

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 7:30 am Lane Swim (13+) 9:00 am Cycle (13+) (pre-booking required)	3 6:00 am Lane Swim (13+) 9:15 am Relax Swim - All Ages 9:15 am Fit Bodies	4 6:00 am Lane Swim (13+) 8:15 am Circuit (13+) (pre-booking required)	5 6:40 am Adult Shinny (18+) 9:00 am Yoga (13+) 9:15 am Relax Swim - All Ages	6 8:15 am Kettlebell (13+) (pre-booking required) 9:15 am Pilates (13+)	7 12:00 am Good Friday	8 7:30 am Lane Swim (13+) 8:00 am Lane Swim (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 7:30 am Lane Swim (13+) 9:00 am Cycle (13+) (pre-booking	10 12:00 am Easter Monday 6:00 am Lane Swim (13+)	11 6:00 am Lane Swim (13+) 8:15 am Circuit (13+) (pre-booking	12 6:00 am Lane Swim (13+) 6:40 am Adult Shinny (18+)	13 6:00 am Lane Swim (13+) 8:15 am Kettlebell (13+) (pre-booking	14 9:15 am MetCon (13+) (pre-booking required) 9:15 am Relax	15 7:15 am Parent & Tot Shinny (6 y/o and Younger)

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)	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+)	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)
16 7:30 am Lane Swim (13+) 9:00 am Cycle (13+) (pre-booking	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+)	20 6:00 am Lane Swim (13+) 8:15 am Kettlebell (13+) (pre-booking	21 9:15 am MetCon (13+) (pre-booking required) 9:15 am Relax	22 7:15 am Parent & Tot Shinny (6 y/o and Younger)

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23 7:30 am Lane Swim (13+) 9:00 am Cycle (13+) (pre-booking	24 6:00 am Lane Swim (13+) 9:15 am Lane Swim (13+)	25 6:00 am Lane Swim (13+) 8:15 am Circuit (13+) (pre-booking	26 6:00 am Lane Swim (13+) 6:40 am Adult Shinny (18+)	27 6:00 am Lane Swim (13+) 8:15 am Kettlebell (13+) (pre-booking	28 9:15 am Parent & Tot Swim (0-6 years old) 9:15 am MetCon	29 7:15 am Parent & Tot Shinny (6 y/o and Younger)

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