May 2022

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

	 3:15 Ticket Ice 3:15 Strong and Steady 4:15 Public Skating 5:15 Public Skating 5:30 Aquafit 6:15 Public Skating 6:15 Leisure Swim 7:15 Leisure Swim 8:15 Leisure Swim 8:30 Any Age Lengths - Lane Pool 	6:45 Leisure Swim 7:30 Any Age Lengths - Lane Pool 7:45 Use Your Noodle 8:30 Any Age Lengths - Lane Pool	5:30 Deep Water Aquafit 5:45 Leisure Swim 6:15 Public Skating 7:45 Leisure Swim	4:15 Leisure Swim 5:15 Public Skating 6:15 Public Skating 7:45 Leisure Swim 8:30 Any Age Lengths - Lane Pool	6:15 Leisure Swim 6:30 Any Age Lengths - Lane Pool 7:15 Leisure Swim 8:15 Leisure Swim	5:00 Public Skating 5:00 Leisure Swim 5:30 Any Ag Lengths - Lane Pool 6:00 Public Skating 6:00 Leisure Swim 6:30 Any Ag Lengths - Lane Pool 7:00 Public Skating
8	9	10	11	12	13	14
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 Leisure Swim
7:45 Leisure Swim	6:15 Soak and	6:15 Soak and	6:15 Soak and	6:15 Soak and	6:15 Soak and	7:00 Any A
8:00 Leisure Swim	Stretch	Stretch	Stretch	Stretch	Stretch	Lengths - Lane Pool
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 Any A
8:45 Leisure Swim	7:15 Leisure Swim	7:15 Leisure Swim	7:15 Leisure Swim	7:15 Leisure Swim	7:15 Leisure Swim	Lengths - Lane Pool
9:00 Public Skating 9:30 Any Age	7:30 Any Age Lengths - Lane Pool	7:30 Any Age Lengths - Lane Pool	7:30 Any Age Lengths - Lane Pool	7:30 Any Age Lengths - Lane Pool	7:30 Any Age Lengths - Lane Pool	11:00 Any Age Length
Lengths - Lane Pool	8:15 Leisure Swim	8:15 Leisure Swim	8:15 Leisure Swim	8:15 Leisure Swim	8:15 Leisure Swim	Lane Pool

9:45 Leisure Swim	8:30 Aquafit	8:30 Aquafit	8:30 Aquafit	8:30 Any Age	8:30 Any Age	11:00
10:00 Public Skating	9:15 Public Skating	9:15 Leisure Swim	9:15 Public Skating	Lengths - Lane Pool	Lengths - Lane Pool	Therapeutic Aquatics
10:30 Any Age Lengths - Lane Pool	9:30 Any Age Lengths - Lane Pool	9:15 18+ Women's Shinny	9:30 Any Age Lengths - Lane Pool	9:15 Leisure Swim 9:30 Any Age	9:30 Any Age Lengths - Lane Pool	11:00 Any Age Lengths -
11:00 Public Skating	10:15 Public Skating	9:30 Any Age	10:15 Public Skating	Lengths - Lane Pool	10:15 Therapeutic Aquatics	Lane Pool
11:30 Any Age	10:15 Therapeutic	Lengths - Lane Pool	10:15 Hip, Knee and	10:15 Therapeutic Aquatics	10:30 Water Walking	12:00 Leisure Swim
Lengths - Lane Pool	Aquatics	10:15 Hip, Knee and Back	Back	10:30 Water Walking	11:15 Leisure Swim	12:00 Forever
12:00 Public	10:30 Water Walking	10:30 Water	10:30 Water Walking	11:15 Public Skating	11:30 Forever Fit	Fit
Skating	11:00 65+ Pond	Walking	11:00 65+ Pond Hockey	11:15 Leisure Swim	12:30 Any Age	1:00 Leisure
12:45 Leisure Swim	Hockey	11:15 Public Skating	11:15 Leisure Swim	11:30 Therapeutic	Lengths - Lane Pool	Swim 2:00 30
2:15 Public Skating	11:15 18+ Shinny	11:15 Leisure Swim	11:15 18+ Shinny	Aquatics	1:15 Use Your Noodle	Minute
2:30 30 Minute	11:15 Leisure Swim	11:30 Forever Fit	11:30 Forever Fit	11:30 Forever Fit	1:30 Any Age	Lengths
