



SCHEDULE COMMENCING AUGUST 10 – AUGUST 28

MONDAY 6:00 AM – 7:00 PM (Closed 2-3 p.m. for cleaning)								
Pools		Gymnasium	Studios		Fitness Centre	Program Rooms		
Lane	Leisure		Cycle	Fitness		1	2	3
OSAC 6:30-9 (8)	CLOSED	Gravity: Core 6:15-7	CLOSED	Equipment Open 6-8	Open 6-8	DAY CAMP	DAY CAMP	DAY CAMP
CLEANING 9-9:30		CLOSED FOR CLEANING		CLEANING 8-9	CLEANING 8-9			
Aquafit 9:30 – 10:15	Adult Open 9:30-10:15	Day Camp	Yoga (On Line) 10-11	Senior Fit (60+) 9-11 Track will be available for walking	Senior Fit (60+) 9-11 Track will be available for walking			
CLOSED	CLOSED		CLOSED	CLEANING 11-11:15	CLEANING 11-11:15			
CLOSED FOR CLEANING				Equipment 11:15-2	Open 11:15-2			
Lane Swim 11:45-12:45	CLOSED							
CLEANING 12:45-1								
Lane Swim 1-1:45								
CLOSED FOR AFTERNOON CLEANING 2-3								
				Equipment 3-7 p.m.	Open 3-7 p.m.			



TUESDAY 6:00 AM – 7:00 PM (Closed 2-3 p.m. for cleaning)								
Pools		Gymnasium	Studios		Fitness Centre	Program Rooms		
Lane	Leisure		Cycle	Fitness		1	2	3
OSAC 6:30-9	CLOSED	CYCLE 7:15-8	CLOSED	Equipment Open 6-2	OPEN 6-2	DAY CAMP	DAY CAMP	DAY CAMP
CLEANING 9– 9:30		CLOSED FOR CLEANING						
Aquafit 9:30-10:15	Adult Open 9:30-10:15							
CLEANING 10:15-10:30		DAY CAMP						
Lane Swim 10:30-11:30								
CLEANING 11:30 - 11:45								
Lane Swim 11:45-12:45	Therapy/Adult Swim 11:30 – 12:15							
CLOSED	CLOSED							
Lane Swim 1-1:45								
CLOSED FOR AFTERNOON CLEANING 2-3								
CLOSED	CLOSED	Cleaning 4:45-5:30	CLOSED	Open 3-7	Open 3-7			
		Tabata 5:45-6:30						
		Cleaning 6:30-7						



WEDNESDAY 6:00 AM – 7:00 PM (Closed 2-3 p.m. for cleaning)												
Pools		Gymnasium	Studios		Fitness Centre	Program Rooms						
Lane	Leisure		Cycle	Fitness		1	2	3				
Lane Swim 6:30-7:30	CLOSED	Body Sculpt 6:15-7	CLOSED	Equipment 6-8	Open 6-8	DAY CAMP	DAY CAMP	DAY CAMP				
Cleaning 7:30 – 7:45		CLOSED							CLEANING 8-9	CLEANING 8-9		
Lane Swim 7:45 – 8:45				Adult Open 9:30-10:15	Senior Fit (60+) 9-11 Track will be available for walking						Senior Fit (60+) 9-11 Track will be available for walking	
Cleaning 8:45-9:15		CLOSED 10:15-10:30			CLEANING 11-11:15				CLEANING 11-11:15			
Aquafit 9:30-10:15	Therapy/Adult Swim 10:30 – 11:15			Equipment 11:15-2	Open 11:15-2							
CLOSED 10:15-10:30		Day Camp										
Lane Swim 11:45 – 12:45	Cleaning 12:45-1											
CLOSED	CLOSED											
CLOSED FOR AFTERNOON CLEANING 2-3												
CLOSED	CLOSED	Cleaning 4:45-5:15			Equipment 3-7				Open 3-7			
		Pickle Ball 5:15-6:30 (max. 12 members)										
		Cleaning 6:30-7										



THURSDAY 6:00 AM – 7:00 PM (Closed 2-3 p.m. for cleaning)												
Pools		Gymnasium	Studios		Fitness Centre	Program Rooms						
Lane	Leisure		Cycle	Fitness		1	2	3				
OSAC 6:30-9 (8)	CLOSED	Cycle 7:15-8	CLOSED	Yoga (OnLine) 10-11	Open 6-2	DAY CAMP	DAY CAMP	DAY CAMP				
CLEANING 9- 9:30		CLOSED										
Aquafit 9:30-10:15	Adult Open 9:30-10:15	Day Camp	Equipment 6-2	Open 6-2								
CLEANING 10:15-10:30					CLOSED							
CLOSED	Day Camp 10:45-11:30		CLOSED	Open 3-7					Open 3-7			
CLEANING 11:30- 11:45					CLOSED							
Lane Swim 11:45-12:45	CLOSED		CLOSED	Open 3-7					Open 3-7			
CLEANING 12:45-1					CLOSED							
CLOSED	Day Camp 1-1:45		CLOSED	Open 3-7					Open 3-7			
CLEANING 1:45-2					CLOSED							
CLOSED FOR AFTERNOON CLEANING 2-3									DAY CAMP	DAY CAMP	DAY CAMP	
CLOSED	CLOSED		CLOSED	CLOSED	Open 3-7							Open 3-7
			WOW 5:45-6:30									



SCHEDULE COMMENCING AUGUST 10 – AUGUST 28

FRIDAY 6:00 AM - 2:00 PM								
Pools		Gymnasium	Studios		Fitness Centre	Program Rooms		
Lane	Leisure		Cycle	Fitness		1	2	3
Lane Swim 6:30-7:30	CLOSED	Boot Camp 6:15-7:00	CLOSED	Equipment Open 6-8	Open 6-8	DAY CAMP	DAY CAMP	DAY CAMP
CLEANING 7:30-7:45		CLOSED						
Lane Swim 7:45-8:45		CLEANING 8-8:30						
CLEANING 8:45-9:15		Day Camp 9:30-10:15						
Aquafit 9:30-10:15								
CLEANING 10:15-10:30	CLEANING 8-9			CLEANING 8-9				
CLOSED	Day Camp 10:45-11:30			CLEANING 11-11:15	CLEANING 11-11:15			
CLEANING 11:30-11:45	CLOSED			Equipment Open 11:15-2	Open 11:15-2			
Lane Swim 11:45-12:45								
CLEANING 12:45-1								
CLEANING 1:45-2	Day Camp 1-1:45							
BUILDING CLOSED AT 2 PM								

SATURDAY CLOSED
SUNDAY CLOSED