## Week of October 1, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
			4 Lane Swim (13+) 6:00 am - 7:30 am Adult Shinny (18+) 6:40 am - 8:00 am Muscle Conditioning (13+) 8:00 am - 8:45 am Adult Pickleball (18+) 9:30 am - 11:00 am Silver Swim - 50+ - 4 Lanes only 10:30 am - 11:30 am Relax Swim - All Ages 10:30 am - 1:00 pm Lane Swim (13+) 4 Lanes only 10:30 am - 11:30 am PROBUS Clubs Month Flag Raising Ceremony 11:00 am - 11:30 am Lane Swim (13+) 11:30 am - 1:00 pm	5 Lane Swim (13+) 6:00 am - 7:30 am Parent & Tot Skate (6 y/o and Younger) 9:40 am - 10:40 am Parent & Tot Gym (0-5 years) 11:00 am - 12:30 pm Lane Swim (13+) 4 Lanes only 11:45 am - 12:30 pm Lane Swim (13+) 12:30 pm - 3:00 pm Adult Skate (18+) 1:15 pm - 2:15 pm Youth Basketball (Grades 9-12) 2:15 pm - 4:30 pm Children's Basketball (Grades 1-8) 4:45 pm - 6:45 pm Tabata (13+) 6:00 pm - 6:45 pm		
	2:15 pm - 4:30 pm <u>Parent &amp; Child</u> <u>Skate (9 y/o and</u> <u>Younger</u> ) 3:30 pm - 4:15 pm <u>Parent &amp; Child</u> <u>Basketball</u> ( <u>Grades 1-8</u> ) 4:45 pm - 6:45 pm <u>Dance Fusion</u> ( <u>13+</u> ) 7:00 pm - 7:45 pm <u>Adult Pick-Up</u> <u>Basketball (18+</u> ) 7:30 pm - 9:30 pm <u>Lane Swim (13+</u> ) 8:45 pm - 10:00 pm		<u>Youth Volleyball</u> ( <u>Grades 9-12</u> ) 2:15 pm - 4:15 pm <u>Adult Volleyball</u> ( <u>18+</u> ) 7:30 pm - 9:30 pm <u>Lane Swim (13+</u> ) 8:45 pm - 10:00 pm	Leisure Swim - All Ages 7:15 pm - 8:30 pm Adult Pickleball (18+) 7:30 pm - 9:30 pm Lane Swim (13+) 8:45 pm - 10:00 pm	4:45 pm - 6:45 pm <u>Public Skating (All</u> <u>Ages</u> ) 6:45 pm - 8:15 pm <u>Leisure Swim - All</u> <u>Ages</u> 7:15 pm - 8:30 pm <u>Family Sports</u> 7:30 pm - 9:30 pm	