

March 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|------------------------------|------------------------------|--|---|---|--|
| | | | 1 6:40 am Adult Shinny (18+) 9:00 am Yoga (13+) 9:15 am Relax Swim - All Ages 9:30 am Parent & Tot Gym (0-5 years) 10:15 am Zumba (13+) 11:30 am Adult Badminton (16+) 12:00 pm Adult Pickleball (18+)** 12:15 pm Bootcamp (13+) 1:00 pm Lane Swim (13+) 2:15 pm Youth Volleyball (13-17 years) 6:00 pm MetCon (13+) (pre-booking required) 7:00 pm Yoga (13+) 7:30 pm Adult Volleyball (18+) 7:30 pm Adult Badminton (16+)** 7:45 pm Aquafit (13+) (pre-booking required) 8:45 pm Lane Swim (13+) | 2 8:15 am Kettlebell (13+) (pre-booking 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 12:35 pm Lane Swim (13+) 1:15 pm Adult Skate (18+) 2:15 pm Youth Basketball (13-19 years) 4:45 pm Children's Basketball (6-12 years)** 6:00 pm Tabata (13+) 7:00 pm Zumba (13+) 7:15 pm Leisure Swim - All Ages 7:30 pm Adult Pickleball (18+) 8:45 pm Lane Swim (13+) | 3 9:15 am Relax Swim - All Ages 9:15 am MetCon (13+) (pre-booking required) 9:30 am Parent & Tot Gym (0-5 years) 10:15 am Stretch (13+) 10:45 am Aquafit (13+) (pre-booking required) 11:35 am Lane Swim (13+) 12:00 pm Adult Basketball (18+) 2:15 pm Youth Basketball (13-17 years) 4:45 pm Children's Basketball (6-12 years) 6:45 pm Public Skating (All Ages) 7:15 pm Leisure Swim - All Ages | 4 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) 9:00 am Bollywood (13+) 10:00 am Yoga (13+) 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) |
| 5 7:30 am Lane Swim (13+) | 6 6:00 am Lane Swim (13+) | 7 6:00 am Lane Swim (13+) | 8 6:40 am Adult Shinny (18+) | 9 8:15 am Kettlebell (13+) (pre-booking | 10 9:15 am Relax Swim - All Ages | 11 7:15 am Parent & Tot |

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|--|--|---|--|---|---|---|
| 9:00 am Cycle (13+) (pre-booking required) | 9:15 am Relax Swim - All Ages | 8:15 am Circuit (13+) (pre-booking required) | 9:00 am Yoga (13+) | required) | 9:15 am MetCon (13+) (pre-booking required) | Shinny (6 y/o and Younger) |
| 10:00 am Yin Yoga (13+) | 9:15 am Fit Bodies (13+) (pre-booking required) | 9:15 am Stretch (13+) | 9:15 am Relax Swim - All Ages | 9:15 am Pilates (13+) | 9:30 am Parent & Tot Gym (0-5 years) | 7:30 am Lane Swim (13+) |
| 12:00 pm Adult Badminton (16+) | 10:15 am Zumba (13+) | 9:30 am Parent & Tot Gym (0-5 years) | 10:15 am Zumba (13+) | 9:15 am Cycle (13+) (pre-booking required) | 10:15 am Stretch (13+) | 8:00 am Lane Swim (13+) - 4 LANES |
| 12:00 pm Lane Swim (13+) | 11:00 am Lane Swim (13+) | 9:30 am Parent & Tot Gym (0-5 years) | 11:00 am Lane Swim (13+) | 9:40 am Parent & Tot Skate (6 y/o and Younger) | 10:45 am Aquafit (13+) (pre-booking required) | 8:00 am Aquafit (13+) (pre-booking required) |
| 12:15 pm Public Skating (All Ages) | 11:30 am Adult Pickleball** (18+) | 10:15 am Barre (13+) (pre-booking required) | 12:00 pm Adult Pickleball (18+)** | 10:45 am Aquafit (13+) (pre-booking required) | 11:35 am Lane Swim (13+) | 8:00 am Bootcamp (13+) |
