

July 2024

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

<p>9:00 Cycle (pre-booking required) 13+</p> <p>9:30 Family Sports</p> <p>10:00 Yin Yoga (13+)</p> <p>10:00 Parent & Child Shinny (9 y/o and Younger)</p> <p>11:30 Adult Badminton (16+)</p> <p>11:30 Lane Swim (13+)</p> <p>12:15 Public Skating (All Ages)</p> <p>1:30 Leisure Swim - All Ages</p> <p>3:00 Parent & Tot Swim (0-6 years old)</p>	<p>9:15 Fit Bodies (13+)</p> <p>9:45 Tales for Twos (Ages2-3yrs)</p> <p>10:15 Zumba (13+)</p> <p>11:30 School Age Storytime (Ages3-6yrs)</p> <p>11:30 Lane Swim (13+)</p> <p>11:45 Therapy Swim (13+) - Leisure Pool</p> <p>12:00 Adult Shinny (18+)</p> <p>2:15 Leisure Swim - All Ages</p> <p>3:30 Parent & Child Skate (9 y/o and Younger)</p> <p>5:00 Youth Basketball (Grades 9-12)</p> <p>6:00 Bootcamp (13+)</p> <p>6:15 Decorative Mending (Part 1)</p> <p>6:30 HOT Summer Reads</p> <p>7:00 BollyX (13+)</p> <p>7:30 Adult Pick-Up Basketball (18+)</p> <p>8:00 Aquafit (pre-booking required) 13+</p> <p>8:00 Yoga (13+)</p> <p>9:00 Lane Swim (13+)</p>	<p>8:00 Aquafit (pre-booking required) 13+</p> <p>8:15 Circuit (13+)</p> <p>9:15 Stretch (13+)</p> <p>10:00 Crafting a Story (Ages 2-7)</p> <p>10:15 Barre (13+)</p> <p>11:30 Tween Fun Time with Sarah & Gail (Ages 9-12)</p> <p>11:30 Lane Swim (13+)</p> <p>2:15 Leisure Swim - All Ages</p> <p>4:00 Parent & Tot Swim (0-6 years old)</p> <p>5:00 Youth Basketball (Grades 9-12)</p> <p>6:00 Cycle (pre-booking required) 13+</p> <p>6:15 Adapted Open Skate</p> <p>6:45 Reads & Rhymes (Ages 1-5yrs)</p> <p>7:00 Stretch (13+)</p> <p>7:00 Knit Happens</p> <p>7:00 Music in the Park</p> <p>7:15 Leisure Swim - All Ages</p> <p>7:30 Adult Badminton (16+)**</p> <p>8:00 Kettlebell (13+)</p> <p>8:45 Lane Swim (13+)</p>	<p>6:40 Adult Shinny (18+)</p> <p>8:15 Cycle (pre-booking required) 13+</p> <p>9:00 Yoga (13+)</p> <p>10:00 Self Care Toolkit for Parents and Kids</p> <p>10:15 Zumba (13+)</p> <p>11:30 Lane Swim (13+)</p> <p>11:45 Therapy Swim (13+) - Leisure Pool</p> <p>1:30 Manga Club (Ages 8-11)</p> <p>2:15 Leisure Swim - All Ages</p> <p>4:00 Parent & Tot Swim (0-6 years old)</p> <p>5:00 Youth Volleyball (Grades 9-12)</p> <p>6:00 MetCon (13+)</p> <p>6:00 In-person Prenatal Classes</p> <p>6:30 Cancer Screening for a Good Life</p> <p>7:00 Yoga (13+)</p> <p>7:30 Adult Volleyball (18+)</p> <p>8:00 Aquafit (pre-booking required) 13+</p> <p>9:00 Lane Swim (13+)</p>	<p>8:00 Aquafit (pre-booking required) 13+</p> <p>8:15 Kettlebell (13+)</p> <p>9:15 Pilates (13+)</p> <p>10:00 SMDHU Breastfeeding Support Group</p> <p>10:00 Parent & Tot Skate (6 y/o and Younger)</p> <p>10:15 Fit Bodies (13+)</p> <p>11:00 Fun with Illustrations</p> <p>11:30 Lane Swim (13+)</p> <p>12:15 L.I.I.T. (13+)</p> <p>1:00 Homeschool Hangout (All Ages)</p> <p>1:15 Adult Skate (18+)</p> <p>2:15 Leisure Swim - All Ages</p> <p>4:00 Parent & Tot Swim (0-6 years old)</p> <p>5:00 