

# Week of June 30, 2024

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |
|---|--|--|---|--|---|--|
| 30  | 1  | 2  | 3   | 4  | 5   | 6  |
| <u>Lane Swim (13+)</u><br>7:30 am - 8:45 am                                 | <u>Lane Swim (13+)</u><br>6:00 am - 8:00 am                    | <u>Lane Swim (13+)</u><br>6:00 am - 7:30 am                    | <u>Lane Swim (13+)</u><br>6:00 am - 8:00 am                       | <u>Lane Swim (13+)</u><br>6:00 am - 7:30 am                              | <u>Silver Swim - 50+</u><br>8:00 am - 8:45 am                     | <u>Parent &amp; Child Shiny</u><br><u>(9 y/o and Younger)</u><br>7:15 am - 8:15 am |
| <u>Parent &amp; Tot Gym (0-5 years)</u><br>9:00 am - 11:00 am               | <u>Canada Day</u><br>8:30 am - 4:30 pm                         | <u>Aquafit (pre-booking required) 13+</u><br>8:00 am - 8:45 am | <u>Adult Shiny (18+)</u><br>6:40 am - 8:00 am                     | <u>Aquafit (pre-booking required) 13+</u><br>8:00 am - 8:45 am           | <u>MetCon (13+)</u><br>9:15 am - 10:00 am                         | <u>Lane Swim (13+)</u><br>7:30 am - 8:00 am  |
| <u>Cycle (pre-booking required) 13+</u><br>9:00 am - 9:45 am                | <u>Closed</u><br>9:30 am - 8:00 pm                             | <u>Circuit (13+)</u><br>8:15 am - 9:00 am                      | <u>Cycle (pre-booking required) 13+</u><br>8:15 am - 8:45 am      | <u>Kettlebell (13+)</u><br>8:15 am - 9:00 am                             | <u>Babytime Walkers (Ages 12-24 mon)</u><br>9:45 am - 10:15 am    | <u>Lane Swim (13+)</u><br>7:30 am - 8:00 am  |
| <u>Closed</u><br>9:30 am - 8:00 pm  | <u>Lane Swim (13+)</u><br>11:30 am - 1:00 pm                   | <u>Royal City Soccer Club - Day Camps</u><br>8:30 am - 4:30 pm | <u>Yoga (13+)</u><br>9:00 am - 10:00 am                           | <u>Pilates (13+)</u><br>9:15 am - 10:00 am                               | <u>Stretch (13+)</u><br>10:15 am - 11:00 am                       | <u>Lane Swim (13+)</u><br>7:30 am - 8:00 am  |
| <u>Parent &amp; Child Shiny (9 y/o and Younger)</u><br>10:00 am - 12:00 pm  | <u>Therapy Swim (13+) - Leisure Pool</u><br>11:45 am - 1:00 pm | <u>Stretch (13+)</u><br>9:15 am - 10:00 am                     | <u>Zumba (13+)</u><br>10:15 am - 11:00 am                         | <u>SMDHU Breastfeeding Support Group</u><br>10:00 am - 11:30 am          | <u>Babytime Creepers (Ages 4-12 mon)</u><br>10:45 am - 11:15 am   | <u>Lane Swim (13+)</u><br>7:30 am - 8:00 am  |
| <u>Yoga (13+)</u><br>10:00 am - 11:00 am                                    | <u>Leisure Swim - All Ages</u><br>2:15 pm - 4:00 pm            | <u>Barre (13+)</u><br>10:15 am - 11:00 am                      | <u>Lane Swim (13+)</u><br>11:30 am - 1:00 pm                      | <u>Parent &amp; Tot Skate (6 y/o and Younger)</u><br>10:00 am - 11:30 am | <u>Lane Swim (13+)</u><br>11:30 am - 1:00 pm                      | <u>Lanes Only</u><br>8:00 am - 8:45 am   |
| <u>Yin Yoga (13+)</u><br>10:00 am - 11:00 am                                | <u>Canada Day</u><br>6:00 pm - 10:00 pm                        | <u>Lane Swim (13+)</u><br>11:30 am - 1:00 pm                   | <u>Therapy Swim (13+) - Leisure Pool</u><br>11:45 am - 1:00 pm    | <u>Fit Bodies (13+)</u><br>10:15 am - 11:00 am                           | <u>Therapy Swim (13+) - Leisure Pool</u><br>11:45 am - 1:00 pm    | <u>Aquafit (pre-booking required) 13+</u><br>8:00 am - 8:45 am                     |
