (13+) 11:00 am Lane Swim (13+) 12:00 pm Adult Pickleball (18+)** 12:15 pm Bootcamp (13+) 2:15 pm Leisure Swim - All Ages 2:30 pm Children's Basketball (6-12 years)** 5:00 pm Youth Volleyball (13-17 years) 6:00 pm MetCon (13+) (pre-booking required) 7:00 pm Yoga (13+) 7:30 pm Adult Volleyball (18+) 7:45 pm Aquafit (13+) (pre-booking required) 8:45 pm Lane Swim (13+)	(pre-booking required) 9:40 am Parent & Tot Skate (6 y/o and Younger) 10:45 am Aquafit (13+) (pre-booking required) 11:35 am Lane Swim (13+) 12:00 pm Parent & Tot Gym (0-5 years)** 1:15 pm Adult Skate (18+) 2:15 pm Leisure Swim - All Ages 2:30 pm Parent & Child Basketball (6-12 years)** 5:00 pm Youth Basketball (13-19 years) 6:00 pm Tabata (13+) 7:00 pm Zumba (13+) 7:15 pm Leisure Swim - All Ages 7:30 pm Adult Pickleball (18+) 8:45 pm Lane Swim (13+)	10:15 am Stretch (13+) 10:45 am Aquafit (13+) (pre-booking required) 11:35 am Lane Swim (13+) 12:00 pm Adult Basketball (18+)** 2:15 pm Leisure Swim - All Ages 2:30 pm Children's Basketball (6-12 years)** 5:00 pm Youth Basketball (13-19 years) 6:45 pm Public Skating (All Ages) 7:15 pm Leisure Swim - All Ages 7:30 pm Family Sports	8:00 am Lane Swim (13+) - 4 LANES 8:00 am Aquafit (13+) (pre-booking required) 8:00 am Bootcamp (13+) 9:00 am Bollywood (13+) 10:00 am Yoga (13+) 12:00 pm Lane Swim (13+) 12:30 pm Adult Basketball (18+) 1:30 pm Leisure Swim - All Ages 2:15 pm Public Skating (All Ages) 3:00 pm Parent & Tot Swim (0-6 years old)
19 7:30 am Lane Swim (13+)	20 6:00 am Lane Swim (13+)	21 6:00 am Lane Swim (13+)	22 6:40 am Adult Shinny (18+)	23 8:15 am Kettlebell (13+) (pre-booking)	24 9:15 am Relax Swim - All Ages	25 7:15 am Parent & Tot

9:00 am Cycle (13+) (pre-booking required)	9:15 am Relax Swim - All Ages	8:15 am Circuit (13+) (pre-booking required)	9:00 am Yoga (13+)	required)	9:15 am MetCon (13+) (pre-booking required)	Shinny (6 y/o and Younger)
10:00 am Yin Yoga (13+)	9:15 am Fit Bodies (13+) (pre-booking required)	9:15 am Stretch (13+)	9:15 am Relax Swim - All Ages	9:15 am Pilates (13+)	9:30 am Parent & Tot Gym (0-5 years)	7:30 am Lane Swim (13+)
12:00 pm Adult Badminton (16+)	10:15 am Zumba (13+)	9:30 am Parent & Tot Gym (0-5 years)	10:15 am Zumba (13+)	9:15 am Cycle (13+) (pre-booking required)	10:15 am Stretch (13+)	8:00 am Lane Swim (13+) - 4 LANES
12:00 pm Lane Swim (13+)	11:00 am Lane Swim (13+)	10:15 am Barre (13+) (pre-booking required)	11:00 am Lane Swim (13+)	9:40 am Parent & Tot Skate (6 y/o and Younger)	10:45 am Aquafit (13+) (pre-booking required)	8:00 am Aquafit (13+) (pre-booking required)
12:15 pm Public Skating (All Ages)	11:30 am Adult Pickleball** (18+)	10:45 am Aquafit (13+) (pre-booking required)	12:00 pm Adult Pickleball (18+)**	10:45 am Aquafit (13+) (pre-booking required)	11:35 am Lane Swim (13+)	8:00 am Bootcamp (13+)
1:30 pm Leisure Swim - All Ages	12:00 pm Adult Shinny (18+)	11:30 am Adult Badminton (16+)	12:15 pm Bootcamp (13+)	11:45 am Lane Swim (13+) - 4 LANES	12:00 pm Adult Basketball (18+)	9:00 am Bollywood (13+)
3:00 pm Parent & Tot Swim (0-6 years old)	2:15 pm Youth Basketball (13-17 years)	11:45 am Lane Swim (13+)	2:15 pm Youth Volleyball (13-17 years)	12:00 pm Epilepsy Awareness Month / Purple Day Flag Raising Ceremony	2:15 pm Youth Basketball (13-17 years)	10:00 am Yoga (13+)
	3:30 pm Parent & Child Skate (8 y/o and Younger)	2:15 pm Youth Basketball (13-19 years)	4:45 pm Parent & Child Volleyball (6-12 years)	12:35 pm Lane Swim (13+)	4:45 pm Children's Basketball (6-12 years)	10:00 am Ward 3 Community Access Networking Meeting
	4:45 pm Parent & Child Basketball (6-12 years)	3:30 pm Parent & Tot Swim (0-6 years old)	6:00 pm MetCon (13+) (pre-booking required)	1:15 pm Adult Skate (18+)	6:45 pm Public Skating (All Ages)	
