

	5 Sunday	6 Monday	7 Tuesday	8 Wednesday	9 Thursday	10 Friday	11 Saturday
<b>Fitness Centre &amp; Front Desk</b>	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8pm	1pm - 6pm
<b>Lane Swim, Steam Room, &amp; Hot Tub</b>	1pm - 6pm	6am - 12pm 5:00pm - 8:30pm* *1 Lane Only	6am - 12pm 5:00pm - 8:30pm* *1 Lane Only	6am - 12pm 5:00pm - 8:30pm* *1 Lane Only	6am - 12pm 5:00pm - 8:30pm* *1 Lane Only	6am - 12pm 5pm - 8pm	1pm - 6pm
<b>Public Swim</b>	1pm - 6pm			5:00pm - 8:30pm *LEISURE BASIN & SLIDE ONLY		5pm - 8pm	1pm - 6pm
<b>Water Walking</b>		6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	
<b>Parent &amp; Tot</b>		9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	
<b>Low-Impact AquaFit</b>		9am - 10am		9am - 10am			
<b>Gentle AquaFit</b>		10am - 11am		10am - 11am			
<b>AquaFit Shallow Water</b>			11am - 12pm		11am - 12pm	9am - 10am	
<b>AquaFit Deep Water</b>			7:30pm - 8:30pm		7:30pm - 8:30pm		
<b>Other Activities</b>							

	12 Sunday	13 Monday	14 Tuesday	15 Wednesday	16 Thursday	17 Friday	18 Saturday
<b>Fitness Centre &amp; Front Desk</b>	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8pm	9am - 6pm
<b>Lane Swim, Steam Room, &amp; Hot Tub</b>	1pm - 6pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm* *1 Lane Only	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm* *1 Lane Only	6am - 12pm 5pm - 8pm	1pm - 6pm
<b>Public Swim</b>	1pm - 6pm			5:00pm - 8:30pm *LEISURE BASIN & SLIDE ONLY		5pm - 8pm	1pm - 6pm
<b>Water Walking</b>		6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	
<b>Parent &amp; Tot</b>		9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	
<b>Low-Impact AquaFit</b>		9am - 10am		9am - 10am			
<b>Gentle AquaFit</b>		10am - 11am		10am - 11am			
<b>AquaFit Shallow Water</b>			11am - 12pm		11am - 12pm	9am - 10am	
<b>AquaFit Deep Water</b>			7:30pm - 8:30pm		7:30pm - 8:30pm		
<b>Other Activities</b>					HOT TUB CLOSED FOR MAINTENANCE SOCIAL THURSDAY 10AM - 12PM		

	19 Sunday	20 Monday	21 Tuesday	22 Wednesday	23 Thursday	24 Friday	25 Saturday
<b>Fitness Centre &amp; Front Desk</b>	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8pm	9am - 6pm
<u>Lane Swim, Steam Room, &amp; Hot Tub</u>	1pm - 6pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm* *1 Lane Only	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm* *1 Lane Only	6am - 12pm 5pm - 8pm	1pm - 6pm
<u>Public Swim</u>	1pm - 6pm			5:00pm - 8:30pm *LEISURE BASIN & SLIDE ONLY		5pm - 8pm	1pm - 6pm
<u>Water Walking</u>		6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	
<u>Parent &amp; Tot</u>		9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	
<u>Low-Impact AquaFit</u>		9am - 10am		9am - 10am			
<u>Gentle AquaFit</u>		10am - 11am		10am - 11am			
<u>AquaFit Shallow Water</u>			11am - 12pm		11am - 12pm	9am - 10am	
<u>AquaFit Deep Water</u>			7:30pm - 8:30pm		7:30pm - 8:30pm		
<u>Other Activities</u>	FREE SPONSORED SWIM PROVIDED BY CENTRAL PHYSIOTHERAPY & MASSAGE						

	26 Sunday	27 Monday	28 Tuesday	29 Wednesday	30 Thursday	1 Friday	2 Saturday
<b>Fitness Centre &amp; Front Desk</b>	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 6pm	9am - 6pm
<b>Lane Swim, Steam Room, &amp; Hot Tub</b>	1pm - 6pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm* *1 Lane Only	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm* *1 Lane Only	6am - 12pm 1pm - 6pm	1pm - 6pm
<b>Public Swim</b>	1pm - 6pm			5:00pm - 8:30pm *LEISURE BASIN & SLIDE ONLY		1pm - 6pm	1pm - 6pm
<b>Water Walking</b>		6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	
<b>Parent &amp; Tot</b>		9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	
<b>Low-Impact AquaFit</b>		9am - 10am		9am - 10am			
<b>Gentle AquaFit</b>		10am - 11am		10am - 11am			
<b>AquaFit Shallow Water</b>			11am - 12pm		11am - 12pm	9am - 10am	
<b>AquaFit Deep Water</b>			7:30pm - 8:30pm		7:30pm - 8:30pm		
<b>Other Activities</b>						NO SCHOOL PUBLIC SWIM FACILITY CLOSURES AT 6PM	

