

January 8 - March 10, 2024

			MONDAY		
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
6:00 AM				Member Lane Swim	
6:30 AM				6:00 - 6:45	
7:00 AM	Open Gym			AquaFit	
7:30 AM	6:00 - 9:00			7:00 - 7:45	
8:00 AM				Member Open Swim	
8:30 AM				8:00-8:55	
9:00 AM	HIIT	BodyFit		AquaFit	
9:30 AM	9:15 - 10:00	9:15 - 10:00		9:00-9:45	
10:00 AM		TRX		HydroTherapy	
10:30 AM		10:15 - 11:00		10:00 - 10:45	
11:00 AM		Pilates		Public Open Swim / Lane Swim (2)	Public Open Swim
11:30 AM		11:15 - 12:00		11:00 - 12:00	11:00 - 12:00
12:00 PM					
12:30 PM	Open Gym				
1:00 PM	10:45-4:15	GentleFit			
1:30 PM	10.15 1.15	1:00 - 1:45			
2:00 PM		GERAS Dance		Member Lane Swim	
2:30 PM		2:00 - 3:00		1:00-3:45	
3:00 PM					
3:30 PM		Optimal Fitness			
4:00 PM		3:15-4:15			
4:30 PM	Basketball: Level 1 (3 - 5 yrs)				
5:00 PM	4:45 - 5:30			SwimLe	
5:30 PM	Basketball: Level 1 (6 - 12 yrs)	CycleFit		4:00 -	7:00
6:00 PM	5:45 - 6:45	5:45 - 6:30			
6:30 PM		Zumba			
7:00 PM		6:45 - 7:30		Adult Swim Lessons	
7:30 PM				6:55 - 7:25	Public Open Swim
8:00 PM	Badminton			Public Open Swim / Lane Swim (2)	7:00 - 9:00
8:30 PM	7:00-9:45			7:30-9:00	
9:00 PM					
9:30 PM					
10:00 PM					
			TUESDAY		
	GYMNASIUM	STUDIO	TUESDAY COMMUNITY ROOM	LAP POOL	LEISURE POOL
10:00 PM 6:00 AM	GYMNASIUM			LAP POOL	LEISURE POOL
10:00 PM 6:00 AM 6:30 AM	GYMNASIUM	HIIT			LEISURE POOL
10:00 PM 6:00 AM 6:30 AM 7:00 AM	GYMNASIUM			Public Lane Swim	LEISURE POOL
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM		HIIT			LEISURE POOL
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM	Open Gym	HIIT		Public Lane Swim	LEISURE POOL
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM		HIIT 6:30-7:00		Public Lane Swim 6:00 - 8:45	LEISURE POOL
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	Open Gym	HIIT 6:30-7:00 Healthy Hearts 8:00-9:20		Public Lane Swim 6:00 - 8:45 AquaFit	LEISURE POOL
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM	Open Gym	HIIT 6:30 - 7:00 Healthy Hearts 8:00 - 9:20 CycleFit		Public Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45	LEISURE POOL
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM	Open Gym	HIIT 6:30 - 7:00 Healthy Hearts 8:00 - 9:20 CycleFit 9:30 - 10:15		Public Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45 Hydrotherapy	LEISURE POOL
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM	Open Gym	HIIT 6:30 - 7:00 Healthy Hearts 8:00 - 9:20 CycleFit 9:30 - 10:15 Zumba Gold	COMMUNITY ROOM	Public Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45 Hydrotherapy 10:00 - 10:45	
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:30 AM 9:00 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM	Open Gym 6:00 - 10:45	HIIT 6:30 - 7:00 Healthy Hearts 8:00 - 9:20 CycleFit 9:30 - 10:15 Zumba Gold 11:00 - 11:45		Public Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45 Hydrotherapy	LEISURE POOL
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:30 AM 9:00 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM	Open Gym 6:00 - 10:45 Pickleball	HIIT 6:30-7:00 Healthy Hearts 8:00-9:20 CycleFit 9:30-10:15 Zumba Gold 11:00-11:45 Healthy Hearts	COMMUNITY ROOM	Public Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45 Hydrotherapy 10:00 - 10:45 Member Open Swim / Lane Swim (2)	Member Open Swim