Youth Basketball (Grades 9-12)</p> <p>6:00 Circuit (13+)</p> <p>6:30 Chess Night (All Ages)</p> <p>7:00 Zumba (13+)</p> <p>7:15 Leisure Swim - All Ages</p> <p>7:30 Adult Pickleball (18+)</p> <p>8:00 Yoga (13+)</p> <p>8:45 Lane Swim (13+)</p>	<p>9:15 MetCon (13+)</p> <p>9:45 Babytime Walkers (Ages 12-24 mon)</p> <p>10:15 Stretch (13+)</p> <p>10:45 Babytime Creepers (Ages 4-12 mon)</p> <p>11:30 Lane Swim (13+)</p> <p>11:45 Therapy Swim (13+) - Leisure Pool</p> <p>2:15 Leisure Swim - All Ages</p> <p>4:00 Parent & Tot Swim (0-6 years old)</p> <p>5:00 Family Sports</p> <p>6:30 Public Skating (All Ages)</p>	<p>(9 y/o and Younger)</p> <p>7:30 Lane Swim (13+)</p> <p>8:00 Aquafit (pre-booking required) 13+</p> <p>8:00 Lane Swim (13+) - 4 Lanes Only</p> <p>8:15 Bootcamp (13+)</p> <p>9:00 Bradford Farmers Market Strawberry Festival</p> <p>9:15 BollyX (13+)</p> <p>9:30 Parent & Tot Gym (0-5 years)</p> <p>10:15 Yoga (13+)</p> <p>10:30 Pop-Up Kids (Ages 2-10yrs)</p> <p>11:30 Lane Swim (13+)</p> <p>12:30 Adult Pick-Up Basketball (18+)</p> <p>1:30 Leisure Swim - All Ages</p> <p>3:00 Parent & Tot Swim (0-6 years old)</p>
<p>14</p> <p>7:30 Lane Swim (13+)</p> <p>9:00 Cycle (pre-booking required) 13+</p> <p>9:30 Family Sports</p> <p>10:00 Yin Yoga (13+)</p> <p>10:00 Parent & Child Shinny (9 y/o and Younger)</p> <p>11:30 Adult Badminton (16+)</p>	<p>15</p> <p>6:00 Lane Swim (13+)</p> <p>9:15 Fit Bodies (13+)</p> <p>9:45 Tales for Twos (Ages2-3yrs)</p> <p>10:15 Zumba (13+)</p> <p>11:30 School Age Storytime (Ages3-6yrs)</p> <p>11:30 Lane Swim (13+)</p> <p>11:45 Therapy</p>	<p>16</p> <p>6:00 Lane Swim (13+)</p> <p>8:00 Aquafit (pre-booking required) 13+</p> <p>8:15 Circuit (13+)</p> <p>9:15 Stretch (13+)</p> <p>10:00 Crafting a Story (Ages 2-7)</p> <p>10:15 Barre (13+)</p> <p>11:30 Tween Fun Time with Sarah & Gail (Ages 9-12)</p>	<p>17</p> <p>6:00 Lane Swim (13+)</p> <p>6:40 Adult Shinny (18+)</p> <p>8:15 Cycle (pre-booking required) 13+</p> <p>9:00 Yoga (13+)</p> <p>10:00 Sing with Russ (1-5yrs)</p> <p>10:15 Zumba (13+)</p> <p>11:30 Lane Swim (13+)</p>	<p>18</p> <p>1:30 Movie Matinée (My Big Fat Greek Wedding 3)</p> <p>6:00 Lane Swim (13+)</p> <p>8:00 Aquafit (pre-booking required) 13+</p> <p>8:15 Kettlebell (13+)</p> <p>9:15 Pilates (13+)</p> <p>10:00 SMDHU Breastfeeding Support Group</p>	<p>19</p> <p>8:00 Silver Swim - 50+</p> <p>9:15 MetCon (13+)</p> <p>9:45 Babytime Walkers (Ages 12-24 mon)</p> <p>10:15 Stretch (13+)</p> <p>10:45 Babytime Creepers (Ages 4-12 mon)</p> <p>11:30 Lane Swim (13+)</p> <p>11:45 Therapy</p>	<p>20</p> <p>7:15 Parent & Child Shinny (9 y/o and Younger)</p> <p>7:30 Lane Swim (13+)</p> <p>8:00 Silver Swim - 50+</p> <p>8:00 Lane Swim (13+) - 4 Lanes Only</p> <p>8:15 Bootcamp (13+)</p>

11:30 Lane Swim (13+)	Swim (13+) - Leisure Pool	11:30 Lane Swim (13+)	11:45 Therapy Swim (13+) - Leisure Pool	10:00 Parent & Tot Skate (6 y/o and Younger)	Swim (13+) - Leisure Pool	9:00 Bradford Farmers Market
