

# March 2023

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

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

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

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

4:45 Parent & Child Basketball (6-12 years)	Swim (0-6 years old)	6:00 MetCon (13+) (pre-booking required)	(18+)	years)
6:00 Bootcamp (13+)	4:45 Children's Badminton (6-15 years)**	7:00 Yoga (13+)	2:15 Youth Basketball (13-19 years)	6:30 Public Skating (All Ages)
7:00 Bollywood (13+)	6:00 Cycle (13+) (pre-booking required)	7:30 Adult Volleyball (18+)	4:45 Children's Basketball (6-12 years)**	6:45 Public Skating (All Ages)
7:30 Adult Pick-Up Basketball (18+)	7:00 Stretch (13+)	7:45 Aquafit (13+) (pre-booking required)	6:00 Tabata (13+)	7:15 Leisure Swim - All Ages
7:45 Aquafit (13+) (pre-booking required)	7:15 Leisure Swim - All Ages	8:45 Lane Swim (13+)	7:00 Zumba (13+)	7:30 Family Sports
8:00 Yoga (13+)	7:30 Adult Badminton (16+)**		7:15 Leisure Swim - All Ages	
8:45 Lane Swim (13+)	8:00 Kettlebell (13+) (pre-booking required)		7:30 Adult Pickleball (18+)	
	8:45 Lane Swim (13+)		8:45 Lane Swim (13+)	

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