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM	Open Gym 6:00 - 10:45	HIIT 6:30 - 7:00 Healthy Hearts 8:00 - 9:20 CycleFit 9:30 - 10:15 Zumba Gold 11:00 - 11:45	COMMUNITY ROOM	Public Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45 Hydrotherapy 10:00 - 10:45 Member Open Swim / Lane Swim (2)	Member Open Swim
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 11:30 AM	Open Gym 6:00 - 10:45 Pickleball	HIIT 6:30-7:00 Healthy Hearts 8:00-9:20 CycleFit 9:30-10:15 Zumba Gold 11:00-11:45 Healthy Hearts	COMMUNITY ROOM	Public Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45 Hydrotherapy 10:00 - 10:45 Member Open Swim / Lane Swim (2)	Member Open Swim
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM	Open Gym 6:00 - 10:45 Pickleball	HIIT 6:30 - 7:00 Healthy Hearts 8:00 - 9:20 CycleFit 9:30 - 10:15 Zumba Gold 11:00 - 11:45 Healthy Hearts 10:40 - 12:00	COMMUNITY ROOM	Public Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45 Hydrotherapy 10:00 - 10:45 Member Open Swim / Lane Swim (2)	Member Open Swim
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 11:30 AM	Open Gym 6:00 - 10:45 Pickleball	HIIT 6:30-7:00 Healthy Hearts 8:00-9:20 CycleFit 9:30-10:15 Zumba Gold 11:00-11:45 Healthy Hearts 10:40-12:00 Optimal Fitness	COMMUNITY ROOM	Public Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45 Hydrotherapy 10:00 - 10:45 Member Open Swim / Lane Swim (2)	Member Open Swim
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 11:00 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM	Open Gym 600 - 1045 Pickleball 11:00 - 1:30 Open Gym	HIIT 6:30 - 7:00 Healthy Hearts 8:00 - 9:20 CycleFit 9:30 - 10:15 Zumba Gold 11:00 - 11:45 Healthy Hearts 10:40 - 12:00	COMMUNITY ROOM	Public Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45 Hydrotherapy 10:00 - 10:45 Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:30 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:00 PM	Open Gym 6:00 - 10:45 Pickleball 11:00 - 1:30	HIIT 6:30-7:00 Healthy Hearts 8:00-9:20 CycleFit 9:30-10:15 Zumba Gold 11:00-11:45 Healthy Hearts 10:40-12:00 Optimal Fitness 1:30-2:30	COMMUNITY ROOM	Public Lane Swim 6:00-8:45 AquaFit 9:00-9:45 Hydrotherapy 10:00-10:45 Member Open Swim / Lane Swim (2) 11:00-12:00 Public Lane Swim	Member Open Swim
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:30 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:30 PM	Open Gym 600 - 1045 Pickleball 11:00 - 1:30 Open Gym	HIIT 6:30-7:00 Healthy Hearts 8:00-9:20 CycleFit 9:30-10:15 Zumba Gold 11:00-11:45 Healthy Hearts 10:40-12:00 Optimal Fitness	COMMUNITY ROOM	Public Lane Swim 6:00-8:45 AquaFit 9:00-9:45 Hydrotherapy 10:00-10:45 Member Open Swim / Lane Swim (2) 11:00-12:00 Public Lane Swim	Member Open Swim
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 11:30 AM 12:30 PM 12:30 PM 1:30 PM 2:30 PM 2:30 PM	Open Gym 600 - 10:45 Pickleball 11:00 - 1:30 Open Gym 1:45 - 4:15	HIIT 6:30-7:00 Healthy Hearts 8:00-9:20 CycleFit 9:30-10:15 Zumba Gold 11:00-11:45 Healthy Hearts 10:40-12:00 Optimal Fitness 1:30-2:30 Fit for Function	COMMUNITY ROOM	Public Lane Swim 6:00-8:45 AquaFit 9:00-9:45 Hydrotherapy 10:00-10:45 Member Open Swim / Lane Swim (2) 11:00-12:00 Public Lane Swim	Member Open Swim
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:00 AM 11:00 AM 11:00 AM 11:20 PM 12:30 PM 1:30 PM 2:30 PM 3:30 PM	Open Gym 6:00 - 10:45 Pickleball 11:00 - 1:30 Open Gym 1:45 - 4:15 Soccer: Level 1 (3 - 5 yrs)	HIIT 6:30-7:00 Healthy Hearts 8:00-9:20 CycleFit 9:30-10:15 Zumba Gold 11:00-11:45 Healthy Hearts 10:40-12:00 Optimal Fitness 1:30-2:30 Fit for Function 3:00-4:00	COMMUNITY ROOM	Public Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45 Hydrotherapy 10:00 - 10:45 Member Open Swim / Lane Swim (2) 11:00 - 12:00 Public Lane Swim 1:00 - 3:45	Member Open Swim 11:00-12:00
