

July 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | <p>1</p> <p>6:00 am Lane Swim (13+)</p> <p>8:30 am Canada Day</p> <p>9:30 am Closed</p> <p>11:30 am Lane Swim (13+)</p> <p>11:45 am Therapy Swim (13+) - Leisure Pool</p> <p>2:15 pm Leisure Swim - All Ages</p> <p>6:00 pm Canada Day</p> <p>9:00 pm Lane Swim (13+)</p> | <p>2</p> <p>6:00 am Lane Swim (13+)</p> <p>8:00 am Aquafit (pre-booking required) 13+</p> <p>8:15 am Circuit (13+)</p> <p>8:30 am Royal City Soccer Club - Day Camps</p> <p>9:15 am Stretch (13+)</p> <p>10:15 am Barre (13+)</p> <p>11:30 am Lane Swim (13+)</p> <p>1:00 pm My Sister's Place Drop-in Outreach</p> <p>2:15 pm Leisure Swim - All Ages</p> <p>4:00 pm Parent & Tot Swim (0-6 years old)</p> <p>5:00 pm Youth Basketball (Grades 9-12)</p> <p>6:00 pm Cycle (pre-booking required) 13+</p> <p>6:15 pm Adapted Open Skate</p> <p>7:00 pm Stretch (13+)</p> <p>7:15 pm Leisure Swim - All Ages</p> <p>7:30 pm Adult Badminton (16+)**</p> <p>8:00 pm Kettlebell (13+)</p> <p>8:45 pm Lane Swim (13+)</p> | <p>3</p> <p>6:00 am Lane Swim (13+)</p> <p>6:40 am Adult Shiny (18+)</p> <p>8:15 am Cycle (pre-booking required) 13+</p> <p>9:00 am Yoga (13+)</p> <p>10:15 am Zumba (13+)</p> <p>11:30 am Lane Swim (13+)</p> <p>11:45 am Therapy Swim (13+) - Leisure Pool</p> <p>2:15 pm Leisure Swim - All Ages</p> <p>4:00 pm Parent & Tot Swim (0-6 years old)</p> <p>4:15 pm Teen Volunteer Orientation (Grades 9-12)</p> <p>5:00 pm African Experience Festival</p> <p>5:00 pm Youth Volleyball (Grades 9-12)</p> <p>6:00 pm MetCon (13+)</p> <p>7:00 pm Yoga (13+)</p> <p>7:30 pm Adult Volleyball (18+)</p> <p>8:00 pm Aquafit (pre-booking required) 13+</p> <p>9:00 pm Lane Swim (13+)</p> | <p>4</p> <p>6:00 am Lane Swim (13+)</p> <p>8:00 am Aquafit (pre-booking required) 13+</p> <p>8:15 am Kettlebell (13+)</p> <p>9:15 am Pilates (13+)</p> <p>10:00 am SMDHU Breastfeeding Support Group</p> <p>10:00 am Parent & Tot Skate (6 y/o and Younger)</p> <p>10:15 am Fit Bodies (13+)</p> <p>11:30 am Lane Swim (13+)</p> <p>12:15 pm L.I.I.T. (13+)</p> <p>1:15 pm Adult Skate (18+)</p> <p>1:30 pm Kids Movie: Paws of Fury - The Legend of Hank</p> <p>2:15 pm Leisure Swim - All Ages</p> <p>4:00 pm Parent & Tot Swim (0-6 years old)</p> <p>5:00 pm Youth Basketball (Grades 9-12)</p> <p>5:30 pm African Experience Festival</p> <p>6:00 pm Circuit (13+)</p> <p>6:30 pm Chess Night (All Ages)</p> <p>7:00 pm Zumba (13+)</p> <p>7:15 pm Leisure Swim - All Ages</p> <p>7:30 pm Adult Pickleball (18+)</p> <p>8:00 pm Yoga (13+)</p> <p>8:45 pm Lane Swim (13+)</p> | <p>5</p> <p>8:00 am Silver Swim - 50+</p> <p>9:15 am MetCon (13+)</p> <p>9:45 am Babytime Walkers (Ages 12-24 