Lengths	11:30 Therapeutic Aquatics	12:15 Leisure Swim	12:15 Leisure Swim	12:15 Leisure Swim	Lengths - Lane Pool	2:00 Leisure Swim
2:45 Leisure Swim	11:30 Any Age	12:15 Public Skating	12:30 Any Age	12:15 Public Skating	2:15 Therapeutic	2:30 Any Age
3:00 Any Age	Lengths - Lane Pool	12:30 Any Age Lengths - Lane Pool	Lengths - Lane Pool	12:30 Any Age Lengths - Lane Pool	Aquatics 2:30 30 Minute	Lengths - Lane Pool
Lengths - Lane Pool	12:15 Leisure Swim	1:15 Leisure Swim	1:15 Preschool Stick & Puck	1:15 45+ Shinny	Lengths	3:00 Leisure
3:15 Public Skating	12:30 Forever Fit	1:15 45+ Shinny	1:30 Any Age	1:15 Strong and	3:15 Leisure Swim	Swim
4:00 Any Age Lengths - Lane Pool	1:15 Preschool Stick & Puck	1:30 Any Age	Lengths - Lane Pool	Steady	5:30 Aquafit	3:30 Any Age
4:15 Public Skating	1:15 Public Skating	Lengths - Lane Pool	1:30 Any Age Lengths - Lane Pool	1:30 Any Age Lengths - Lane Pool	6:15 Leisure Swim	Lengths - Lane Pool
5:00 Any Age Lengths - Lane Pool	1:30 Any Age Lengths - Lane Pool	2:15 Leisure Swim 2:30 30 Minute	2:15 Preschool Stick & Puck	2:15 Therapeutic Aquatics	6:30 Any Age Lengths - Lane Pool	4:30 Any Age Lengths -
5:15 Public Skating	2:15 Preschool	Lengths	2:15 Strong and	2:30 30 Minute	7:15 Leisure Swim	Lane Pool
6:00 Any Age	Stick & Puck	3:00 Any Age Lengths - Lane Pool	Steady	Lengths	7:30 Any Age Lengths - Lane Pool	5:00 Leisure Swim
Lengths - Lane Pool 6:15 Public Skating	2:15 Therapeutic Aquatics	3:15 Ticket Ice	2:30 30 Minute Lengths	3:15 Leisure Swim	8:15 Leisure Swim	5:30 Any Age
6:45 Leisure Swim	2:15 Therapeutic	3:15 Leisure Swim	3:15 Leisure Swim	3:15 Child Stick & Puck	8:30 Any Age	Lengths - Lane Pool
7:00 Any Age	Aquatics	5:00 Aquafit	3:15 Ticket Ice	4:15 Leisure Swim	Lengths - Lane Pool	6:00 Leisure
Lengths - Lane Pool 7:15 Public Skating	2:30 30 Minute Lengths	6:45 Leisure Swim 7:30 Any Age	5:30 Deep Water Aquafit	5:00 Public Skating		Swim
7.15 Fublic Skating	3:00 Any Age Lengths - Lane Pool	Lengths - Lane Pool	5:45 Leisure Swim	6:00 Public Skating 7:45 Leisure Swim		6:30 Any Age Lengths - Lane Pool
	3:15 Ticket Ice	7:45 Use Your Noodle	7:45 Leisure Swim	8:30 Any Age		Lane Pool
	3:15 Strong and Steady	8:30 Any Age Lengths - Lane Pool		Lengths - Lane Pool		
	4:15 Public Skating	-				
	5:15 Public Skating					
	5:30 Aquafit					
	6:15 Leisure Swim					
	7:15 Leisure Swim					
	8:15 Leisure Swim					
	8:30 Any Age Lengths - Lane Pool					
15	16	17	18	19	20	21
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 Leisure Swim
7:45 Leisure Swim	6:15 Soak and	6:15 Soak and	6:15 Soak and	6:15 Soak and	6:15 Soak and	7:00 Any Age
8:00 Leisure Swim	Stretch	Stretch	Stretch	Stretch	Stretch	Lengths - Lane Pool
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 Any Age

8:45 Leisure Swim	7:15 Leisure Swim	7:15 Leisure Swim	7:15 Leisure Swim	7:15 Leisure Swim	7:15 Leisure Swim	Lengths - Lane Pool