| 1:30 pm Leisure Swim - All Ages | 12:00 pm Adult Shinny (18+) | 10:45 am Aquafit (13+) (pre-booking required) | 12:15 pm Bootcamp (13+) | 11:30 am Parent & Tot Gym (0-5 years) | 12:00 pm Adult Basketball (18+) | 9:00 am Bollywood (13+) |
| 3:00 pm Parent & Tot Swim (0-6 years old) | 2:15 pm Youth Basketball (13-17 years) | 11:30 am Adult Badminton (16+) | 2:15 pm Youth Volleyball (13-17 years) | 11:45 am Lane Swim (13+) - 4 LANES | 2:15 pm Youth Basketball (13-17 years) | 10:00 am Yoga (13+) |
| | 3:30 pm Parent & Child Skate (8 y/o and Younger) | 11:45 am Lane Swim (13+) | 4:45 pm Parent & Child Volleyball (6-12 years) | 12:35 pm Lane Swim (13+) | 5:00 pm Free Youth Night (Grade 7-12) | 12:00 pm Parent & Tot Gym (0-5 years)** |
| | 4:45 pm Parent & Child Basketball (6-12 years) | 2:15 pm Youth Basketball (13-19 years) | 6:00 pm MetCon (13+) (pre-booking required) | 1:15 pm Adult Skate (18+) | 6:45 pm Public Skating (All Ages) | 12:00 pm Lane Swim (13+) |
| | 6:00 pm Bootcamp (13+) | 3:30 pm Parent & Tot Swim (0-6 years old) | 7:00 pm Yoga (13+) | 2:15 pm Youth Basketball (13-19 years) | 7:15 pm Leisure Swim - All Ages | 12:30 pm Adult Basketball (18+) |
| | 7:00 pm Bollywood (13+) | 4:45 pm Children's Badminton (6-15 years)** | 7:30 pm Adult Volleyball (18+) | 4:45 pm Children's Basketball (6-12 years)** | 7:30 pm Family Sports | 1:30 pm Leisure Swim - All Ages |
| | 7:30 pm Adult Pick-Up Basketball (18+) | 6:00 pm Cycle (13+) (pre-booking required) | 7:45 pm Aquafit (13+) (pre-booking required) | 6:00 pm Tabata (13+) | 7:30 pm Family Sports | 2:15 pm Public Skating (All Ages) |
| | 7:45 pm Aquafit (13+) (pre-booking required) | 7:00 pm Stretch (13+) | 8:45 pm Lane Swim (13+) | 7:00 pm Zumba (13+) | 8:45 pm Lane Swim (13+) | 2:30 pm Children's Basketball (6-12 years)** |
| | 8:00 pm Yoga (13+) | 7:15 pm Leisure Swim - All Ages | | 7:15 pm Leisure Swim - All Ages | | 3:00 pm Parent & Tot Swim (0-6 years old) |
| | 8:45 pm Lane Swim (13+) | 7:30 pm Adult Badminton (16+)** | | 7:30 pm Adult Pickleball (18+) | | 5:00 pm Youth Basketball (13-19 years) |
| | | 8:00 pm Kettlebell (13+) (pre-booking required) | | 8:45 pm Lane Swim (13+) | | 5:00 pm Youth Basketball (13-17 years) |
| | | 8:45 pm Lane Swim (13+) | | | | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 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 required) | 9:15 am Parent & Tot Swim (0-6 years old) | 7:15 am Parent & Tot Shinny (6 y/o and Younger) |
| 9:00 am Cycle (13+) (pre-booking required) | 9:15 am Parent & Tot Swim (0-6 years old) | 8:15 am Circuit (13+) (pre-booking required) | 9:00 am Yoga (13+) | 9:15 am Pilates (13+) | 9:15 am MetCon (13+) (pre-booking required) | 7:30 am Lane Swim (13+) |
| 10:00 am Yin Yoga | 9:15 am Fit Bodies | 9:15 am Stretch | 9:15 am Parent & Tot Swim (0-6 years old) | 9:15 am Cycle (13+) | | |

