

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5:30 Any Age Lengths - Lane Pool 6:00 Soak and Stretch 6:30 Any Age Lengths - Lane Pool 7:00 Leisure Swim 8:00 Leisure Swim 8:00 Aquafit 9:00 Any Age Lengths - Lane Pool 11:00 Any Age Lengths - Lane Pool 11:00 Water Walking 11:15 Public Skating 11:30 Soak and Stretch 12:00 Forever Fit 12:15 Public Skating 12:30 Leisure Swim 1:00 Any Age Lengths - Lane Pool 1:15 45+ Shinny 1:30 Use Your Noodle 2:00 Any Age Lengths - Lane Pool 2:30 Strong and Steady 3:00 Any Age Lengths - Lane Pool 3:15 Child Stick & Puck 3:30 Leisure Swim 4:00 Any Age Lengths - Lane Pool 4:15 Child Stick & Puck 7:30 Leisure Swim 8:30 Any Age Lengths - Lane Pool	2 5:30 Any Age Lengths - Lane Pool 6:00 Soak and Stretch 6:30 Any Age Lengths - Lane Pool 7:00 Leisure Swim 8:00 Aquafit 8:00 Leisure Swim 9:00 Deep Water Aquafit 9:00 Any Age Lengths - Lane Pool 10:30 Leisure Swim 11:00 Water Walking 11:00 Any Age Lengths - Lane Pool 11:30 Therapeutic Aquatics 12:00 Any Age Lengths - Lane Pool 12:30 Forever Fit 12:30 Any Age Lengths - Lane Pool 1:30 Any Age Lengths - Lane Pool 1:30 Leisure Swim 2:30 Use Your Noodle 2:30 Any Age Lengths - Lane Pool 3:00 Any Age Lengths - Lane Pool 3:30 Therapeutic Aquatics 4:00 Any Age Lengths - Lane Pool 5:30 Aquafit 6:30 Leisure Swim 7:30 Any Age Lengths - Lane Pool 7:30 Leisure Swim 8:30 Any Age Lengths - Lane Pool 8:30 Leisure Swim	3 7:00 Any Age Lengths - Lane Pool 7:00 Leisure Swim 8:00 Leisure Swim 8:00 Any Age Lengths - Lane Pool 11:00 Leisure Swim 11:00 Boot Camp 12:00 Therapeutic Aquatics 12:00 Any Age Lengths - Lane Pool 1:00 Any Age Lengths - Lane Pool 1:00 Leisure Swim 2:00 Leisure Swim 2:00 Any Age Lengths - Lane Pool 2:30 Any Age Lengths - Lane Pool 2:30 Water Walking 3:30 Any Age Lengths - Lane Pool 4:30 Any Age Lengths - Lane Pool 5:30 Any Age Lengths - Lane Pool 5:30 Leisure Swim 6:30 Leisure Swim 6:30 Any Age Lengths - Lane Pool

