## **April 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						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)
						10:00 am Family Sports
						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)
2	3	4	5	6	7	8
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	12:00 am Good Friday	7:30 am Lane Swim (13+)
9:00 am Cycle (13+) (pre-booking	9:15 am Relax Swim - All Ages	8:15 am Circuit (13+) (pre-booking	9:00 am Yoga (13+) 9:15 am Relax Swim	required) 9:15 am Pilates		8:00 am Lane Swim (13+) -
required)	9:15 am Fit Bodies	required)	- All Ages	(13+)		4 LANES

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

10: (13: 12: Sw 12: Ba 12: Sk: 1:3 Sw 3:0 To	quired)  :00 am Yin Yoga 3+)  :00 pm Lane  rim (13+)  :00 pm Adult  dminton (16+)  :15 pm Public  ating (All Ages)  :0 pm Leisure  rim - All Ages  00 pm Parent &  t Swim (0-6  ars old)	9:15 am Lane Swim (13+) 9:15 am Relax Swim - All Ages 9:15 am Fit Bodies (13+) (pre-booking required) 11:30 am Adult Pickleball** (18+) 12:00 pm Adult Shinny (18+) 2:15 pm Youth Basketball (13-17 years) 3:30 pm Parent & Child Skate (8 y/o and Younger) 4:45 pm Parent & Child Basketball (6-12 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+)	required)  9:15 am Stretch (13+)  10:15 am Barre (13+) (pre-booking required)  10:45 am Aquafit (13+) (pre-booking required)  11:45 am Lane Swim (13+)  12:30 pm Relax Swim - All Ages  2:15 pm Youth Basketball (13-17 years)  3:30 pm Parent & Tot Swim (0-6 years old)  4:45 pm Children's Badminton (6-15 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+)	9:00 am Yoga (13+) 9:15 am Relax Swim - All Ages 9:15 am Lane Swim (13+) 9:30 am Parent & Tot Gym (0-5 years) 10:15 am Bollywood (13+) Studio 10:15 am Zumba (13+) 11:30 am Adult Pickleball** (18+) 12:15 pm Bootcamp (13+) 2:15 pm Youth Volleyball (13-17 years) 6:00 pm MetCon (13+) (pre-booking required) 7:00 pm Yoga (13+) 7:45 pm Aquafit (13+) (pre-booking required) 8:45 pm Lane Swim (13+)	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  12:30 pm Relax Swim - All Ages  12:40 pm Lane Swim (13+)  1:15 pm Adult Skate (18+)  2:15 pm Youth Basketball (13-17 years)  6:00 pm Tabata (13+)  7:00 pm Bollywood (13+) Studio  7:15 pm Leisure Swim - All Ages  7:30 pm Adult Pickleball (18+)  8:45 pm Lane Swim (13+)  8:45 pm Lane Swim (13+)	Swim (All Ages) 9:30 am Parent & Tot Gym (0-5 years) 10:15 am Stretch (13+) 10:45 am Aquafit (13+) (pre-booking required) 11:30 am Adult Basketball (18+)** 11:45 am Lane Swim (13+) 11:45 am Relax Swim - All Ages 2:15 pm Youth Basketball (13-17 years) 4:45 pm Children's Basketball (6-12 years) 6:30 pm Public Skating (All Ages) 7:15 pm Leisure Swim - All Ages 7:30 pm Family Sports	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+) 1:00 pm Khalsa Day Flag Raising 1:30 pm Leisure Swim - All Ages 2:15 pm Public Skating (All Ages) 3:00 pm Parent & Tot Swim (0-6 years old)
9:0	30 am Lane Swim	17 6:00 am Lane Swim (13+) 9:15 am Lane Swim (13+)	18 6:00 am Lane Swim (13+) 8:15 am Circuit (13+) (pre-booking	19 6:00 am Lane Swim (13+) 6:40 am Adult Shinny (18+)	(13+) 20 6:00 am Lane Swim (13+) 8:15 am Kettlebell (13+) (pre-booking	9:15 am MetCon (13+) (pre-booking required) 9:15 am Relax	7:15 am Parent & Tot Shinny (6 y/o and Younger)