12:15 Public Skating (All Ages)	12:00 Adult Shinny (18+)	2:15 Leisure Swim - All Ages	1:30 Parent and Child Journaling (Ages 7-12yrs)	10:15 Fit Bodies (13+)	2:15 Leisure Swim - All Ages	9:15 BollyX (13+)
1:30 Leisure Swim - All Ages	2:15 Leisure Swim - All Ages	4:00 Parent & Tot Swim (0-6 years old)	2:15 Leisure Swim - All Ages	11:00 Fun with Illustrations	4:00 Parent & Tot Swim (0-6 years old)	9:30 Parent & Tot Gym (0-5 years)
3:00 Parent & Tot Swim (0-6 years old)	3:30 Parent & Child Skate (9 y/o and Younger)	5:00 Youth Basketball (Grades 9-12)	4:00 Parent & Tot Swim (0-6 years old)	11:30 Lane Swim (13+)	4:30 Closed	10:15 Yoga (13+)
	4:00 BWG Summer Pride Pop Up	6:00 Cycle (pre-booking required) 13+	5:00 Youth Volleyball (Grades 9-12)	12:15 L.I.I.T. (13+)	5:00 Family Sports	11:30 Lane Swim (13+)
	5:00 Youth Basketball (Grades 9-12)	6:15 Adapted Open Skate	6:00 MetCon (13+)	1:15 Adult Skate (18+)	6:30 Public Skating (All Ages)	12:30 Adult Pick-Up Basketball (18+)
	5:15 Stick & Puck (Ages 10-12)	6:45 Reads & Rhymes (Ages 1-5yrs)	6:00 In-person Prenatal Classes	2:15 Leisure Swim - All Ages		1:30 Leisure Swim - All Ages
	6:00 Bootcamp (13+)	7:00 Stretch (13+)	6:30 Historical Fiction Book Club	4:00 Parent & Tot Swim (0-6 years old)		3:00 Parent & Tot Swim (0-6 years old)
	6:15 Decorative Mending (Part 2)	7:00 Music in the Park	7:00 Yoga (13+)	6:00 Circuit (13+)		
	6:45 Stick & Puck (Ages 13-15)	7:15 Leisure Swim - All Ages	7:30 Adult Volleyball (18+)	6:30 Chess Night (All Ages)		
	7:00 BollyX (13+)	7:30 Adult Badminton (16+)**	8:00 Aquafit (pre-booking required) 13+	7:00 Zumba (13+)		
	7:30 Adult Pick-Up Basketball (18+)	8:00 Kettlebell (13+)	9:00 Lane Swim (13+)	7:15 Leisure Swim - All Ages		
	8:00 Aquafit (pre-booking required) 13+	8:45 Lane Swim (13+)		7:30 Adult Pickleball (18+)		
	8:00 Yoga (13+)			8:00 Yoga (13+)		
	9:00 Lane Swim (13+)			8:45 Lane Swim (13+)		
21	22	23	24	25	26	27
7:30 Lane Swim (13+)	6:00 Lane Swim (13+)	6:00 Lane Swim (13+)	6:00 Lane Swim (13+)	6:00 Lane Swim (13+)	8:00 Silver Swim - 50+	7:15 Parent & Child Shinny (9 y/o and Younger)
9:00 Closed	9:15 Fit Bodies (13+)	8:00 Aquafit (pre-booking required) 13+	6:40 Adult Shinny (18+)	8:00 Aquafit (pre-booking required) 13+	9:15 MetCon (13+)	7:30 Lane Swim (13+)
9:00 Cycle (pre-booking required) 13+	9:45 Tales for Twos (Ages2-3yrs)	8:15 Circuit (13+)	8:15 Cycle (pre-booking required) 13+	8:15 Kettlebell (13+)	9:45 Babytime Walkers (Ages 12-24 mon)	8:00 Aquafit (pre-booking required) 13+
9:30 Family Sports	10:15 Zumba (13+)	9:15 Stretch (13+)	9:00 Yoga (13+)	9:15 Pilates (13+)	10:15 Stretch (13+)	8:00 Silver Swim - 50+
10:00 Yin Yoga (13+)	11:30 School Age Storytime (Ages3-6yrs)	10:00 Crafting a Story (Ages 2-7)	10:00 Self Care Toolkit for Parents and Kids	10:00 SMDHU Breastfeeding Support Group	10:45 Babytime Creepers (Ages 4-12 mon)	8:00 Lane Swim (13+) - 4 Lanes Only