	<b>3</b> Sunday	<b>4</b> Monday	<b>5</b> Tuesday	<b>6</b> Wednesday	<b>7</b> Thursday	<b>8</b> Friday	<b>9</b> Saturday
<b>Fitness Centre &amp; Front Desk</b>	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8pm	9am - 6pm
<b>Lane Swim, Steam Room, &amp; Hot Tub</b>	1pm - 6pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5pm - 8pm	1pm - 6pm
<b>Public Swim</b>	1pm - 6pm			5:00pm - 8:30pm *LEISURE BASIN & SLIDE ONLY		5pm - 8pm	1pm - 6pm
<b>Water Walking</b>		6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	
<b>Parent &amp; Tot</b>		9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	
<b>Low-Impact AquaFit</b>		9am - 10am		9am - 10am			
<b>Gentle AquaFit</b>		10am - 11am		10am - 11am			
<b>AquaFit Shallow Water</b>			11am - 12pm		11am - 12pm	9am - 10am	
<b>AquaFit Deep Water</b>			7:30pm - 8:30pm		7:30pm - 8:30pm		
<b>Other Activities</b>							

	10 Sunday	11 Monday	12 Tuesday	13 Wednesday	14 Thursday	15 Friday	16 Saturday
<b>Fitness Centre &amp; Front Desk</b>	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8pm	1pm - 6pm
<b>Lane Swim, Steam Room, &amp; Hot Tub</b>	1pm - 6pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5pm - 8pm	1pm - 6pm* *NO LANE SWIM*
<b>Public Swim</b>	1pm - 6pm			5:00pm - 8:30pm *LEISURE BASIN & SLIDE ONLY		5pm - 8pm	1pm - 6pm
<b>Water Walking</b>		6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	
<b>Parent &amp; Tot</b>		9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	
<b>Low-Impact AquaFit</b>		9am - 10am		9am - 10am			
<b>Gentle AquaFit</b>		10am - 11am		10am - 11am			
<b>AquaFit Shallow Water</b>			11am - 12pm		11am - 12pm	9am - 10am	
<b>AquaFit Deep Water</b>			7:30pm - 8:30pm		7:30pm - 8:30pm		
<b>Other Activities</b>	TOONIE SPONSORED SWIM PROVIDED BY KINSMEN						WIBIT SWIM *NO LANE SWIM*

	17 Sunday	18 Monday	19 Tuesday	20 Wednesday	21 Thursday	22 Friday	23 Saturday
<b>Fitness Centre &amp; Front Desk</b>	1pm - 6pm	CLOSED	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8pm	9am - 6pm
<b>Lane Swim, Steam Room, &amp; Hot Tub</b>	1pm - 6pm* *NO LANE SWIM*		6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5pm - 8pm	1pm - 6pm
<b>Public Swim</b>	1pm - 6pm			5:00pm - 8:30pm *LEISURE BASIN & SLIDE ONLY		5pm - 8pm	1pm - 6pm
<b>Water Walking</b>			6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	
<b>Parent &amp; Tot</b>			9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	
<b>Low-Impact AquaFit</b>				9am - 10am			
<b>Gentle AquaFit</b>				10am - 11am			
<b>AquaFit Shallow Water</b>			11am - 12pm		11am - 12pm	9am - 10am	
<b>AquaFit Deep Water</b>			7:30pm - 8:30pm		7:30pm - 8:30pm		
<b>Other Activities</b>	WIBIT SWIM *NO LANE SWIM*	CLOSED FOR THE STAT HOLIDAY			HOT TUB CLOSED FOR MAINTENANCE SOCIAL THURSDAY 10AM - 12PM		

	24 Sunday	25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday	30 Saturday
<b>Fitness Centre &amp; Front Desk</b>	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8pm	9am - 6pm
<b>Lane Swim, Steam Room, &amp; Hot Tub</b>	1pm - 6pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5pm - 8pm	1pm - 6pm
<b>Public Swim</b>	1pm - 6pm			5:00pm - 8:30pm *LEISURE BASIN & SLIDE ONLY		5pm - 8pm	1pm - 6pm
<b>Water Walking</b>		6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	
<b>Parent &amp; Tot</b>			9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	
<b>Low-Impact AquaFit</b>				9am - 10am			
<b>Gentle AquaFit</b>				10am - 11am			
<b>AquaFit Shallow Water</b>			11am - 12pm		11am - 12pm	9am - 10am	
<b>AquaFit Deep Water</b>			7:30pm - 8:30pm		7:30pm - 8:30pm		
<b>Other Activities</b>							