9:30 Any Age Lengths - Lane Pool	7:30 Any Age Lengths - Lane Pool	7:30 Any Age Lengths - Lane Pool	7:30 Any Age Lengths - Lane Pool	7:30 Any Age Lengths - Lane Pool	7:30 Any Age Lengths - Lane Pool	10:00 Public Skating
9:45 Leisure Swim	8:15 Leisure Swim	8:15 Leisure Swim	8:15 Leisure Swim	8:15 Leisure Swim	8:15 Leisure Swim	11:00 Public
10:30 Any Age Lengths - Lane Pool	8:30 Aquafit	8:30 Aquafit	8:30 Aquafit	8:30 Any Age	8:30 Any Age	Skating
11:30 Any Age	9:15 Public Skating	9:15 Leisure Swim	9:15 Public Skating	Lengths - Lane Pool 9:15 Leisure Swim	Lengths - Lane Pool 9:30 Any Age	11:00 Any Age Lengths -
Lengths - Lane Pool	9:30 Any Age Lengths - Lane Pool	9:15 18+ Women's Shinny	9:30 Any Age Lengths - Lane Pool	9:30 Any Age	Lengths - Lane Pool	Lane Pool
12:45 Leisure Swim	10:15 Public Skating	9:30 Any Age	10:15 Public Skating	Lengths - Lane Pool	10:15 Therapeutic Aquatics	11:00 Therapeutic
1:45 Leisure Swim 2:30 30 Minute	10:15 Therapeutic	Lengths - Lane Pool	10:15 Hip, Knee and	10:15 Therapeutic Aquatics	10:30 Water Walking	Aquatics
Lengths	Aquatics	10:15 Hip, Knee and Back	Back	10:30 Water Walking	11:00 65+ Pond	11:00 Any Age Lengths -
2:45 Leisure Swim	10:30 Water Walking	10:30 Water	10:30 Water Walking 11:00 65+ Pond	11:15 Public Skating	Hockey	Lane Pool
3:00 Any Age Lengths - Lane Pool	11:00 65+ Pond	Walking	Hockey	11:15 Leisure Swim	11:15 Leisure Swim	12:00 Leisure Swim
4:00 Any Age	Hockey	11:15 Public Skating	11:15 Leisure Swim	11:30 Therapeutic	11:15 Public Skating	12:00 Forever
Lengths - Lane Pool	11:15 18+ Shinny	11:15 Leisure Swim	11:15 18+ Shinny	Aquatics 11:30 Forever Fit	11:30 Forever Fit	Fit
4:15 Public Skating	11:15 Leisure Swim 11:30 Therapeutic	11:30 Forever Fit 12:15 Leisure Swim	11:30 Forever Fit	12:15 Leisure Swim	12:15 Public Skating 12:30 Any Age	1:00 Leisure Swim
5:00 Any Age Lengths - Lane Pool	Aquatics	12:15 Public Skating	12:15 Leisure Swim	12:15 Public Skating	Lengths - Lane Pool	1:15 Public
5:15 Public Skating	11:30 Any Age Lengths - Lane Pool	12:30 Any Age	12:30 Any Age Lengths - Lane Pool	12:30 Any Age	1:15 Use Your Noodle	Skating
6:00 Any Age	12:15 Leisure Swim	Lengths - Lane Pool	1:00 Public Skating	Lengths - Lane Pool	1:15 18+ Shinny	2:00 30 Minute
Lengths - Lane Pool	12:30 Forever Fit	1:15 Leisure Swim	1:15 Preschool Stick	1:15 45+ Shinny	1:30 Any Age	Lengths
6:15 Public Skating	1:15 Preschool	1:15 45+ Shinny	& Puck	1:15 Strong and Steady	Lengths - Lane Pool	2:00 Leisure Swim
6:45 Leisure Swim 7:00 Any Age	Stick & Puck	1:30 Any Age Lengths - Lane Pool	1:30 Any Age Lengths - Lane Pool	1:30 Any Age	2:15 Therapeutic Aquatics	2:30 Any Age
Lengths - Lane Pool	1:30 Any Age Lengths - Lane Pool	2:15 Leisure Swim	1:30 Any Age	Lengths - Lane Pool	2:30 30 Minute	Lengths - Lane Pool
7:15 Public Skating	2:15 Preschool	2:30 30 Minute Lengths	Lengths - Lane Pool 2:00 Public Skating	2:15 Therapeutic Aquatics	Lengths	3:00 Leisure
	Stick & Puck	3:00 Any Age	2:15 Strong and	2:30 30 Minute	3:15 Leisure Swim	Swim