mon)</p> <p>10:15 am Stretch (13+)</p> <p>10:45 am Babytime Creepers (Ages 4-12 mon)</p> <p>11:30 am Lane Swim (13+)</p> <p>11:45 am Therapy Swim (13+) - Leisure Pool</p> <p>2:15 pm Leisure Swim - All Ages</p> <p>4:00 pm Parent & Tot Swim (0-6 years old)</p> <p>5:00 pm Family Sports</p> <p>6:30 pm Public Skating (All Ages)</p> | <p>6</p> <p>7:15 am Parent & Child Shiny (9 y/o and Younger)</p> <p>7:30 am Lane Swim (13+)</p> <p>8:00 am Aquafit (pre-booking required) 13+</p> <p>8:00 am Lane Swim (13+) - 4 Lanes Only</p> <p>8:15 am Bootcamp (13+)</p> <p>9:00 am Bradford Farmers Market</p> <p>9:15 am BollyX (13+)</p> <p>9:30 am Parent & Tot Gym (0-5 years)</p> <p>10:15 am Yoga (13+)</p> <p>11:00 am African Experience Festival</p> <p>11:30 am Lane Swim (13+)</p> <p>12:30 pm Adult Pick-Up Basketball (18+)</p> <p>1:30 pm Leisure Swim - All Ages</p> <p>3:00 pm Parent & Tot Swim (0-6 years old)</p> |

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| 7 7:30 am Lane Swim (13+) 9:00 am Cycle (pre-booking required) 13+ 9:30 am Family Sports 10:00 am Yin Yoga (13+) 10:00 am Parent & Child Shinny (9 y/o and Younger) 11:30 am Adult Badminton (16+) 11:30 am Lane Swim (13+) 12:15 pm Public Skating (All Ages) 1:30 pm Leisure Swim - All Ages 3:00 pm Parent & Tot Swim (0-6 years old) | 8 6:00 am Lane Swim (13+) 9:15 am Fit Bodies (13+) 9:45 am Tales for Twos (2-3yrs) 10:15 am Zumba (13+) 11:30 am School Age Storytime (3-6yrs) 11:30 am Lane Swim (13+) 11:45 am Therapy Swim (13+) - Leisure Pool 12:15 pm Adult Shinny (18+) 2:15 pm Leisure Swim - All Ages 3:15 pm Parent & Child Skate (9 y/o and Younger) 5:00 pm Youth Basketball (Grades 9-12) 6:00 pm Bootcamp (13+) 6:15 pm Decorative Mending (Part 1) 6:30 pm HOT Summer Reads 7:00 pm BollyX (13+) 7:30 pm Adult Pick-Up Basketball (18+) 8:00 pm Aquafit (pre-booking required) 13+ 8:00 pm Yoga (13+) 9:00 pm Lane Swim (13+) | 9 6:00 am Lane Swim (13+) 8:00 am Aquafit (pre-booking required) 13+ 8:15 am Circuit (13+) 9:15 am Stretch (13+) 10:00 am Crafting a Story (Ages 2-7) 10:15 am Barre (13+) 11:30 am Tween Fun Time with Sarah & Gail (Ages 9-12) 11:30 am Lane Swim (13+) 2:15 pm Leisure Swim - All Ages 4:00 pm Parent & Tot Swim (0-6 years old) 5:00 pm Youth Basketball (Grades 9-12) 6:00 pm Cycle (pre-booking required) 13+ 6:15 pm Adapted Open Skate 6:45 pm Reads & Rhymes (1-5yrs) 7:00 pm Stretch (13+) 7:00 pm Knit Happens 7:00 pm Music in the Park 7:15 pm Leisure Swim - All Ages 7:30 pm Adult Badminton (16+)** 8:00 pm Kettlebell (13+) 8:45 pm Lane Swim (13+) | 10 6:00 am Lane Swim (13+) 6:40 am Adult Shinny (18+) 8:15 am Cycle (pre-booking required) 13+ 9:00 am Yoga (13+) 10:00 am Self Care Toolkit