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|--|---|---|---|---|--|---|
| (13+) 12:00 pm Adult Pickleball (18+)** 12:00 pm Adult Badminton (16+) 12:00 pm Lane Swim (13+) 12:15 pm Public Skating (All Ages) 1:30 pm Leisure Swim - All Ages 2:30 pm Parent & Child Basketball (6-12 years)** 3:00 pm Parent & Tot Swim (0-6 years old) | (13+) (pre-booking required) 10:15 am Zumba (13+) 11:00 am Lane Swim (13+) 12:00 pm Adult Pickleball (18+)** 12:00 pm Adult Shinny (18+) 2:15 pm Leisure Swim - All Ages 2:30 pm Parent & Child Basketball (6-12 years)** 3:30 pm Parent & Child Skate (8 y/o and Younger) 5:00 pm Youth Basketball (13-17 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+) | (13+) 10:15 am Barre (13+) (pre-booking required) 10:45 am Aquafit (13+) (pre-booking required) 11:45 am Lane Swim (13+) 12:00 pm Parent & Tot Gym (0-5 years)** 2:15 pm Leisure Swim - All Ages 2:30 pm Children's Badminton (6-15 years)** 5:00 pm Youth Basketball (13-19 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+) | 10:15 am Zumba (13+) 11:00 am Lane Swim (13+) 12:00 pm Adult Pickleball (18+)** 12:15 pm Bootcamp (13+) 2:15 pm Leisure Swim - All Ages 2:30 pm Children's Basketball (6-12 years)** 5:00 pm Youth Volleyball (13-17 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+) | (pre-booking required) 9:40 am Parent & Tot Skate (6 y/o and Younger) 10:45 am Aquafit (13+) (pre-booking required) 11:35 am Lane Swim (13+) 12:00 pm Parent & Tot Gym (0-5 years)** 1:15 pm Adult Skate (18+) 2:15 pm Leisure Swim - All Ages 2:30 pm Parent & Child Basketball (6-12 years)** 5:00 pm Youth Basketball (13-19 years) 6:00 pm Tabata (13+) 7:00 pm Zumba (13+) 7:15 pm Leisure Swim - All Ages 7:30 pm Adult Pickleball (18+) 8:45 pm Lane Swim (13+) | 10:15 am Stretch (13+) 10:45 am Aquafit (13+) (pre-booking required) 11:35 am Lane Swim (13+) 12:00 pm Adult Basketball (18+)** 2:15 pm Leisure Swim - All Ages 2:30 pm Children's Basketball (6-12 years)** 5:00 pm Youth Basketball (13-19 years) 6:45 pm Public Skating (All Ages) 7:15 pm Leisure Swim - All Ages 7:30 pm Family Sports | 8:00 am Lane Swim (13+) - 4 LANES 8:00 am Aquafit (13+) (pre-booking required) 8:00 am Bootcamp (13+) 9:00 am Bollywood (13+) 10:00 am Yoga (13+) 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) |
| 19 7:30 am Lane Swim (13+) | 20 6:00 am Lane Swim (13+) | 21 6:00 am Lane Swim (13+) | 22 6:40 am Adult Shinny (18+) | 23 8:15 am Kettlebell (13+) (pre-booking) | 24 9:15 am Relax Swim - All Ages | 25 7:15 am Parent & Tot |

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|--|--|---|--|--|---|---|
| 9:00 am Cycle (13+) (pre-booking required) | 9:15 am Relax Swim - All Ages | 8:15 am Circuit (13+) (pre-booking required) | 9:00 am Yoga (13+) | required) | 9:15 am MetCon (13+) (pre-booking required) | Shinny (6 y/o and Younger) |
| 10:00 am Yin Yoga (13+) | 9:15 am Fit Bodies (13+) (pre-booking required) | 9:15 am Stretch (13+) | 9:15 am Relax Swim - All Ages | 9:15 am Pilates (13+) | 9:30 am Parent & Tot Gym (0-5 years) | 7:30 am Lane Swim (13+) |