	2:15 Therapeutic Aquatics	Lengths - Lane Pool	Steady	Lengths 3:15 Leisure Swim	3:15 Child Stick & Puck	3:30 Any Age Lengths -
	2:15 Therapeutic	3:15 Ticket Ice	2:15 Preschool Stick & Puck	3:15 Child Stick &	3:15 Child Stick &	Lane Pool
	Aquatics 2:30 30 Minute	3:15 Leisure Swim	2:30 30 Minute	Puck	Puck	4:30 Any Age Lengths -
	Lengths	5:00 Aquafit	Lengths	4:15 Public Skating	4:15 Public Skating 5:15 Public Skating	Lane Pool
	3:00 Any Age	6:45 Leisure Swim 7:30 Any Age	3:00 Public Skating	4:15 Leisure Swim	5:30 Aquafit	5:00 Leisure Swim
	Lengths - Lane Pool 3:15 Ticket Ice	Lengths - Lane Pool	3:15 Ticket Ice	5:15 Public Skating	6:15 Public Skating	5:30 Any Age
	3:15 Ficket Ice 3:15 Strong and	7:45 Use Your Noodle	3:15 Leisure Swim 4:00 Public Skating	7:45 Leisure Swim 8:30 Any Age	6:15 Leisure Swim	Lengths -
	Steady	8:30 Any Age	5:30 Deep Water	Lengths - Lane Pool	6:30 Any Age	6:00 Leisure
	4:45 Public Skating	Lengths - Lane Pool	Aquafit		Lengths - Lane Pool 7:15 Leisure Swim	Swim
	5:30 Aquafit		5:45 Leisure Swim		7:30 Any Age	6:30 Any Age Lengths -
	6:15 Leisure Swim 7:15 Leisure Swim		7:45 Leisure Swim		Lengths - Lane Pool	Lane Pool
	8:15 Leisure Swim				8:15 Leisure Swim	
	8:30 Any Age				8:30 Any Age Lengths - Lane Pool	
	Lengths - Lane Pool					
22	23	24	25	26	27	28
7:30 Any Age Lengths - Lane Pool	11:30 Therapeutic Aquatics	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 Leisure Swim
7:45 Leisure Swim 8:00 Leisure Swim		6:15 Soak and Stretch	6:15 Soak and Stretch	6:15 Soak and Stretch	6:15 Soak and Stretch	7:00 Any Age Lengths -
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	Lane Pool 8:00 Any Age

	8:45 Leisure Swim		7:15 Leisure Swim	7:15 Leisure Swim	7:15 Leisure Swim	7:15 Leisure Swim	Lengths -
	9:00 Public Skating		7:30 Any Age	7:30 Any Age	7:30 Any Age	7:30 Any Age	Lane Pool
	9:30 Any Age Lengths - Lane Pool		Lengths - Lane Pool	Lengths - Lane Pool	Lengths - Lane Pool	Lengths - Lane Pool	11:00 Any Age Lengths - Lane Pool
	9:45 Leisure Swim		8:15 Leisure Swim	8:15 Leisure Swim	8:15 Leisure Swim	8:15 Leisure Swim	11:00
	10:00 Public		8:30 Aquafit 9:15 Leisure Swim	8:30 Aquafit 9:15 Public Skating	8:30 Any Age Lengths - Lane Pool	8:30 Any Age Lengths - Lane Pool	Therapeutic Aquatics
	Skating		9:15 18+ Women's	9:30 Any Age	9:15 Public Skating	9:30 Any Age	11:00 Any
	10:30 Any Age Lengths - Lane Pool		Shinny	Lengths - Lane Pool	9:15 Leisure Swim	Lengths - Lane Pool 10:15 Therapeutic	Age Lengths - Lane Pool
	11:00 Public Skating		9:30 Any Age Lengths - Lane Pool	10:15 Public Skating 10:15 Hip, Knee and	9:30 Any Age Lengths - Lane Pool	Aquatics	12:00 Leisure
	11:30 Any Age Lengths - Lane Pool		10:15 Hip, Knee and Back	Back	10:15 Public Skating	10:30 Water Walking 11:15 Leisure Swim	Swim
	12:00 Public		10:30 Water	10:30 Water Walking	10:15 Therapeutic Aquatics	11:30 Forever Fit	12:00 Forever Fit
	Skating 12:45 Leisure Swim		Walking	11:00 65+ Pond Hockey	10:30 Water Walking	12:30 Any Age	1:00 Leisure Swim