required)	9:15 am Relax	required)	9:00 am Yoga (13+)	required)	(13+) (pre-booking	7:30 am Lane
10:00 am Yin Yoga (13+)	Swim - All Ages 9:15 am Fit Bodies	9:15 am Stretch (13+)	9:15 am Relax Swim - All Ages	9:15 am Pilates (13+)	required) 9:30 am PA Day	Swim (13+) 8:00 am Lane
12:00 pm Lane Swim (13+)	(13+) (pre-booking required)	10:15 am Barre (13+) (pre-booking	9:15 am Lane Swim	9:15 am Cycle (13+) (pre-booking	Schedule: Friday April 28th	Swim (13+) - 4 LANES
12:00 pm Adult Badminton (16+)	10:15 am Zumba (13+)	required) 10:45 am Aquafit	9:30 am Parent &	required) 9:40 am Parent &	10:15 am Stretch (13+)	8:00 am Bootcamp
12:15 pm Public Skating (All Ages)	11:30 am Adult Pickleball** (18+)	(13+) (pre-booking required)	Tot Gym (0-5 years) 10:15 am Zumba	Tot Skate (6 y/o and Younger)	10:45 am Aquafit (13+) (pre-booking	8:00 am
1:30 pm Leisure Swim - All Ages	12:00 pm Adult Shinny (18+)	11:45 am Lane Swim (13+)	(13+) 11:30 am Adult	10:45 am Aquafit (13+) (pre-booking	required) 11:45 am Lane	Aquafit (13+) (pre-booking required)
3:00 pm Parent & Tot Swim (0-6	2:15 pm Youth Basketball (13-17	12:30 pm Relax Swim - All Ages	Pickleball** (18+) 12:15 pm Bootcamp	required) 11:30 am Parent & Tot Gym (0-5	Swim (13+) 2:15 pm Leisure Swim - All Ages	9:00 am Bollywood
years old)	years) 3:30 pm Parent &	2:15 pm Youth Basketball (13-17 years)	(13+) 2:15 pm Youth	years) 11:45 am Lane	3:30 pm Flag Raising: National	(13+) 10:00 am
	Child Skate (8 y/o and Younger)	3:30 pm Parent & Tot Swim (0-6	Volleyball (13-17 years)	Swim (13+) - 4 LANES	Youth Week 6:30 pm Public	Yoga (13+) 12:00 pm
	4:45 pm Parent & Child Basketball (6-	years old)	4:00 pm Celebrate Vaisakhi and Sikh Heritage Month in	12:30 pm Relax Swim - All Ages	Skating (All Ages)	Lane Swim (13+)
	12 years) 6:00 pm Bootcamp (13+)	4:45 pm Children's Badminton (6-15 years)**	BWG 6:00 pm MetCon	12:40 pm Lane Swim (13+)	7:15 pm Leisure Swim - All Ages	12:30 pm Adult Basketball
	7:00 pm Bollywood (13+)	6:00 pm Cycle (13+) (pre-booking	(13+) (pre-booking required)	1:15 pm Adult Skate (18+)		(18+) 1:30 pm
	7:30 pm Adult Pick- Up Basketball (18+)	required) 7:00 pm Stretch (13+)	7:00 pm Yoga (13+) 7:30 pm Adult	2:15 pm Youth Basketball (13-17 years)		Leisure Swim - All Ages
	7:45 pm Aquafit (13+) (pre-booking	7:00 pm Community Access Networking	Volleyball (18+) 7:45 pm Aquafit (13+) (pre-booking	4:45 pm Children's Basketball (6-12		2:15 pm Public Skating (All Ages)
	required) 8:00 pm Yoga (13+)	7:15 pm Leisure Swim - All Ages	required) 8:45 pm Lane Swim	years) 6:00 pm Tabata		3:00 pm Parent & Tot
	8:45 pm Lane Swim (13+)	7:30 pm Adult Badminton (16+)**	(13+)	(13+) 7:00 pm Zumba		Swim (0-6 years old)
		8:00 pm Kettlebell (13+) (pre-booking		(13+) 7:15 pm Leisure		
		required) 8:45 pm Lane Swim		Swim - All Ages 7:30 pm Adult		
		(13+)		Pickleball (18+) 8:45 pm Lane Swim		
				(13+)		
30 7:30 am Lane Swim						
(13+) 9:00 am Cycle						
(13+) (pre-booking required)						
10:00 am Yin Yoga (13+)						
12:00 pm Lane Swim (13+)						
12:00 pm Adult Badminton (16+)						
12:15 pm Public Skating (All Ages)						
1:30 pm Leisure Swim - All Ages						
3:00 pm Parent & Tot Swim (0-6 years old)						