

SCHEDULE COMMENCING AUGUST 17 – 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							
Lane Swim 1-1:45								
CLOSED FOR AFTERNOON CLEANING 2-3								
				Open 3-7 p.m.	Open 3-7 p.m.			

SCHEDULE COMMENCING AUGUST 17 – AUGUST 28

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						
	Aqua Motion 10:30-11:15							
CLEANING 11:30 - 11:45								
Lane Swim 11:45-12:45	Therapy/Adult Open 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						

SCHEDULE COMMENCING AUGUST 17 – AUGUST 28

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						
Lane Swim 7:45 – 8:45				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		CLEANING 11-11:15						
Aquafit 9:30-10:15	Adult Open 9:30-10:15			Day Camp	Equipment 11:15-2			
CLOSED 10:15-10:30		FAMILY / SOCIAL CIRCLE SWIM 1:00 - 1:45						
	Therapy/Adult Swim 10:30 – 11:15							
Lane Swim 11:45 – 12:45								
Cleaning 12:45-1								
CLOSED FOR AFTERNOON CLEANING 2-3								
CLOSED	CLOSED	Cleaning 4:45-5:15		Open 3-7	Open 3-7			
		Pickle Ball 5:15-6:30 (max. 12 members)						
		Cleaning 6:30-7						

SCHEDULE COMMENCING AUGUST 17 – AUGUST 28

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												
CLEANING 9– 9:15		CLOSED	CLOSED											
Lane Swim 9:30-10:15	Aqua Gentle 9:45-10:30													
CLEANING 10:15-10:45		Day Camp	Yoga (OnLine) 10-11	Equipment 6-2	Open 6-2	DAY CAMP	DAY CAMP	DAY CAMP						
Lane Swim 11-11:45	Day Camp 10:45-11:30													
CLEANING 11:30- 11:45														
Lane Swim 12 -12:45	CLOSED													
CLEANING 12:45-1														
CLOSED	Day Camp 1-1:45													
CLEANING 1:45-2														
CLOSED FOR AFTERNOON CLEANING 2-3														
CLOSED	CLOSED		CLOSED						CLOSED	Open 3-7	Open 3-7			
			WOW 5:45-6:30											

SCHEDULE COMMENCING AUGUST 17 – 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 7-7:45	CLOSED	Boot Camp 6:15-7:00	CLOSED	Equipment 6-8	Open 6-8	DAY CAMP	DAY CAMP	DAY CAMP
CLEANING 7:45 - 8		CLOSED						
Lane Swim 8-8:45		CLEANING 8-8:30						
CLEANING 8:45-9:15		Day Camp						
Aquafit 9:30-10:15	Adult Open 9:30-10:15			CLEANING 8-9	CLEANING 8-9			
CLEANING 10:15-10:30	Day Camp 10:45-11:30			Senior Fit (60+) 9-11 Track will be available for walking	Senior Fit (60+) 9-11 Track will be available for walking			
CLOSED				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