

Facility Schedule for September 7 - September 13

	7 Sunday	8 Monday	9 Tuesday	10 Wednesday	11 Thursday	12 Friday	13 Saturday
<u>Fitness Centre & Front Desk</u>							
<u>Lane Swim, Steam Room, & Hot Tub</u>							
<u>Public Swim</u>							
<u>Water Walking</u>							
<u>Parent & Tot</u>							
<u>Water Therapy</u>							
<u>Mobility Therapy</u>							
<u>AquaFit Shallow Water</u>							
<u>AquaFit Deep Water</u>							
<u>Other Activities</u>							

Closed for
Annual
Shutdown

Facility Schedule for September 14 - 20

	14 Sunday	15 Monday	16 Tuesday	17 Wednesday	18 Thursday	19 Friday	20 Saturday
Fitness Centre & Front Desk	CLOSED	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8pm	1pm - 6pm
<u>Lane Swim, Steam Room, & Hot Tub</u>	CLOSED	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	6am - 12pm 5pm - 8pm	1pm - 6pm
<u>Public Swim</u>	CLOSED			5:00pm - 8:30pm *LEISURE BASIN & SLIDE ONLY*		5pm - 8pm	1pm - 6pm
<u>Water Walking</u>		6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	
<u>Parent & 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>		9am - 10am		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>	LAST DAY OF ANNUAL SHUTDOWN						

Facility Schedule for September 21 - 27

	21 Sunday	22 Monday	23 Tuesday	24 Wednesday	25 Thursday	26 Friday	27 Saturday
Fitness Centre & Front Desk	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 6pm	9am - 6pm
<u>Lane Swim, Steam Room, & Hot Tub</u>	1pm - 6pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	6am - 12pm 1pm - 6pm	1pm - 6pm
<u>Public Swim</u>	1pm - 6pm			5:00pm - 8:30pm *LEISURE BASIN & SLIDE ONLY*		1pm - 6pm	1pm - 6pm
<u>Water Walking</u>		6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	
<u>Parent & 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>		9am - 10am		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>						NO SCHOOL PUBLIC SWIM FACILITY CLOSSES AT 6pm	

Facility Schedule for September 28 - October 4

	28 Sunday	29 Monday	30 Tuesday	1 Wednesday	2 Thursday	3 Friday	4 Saturday
Fitness Centre & Front Desk	1pm - 6pm	6am - 8:30pm	CLOSED	6am - 8:30pm	6am - 8:30pm	6am - 8pm	9am - 6pm
<u>Lane Swim, Steam Room, & Hot Tub</u>	1pm - 6pm	6am - 12pm 5:00pm - 8:30pm	CLOSED	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	6am - 12pm 5pm - 8pm	1pm - 6pm *NO LANE SWIM
<u>Public Swim</u>	1pm - 6pm		CLOSED	5:00pm - 8:30pm *LEISURE BASIN & SLIDE ONLY*		5pm - 8pm	1pm - 6pm
<u>Water Walking</u>		6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	CLOSED	6am - 12pm	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	
<u>Parent & Tot</u>		9am - 12pm	CLOSED	9am - 12pm	9am - 12pm	9am - 12pm	
<u>Low-Impact AquaFit</u>		9am - 10am	CLOSED	9am - 10am			
<u>Gentle AquaFit</u>		9am - 10am	CLOSED	10am - 11am			
<u>AquaFit Shallow Water</u>			CLOSED		11am - 12pm	9am - 10am	
<u>AquaFit Deep Water</u>			CLOSED		7:30pm - 8:30pm		
<u>Other Activities</u>							WIBIT WEEKEND *NO LANE SWIM

Facility Schedule for October 5 - 11

	5 Sunday	6 Monday	7 Tuesday	8 Wednesday	9 Thursday	10 Friday	11 Saturday
Fitness Centre & Front Desk	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8pm	1pm - 6pm
<u>Lane Swim, Steam Room, & Hot Tub</u>	1pm - 6pm *NO LANE SWIM	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	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 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	
<u>Parent & Tot</u>		9am - 12pm		9am - 12pm	9am - 12pm	9am - 12pm	
<u>Low-Impact AquaFit</u>		9am - 10am		9am - 10am			
<u>Gentle AquaFit</u>		9am - 10am		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>	WIBIT WEEKEND *NO LANE SWIM						

Facility Schedule for October 12 - 18

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

Facility Schedule for October 19 -25

	19 Sunday	20 Monday	21 Tuesday	22 Wednesday	23 Thursday	24 Friday	25 Saturday
Fitness Centre & Front Desk	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 6pm	CLOSED
<u>Lane Swim, Steam Room, & Hot Tub</u>	1pm - 6pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	6am - 12pm 1pm - 6pm	CLOSED
<u>Public Swim</u>	1pm - 6pm			5:00pm - 8:30pm *LEISURE BASIN & SLIDE ONLY*		1pm - 6pm	CLOSED
<u>Water Walking</u>		6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	
<u>Parent & Tot</u>		9am -12pm		9am - 12pm	9am - 12pm	9am - 12pm	
<u>Low-Impact AquaFit</u>		9am - 10am		9am - 10am			
<u>Gentle AquaFit</u>		9am - 10am		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>						NO SCHOOL PUBLIC SWIM 1PM - 6PM	CLOSED FOR TSUNAMI SWIM 1PM - 6PM