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 11:00 AM 11:00 AM 11:20 PM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 3:30 PM 4:00 PM	Open Gym 600 - 10:45 Pickleball 11:00 - 1:30 Open Gym 1:45 - 4:15	HIIT 6:30-7:00 Healthy Hearts 8:00-9:20 CycleFit 9:30-10:15 Zumba Gold 11:00-11:45 Healthy Hearts 10:40-12:00 Optimal Fitness 1:30-2:30 Fit for Function 3:00-4:00 Yoga	COMMUNITY ROOM	Public Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45 Hydrotherapy 10:00 - 10:45 Member Open Swim / Lane Swim (2) 11:00 - 12:00 Public Lane Swim 1:00 - 3:45	Member Open Swim 11:00-12:00
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 4:30 PM 5:00 PM 5:30 PM	Open Gym 6:00 - 10:45 Pickleball 11:00 - 1:30 Open Gym 1:45 - 4:15 Soccer: Level 1 (3 - 5 yrs) 4:45 - 5:30	HIIT 6:30-7:00 Healthy Hearts 8:00-9:20 CycleFit 9:30-10:15 Zumba Gold 11:00-11:45 Healthy Hearts 10:40-12:00 Optimal Fitness 1:30-2:30 Fit for Function 3:00-4:00	COMMUNITY ROOM	Public Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45 Hydrotherapy 10:00 - 10:45 Member Open Swim / Lane Swim (2) 11:00 - 12:00 Public Lane Swim 1:00 - 3:45	Member Open Swim 11:00-12:00
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:30 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 4:30 PM 5:30 PM 5:30 PM	Open Gym 6:00 - 10:45 Pickleball 11:00 - 1:30 Open Gym 1:45 - 4:15 Soccer: Level 1 (3 - 5 yrs)	HIIT 6:30-7:00 Healthy Hearts 8:00-9:20 CycleFit 9:30-10:15 Zumba Gold 11:00-11:45 Healthy Hearts 10:40-12:00 Optimal Fitness 1:30-2:30 Fit for Function 3:00-4:00 Yoga 5:00-6:00	COMMUNITY ROOM	Public Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45 Hydrotherapy 10:00 - 10:45 Member Open Swim / Lane Swim (2) 11:00 - 12:00 Public Lane Swim 1:00 - 3:45	Member Open Swim 11:00 - 12:00
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 2:30 PM 3:30 PM 4:30 PM 5:30 PM 5:30 PM 6:30 PM	Open Gym 6:00 - 10:45 Pickleball 11:00 - 1:30 Open Gym 1:45 - 4:15 Soccer: Level 1 (3 - 5 yrs) 4:45 - 5:30 Soccer: Level 1 (6 - 12 yrs)	HIIT 6:30 - 7:00 Healthy Hearts 8:00 - 9:20 CycleFit 9:30 - 10:15 Zumba Gold 11:00 - 11:45 Healthy Hearts 10:40 - 12:00 Optimal Fitness 1:30 - 2:30 Fit for Function 3:00 - 4:00 Yoga 5:00 - 6:00 Cycle & Strength	COMMUNITY ROOM	Public Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45 Hydrotherapy 10:00 - 10:45 Member Open Swim / Lane Swim (2) 11:00 - 12:00 Public Lane Swim 1:00 - 3:45 Swim Lu 4:00 -	Member Open Swim 11:00 - 12:00
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10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM 12:30 PM 2:30 PM 2:30 PM 3:30 PM 3:30 PM 5:30 PM 5:30 PM 6:30 PM 7:00 PM 7:30 PM	Open Gym 600-10:45 Pickleball 11:00-1:30 Open Gym 1:45-4:15 Soccer: Level 1 (3-5 yrs) 4:45-5:30 Soccer: Level 1 (3-12 yrs) 5:45-6:45	HIIT 6:30 - 7:00 Healthy Hearts 8:00 - 9:20 CycleFit 9:30 - 10:15 Zumba Gold 11:00 - 11:45 Healthy Hearts 10:40 - 12:00 Optimal Fitness 1:30 - 2:30 Fit for Function 3:00 - 4:00 Yoga 5:00 - 6:00 Cycle & Strength	COMMUNITY ROOM	Public Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45 Hydrotherapy 10:00 - 10:45 Member Open Swim / Lane Swim (2) 11:00 - 12:00 Public Lane Swim 1:00 - 3:45 Swim Lu 4:00 -	Member Open Swim 11:00-12:00