| 12:00 pm Adult Badminton (16+) | 10:15 am Zumba (13+) | 9:30 am Parent & Tot Gym (0-5 years) | 10:15 am Zumba (13+) | 9:15 am Cycle (13+) (pre-booking required) | 10:15 am Stretch (13+) | 8:00 am Lane Swim (13+) - 4 LANES |
| 12:00 pm Lane Swim (13+) | 11:00 am Lane Swim (13+) | 10:15 am Barre (13+) (pre-booking required) | 11:00 am Lane Swim (13+) | 9:40 am Parent & Tot Skate (6 y/o and Younger) | 10:45 am Aquafit (13+) (pre-booking required) | 8:00 am Aquafit (13+) (pre-booking required) |
| 12:15 pm Public Skating (All Ages) | 11:30 am Adult Pickleball** (18+) | 10:45 am Aquafit (13+) (pre-booking required) | 12:00 pm Adult Pickleball (18+)** | 10:45 am Aquafit (13+) (pre-booking required) | 11:35 am Lane Swim (13+) | 8:00 am Bootcamp (13+) |
| 1:30 pm Leisure Swim - All Ages | 12:00 pm Adult Shinny (18+) | 11:30 am Adult Badminton (16+) | 12:15 pm Bootcamp (13+) | 11:45 am Lane Swim (13+) - 4 LANES | 12:00 pm Adult Basketball (18+) | 9:00 am Bollywood (13+) |
| 3:00 pm Parent & Tot Swim (0-6 years old) | 2:15 pm Youth Basketball (13-17 years) | 11:45 am Lane Swim (13+) | 2:15 pm Youth Volleyball (13-17 years) | 12:00 pm Epilepsy Awareness Month / Purple Day Flag Raising Ceremony | 2:15 pm Youth Basketball (13-17 years) | 10:00 am Yoga (13+) |
| | 3:30 pm Parent & Child Skate (8 y/o and Younger) | 2:15 pm Youth Basketball (13-19 years) | 4:45 pm Parent & Child Volleyball (6-12 years) | 12:35 pm Lane Swim (13+) | 4:45 pm Children's Basketball (6-12 years) | 10:00 am Ward 3 Community Access Networking Meeting |
| | 4:45 pm Parent & Child Basketball (6-12 years) | 3:30 pm Parent & Tot Swim (0-6 years old) | 6:00 pm MetCon (13+) (pre-booking required) | 1:15 pm Adult Skate (18+) | 6:45 pm Public Skating (All Ages) | |
| | 6:00 pm Bootcamp (13+) | 4:45 pm Children's Badminton (6-15 years)** | 7:00 pm Yoga (13+) | 4:45 pm Children's Basketball (6-12 years)** | 7:15 pm Leisure Swim - All Ages | 12:30 pm Adult Basketball (18+) |
| | 7:00 pm Bollywood (13+) | 6:00 pm Cycle (13+) (pre-booking required) | 7:30 pm Adult Volleyball (18+) | 6:00 pm Tabata (13+) | 7:30 pm Family Sports | 1:30 pm Leisure Swim - All Ages |
| | 7:30 pm Adult Pick-Up Basketball (18+) | 7:00 pm Stretch (13+) | 7:45 pm Aquafit (13+) (pre-booking required) | 7:00 pm Zumba (13+) | | 2:15 pm Public Skating (All Ages) |
| | 7:45 pm Aquafit (13+) (pre-booking required) | 7:15 pm Leisure Swim - All Ages | 8:45 pm Lane Swim (13+) | 7:15 pm Leisure Swim - All Ages | | 3:00 pm Parent & Tot Swim (0-6 years old) |
| | 8:00 pm Yoga (13+) | 7:30 pm Adult Badminton (16+)** | | 7:30 pm Adult Pickleball (18+) | | |
| | 8:45 pm Lane Swim (13+) | 8:00 pm Kettlebell (13+) (pre-booking required) | | 8:45 pm Lane Swim (13+) | | |
| | | 8:45 pm Lane Swim (13+) | | | | |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| 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 required) | 9:15 am Relax Swim - All Ages | |