	31 Sunday	1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday	6 Saturday
<b>Fitness Centre &amp; Front Desk</b>	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8pm	9am - 6pm
<b>Lane Swim, Steam Room, &amp; Hot Tub</b>	1pm - 6pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5pm - 8pm	1pm - 6pm* *NO LANE SWIM*
<b>Public Swim</b>	1pm - 6pm			5:00pm - 8:30pm *LEISURE BASIN & SLIDE ONLY		5pm - 8pm	1pm - 6pm
<b>Water Walking</b>		6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	
<b>Parent &amp; Tot</b>			9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	
<b>Low-Impact AquaFit</b>				9am - 10am			
<b>Gentle AquaFit</b>				10am - 11am			
<b>AquaFit Shallow Water</b>			11am - 12pm		11am - 12pm	9am - 10am	
<b>AquaFit Deep Water</b>			7:30pm - 8:30pm		7:30pm - 8:30pm		
<b>Other Activities</b>							WIBIT SWIM *NO LANE SWIM*

	7 Sunday	8 Monday	9 Tuesday	10 Wednesday	11 Thursday	12 Friday	13 Saturday
<b>Fitness Centre &amp; Front Desk</b>	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8pm	9am - 6pm
<b>Lane Swim, Steam Room, &amp; Hot Tub</b>	1pm - 6pm* *NO LANE SWIM**	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5pm - 8pm	1pm - 6pm
<b>Public Swim</b>	1pm - 6pm			5:00pm - 8:30pm *LEISURE BASIN & SLIDE ONLY		5pm - 8pm	1pm - 6pm
<b>Water Walking</b>		6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	
<b>Parent &amp; Tot</b>			9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	
<b>Low-Impact AquaFit</b>				9am - 10am			
<b>Gentle AquaFit</b>				10am - 11am			
<b>AquaFit Shallow Water</b>			11am - 12pm		11am - 12pm	9am - 10am	
<b>AquaFit Deep Water</b>			7:30pm - 8:30pm		7:30pm - 8:30pm		
<b>Other Activities</b>	WIBIT SWIM *NO LANE SWIM*						

	14 Sunday	15 Monday	16 Tuesday	17 Wednesday	18 Thursday	19 Friday	20 Saturday
<b>Fitness Centre &amp; Front Desk</b>	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8pm	9am - 6pm
<b>Lane Swim, Steam Room, &amp; Hot Tub</b>	1pm - 6pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5pm - 8pm	1pm - 6pm
<b>Public Swim</b>	1pm - 6pm			5:00pm - 8:30pm *LEISURE BASIN & SLIDE ONLY		5pm - 8pm	1pm - 6pm
<b>Water Walking</b>		6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	
<b>Parent &amp; Tot</b>			9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	
<b>Low-Impact AquaFit</b>				9am - 10am			
<b>Gentle AquaFit</b>				10am - 11am			
<b>AquaFit Shallow Water</b>			11am - 12pm		11am - 12pm	9am - 10am	
<b>AquaFit Deep Water</b>			7:30pm - 8:30pm		7:30pm - 8:30pm		
<b>Other Activities</b>							

	21 Sunday	22 Monday	23 Tuesday	24 Wednesday	25 Thursday	26 Friday	27 Saturday
<b>Fitness Centre &amp; Front Desk</b>	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	CLOSED	6am - 8pm	9am - 6pm
<b>Lane Swim, Steam Room, &amp; Hot Tub</b>	1pm - 6pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 8:30pm	CLOSED	6am - 12pm 5pm - 8pm	1pm - 6pm
<b>Public Swim</b>	1pm - 6pm			5:00pm - 8:30pm *LEISURE BASIN & SLIDE ONLY		5pm - 8pm	1pm - 6pm
<b>Water Walking</b>		6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm 5:00pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	CLOSED	6am - 12pm	
<b>Parent &amp; Tot</b>			9am - 12pm	9am - 12pm	CLOSED	9am - 12pm	
<b>Low-Impact AquaFit</b>				9am - 10am			
<b>Gentle AquaFit</b>				10am - 11am			
<b>AquaFit Shallow Water</b>			11am - 12pm		CLOSED	9am - 10am	
<b>AquaFit Deep Water</b>			7:30pm - 8:30pm		CLOSED		
<b>Other Activities</b>					CLOSED FOR ALL DAY STAFF TRAINING		