

# Week of June 30, 2024

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

						2:30 pm <u>Leisure</u> <u>Swim - All</u> <u>Ages</u> 1:30 pm - 3:00 pm  <u>Parent &amp; Tot</u> <u>Swim (0-6</u> <u>years old)</u> 3:00 pm - 4:00 pm
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**Start Date:** 07/06/2024

**End Date:** 07/06/2024

<https://calendar.townofbwg.com>