Facility Schedule for October 26 - November 1

	26 Sunday	27 Monday	28 Tuesday	29 Wednesday	30 Thursday	31 Friday	1 Saturday
Fitness Centre & Front Desk	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8pm	9am - 6pm
<u>Lane Swim, Steam Room, & Hot Tub</u>	1pm - 6pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	6am - 12pm 5pm - 8pm	1pm - 6pm *NO LANE SWIM
<u>Public Swim</u>	1pm - 6pm			5:00pm - 8:30pm *LEISURE BASIN & SLIDE ONLY*		5pm - 8pm	1pm - 6pm
<u>Water Walking</u>		6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	
<u>Parent & 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>		9am - 10am		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>							WIBIT WEEKEND *NO LANE SWIM

Facility Schedule for November 2 - 8

	2 Sunday	3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday	8 Saturday
Fitness Centre & Front Desk	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8pm	1pm - 6pm
<u>Lane Swim, Steam Room, & Hot Tub</u>	1pm - 6pm *NO LANE SWIM	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	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 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	
<u>Parent & Tot</u>		9am - 12pm		9am - 12pm	9am - 12pm	9am - 12pm	
<u>Low-Impact AquaFit</u>		9am - 10am		9am - 10am			
<u>Gentle AquaFit</u>		9am - 10am		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>	WIBIT WEEKEND *NO LANE SWIM						

Facility Schedule for November 9 - 15

	9 Sunday	10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday	15 Saturday
Fitness Centre & Front Desk	1pm - 6pm	6am - 8:30pm	CLOSED	6am - 8:30pm	6am - 8:30pm	6am - 8pm	9am - 6pm
<u>Lane Swim, Steam Room, & Hot Tub</u>	1pm - 6pm	6am - 12pm 5:00pm - 8:30pm	CLOSED	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	6am - 12pm 5pm - 8pm	1pm - 6pm
<u>Public Swim</u>	1pm - 6pm	1pm - 4pm	CLOSED	1pm - 4pm 5:00pm - 8:30pm *LEISURE BASIN & SLIDE ONLY*		5pm - 8pm	1pm - 6pm
<u>Water Walking</u>		6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	CLOSED	6am - 12pm	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	
<u>Parent & Tot</u>		9am - 12pm	CLOSED	9am - 12pm	9am - 12pm	9am - 12pm	
<u>Low-Impact AquaFit</u>		9am - 10am	CLOSED	9am - 10am			
<u>Gentle AquaFit</u>		9am - 10am	CLOSED	10am - 11am			
<u>AquaFit Shallow Water</u>			CLOSED		11am - 12pm	9am - 10am	
<u>AquaFit Deep Water</u>			CLOSED		7:30pm - 8:30pm		
<u>Other Activities</u>		NOVEMBER BREAK PUBLIC SWIM 1pm - 4pm	CLOSED FOR REMEMBRANCE DAY	NOVEMBER BREAK PUBLIC SWIM 1pm - 4pm			

Facility Schedule for November 16 - 22

	16 Sunday	17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday	22 Saturday
Fitness Centre & Front Desk	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8pm	9am - 6pm
<u>Lane Swim, Steam Room, & Hot Tub</u>	1pm - 6pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	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 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	
<u>Parent & 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>		9am - 10am		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>							

Facility Schedule for November 23 - 29

	23 Sunday	24 Monday	25 Tuesday	26 Wednesday	27 Thursday	28 Friday	29 Saturday
Fitness Centre & Front Desk	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8pm	9am - 6pm
<u>Lane Swim, Steam Room, & Hot Tub</u>	1pm - 6pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	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 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	
<u>Parent & 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>		9am - 10am		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>							

Facility Schedule for November 30 - December 6

	30 Sunday	1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday	6 Saturday
Fitness Centre & Front Desk	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 4pm	9am - 6pm
<u>Lane Swim, Steam Room, & Hot Tub</u>	1pm - 6pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	6am - 12pm 1pm - 4pm	1pm - 6pm *NO LANE SWIM
<u>Public Swim</u>	1pm - 6pm			5:00pm - 8:30pm *LEISURE BASIN & SLIDE ONLY*		1pm - 4pm	1pm - 6pm
<u>Water Walking</u>		6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	
<u>Parent & 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>		9am - 10am		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>						NO SCHOOL PUBLIC SWIM 1PM - 4PM	WIBIT WEEKEND *NO LANE SWIM

Facility Schedule for December 7 - 13

	7 Sunday	8 Monday	9 Tuesday	10 Wednesday	11 Thursday	12 Friday	13 Saturday
Fitness Centre & Front Desk	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8pm	1pm - 6pm
<u>Lane Swim, Steam Room, & Hot Tub</u>	1pm - 6pm *NO LANE SWIM	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	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 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	
<u>Parent & Tot</u>		9am - 12pm		9am - 12pm	9am - 12pm	9am - 12pm	
<u>Low-Impact AquaFit</u>		9am - 10am		9am - 10am			
<u>Gentle AquaFit</u>		9am - 10am		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>	WIBIT WEEKEND *NO LANE SWIM						

Facility Schedule for December 14 - 20

	14 Sunday	15 Monday	16 Tuesday	17 Wednesday	18 Thursday	19 Friday	20 Saturday
Fitness Centre & Front Desk	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8pm	1pm - 6pm
<u>Lane Swim, Steam Room, & Hot Tub</u>	1pm - 6pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	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 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5pm - 8pm *IN LAZY RIVER ONLY	6am - 12pm	
<u>Parent & Tot</u>		9am - 12pm		9am - 12pm	9am - 12pm	9am - 12pm	
<u>Low-Impact AquaFit</u>		9am - 10am		9am - 10am			
<u>Gentle AquaFit</u>		9am - 10am		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>							