for Parents and Kids (0-12yrs) 10:15 am Zumba (13+) 11:30 am Lane Swim (13+) 11:45 am Therapy Swim (13+) - Leisure Pool 1:30 pm Manga Club (Ages 8-11) 2:15 pm Leisure Swim - All Ages 4:00 pm Parent & Tot Swim (0-6 years old) 5:00 pm Youth Volleyball (Grades 9-12) 6:00 pm MetCon (13+) 6:00 pm In-person Prenatal Classes 6:30 pm Cancer Screening for a Good Life 7:00 pm Yoga (13+) 7:30 pm Adult Volleyball (18+) 8:00 pm Aquafit (pre-booking required) 13+ 9:00 pm Lane Swim (13+) | 11 6:00 am Lane Swim (13+) 8:00 am Aquafit (pre-booking required) 13+ 8:15 am Kettlebell (13+) 9:15 am Pilates (13+) 10:00 am SMDHU Breastfeeding Support Group 10:00 am Parent & Tot Skate (6 y/o and Younger) 10:15 am Fit Bodies (13+) 11:00 am Fun with Illustrations 11:30 am Lane Swim (13+) 12:15 pm L.I.I.T. (13+) 1:00 pm Homeschool Hangout (All Ages) 1:15 pm Adult Skate (18+) 2:15 pm Leisure Swim - All Ages 4:00 pm Parent & Tot Swim (0-6 years old) 5:00 pm Youth Basketball (Grades 9-12) 6:00 pm Circuit (13+) 6:30 pm Chess Night (All Ages) 7:00 pm Zumba (13+) 7:15 pm Leisure Swim - All Ages 7:30 pm Adult Pickleball (18+) 8:00 pm Yoga (13+) 8:45 pm Lane Swim (13+) | 12 8:00 am Silver Swim - 50+ 9:15 am MetCon (13+) 9:45 am Babytime Walkers (Ages 12-24 mon) 10:15 am Stretch (13+) 10:45 am Babytime Creepers (Ages 4-12 mon) 11:30 am Lane Swim (13+) 11:45 am Therapy Swim (13+) - Leisure Pool 2:15 pm Leisure Swim - All Ages 4:00 pm Parent & Tot Swim (0-6 years old) 5:00 pm Family Sports 6:30 pm Public Skating (All Ages) | 13 7:15 am Parent & Child Shinny (9 y/o and Younger) 7:30 am Lane Swim (13+) 8:00 am Aquafit (pre-booking required) 13+ 8:00 am Lane Swim (13+) - 4 Lanes Only 8:15 am Bootcamp (13+) 9:00 am Bradford Farmers Market Strawberry Festival 9:15 am BollyX (13+) 9:30 am Parent & Tot Gym (0-5 years) 10:15 am Yoga (13+) 10:30 am Pop-Up Kids (Ages 2-10yrs) 11:30 am Lane Swim (13+) 12:30 pm Adult Pick-Up Basketball (18+) 1:30 pm Leisure Swim - All Ages 3:00 pm Parent & Tot Swim (0-6 years old) |
| 14 7:30 am Lane Swim (13+) | 15 6:00 am Lane Swim (13+) | 16 6:00 am Lane Swim (13+) | 17 6:00 am Lane Swim (13+) | 18 1:30 am Movie Matinée (My Big Fat | 19 8:00 am Silver Swim - 50+ | 20 7:15 am Parent & |

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| 9:00 am Cycle (pre-booking required) 13+ | 9:15 am Fit Bodies (13+) | 8:00 am Aquafit (pre-booking required) 13+ | 6:40 am Adult Shinny (18+) | Greek Wedding 3) | 9:15 am MetCon (13+) | Child Shinny (9 y/o and Younger) |
| 9:30 am Family Sports | 9:45 am Tales for Twos (2-3yrs) | 8:15 am Circuit (13+) | 8:15 am Cycle (pre-booking required) 13+ | 6:00 am Lane Swim (13+) | 9:45 am Babytime Walkers (Ages 12-24 mon) | 7:30 am Lane Swim (13+) |