10:00 Parent & Child Shinny (9 y/o and Younger)	11:30 Lane Swim (13+)	10:15 Barre (13+)	10:15 Zumba (13+)	10:15 Fit Bodies (13+)	11:30 Lane Swim (13+)	
11:30 Adult	11:45 Therapy	11:30 Tween Fun Time with Sarah & Gail (Ages 9-12)	11:30 Lane Swim	11:00 Fun with	11:45 Therapy	

<p>Badminton (16+)</p> <p>11:30 Lane Swim (13+)</p> <p>12:15 Public Skating (All Ages)</p> <p>1:30 Leisure Swim - All Ages</p> <p>3:00 Parent & Tot Swim (0-6 years old)</p>	<p>Swim (13+) - Leisure Pool</p> <p>12:00 Adult Shinny (18+)</p> <p>2:15 Leisure Swim - All Ages</p> <p>3:30 Parent & Child Skate (9 y/o and Younger)</p> <p>5:00 Youth Basketball (Grades 9-12)</p> <p>5:15 Stick & Puck (Ages 10-12)</p> <p>6:00 Bootcamp (13+)</p> <p>6:15 Decorative Mending (Part 3)</p> <p>6:30 Sourdough for Beginners</p> <p>6:45 Stick & Puck (Ages 13-15)</p> <p>7:00 BollyX (13+)</p> <p>7:30 Adult Pick-Up Basketball (18+)</p> <p>8:00 Aquafit (pre-booking required) 13+</p> <p>8:00 Yoga (13+)</p> <p>9:00 Lane Swim (13+)</p>	<p>11:30 Lane Swim (13+)</p> <p>1:30 Tween Glow Party Ages 9 - 12yrs)</p> <p>2:15 Leisure Swim - All Ages</p> <p>4:00 Parent & Tot Swim (0-6 years old)</p> <p>5:00 Youth Basketball (Grades 9-12)</p> <p>6:00 Cycle (pre-booking required) 13+</p> <p>6:15 Adapted Open Skate</p> <p>6:45 Reads & Rhymes (Ages 1-5yrs)</p> <p>7:00 Stretch (13+)</p> <p>7:00 Knit Happens</p> <p>7:00 Music in the Park</p> <p>7:15 Leisure Swim - All Ages</p> <p>7:30 Adult Badminton (16+)**</p> <p>8:00 Kettlebell (13+)</p> <p>8:45 Lane Swim (13+)</p>	<p>(13+)</p> <p>11:30 Candy Chemistry (Ages 4-12yrs)</p> <p>11:45 Therapy Swim (13+) - Leisure Pool</p> <p>1:00 Next Chapter Café</p> <p>2:15 Leisure Swim - All Ages</p> <p>4:00 Parent & Tot Swim (0-6 years old)</p> <p>5:00 Youth Volleyball (Grades 9-12)</p> <p>6:00 In-person Prenatal Classes</p> <p>6:00 MetCon (13+)</p> <p>7:00 Yoga (13+)</p> <p>7:30 Adult Volleyball (18+)</p> <p>8:00 Aquafit (pre-booking required) 13+</p> <p>9:00 Lane Swim (13+)</p>	<p>Illustrations</p> <p>11:30 Lane Swim (13+)</p> <p>12:15 L.I.I.T. (13+)</p> <p>1:15 Adult Skate (18+)</p> <p>2:15 Leisure Swim - All Ages</p> <p>4:00 Parent & Tot Swim (0-6 years old)</p> <p>5:00 Youth Basketball (Grades 9-12)</p> <p>6:00 Circuit (13+)</p> <p>6:30 English Conversation Corner</p> <p>6:30 Chess Night (All Ages)</p> <p>7:00 Zumba (13+)</p> <p>7:15 Leisure Swim - All Ages</p> <p>7:30 Adult Pickleball (18+)</p> <p>8:00 Yoga (13+)</p> <p>8:45 Lane Swim (13+)</p>	<p>Swim (13+) - Leisure Pool</p> <p>11:45 Water Safety Storytime (Ages 5-10)</p> <p>2:15 Leisure Swim - All Ages</p> <p>4:00 Parent & Tot Swim (0-6 years old)</p> <p>4:30 Closed</p> <p>5:00 Family Sports</p> <p>6:30 Public Skating (All Ages)</p>	<p>8:15 Bootcamp (13+)</p> <p>9:00 Bradford Farmers Market</p> <p>9:15 BollyX (13+)</p> <p>9:30 Parent & Tot Gym (0-5 years)</p> <p>10:15 Yoga (13+)</p> <p>10:30 Pop-Up Kids (Ages 2-10yrs)</p> <p>11:30 Lane Swim (13+)</p> <p>12:30 Adult Pick-Up Basketball (18+)</p> <p>1:30 Leisure Swim - All Ages</p> <p>3:00 Parent & Tot Swim (0-6 years old)</p>