			11:15 Public Skating	11:15 Leisure Swim	11:15 Public Skating	Lengths - Lane Pool	
	1:15 Public Skating 1:45 Leisure Swim		11:15 Leisure Swim	11:15 18+ Shinny	11:15 Leisure Swim	1:15 Use Your Noodle	2:00 30 Minute
	2:15 Public Skating		11:30 Forever Fit	11:30 Forever Fit	11:30 Therapeutic	1:30 Any Age	Lengths
	2:30 30 Minute		12:15 Leisure Swim	12:15 Leisure Swim	Aquatics	Lengths - Lane Pool	2:00 Leisure Swim
	Lengths		12:15 Public Skating 12:30 Any Age	12:30 Any Age Lengths - Lane Pool	11:30 Forever Fit 12:15 Leisure Swim	2:15 Therapeutic Aquatics	2:30 Any Age
	2:45 Leisure Swim		Lengths - Lane Pool	1:15 Preschool Stick	12:15 Public Skating	2:30 30 Minute	Lengths - Lane Pool
	3:00 Any Age Lengths - Lane Pool		1:15 Leisure Swim	& Puck	12:30 Any Age	Lengths	3:00 Leisure
	4:00 Any Age		1:15 45+ Shinny	1:30 Any Age Lengths - Lane Pool	Lengths - Lane Pool	3:15 Leisure Swim 5:30 Aquafit	Swim
	Lengths - Lane Pool 5:00 Any Age		1:30 Any Age Lengths - Lane Pool	1:30 Any Age	1:15 45+ Shinny 1:15 Strong and	6:15 Leisure Swim	3:30 Any Age Lengths -
	Lengths - Lane Pool		2:15 Leisure Swim	Lengths - Lane Pool	Steady	6:30 Any Age	Lane Pool
	6:00 Any Age Lengths - Lane Pool		2:30 30 Minute Lengths	2:15 Preschool Stick & Puck	1:30 Any Age Lengths - Lane Pool	Lengths - Lane Pool	4:30 Any Age Lengths -
	6:45 Leisure Swim		3:00 Any Age	2:15 Strong and Steady	2:15 Therapeutic	7:15 Leisure Swim 7:30 Any Age	Lane Pool 5:00 Leisure
	7:00 Any Age		Lengths - Lane Pool	2:30 30 Minute	Aquatics	Lengths - Lane Pool	Swim
	Lengths - Lane Pool		3:15 Ticket Ice 3:15 Leisure Swim	Lengths	2:30 30 Minute Lengths	8:15 Leisure Swim	5:30 Any Age Lengths -
			4:15 Public Skating	3:15 Leisure Swim	3:15 Leisure Swim	8:30 Any Age Lengths - Lane Pool	Lane Pool
			5:00 Aquafit	3:15 Ticket Ice	3:15 Child Stick &	6	6:00 Leisure Swim
			6:45 Leisure Swim	4:15 Public Skating 5:00 Public Skating	Puck 4:15 Public Skating		6:30 Any Age
			7:30 Any Age	5:30 Deep Water	4:15 Leisure Swim		Lengths - Lane Pool
			Lengths - Lane Pool 7:45 Use Your	Aquafit	5:15 Public Skating		
			Noodle	5:45 Leisure Swim	7:45 Leisure Swim		
			8:30 Any Age Lengths - Lane Pool	7:45 Leisure Swim	8:30 Any Age Lengths - Lane Pool		
┢	29	30	31				
	7:30 Any Age Lengths - Lane Pool	5:30 Any Age Lengths - Lane Pool	5:30 Any Age Lengths - Lane Pool				
	7:45 Leisure Swim	6:15 Soak and Stretch	6:15 Soak and Stretch				
	8:00 Leisure Swim 8:30 Aquafit	6:30 Any Age	6:30 Any Age				
	8:45 Leisure Swim	Lengths - Lane Pool	Lengths - Lane Pool				
	9:30 Any Age	7:15 Leisure Swim 7:30 Any Age	7:15 Leisure Swim 7:30 Any Age				
	Lengths - Lane Pool	Lengths - Lane Pool	Lengths - Lane Pool				
	9:45 Leisure Swim 10:30 Any Age	8:15 Leisure Swim	8:15 Leisure Swim				
	Lengths - Lane Pool	8:30 Aquafit	8:30 Aquafit 9:15 Leisure Swim				
	11:30 Any Age	9:00 Public Skating	7:15 Leisure Swim				

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

https://events.stcatharines.ca