| 10:00 am Yin Yoga (13+) | 10:15 am Zumba (13+) | 9:15 am Stretch (13+) | 9:00 am Yoga (13+) | 8:00 am Aquafit (pre-booking required) 13+ | 10:15 am Stretch (13+) | 8:00 am Silver Swim - 50+ |
| 10:00 am Parent & Child Shinny (9 y/o and Younger) | 11:30 am School Age Storytime (3-6yrs) | 10:00 am Crafting a Story (Ages 2-7) | 10:00 am Sing with Russ (1-5yrs) | 8:15 am Kettlebell (13+) | 10:45 am Babytime Creepers (Ages 4-12 mon) | 8:00 am Lane Swim (13+) - 4 Lanes Only |
| 11:30 am Adult Badminton (16+) | 11:30 am Lane Swim (13+) | 10:15 am Barre (13+) | 10:15 am Zumba (13+) | 9:15 am Pilates (13+) | 11:30 am Lane Swim (13+) | 8:15 am Bootcamp (13+) |
| 11:30 am Lane Swim (13+) | 11:45 am Therapy Swim (13+) - Leisure Pool | 11:30 am Tween Fun Time with Sarah & Gail (Ages 9-12) | 11:30 am Lane Swim (13+) | 10:00 am SMDHU Breastfeeding Support Group | 11:45 am Therapy Swim (13+) - Leisure Pool | 9:00 am Bradford Farmers Market |
| 12:15 pm Public Skating (All Ages) | 12:15 pm Adult Shinny (18+) | 11:30 am Lane Swim (13+) | 11:45 am Therapy Swim (13+) - Leisure Pool | 10:00 am Parent & Tot Skate (6 y/o and Younger) | 2:15 pm Leisure Swim - All Ages | 9:15 am BollyX (13+) |
| 1:30 pm Leisure Swim - All Ages | 2:15 pm Leisure Swim - All Ages | 2:15 pm Leisure Swim - All Ages | 1:30 pm Parent and Child Journaling (Ages 7-12yrs) | 10:15 am Fit Bodies (13+) | 4:00 pm Parent & Tot Swim (0-6 years old) | 9:30 am Parent & Tot Gym (0-5 years) |
| 3:00 pm Parent & Tot Swim (0-6 years old) | 3:30 pm Parent & Child Skate (9 y/o and Younger) | 4:00 pm Parent & Tot Swim (0-6 years old) | 2:15 pm Leisure Swim - All Ages | 11:00 am Fun with Illustrations | 4:30 pm Closed | 10:15 am Yoga (13+) |
| | 4:00 pm BWG Summer Pride Pop Up | 5:00 pm Youth Basketball (Grades 9-12) | 4:00 pm Parent & Tot Swim (0-6 years old) | 11:30 am Lane Swim (13+) | 5:00 pm Family Sports | 11:30 am Lane Swim (13+) |
| | 5:00 pm Youth Basketball (Grades 9-12) | 6:00 pm Cycle (pre-booking required) 13+ | 5:00 pm Youth Volleyball (Grades 9-12) | 12:15 pm L.I.I.T. (13+) | 6:30 pm Public Skating (All Ages) | 12:30 pm Adult Pick-Up Basketball (18+) |
| | 5:15 pm Stick & Puck (Ages 10-12) | 6:15 pm Adapted Open Skate | 6:00 pm MetCon (13+) | 1:15 pm Adult Skate (18+) | | 1:30 pm Leisure Swim - All Ages |
| | 5:15 pm Stick & Puck (Ages 10-12) | 6:45 pm Reads & Rhymes (1-5yrs) | 6:00 pm In-person Prenatal Classes | 2:15 pm Leisure Swim - All Ages | | 3:00 pm Parent & Tot Swim (0-6 years old) |
| | 6:00 pm Bootcamp (13+) | 7:00 pm Stretch (13+) | 6:30 pm Historical Fiction Book Club | 4:00 pm Parent & Tot Swim (0-6 years old) | | |