<p>28</p> <p>7:30 Lane Swim (13+)</p> <p>9:00 Closed</p> <p>9:00 Cycle (pre-booking required) 13+</p> <p>9:30 Family Sports</p> <p>10:00 Yin Yoga (13+)</p> <p>10:00 Parent & Child Shinny (9 y/o and Younger)</p> <p>11:30 Adult Badminton (16+)</p> <p>11:30 Lane Swim (13+)</p> <p>12:15 Public Skating (All Ages)</p> <p>1:30 Leisure Swim - All Ages</p> <p>3:00 Parent & Tot Swim (0-6 years</p>	<p>29</p> <p>6:00 Lane Swim (13+)</p> <p>9:15 Fit Bodies (13+)</p> <p>9:45 Tales for Twos (Ages2-3yrs)</p> <p>10:15 Zumba (13+)</p> <p>11:30 School Age Storytime (Ages3-6yrs)</p> <p>11:30 Lane Swim (13+)</p> <p>11:45 Therapy Swim (13+) - Leisure Pool</p> <p>12:00 Adult Shinny (18+)</p> <p>2:15 Leisure Swim - All Ages</p> <p>3:30 Parent & Child Skate (9 y/o and Younger)</p>	<p>30</p> <p>6:00 Lane Swim (13+)</p> <p>8:00 Aquafit (pre-booking required) 13+</p> <p>8:15 Circuit (13+)</p> <p>9:15 Stretch (13+)</p> <p>10:00 Crafting a Story (Ages 2-7)</p> <p>10:15 Barre (13+)</p> <p>11:30 Tween Fun Time with Sarah & Gail (Ages 9-12)</p> <p>11:30 Lane Swim (13+)</p> <p>2:15 Leisure Swim - All Ages</p> <p>4:00 Parent & Tot Swim (0-6 years old)</p> <p>4:30 Co-Creat Art (Ages 7-12)</p>	<p>31</p> <p>6:00 Lane Swim (13+)</p> <p>6:40 Adult Shinny (18+)</p> <p>8:15 Cycle (pre-booking required) 13+</p> <p>9:00 Yoga (13+)</p> <p>10:15 Zumba (13+)</p> <p>11:30 Lane Swim (13+)</p> <p>11:45 Therapy Swim (13+) - Leisure Pool</p> <p>1:30 Manga Club (Ages 8-11)</p> <p>2:15 Leisure Swim - All Ages</p> <p>4:00 Parent & Tot Swim (0-6 years old)</p> <p>5:00 Youth Volleyball (Grades 9-12)</p>			

old)	<p>4:30 Parent and Child Journaling (Ages 7-12yrs)</p> <p>5:00 Youth Basketball (Grades 9-12)</p> <p>5:15 Stick & Puck (Ages 10-12)</p> <p>6:00 Bootcamp (13+)</p> <p>6:30 Self-Care Toolkit</p> <p>6:30 Family Trivia Night</p> <p>6:45 Stick & Puck (Ages 13-15)</p> <p>7:00 BollyX (13+)</p> <p>7:30 Adult Pick-Up Basketball (18+)</p> <p>8:00 Aquafit (pre-booking required) 13+</p> <p>8:00 Yoga (13+)</p> <p>9:00 Lane Swim (13+)</p>	<p>5:00 Youth Basketball (Grades 9-12)</p> <p>6:00 Cycle (pre-booking required) 13+</p> <p>6:15 Adapted Open Skate</p> <p>6:45 Reads & Rhymes (Ages 1-5yrs)</p> <p>7:00 Stretch (13+)</p> <p>7:00 Music in the Park</p> <p>7:15 Leisure Swim - All Ages</p> <p>7:30 Adult Badminton (16+)**</p> <p>8:00 Kettlebell (13+)</p> <p>8:45 Lane Swim (13+)</p>	<p>6:00 MetCon (13+)</p> <p>6:00 In-person Prenatal Classes</p> <p>6:30 Adult Book Club</p> <p>7:00 Yoga (13+)</p> <p>7:30 Adult Volleyball (18+)</p> <p>8:00 Aquafit (pre-booking required) 13+</p> <p>9:00 Lane Swim (13+)</p>			
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<https://calendar.townofbwg.com>