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM 12:30 PM 2:30 PM 3:30 PM 3:30 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM 7:30 PM 8:00 PM	Open Gym 600 - 10:45 Pickleball 11:00 - 1:30 Open Gym 1:45 - 4:15 Soccer: Level 1 (3 - 5 yrs) 4:45 - 5:30 Soccer: Level 1 (6 - 12 yrs) 5:45 - 6:45 Member Basketball	HIIT 6:30-7:00 Healthy Hearts 8:00-9:20 CycleFit 9:30-10:15 Zumba Gold 11:00-11:45 Healthy Hearts 10:40-12:00 Optimal Fitness 1:30-2:30 Fit for Function 3:00-4:00 Yoga 5:00-6:00 Cycle & Strength 6:15-7:15	COMMUNITY ROOM	Public Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45 Hydrotherapy 10:00 - 10:45 Member Open Swim / Lane Swim (2) 11:00 - 12:00 Public Lane Swim 1:00 - 3:45 Swim Lu 4:00 - AquaFit	Member Open Swim 11:00 - 12:00
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:30 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 4:30 PM 5:30 PM 5:30 PM 6:30 PM 7:30 PM 8:00 PM 8:30 PM	Open Gym 600-10:45 Pickleball 11:00-1:30 Open Gym 1:45-4:15 Soccer: Level 1 (3-5 yrs) 4:45-5:30 Soccer: Level 1 (3-12 yrs) 5:45-6:45	HIIT 6:30-7:00 Healthy Hearts 8:00-9:20 CycleFit 9:30-10:15 Zumba Gold 11:00-11:45 Healthy Hearts 10:40-12:00 Optimal Fitness 1:30-2:30 Fit for Function 3:00-4:00 Yoga 5:00-6:00 Cycle & Strength 6:15-7:15 Back to Living Well	COMMUNITY ROOM	Public Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45 Hydrotherapy 10:00 - 10:45 Member Open Swim / Lane Swim (2) 11:00 - 12:00 Public Lane Swim Swim Luce 4:00 - 3:45 Swim Luce AquaFit 7:00 - 7:45	Member Open Swim 11:00-12:00 2550ns 7:00 Member Open Swim
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:00 AM 9:30 AM 10:00 AM 10:00 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 12:30 PM 12:30 PM 3:30 PM 4:30 PM 5:30 PM	Open Gym 600 - 10:45 Pickleball 11:00 - 1:30 Open Gym 1:45 - 4:15 Soccer: Level 1 (3 - 5 yrs) 4:45 - 5:30 Soccer: Level 1 (6 - 12 yrs) 5:45 - 6:45 Member Basketball	HIIT 6:30-7:00 Healthy Hearts 8:00-9:20 CycleFit 9:30-10:15 Zumba Gold 11:00-11:45 Healthy Hearts 10:40-12:00 Optimal Fitness 1:30-2:30 Fit for Function 3:00-4:00 Yoga 5:00-6:00 Cycle & Strength 6:15-7:15 Back to Living Well	COMMUNITY ROOM	Public Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45 Hydrotherapy 10:00 - 10:45 Member Open Swim / Lane Swim (2) 11:00 - 12:00 Public Lane Swim Public Lane Swim 1:00 - 3:45 Swim Lane 4:00 - AquaFit 7:00 - 7:45 Member Open Swim / Lane Swim (2)	Member Open Swim 11:00-12:00
10:00 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 7:00 AM 9:00 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:30 AM 10:30 AM 11:00 AM 11:00 AM 11:00 AM 12:00 PM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM 5:30 PM 5:30 PM 6:00 PM 7:30 PM 8:30 PM 8:00 PM 8:30 PM	Open Gym 600 - 10:45 Pickleball 11:00 - 1:30 Open Gym 1:45 - 4:15 Soccer: Level 1 (3 - 5 yrs) 4:45 - 5:30 Soccer: Level 1 (6 - 12 yrs) 5:45 - 6:45 Member Basketball	HIIT 6:30-7:00 Healthy Hearts 8:00-9:20 CycleFit 9:30-10:15 Zumba Gold 11:00-11:45 Healthy Hearts 10:40-12:00 Optimal Fitness 1:30-2:30 Fit for Function 3:00-4:00 Yoga 5:00-6:00 Cycle & Strength 6:15-7:15 Back to Living Well	COMMUNITY ROOM	Public Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45 Hydrotherapy 10:00 - 10:45 Member Open Swim / Lane Swim (2) 11:00 - 12:00 Public Lane Swim Public Lane Swim 1:00 - 3:45 Swim Lane 4:00 - AquaFit 7:00 - 7:45 Member Open Swim / Lane Swim (2)	Member Open Swim 11:00-12:00