	6:00 pm Bootcamp (13+)	4:45 pm Children's Badminton (6-15 years)**	7:00 pm Yoga (13+)	4:45 pm Children's Basketball (6-12 years)**	7:15 pm Leisure Swim - All Ages	12:30 pm Adult Basketball (18+)
	7:00 pm Bollywood (13+)	6:00 pm Cycle (13+) (pre-booking required)	7:30 pm Adult Volleyball (18+)	6:00 pm Tabata (13+)	7:30 pm Family Sports	1:30 pm Leisure Swim - All Ages
	7:30 pm Adult Pick-Up Basketball (18+)	7:00 pm Stretch (13+)	7:45 pm Aquafit (13+) (pre-booking required)	7:00 pm Zumba (13+)		2:15 pm Public Skating (All Ages)
	7:45 pm Aquafit (13+) (pre-booking required)	7:15 pm Leisure Swim - All Ages	8:45 pm Lane Swim (13+)	7:15 pm Leisure Swim - All Ages		3:00 pm Parent & Tot Swim (0-6 years old)
	8:00 pm Yoga (13+)	7:30 pm Adult Badminton (16+)**		7:30 pm Adult Pickleball (18+)		
	8:45 pm Lane Swim (13+)	8:00 pm Kettlebell (13+) (pre-booking required)		8:45 pm Lane Swim (13+)		
		8:45 pm Lane Swim (13+)				
26	27	28	29	30	31	
7:30 am Lane Swim (13+)	6:00 am Lane Swim (13+)	6:00 am Lane Swim (13+)	6:40 am Adult Shinny (18+)	8:15 am Kettlebell (13+) (pre-booking required)	9:15 am Relax Swim - All Ages	
9:00 am Cycle (13+) (pre-booking required)	9:15 am Relax Swim - All Ages	8:15 am Circuit (13+) (pre-booking required)	9:00 am Yoga (13+)	9:15 am Pilates (13+)	9:15 am MetCon (13+) (pre-booking required)	
	9:15 am Fit Bodies		9:15 am Relax Swim - All Ages			

10:00 am Yin Yoga (13+)	(13+) (pre-booking required)	9:15 am Stretch (13+)	9:30 am Parent & Tot Gym (0-5 years)	9:15 am Cycle (13+) (pre-booking required)	9:30 am Parent & Tot Gym (0-5 years)
12:00 pm Adult Badminton (16+)	10:15 am Zumba (13+)	10:15 am Barre (13+) (pre-booking required)	10:15 am Zumba (13+)	9:40 am Parent & Tot Skate (6 y/o and Younger)	10:15 am Stretch (13+)
12:00 pm Lane Swim (13+)	11:00 am Lane Swim (13+)	10:45 am Aquafit (13+) (pre-booking required)	11:00 am Lane Swim (13+)	10:45 am Aquafit (13+) (pre-booking required)	10:45 am Aquafit (13+) (pre-booking required)
12:15 pm Public Skating (All Ages)	11:30 am Adult Pickleball** (18+)	11:30 am Parent & Tot Gym (0-5 years)	12:00 pm Adult Pickleball (18+)**	11:30 am Parent & Tot Gym (0-5 years)	11:35 am Lane Swim (13+)
1:30 pm Leisure Swim - All Ages	12:00 pm Adult Shinny (18+)	11:45 am Lane Swim (13+)	12:15 pm Bootcamp (13+)	11:45 am Lane Swim (13+) - 4 LANES	12:00 pm Adult Basketball (18+)
3:00 pm Parent & Tot Swim (0-6 years old)	2:15 pm Youth Basketball (13-17 years)	2:15 pm Youth Basketball (13-19 years)	2:15 pm Youth Volleyball (13-17 years)	12:35 pm Lane Swim (13+)	2:15 pm Youth Basketball (13-17 years)
	3:30 pm Parent & Child Skate (8 y/o and Younger)	3:30 pm Parent & Tot Swim (0-6 years old)	4:45 pm Parent & Child Volleyball (6-12 years)	1:15 pm Adult Skate (18+)	4:45 pm Children's Basketball (6-12 years)
	4:45 pm Parent & Child Basketball (6-12 years)	4:45 pm Children's Badminton (6-15 years)**	6:00 pm MetCon (13+) (pre-booking required)	2:15 pm Youth Basketball (13-19 years)	6:30 pm Public Skating (All Ages)
	6:00 pm Bootcamp (13+)	6:00 pm Cycle (13+) (pre-booking required)	7:00 pm Yoga (13+)	4:45 pm Children's Basketball (6-12 years)**	6:45 pm Public Skating (All Ages)
	7:00 pm Bollywood (13+)	7:00 pm Stretch (13+)	7:30 pm Adult Volleyball (18+)	6:00 pm Tabata (13+)	7:15 pm Leisure Swim - All Ages
	7:30 pm Adult Pick-Up Basketball (18+)	7:15 pm Leisure Swim - All Ages	7:45 pm Aquafit (13+) (pre-booking required)	7:00 pm Zumba (13+)	7:30 pm Family Sports
	7:45 pm Aquafit (13+) (pre-booking required)	7:30 pm Adult Badminton (16+)**	8:45 pm Lane Swim (13+)	7:15 pm Leisure Swim - All Ages	
	8:00 pm Yoga (13+)	8:00 pm Kettlebell (13+) (pre-booking required)		7:30 pm Adult Pickleball (18+)	
	8:45 pm Lane Swim (13+)	8:45 pm Lane Swim (13+)		8:45 pm Lane Swim (13+)	