4	5	6	7	8	9	10
7:30 Any Age Lengths - Lane Pool	5:30 Any Age Lengths - Lane Pool	5:30 Any Age Lengths - Lane Pool	5:30 Any Age Lengths - Lane Pool	5:30 Any Age Lengths - Lane Pool	5:30 Any Age Lengths - Lane Pool	7:00 Any Age Lengths - Lane Pool
8:00 Soak and Stretch	6:00 Soak and Stretch	6:00 Soak and Stretch	6:00 Soak and Stretch	6:00 Soak and Stretch	6:00 Soak and Stretch	7:00 Leisure Swim
8:30 Aquafit	6:30 Any Age Lengths - Lane Pool	6:30 Any Age Lengths - Lane Pool	6:30 Any Age Lengths - Lane Pool	6:30 Any Age Lengths - Lane Pool	6:30 Any Age Lengths - Lane Pool	8:00 Leisure Swim
9:00 Leisure Swim	7:00 Leisure Swim	7:00 Leisure Swim	7:00 Leisure Swim	7:00 Leisure Swim	7:00 Leisure Swim	8:00 Leisure Swim
9:30 Any Age Lengths - Lane Pool	8:00 Leisure Swim	8:00 Aquafit	8:00 Leisure Swim	8:00 Leisure Swim	8:00 Aquafit	8:00 Any Age Lengths - Lane Pool
10:00 Leisure Swim	8:00 Aquafit	8:30 Leisure Swim	8:00 Aquafit	8:00 Aquafit	8:00 Leisure Swim	
10:30 Any Age Lengths - Lane Pool	9:00 Deep Water Aquafit	9:00 Any Age Lengths - Lane Pool	9:00 Deep Water Aquafit	9:00 Any Age Lengths - Lane Pool	8:30 Public Skating	11:00 Leisure Swim
11:30 Any Age Lengths - Lane Pool	9:00 Any Age Lengths - Lane Pool	9:15 18+ Women's Shinny	9:00 Any Age Lengths - Lane Pool	11:00 Any Age Lengths - Lane Pool	9:00 Deep Water Aquafit	11:00 Boot Camp
1:00 Leisure Swim	9:15 Public Skating	10:30 Hip, Knee and Back	9:15 Public Skating	11:00 Water Walking	9:00 Any Age Lengths - Lane Pool	12:00 Therapeutic Aquatics
2:00 Leisure Swim	10:00 Leisure Swim		10:00 Hip, Knee and Back	11:15 Public Skating	10:00 Public Skating	
2:30 Any Age Lengths - Lane Pool	10:00 Leisure Swim	11:00 Any Age Lengths - Lane Pool	10:15 Public Skating	11:30 Soak and Stretch	10:30 Leisure Swim	12:00 Any Age Lengths - Lane Pool
3:00 Leisure Swim	10:15 Public Skating	11:00 Water Walking	11:00 Water Walking	12:00 Forever Fit	11:00 Water Walking	
3:00 Water Walking	11:00 Water Walking	11:15 Public Skating	11:00 Leisure Swim	12:15 Public Skating	11:00 Any Age Lengths - Lane Pool	1:00 Any Age Lengths - Lane Pool
3:00 Any Age Lengths - Lane Pool	11:00 Any Age Lengths - Lane Pool	11:30 Forever Fit	11:00 Forever Fit	12:30 Leisure Swim	11:30 Therapeutic Aquatics	1:00 Public Skating
4:00 Leisure Swim	11:00 65+ Pond Hockey	11:30 Soak and Stretch	11:00 65+ Pond Hockey	1:00 Any Age Lengths - Lane Pool	12:00 Any Age Lengths - Lane Pool	1:00 Leisure Swim
4:00 Any Age Lengths - Lane Pool	11:15 18+ Shinny	12:15 Public Skating	11:15 18+ Shinny	1:15 45+ Shinny	12:00 Public Skating	2:00 Leisure Swim
5:00 Any Age Lengths - Lane Pool	11:30 Therapeutic Aquatics	12:30 Any Age Lengths - Lane Pool	12:00 Any Age Lengths - Lane Pool	1:30 Use Your Noodle	12:30 Forever Fit	
5:00 Leisure Swim	12:00 Any Age Lengths - Lane Pool	12:30 Leisure Swim	1:00 Any Age Lengths - Lane Pool	2:00 Any Age Lengths - Lane Pool	12:30 Any Age Lengths - Lane Pool	2:00 Public Skating
6:00 Leisure Swim	12:30 Leisure Swim	1:00 Any Age Lengths - Lane Pool	1:00 Strong and Steady	2:30 Strong and Steady	1:00 18+ Shinny	2:00 Any Age Lengths - Lane Pool
6:00 Any Age Lengths - Lane Pool	12:30 Forever Fit	1:15 45+ Shinny	1:15 Preschool Stick & Puck	3:00 Any Age Lengths - Lane Pool	1:30 Any Age Lengths - Lane Pool	2:30 Any Age Lengths - Lane Pool
6:15 Public Skating	12:30 Any Age Lengths - Lane Pool	2:00 Strong and Steady	2:00 Use Your Noodle	3:15 Child Stick & Puck	1:30 Leisure Swim	
7:00 Any Age Lengths - Lane Pool	1:15 Preschool Stick & Puck	2:00 Any Age Lengths - Lane Pool	2:00 Any Age Lengths - Lane Pool	3:30 Leisure Swim	2:30 Use Your Noodle	2:30 Water Walking
7:00 Leisure Swim	1:30 Any Age Lengths - Lane Pool	3:00 Any Age Lengths - Lane Pool	2:15 Preschool Stick & Puck	4:00 Any Age Lengths - Lane Pool	2:30 Any Age Lengths - Lane Pool	3:30 Any Age Lengths - Lane Pool
7:15 Public Skating	2:15 Preschool Stick & Puck	3:15 Ticket Ice	3:00 Any Age Lengths - Lane Pool	7:30 Leisure Swim	3:00 Any Age Lengths - Lane Pool	
	2:30 Any Age Lengths - Lane Pool	5:00 Aquafit	3:00 Leisure Swim	8:30 Any Age Lengths - Lane Pool	3:00 Public Skating	4:30 Any Age Lengths - Lane Pool
	2:30 Strong and Steady	6:00 Use Your Noodle	3:15 Ticket Ice		3:30 Therapeutic Aquatics	
	3:00 Any Age Lengths - Lane Pool	7:30 Leisure Swim	4:00 Any Age Lengths - Lane Pool		4:00 Any Age Lengths - Lane Pool	5:30 Any Age Lengths - Lane Pool
	3:15 Ticket Ice	7:30 Any Age Lengths - Lane Pool	5:30 Deep Water Aquafit		5:30 Aquafit	5:30 Leisure Swim
	3:30 Therapeutic Aquatics	8:30 Any Age Lengths - Lane Pool	6:30 Therapeutic Aquatics		6:00 Public Skating	6:30 Leisure Swim
	4:00 Any Age Lengths - Lane Pool		8:30 Any Age Lengths - Lane Pool		6:30 Leisure Swim	6:30 Any Age Lengths - Lane Pool
	5:30 Aquafit				7:30 Any Age Lengths - Lane Pool	
	6:30 Therapeutic Aquatics				7:30 Leisure Swim	
	6:30 Any Age Lengths - Lane Pool				8:30 Any Age Lengths - Lane Pool	
	7:30 Leisure Swim				8:30 Leisure Swim	
	8:30 Any Age					