| 9:00 am Cycle (13+) (pre-booking required) | 9:15 am Relax Swim - All Ages | 8:15 am Circuit (13+) (pre-booking required) | 9:00 am Yoga (13+) | 9:15 am Pilates (13+) | 9:15 am MetCon (13+) (pre-booking required) | |
| | 9:15 am Fit Bodies | | 9:15 am Relax Swim - All Ages | | | |

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|---|--|---|--|--|---|
| 10:00 am Yin Yoga (13+) | (13+) (pre-booking required) | 9:15 am Stretch (13+) | 9:30 am Parent & Tot Gym (0-5 years) | 9:15 am Cycle (13+) (pre-booking required) | 9:30 am Parent & Tot Gym (0-5 years) |
| 12:00 pm Adult Badminton (16+) | 10:15 am Zumba (13+) | 10:15 am Barre (13+) (pre-booking required) | 10:15 am Zumba (13+) | 9:40 am Parent & Tot Skate (6 y/o and Younger) | 10:15 am Stretch (13+) |
| 12:00 pm Lane Swim (13+) | 11:00 am Lane Swim (13+) | 10:45 am Aquafit (13+) (pre-booking required) | 11:00 am Lane Swim (13+) | 10:45 am Aquafit (13+) (pre-booking required) | 10:45 am Aquafit (13+) (pre-booking required) |
| 12:15 pm Public Skating (All Ages) | 11:30 am Adult Pickleball** (18+) | 11:30 am Parent & Tot Gym (0-5 years) | 12:00 pm Adult Pickleball (18+)** | 11:30 am Parent & Tot Gym (0-5 years) | 11:35 am Lane Swim (13+) |
| 1:30 pm Leisure Swim - All Ages | 12:00 pm Adult Shinny (18+) | 11:45 am Lane Swim (13+) | 12:15 pm Bootcamp (13+) | 11:45 am Lane Swim (13+) - 4 LANES | 12:00 pm Adult Basketball (18+) |
| 3:00 pm Parent & Tot Swim (0-6 years old) | 2:15 pm Youth Basketball (13-17 years) | 2:15 pm Youth Basketball (13-19 years) | 2:15 pm Youth Volleyball (13-17 years) | 12:35 pm Lane Swim (13+) | 2:15 pm Youth Basketball (13-17 years) |
| | 3:30 pm Parent & Child Skate (8 y/o and Younger) | 3:30 pm Parent & Tot Swim (0-6 years old) | 4:45 pm Parent & Child Volleyball (6-12 years) | 1:15 pm Adult Skate (18+) | 4:45 pm Children's Basketball (6-12 years) |
| | 4:45 pm Parent & Child Basketball (6-12 years) | 4:45 pm Children's Badminton (6-15 years)** | 6:00 pm MetCon (13+) (pre-booking required) | 2:15 pm Youth Basketball (13-19 years) | 6:30 pm Public Skating (All Ages) |
| | 6:00 pm Bootcamp (13+) | 6:00 pm Cycle (13+) (pre-booking required) | 7:00 pm Yoga (13+) | 4:45 pm Children's Basketball (6-12 years)** | 6:45 pm Public Skating (All Ages) |
| | 7:00 pm Bollywood (13+) | 7:00 pm Stretch (13+) | 7:30 pm Adult Volleyball (18+) | 6:00 pm Tabata (13+) | 7:15 pm Leisure Swim - All Ages |
| | 7:30 pm Adult Pick-Up Basketball (18+) | 7:15 pm Leisure Swim - All Ages | 7:45 pm Aquafit (13+) (pre-booking required) | 7:00 pm Zumba (13+) | 7:30 pm Family Sports |
| | 7:45 pm Aquafit (13+) (pre-booking required) | 7:30 pm Adult Badminton (16+)** | 8:45 pm Lane Swim (13+) | 7:15 pm Leisure Swim - All Ages | |
| | 8:00 pm Yoga (13+) | 8:00 pm Kettlebell (13+) (pre-booking required) | | 7:30 pm Adult Pickleball (18+) | |
| | 8:45 pm Lane Swim (13+) | 8:45 pm Lane Swim (13+) | | 8:45 pm Lane Swim (13+) | |