| | 6:15 pm Decorative Mending (Part 2) | 7:00 pm Music in the Park | 7:00 pm Yoga (13+) | 6:00 pm Circuit (13+) | | |
| | 6:45 pm Stick & Puck (Ages 13-15) | 7:15 pm Leisure Swim - All Ages | 7:30 pm Adult Volleyball (18+) | 6:30 pm Chess Night (All Ages) | | |
| | 6:45 pm Stick & Puck (Ages 13-15) | 7:30 pm Adult Badminton (16+)** | 8:00 pm Aquafit (pre-booking required) 13+ | 7:00 pm Zumba (13+) | | |
| | 7:00 pm BollyX (13+) | 8:00 pm Kettlebell (13+) | 9:00 pm Lane Swim (13+) | 7:15 pm Leisure Swim - All Ages | | |
| | 7:30 pm Adult Pick-Up Basketball (18+) | 8:45 pm Lane Swim (13+) | | 7:30 pm Adult Pickleball (18+) | | |
| | 8:00 pm Aquafit (pre-booking required) 13+ | | | 8:00 pm Yoga (13+) | | |
| | 8:00 pm Yoga (13+) | | | 8:45 pm Lane Swim (13+) | | |
| | 9:00 pm Lane Swim (13+) | | | | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 7:30 am Lane Swim (13+) | 6:00 am Lane Swim (13+) | 6:00 am Lane Swim (13+) | 6:00 am Lane Swim (13+) | 6:00 am Lane Swim (13+) | 8:00 am Silver Swim - 50+ | 7:15 am Parent & Child Shinny (9 y/o and Younger) |
| 9:00 am Closed | 9:15 am Fit Bodies (13+) | 8:00 am Aquafit (pre-booking required) 13+ | 6:40 am Adult Shinny (18+) | 8:00 am Aquafit (pre-booking required) 13+ | 9:15 am MetCon (13+) | 7:30 am Lane Swim (13+) |
| 9:00 am Cycle (pre-booking required) 13+ | 9:45 am Tales for Twos (2-3yrs) | 8:15 am Circuit (13+) | 8:15 am Cycle (pre-booking required) 13+ | 8:15 am Kettlebell (13+) | 9:45 am Babytime Walkers (Ages 12-24 mon) | 8:00 am Aquafit (pre-booking required) 13+ |
| 9:30 am Family Sports | 10:15 am Zumba (13+) | 9:15 am Stretch (13+) | 9:00 am Yoga (13+) | 9:15 am Pilates (13+) | 10:15 am Stretch (13+) | |
| 10:00 am Yin Yoga (13+) | 11:30 am School Age Storytime (3- | 10:00 am Crafting a | 10:00 am Self Care Toolkit for Parents | 10:00 am SMDHU | 10:45 am Babytime | |

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| 10:00 am Parent & Child Shinny (9 y/o and Younger) | 6yrs) 11:30 am Lane Swim (13+) | Story (Ages 2-7) 10:15 am Barre (13+) | and Kids (0-12yrs) 10:15 am Zumba (13+) | Breastfeeding Support Group 10:15 am Fit Bodies (13+) | Creepers (Ages 4-12 mon) 11:30 am Lane Swim (13+) | 8:00 am Lane Swim (13+) - 4 Lanes Only |
| 11:30 am Adult Badminton (16+) | 11:45 am Therapy Swim (13+) - Leisure Pool | 11:30 am Tween Fun Time with Sarah & Gail (Ages 9-12) | 11:30 am Lane Swim (13+) | 11:00 am Fun with Illustrations | 11:45 am Therapy Swim (13+) - Leisure Pool | 8:15 am Bootcamp (13+) |
| 11:30 am Lane Swim (13+) | 12:15 pm Adult Shinny (18+) | 11:30 am Lane Swim (13+) | 11:30 am Candy Chemistry (Ages 4-12yrs) | 11:30 am Lane Swim (13+) | 11:45 am Water Safety Storytime (Ages 5-10) | 9:00 am Bradford Farmers Market |