	Lengths - Lane Pool					
11	12	13	14	15	16	17
7:30 Any Age Lengths - Lane Pool	9:15 Public Skating	9:15 18+ Women's Shinny	9:15 Public Skating	11:15 Public Skating	11:15 Public Skating	11:15 18+ Shinny
8:00 Soak and Stretch	10:15 Public Skating	11:15 Public Skating	10:15 Public Skating	12:15 Public Skating	12:15 Public Skating	1:15 Public Skating
8:30 Aquafit	11:00 65+ Pond Hockey	12:15 Public Skating	11:00 65+ Pond Hockey	1:15 45+ Shinny	1:15 18+ Shinny	2:15 Public Skating
9:00 Leisure Swim	11:15 18+ Shinny	1:15 45+ Shinny	11:15 18+ Shinny	3:15 Child Stick & Puck		3:15 Public Skating
9:30 Any Age Lengths - Lane Pool	1:15 Preschool Stick & Puck	3:15 Ticket Ice	1:15 Preschool Stick & Puck	4:15 Child Stick & Puck		4:15 Public Skating
10:00 Leisure Swim	2:15 Preschool Stick & Puck		2:15 Preschool Stick & Puck			
10:15 Child Stick & Puck	3:15 Ticket Ice		3:15 Ticket Ice			
10:30 Any Age Lengths - Lane Pool						
11:30 Any Age Lengths - Lane Pool						
11:30 45+ Shinny						
12:15 Public Skating						
1:00 Leisure Swim						
1:15 Public Skating						
2:00 Leisure Swim						
2:15 Child Stick & Puck						
2:30 Any Age Lengths - Lane Pool						
3:00 Leisure Swim						
3:00 Water Walking						
3:00 Any Age Lengths - Lane Pool						
4:00 Leisure Swim						
4:00 Any Age Lengths - Lane Pool						
5:00 Any Age Lengths - Lane Pool						
5:00 Leisure Swim						
6:00 Leisure Swim						
6:00 Any Age Lengths - Lane Pool						
7:00 Any Age Lengths - Lane Pool						
7:00 Leisure Swim						
18	19	20	21	22	23	24
11:15 45+ Shinny	9:15 Public Skating	9:15 18+ Women's Shinny	9:15 Public Skating	11:15 Public Skating	11:15 Public Skating	11:15 18+ Shinny
1:15 Public Skating	10:15 Public Skating	11:15 Public Skating	10:15 Public Skating	12:15 Public Skating	12:15 Public Skating	1:15 Public Skating
2:15 Public Skating	11:00 65+ Pond Hockey	12:15 Public Skating	11:00 65+ Pond Hockey	1:15 45+ Shinny	1:15 18+ Shinny	2:15 Public Skating
3:15 Child Stick & Puck	11:15 18+ Shinny	1:15 45+ Shinny	11:15 18+ Shinny	3:15 Child Stick & Puck		3:15 Public Skating
6:30 Child Stick & Puck	1:15 Preschool Stick & Puck	3:15 Ticket Ice	1:15 Preschool Stick & Puck	4:15 Child Stick & Puck		4:15 Public Skating
	2:15 Preschool Stick & Puck		2:15 Preschool Stick & Puck			
	3:15 Ticket Ice		3:15 Ticket Ice			

25	26	27	28	29	30	
10:15 Child Stick & Puck	9:15 Public Skating	9:15 18+ Women's Shinny	9:15 Public Skating	11:15 Public Skating	11:30 Public Skating	
11:15 45+ Shinny	10:15 Public Skating	11:15 Public Skating	11:00 65+ Pond Hockey	12:15 Public Skating	12:30 18+ Shinny	
1:15 Public Skating	11:00 65+ Pond Hockey	12:15 Public Skating	11:15 18+ Shinny	1:15 45+ Shinny	2:30 Public Skating	
2:15 Public Skating	11:15 18+ Shinny	1:15 45+ Shinny	1:15 Preschool Stick & Puck	3:15 Child Stick & Puck	4:00 Public Skating	
3:15 Child Stick & Puck	1:15 Preschool Stick & Puck	3:15 Ticket Ice	2:15 Preschool Stick & Puck	4:15 Child Stick & Puck	5:15 Public Skating	
	2:15 Preschool Stick & Puck		3:15 Ticket Ice			
	3:15 Ticket Ice					

<https://events.stcatharines.ca>