

Week of April 30, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
<p><u>Lane Swim (13+)</u> 7:30 am - 8:45 am</p> <p><u>Cycle (13+) (pre-booking required)</u> 9:00 am - 9:45 am</p> <p><u>Yin Yoga (13+)</u> 10:00 am - 11:00 am</p> <p><u>Lane Swim (13+)</u> 12:00 pm - 1:15 pm</p> <p><u>Adult Badminton (16+)</u> 12:00 pm - 1:30 pm</p> <p><u>Public Skating (All Ages)</u> 12:15 pm - 2:15 pm</p> <p><u>Leisure Swim - All Ages</u> 1:30 pm - 3:00 pm</p> <p><u>Parent & Tot Swim (0-6 years old)</u> 3:00 pm - 4:00 pm</p>	<p><u>Lane Swim (13+)</u> 6:00 am - 7:30 am</p> <p><u>Fit Bodies (13+)</u> 9:00 am - 9:45 am</p> <p><u>Lane Swim (13+)</u> 9:15 am - 2:00 pm</p> <p><u>Relax Swim - All Ages</u> 9:15 am - 2:00 pm</p> <p><u>Zumba (13+)</u> 10:15 am - 11:00 am</p> <p><u>Adult Pickleball** (18+)</u> 11:30 am - 1:30 pm</p> <p><u>Adult Shinny (18+)</u> 12:00 pm - 1:30 pm</p> <p><u>Youth Basketball (13-17 years)</u> 2:15 pm - 4:30 pm</p> <p><u>Parent & Child Skate (8 y/o and Younger)</u> 3:30 pm - 4:15 pm</p> <p><u>Parent & Child Basketball (6-12 years)</u> 4:45 pm - 6:45 pm</p> <p><u>Bootcamp (13+)</u> 6:00 pm - 6:45 pm</p> <p><u>BollyX (13+)</u> 7:00 pm - 7:45 pm</p> <p><u>Adult Pick-Up Basketball (18+)</u> 7:30 pm - 9:30 pm</p> <p><u>Aquafit (pre-booking required) 13+</u> 7:45 pm - 8:30 pm</p> <p><u>Yoga (13+)</u> 8:00 pm - 8:45 pm</p>	<p><u>Lane Swim (13+)</u> 6:00 am - 7:30 am</p> <p><u>Circuit (pre-booking required) 13+</u> 8:15 am - 9:00 am</p> <p><u>Stretch (13+)</u> 9:15 am - 10:00 am</p> <p><u>Barre (13+)</u> 10:15 am - 11:00 am</p> <p><u>Lane Swim (13+)</u> 11:45 am - 2:00 pm</p> <p><u>Relax Swim - All Ages</u> 12:30 pm - 2:00 pm</p> <p><u>Parent & Tot Swim (0-6 years old)</u> 3:30 pm - 4:15 pm</p> <p><u>Cycle (pre-booking required) 13+</u> 6:00 pm - 6:45 pm</p> <p><u>Leisure Swim - All Ages</u> 7:15 pm - 8:30 pm</p> <p><u>Adult Badminton (16+)**</u> 7:30 pm - 9:30 pm</p> <p><u>Kettlebell (pre-booking required) 13+</u> 8:00 pm - 8:45 pm</p> <p><u>Lane Swim (13+)</u> 8:45 pm - 10:00 pm</p>	<p><u>Lane Swim (13+)</u> 6:00 am - 7:30 am</p> <p><u>Adult Shinny (18+)</u> 6:40 am - 8:00 am</p> <p><u>Relax Swim - All Ages</u> 9:15 am - 2:00 pm</p> <p><u>Lane Swim (13+)</u> 9:15 am - 2:00 pm</p> <p><u>Parent & Tot Gym (0-5 years)</u> 9:30 am - 11:00 am</p> <p><u>Adult Pickleball** (18+)</u> 11:30 am - 1:30 pm</p> <p><u>MetCon (13+)</u> 6:00 pm - 6:45 pm</p> <p><u>Adult Volleyball (18+)</u> 7:30 pm - 9:30 pm</p> <p><u>Lane Swim (13+)</u> 8:45 pm - 10:00 pm</p>	<p><u>Lane Swim (13+)</u> 6:00 am - 7:30 am</p> <p><u>Pilates (13+)</u> 9:15 am - 10:00 am</p> <p><u>Parent & Tot Shinny (6 y/o and Younger)</u> 9:40 am - 10:30 am</p> <p><u>Parent & Tot Gym (0-5 years)</u> 11:30 am - 1:30 pm</p> <p><u>Relax Swim - All Ages</u> 11:30 am - 2:00 pm</p> <p><u>Lane Swim (13+) - 4 LANES</u> 11:45 am - 12:30 pm</p> <p><u>Lane Swim (13+)</u> 12:40 pm - 2:00 pm</p> <p><u>Adult Skate (18+)</u> 1:15 pm - 2:15 pm</p> <p><u>Children's Basketball (6-12 years)</u> 4:45 pm - 6:45 pm</p> <p><u>Tabata (13+)</u> 6:00 pm - 6:45 pm</p> <p><u>Leisure Swim - All Ages</u> 7:15 pm - 8:30 pm</p> <p><u>Adult Pickleball (18+)</u> 7:30 pm - 9:30 pm</p> <p><u>Lane Swim (13+)</u> 8:45 pm - 10:00 pm</p>	<p><u>Relax Swim (All Ages)</u> 9:15 am - 10:45 am</p> <p><u>Parent & Tot Gym (0-5 years)</u> 9:30 am - 11:00 am</p> <p><u>Proclamation & Flag Raising - Dutch Liberation Day</u> 10:00 am - 11:00 am</p> <p><u>Adult Basketball (18+)**</u> 11:30 am - 1:30 pm</p> <p><u>Lane Swim (13+)</u> 11:45 am - 2:00 pm</p> <p><u>Relax Swim - All Ages</u> 11:45 am - 2:00 pm</p> <p><u>Public Skating (All Ages)</u> 6:30 pm - 8:00 pm</p> <p><u>Leisure Swim - All Ages</u> 7:15 pm - 8:30 pm</p> <p><u>Family Sports</u> 7:30 pm - 9:30 pm</p>	<p><u>Parent & Tot Shinny (6 y/o and Younger)</u> 7:15 am - 8:15 am</p> <p><u>Lane Swim (13+)</u> 7:30 am - 8:00 am</p> <p><u>Lane Swim (13+) - 4 LANES</u> 8:00 am - 8:45 am</p> <p><u>Lane Swim (13+)</u> 12:00 pm - 1:15 pm</p> <p><u>Adult Pick-Up Basketball (18+)</u> 12:30 pm - 2:30 pm</p> <p><u>Leisure Swim - All Ages</u> 1:30 pm - 3:00 pm</p> <p><u>Public Skating (All Ages)</u> 2:15 pm - 3:45 pm</p> <p><u>Parent & Tot Swim (0-6 years old)</u> 3:00 pm - 4:00 pm</p>

End Date: 05/06/2023
Start Date: 05/01/2023