Registered Programs Drop In Group Fitness Open Gym/ Open Swim Registered Aquatic Leadership Programs Drop In Recreational Sports Public Open / Lane Swim



January 8 - March 10, 2024

	CVANIACIUM	CTUDIO	WEDNESDAY		L FICUDE DOOL
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
6:00 AM		CycleFit			
6:30 AM		6:15 - 7:00			
7:00 AM	Open Gym			Member Lane Swim	
7:30 AM	6:00 - 9:00			6:00-8:45	
8:00 AM					
8:30 AM					
9:00 AM	MuscleFit	Low Impact		AquaFit	
9:30 AM	9:15 - 10:00	9:15 - 10:00		9:00-9:45	
10:00 AM				Hydrotherapy	
10:30 AM	-			10:00-10:45	
11:00 AM		Dilataa	_		Dublic On an Curing
	- Balance+	Pilates 11:15 - 12:00		Public Open Swim / Lane Swim (2) 11:00 - 12:00	Public Open Swim 11:00 - 12:00
11:30 AM	11:15-12:15	11:15-12:00		11:00-12:00	11:00-12:00
12:00 PM					
12:30 PM					
1:00 PM	WalkFit				
1:30 PM	1:00 - 1:45				
2:00 PM				Member Lane Swim	
2:30 PM				1:00 - 3:45	
3:00 PM	Open Gym 2:00-4:15				
3:30 PM	2:00-4:15	Optimal Fitness			
4:00 PM		3:15 - 4:15			
4:30 PM					
5:00 PM	Basketball: Level 2 (6-9 yrs)	BodyFit	ArtSpark (3 - 5 yrs)	SwimLe	ssons
5:30 PM	4:45 - 5:45	5:15 - 6:00	5:00-5:45	4:00 -	
	Concern Law at 2 (C. Or ma)	7			1.00
6:00 PM	Soccer: Level 2 (6-9 yrs)	Zumba	ArtVenture (6 - 12 yrs) 6:00 - 7:00		
6:30 PM	6:00 - 7:00	6:10-6:55	6:00-7:00		
7:00 PM		Yoga		AquaFit	
7:30 PM		7:15-8:15		7:00-7:45	Public Open Swim
8:00 PM	Pickleball			Public Open Swim / Lane Swim (2)	7:00-9:00
8:30 PM	7:15-9:45			8:00-9:00	7.00 9.00
9:00 PM				0.00-9.00	
9:30 PM					
10:00 PM					
101001111	1				
			THURSDAY		
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
6:00 AM					
6:30 AM	-				
6:30 AM 7:00 AM	-			Public Lane Swim	
7:00 AM				Public Lane Swim 6:00 - 8:45	
7:00 AM 7:30 AM	Open Gym				
7:00 AM 7:30 AM 8:00 AM	Open Gym 6:00 - 10:45	Healthy Hearts	Oueenav		
7:00 AM 7:30 AM 8:00 AM 8:30 AM		Healthy Hearts 8:00 - 9:20	Queenax 845-930	6:00-8:45	
7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM		8:00-9:20	8:45 -9:30	6:00-8:45 AquaFit	
7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM				6:00 - 8:45 AquaFit 9:00 - 9:45	
7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM		8:00-9:20 CycleFit	8:45 -9:30	6:00 - 8:45 AquaFit 9:00 - 9:45 Hydrotherapy	
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Registered Programs Drop In Group Fitness Open Gym/ Open Swim Registered Aquatic Leadership Programs Drop In Recreational Sports Public Open / Lane Swim