| 12:15 pm Public Skating (All Ages) | 2:15 pm Leisure Swim - All Ages | 1:30 pm Tween Glow Party Ages 9 - 12yrs) | 11:45 am Therapy Swim (13+) - Leisure Pool | 12:15 pm L.I.I.T. (13+) | 2:15 pm Leisure Swim - All Ages | 9:15 am BollyX (13+) |
| 1:30 pm Leisure Swim - All Ages | 3:30 pm Parent & Child Skate (9 y/o and Younger) | 2:15 pm Leisure Swim - All Ages | 1:00 pm Next Chapter Café | 1:15 pm Adult Skate (18+) | 4:00 pm Parent & Tot Swim (0-6 years old) | 9:30 am Parent & Tot Gym (0-5 years) |
| 3:00 pm Parent & Tot Swim (0-6 years old) | 5:00 pm Youth Basketball (Grades 9-12) | 4:00 pm Parent & Tot Swim (0-6 years old) | 2:15 pm Leisure Swim - All Ages | 2:15 pm Leisure Swim - All Ages | 4:30 pm Closed | 10:15 am Yoga (13+) |
| | 5:15 pm Stick & Puck (Ages 10-12) | 5:00 pm Youth Basketball (Grades 9-12) | 4:00 pm Parent & Tot Swim (0-6 years old) | 4:00 pm Parent & Tot Swim (0-6 years old) | 5:00 pm Family Sports | 10:30 am Pop-Up Kids (Ages 2-10yrs) |
| | 5:15 pm Stick & Puck (Ages 10-12) | 6:00 pm Cycle (pre-booking required) 13+ | 5:00 pm Youth Volleyball (Grades 9-12) | 5:00 pm Youth Basketball (Grades 9-12) | 6:30 pm Public Skating (All Ages) | 11:30 am Lane Swim (13+) |
| | 6:00 pm Bootcamp (13+) | 6:15 pm Adapted Open Skate | 6:00 pm In-person Prenatal Classes | 6:00 pm Circuit (13+) | 6:30 pm English Conversation Corner | 12:30 pm Adult Pick-Up Basketball (18+) |
| | 6:15 pm Decorative Mending (Part 3) | 6:45 pm Reads & Rhymes (1-5yrs) | 6:00 pm MetCon (13+) | 6:30 pm Chess Night (All Ages) | 7:00 pm Zumba (13+) | 1:30 pm Leisure Swim - All Ages |
| | 6:30 pm Sourdough for Beginners | 7:00 pm Stretch (13+) | 7:00 pm Yoga (13+) | 7:00 pm Zumba (13+) | 7:15 pm Leisure Swim - All Ages | 3:00 pm Parent & Tot Swim (0-6 years old) |
| | 6:45 pm Stick & Puck (Ages 13-15) | 7:00 pm Knit Happens | 7:30 pm Adult Volleyball (18+) | 7:15 pm Leisure Swim - All Ages | 7:30 pm Adult Pickleball (18+) | |
| | 6:45 pm Stick & Puck (Ages 13-15) | 7:00 pm Music in the Park | 8:00 pm Aquafit (pre-booking required) 13+ | 8:00 pm Aquafit (pre-booking required) 13+ | 8:00 pm Yoga (13+) | |
| | 7:00 pm BollyX (13+) | 7:15 pm Leisure Swim - All Ages | 9:00 pm Lane Swim (13+) | 9:00 pm Lane Swim (13+) | 8:45 pm Lane Swim (13+) | |
| | 7:30 pm Adult Pick-Up Basketball (18+) | 7:30 pm Adult Badminton (16+)** | | | | |
| | 8:00 pm Aquafit (pre-booking required) 13+ | 8:00 pm Kettlebell (13+) | | | | |
| | 8:00 pm Yoga (13+) | 8:45 pm Lane Swim (13+) | | | | |
| | 9:00 pm Lane Swim (13+) | | | | | |

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| 28 | 29 | 30 | 31 | | | |