| <u>Adult Badminton (16+)</u><br>11:30 am - 1:30 pm                          | <u>Lane Swim (13+)</u><br>9:00 pm - 10:00 pm                   | <u>My Sister's Place Drop-in Outreach</u><br>1:00 pm - 4:00 pm | <u>Leisure Swim - All Ages</u><br>2:15 pm - 4:00 pm               | <u>Parent &amp; Tot Swim (0-6 years old)</u><br>4:00 pm - 4:45 pm        | <u>Leisure Swim - All Ages</u><br>2:15 pm - 4:00 pm               | <u>Bootcamp (13+)</u><br>8:15 am - 9:00 am   |
| <u>Lane Swim (13+)</u><br>12:00 pm - 1:15 pm                                |  | <u>Leisure Swim - All Ages</u><br>2:15 pm - 4:00 pm            | <u>Parent &amp; Tot Swim (0-6 years old)</u><br>4:00 pm - 4:45 pm | <u>Teen Volunteer Orientation (Grades 9-12)</u><br>4:15 pm - 5:15 pm     | <u>Parent &amp; Tot Swim (0-6 years old)</u><br>4:00 pm - 4:45 pm | <u>Bradford Farmers Market</u><br>9:00 am - 1:00 pm                                |
| <u>Public Skating (All Ages)</u><br>12:15 pm - 2:15 pm                      |  | <u>Youth Basketball (Grades 9-12)</u><br>5:00 pm - 7:00 pm     | <u>African Experience Festival</u><br>5:00 pm - 8:00 pm           | <u>Adult Skate (18+)</u><br>1:15 pm - 2:15 pm                            | <u>Family Sports</u><br>5:00 pm - 7:00 pm                         | <u>Public Skating (All Ages)</u><br>6:30 pm - 8:00 pm                              |
| <u>Leisure Swim - All Ages</u><br>1:30 pm - 3:00 pm                         |  | <u>Cycle (pre-booking required) 13+</u><br>6:00 pm - 6:45 pm   | <u>Youth Volleyball (Grades 9-12)</u><br>5:00 pm - 7:00 pm        | <u>Kids Movie: Paws of Fury - The Legend of Hank</u><br>1:30 pm          | <u>Public Skating (All Ages)</u><br>6:30 pm - 8:00 pm             | <u>BollyX (13+)</u><br>9:15 am - 10:00 am  |
| <u>Youth Basketball (Grades 9-12)</u><br>1:45 pm - 3:30 pm                  |  | <u>Adapted Open Skate</u><br>6:15 pm - 7:15 pm                 | <u>MetCon (13+)</u><br>6:00 pm - 6:45 pm                          | <u>Leisure Swim - All Ages</u><br>2:15 pm - 4:00 pm                      |   | <u>Parent &amp; Tot Gym (0-5 years)</u><br>9:30 am - 11:30 am                      |
| <u>Water Polo Sunday - Beginner and Advanced (13+)</u><br>3:00 pm - 4:00 pm |  | <u>Stretch (13+)</u><br>7:00 pm - 7:45 pm                      | <u>Yoga (13+)</u><br>7:00 pm - 7:45 pm                            | <u>Parent &amp; Tot Swim (0-6 years old)</u><br>4:00 pm - 4:45 pm        |   | <u>Yoga (13+)</u><br>10:15 am - 11:15 am   |
| <u>Parent &amp; Tot Swim (0-6 years old)</u><br>3:00 pm - 4:00 pm           |  | <u>Leisure Swim - All Ages</u><br>7:15 pm - 8:30 pm            | <u>Adult Volleyball (18+)</u><br>7:30 pm - 9:30 pm                | <u>Youth Basketball (Grades 9-12)</u><br>5:00 pm - 7:00 pm               |   | <u>African Experience Festival</u><br>11:00 am                                     |
|   |  |  |   | <u>African Experience Festival</u><br>5:30 pm - 8:00 pm                  |   | <u>Lane Swim (13+)</u><br>11:30 am - 1:15 pm                                       |
|   |  |  |   |  |   | <u>Adult Pick-Up Basketball (18+)</u><br>12:30 pm -                                |

|  |  |  |  |  |  |   |
|--|--|--|--|--|--|---|
|  |  |  |  |  |  | 2:30 pm<br><u>Leisure</u><br><u>Swim - All</u><br><u>Ages</u><br>1:30 pm -<br>3:00 pm<br><br><u>Parent &amp; Tot</u><br><u>Swim (0-6</u><br><u>years old)</u><br>3:00 pm -<br>4:00 pm |
|--|--|--|--|--|--|---|

**End Date:** 05/22/2024  
**Start Date:** 07/01/2024

<https://calendar.townofbwg.com>