January 8 - March 10, 2024

			FRIDAY		
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
6:00 AM				Member Lane Swim	
6:30 AM				6:00 - 6:45	
7:00 AM	Open Gym 6:00 - 9:00			AquaFit	
7:30 AM				7:00 - 7:45	
8:00 AM				Member Open Swim	
8:30 AM				8:00 - 8:55	
9:00 AM	Strength & Conditioning	BodyFit		AquaFit	
9:30 AM	9:15 - 10:00	9:15 - 10:00		9:00 - 9:45	
10:00 AM	_				
10:30 AM				Public Open Swim / Lane Swim (2)	Public Open Swim
11:00 AM	Balance+	Pilates		10:00 - 12:00	10:00 - 12:00
11:30 AM	11:15-12:15	11:15 - 12:00			
12:00 PM					
12:30 PM					
1:00 PM		GentleFit			
1:30 PM		1:00 - 1:45			
2:00 PM	Open Gym 12:30-4:15	GERAS Dance 2:00 - 3:00		Member Lane Swim	
2:30 PM		2:00-3:00	1:00 - 3:45	1:00-3:45	
3:00 PM					
3:30 PM					
4:00 PM 4:30 PM	Basketball: Level 3 (10 - 12 yrs)				
4:30 PM 5:00 PM	4:30 - 5:30			Swim Lessons 4:00 - 7:00	
5:30 PM	Soccer: Level 3 (10 - 12 yrs)	Yoga	Youth Leadership Development		
6:00 PM	5:45-6:45	5:45 - 6:45	(10 - 16 yrs)		
6:30 PM			5:30-7:30		
7:00 PM	Youth Leadership (10 - 16 yrs)			Adult Swim Lessons 6:55 - 7:25	
7:30 PM	6:45 - 7:30				
8:00 PM					Public Open Swim
8:30 PM	Member Basketball			Public Open Swim	7:00 - 9:00
9:00 PM	7:45 - 9:45			7:30-9:00	
9:30 PM					
10:00 PM					