| 7:30 am Lane Swim (13+) | 6:00 am Lane Swim (13+) | 6:00 am Lane Swim (13+) | 6:00 am Lane Swim (13+) | | | |
| 9:00 am Closed | 9:15 am Fit Bodies (13+) | 8:00 am Aquafit (pre-booking required) 13+ | 6:40 am Adult Shinny (18+) | | | |
| 9:00 am Cycle (pre-booking required) 13+ | 9:45 am Tales for Twos (2-3yrs) | 8:15 am Circuit (13+) | 8:15 am Cycle (pre-booking required) 13+ | | | |
| 9:30 am Family Sports | 10:15 am Zumba (13+) | 9:15 am Stretch (13+) | 9:00 am Yoga (13+) | | | |
| 10:00 am Yin Yoga (13+) | 11:30 am School Age Storytime (3-6yrs) | 10:00 am Crafting a Story (Ages 2-7) | 10:15 am Zumba (13+) | | | |
| 10:00 am Parent & Child Shinny (9 y/o and Younger) | 11:30 am Lane Swim (13+) | 10:15 am Barre (13+) | 11:30 am Lane Swim (13+) | | | |
| 11:30 am Adult Badminton (16+) | 11:45 am Therapy Swim (13+) - Leisure Pool | 11:30 am Tween Fun Time with Sarah & Gail (Ages 9-12) | 11:45 am Therapy Swim (13+) - Leisure Pool | | | |
| 11:30 am Lane Swim (13+) | 12:15 pm Adult Shinny (18+) | 11:30 am Lane Swim (13+) | 1:30 pm Manga Club (Ages 8-11) | | | |
| 12:15 pm Public Skating (All Ages) | 2:15 pm Leisure | | 2:15 pm Leisure Swim - All Ages | | | |

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|--|--|---|---|--|--|
| 1:30 pm Leisure Swim - All Ages 3:00 pm Parent & Tot Swim (0-6 years old) | Swim - All Ages 3:30 pm Parent & Child Skate (9 y/o and Younger) 4:30 pm Parent and Child Journaling (Ages 7-12yrs) 5:00 pm Youth Basketball (Grades 9-12) 5:15 pm Stick & Puck (Ages 10-12) 5:15 pm Stick & Puck (Ages 10-12) 6:00 pm Bootcamp (13+) 6:30 pm Self-Care Toolkit 6:30 pm Family Trivia Night 6:45 pm Stick & Puck (Ages 13-15) 6:45 pm Stick & Puck (Ages 13-15) 7:00 pm BollyX (13+) 7:30 pm Adult Pick-Up Basketball (18+) 8:00 pm Aquafit (pre-booking required) 13+ 8:00 pm Yoga (13+) 9:00 pm Lane Swim (13+) | 2:00 pm Fierté Simcoe Pride Flag Raising 2:15 pm Leisure Swim - All Ages 4:00 pm Parent & Tot Swim (0-6 years old) 4:30 pm Co-Create Art (Ages 7-12) 5:00 pm Youth Basketball (Grades 9-12) 6:00 pm Cycle (pre-booking required) 13+ 6:15 pm Adapted Open Skate 6:45 pm Reads & Rhymes (1-5yrs) 7:00 pm Stretch (13+) 7:00 pm Music in the Park 7:15 pm Leisure Swim - All Ages 7:30 pm Adult Badminton (16+)** 8:00 pm Kettlebell (13+) 8:45 pm Lane Swim (13+) | 4:00 pm Parent & Tot Swim (0-6 years old) 5:00 pm Youth Volleyball (Grades 9-12) 6:00 pm MetCon (13+) 6:00 pm In-person Prenatal Classes 6:30 pm Adult Book Club 7:00 pm Yoga (13+) 7:30 pm Adult Volleyball (18+) 8:00 pm Aquafit (pre-booking required) 13+ 9:00 pm Lane Swim (13+) | | |
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