SATURDAY						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
8:00 AM	HIT			Member Lane Swim		
8:30 AM	8:15-9:00			8:00-8:45		
9:00 AM		CycleFit				
9:30 AM	Basketball: Level 2 (6 - 12 yrs)	9:15 - 10:00				
10:00 AM	9:30 - 10:30			Swim	essons	
10:30 AM	Sports Adventure (3 - 5 yrs)	Yoga	YMCA Architeers (6 - 12 yrs)	Swim Lessons 9:00 - 12:30		
11:00 AM	10:45 - 11:30	10:45 - 11:45	10:30 - 11:30			
11:30 AM	Soccer: Level 1 (6 - 12 yrs)		YMCA Architeers (3 - 5 yrs)			
12:00 PM	11:45 - 12:45		11:45 - 12:30			
12:30 PM						
1:00 PM				Member Open Swim / Lane Swim (2)	Member Open Swim	
1:30 PM	Birthday Party			1:00 - 2:30	1:00-2:30	
2:00 PM	1:45 - 3:00		Birthday Party			
2:30 PM			1:00-4:00	Public Open Swim / Lane Swim (2) 2:30 - 5:00	Public Open Swim 2:30-5:00	
3:00 PM						
3:30 PM						
4:00 PM	Open Gym					
4:30 PM	3:15 - 5:45					
5:00 PM						
5:30 PM						
6:00 PM						

Registered Programs Drop In Group Fitness Open Gym/ Open Swim Registered Aquatic Leadership Programs Drop In Recreational Sports Public Open / Lane Swim



January 8 - March 10, 2024

SUNDAY							
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL		
8:00 AM	Open Gym			Member Lane Swim			
8:30 AM	8:00 - 9:00			8:00-8:45			
9:00 AM	Karate Beginner (6 - 12 yrs)	CycleFit					
9:30 AM	9:15 - 10:00	9:00 - 9:45					
10:00 AM	Karate Intermediate (6 - 12 yrs)	TRX		Swim Lessons			
10:30 AM	10:15 - 11:00	10:00 - 10:30		9:00 - 12:30			
11:00 AM	Karate Beginner (6 - 12 yrs)	Yoga					
11:30 AM	11:15 - 12:00	10:45 - 11:45					
12:00 PM	Karate Intermediate (6 - 12 yrs)						
12:30 PM	12:15 - 1:00						
1:00 PM	Karate Beginner (6 - 12 yrs)			Member Open Swim / Lane Swim (2)	Member Open Swim		
1:30 PM	1:15-2:00			1:00 - 2:00	1:00-2:00		
2:00 PM							
2:30 PM	Open Gym						
3:00 PM	2:15-4:00						
3:30 PM				Aquatic Leadership Courses 2:00 - 6:00			
4:00 PM							
4:30 PM	Badminton			2.00 0.00			
5:00 PM	4:15 - 5:45						
5:30 PM							
6:00 PM							
Registered F	Programs Open Gyr	n/ Open Swim	Drop In Recrea	ational Sports			
Drop In Group Fitness Registered Aquatic Leadership Programs Public Open / Lane Swim							

FACILITY HOURS
Mon-Fri: 6:00 am - 10:00 pm
Sat & Sun: 8:00 am - 6:00 pm
Holidays: 8:00 am - 2:00 pm

Sauna & whirlpool closed during Swim Lessons. Whirlpool closed on Sundays for cleaning. Pool closes 60 minutes before facility closure. Members have 10 minutes post closing time, to gather belongings.

SWIM ADMISSION CRITERIA

Children ages 0 – 6:

An adult parent or guardian (14 years of age or older) must be in the water, within arms' reach, at all times. Ratio: 1 adult per 2 children.

Children ages 7 – 9:

Children at this age may attempt an in-centre swim test conducted by a YMCA lifeguard. If they pass the test, they can swim on their own while a parent or guardian (14 years of age or older) actively supervises from the pool deck. If they do not pass the test, an adult parent or guardian (14 years of age or older) within arms' reach, at all times. Ratio: 1 adult per 2 children.

Youth and adults 10 years and over:

Youth and adults 10 years and older are welcome to use the pool, subject to their swimming abilities.

What is the Facility Swim Test?

To enter deep water and/or swim independently, swimmers must:

- Show comfort in the water and
- Swim 2 widths of continuous front crawl in shallow water.

The swim test must be demonstrated at each visit to the YMCA. At any time, lifeguards may ask for a demonstration of swimming ability if they feel there is a question of the participant's safety.