

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms							
	Lane	Leisure		Cycle	Fitness		1	2	3					
Call to Book Each Session (*indicates registered program)				Drop-in for Members			*Register for Programs							
6:00	OSAC 6:00-7:45	Swim: Lanes 7:00-7:45	CLOSED	W.O.W 6:15-7:00	Stretch Area 6:00-10:00	Walking Track Open 8:00-11:00	CLOSED	CLOSED	CLOSED					
6:15										Cleaning				
6:30											CLOSED			
6:45												Cardio: Mix 9:00-9:45		
7:00													Cleaning	
7:15														Yoga (Online) 10:00-10:30
7:30														
7:45	Cleaning													
8:00		Swim: Lanes 8:00-8:45	Swim: Open 8:00-8:45											
8:15				Aquafit 9:15-10:00	Swim: Open Adult 9:15-10:00									
8:30						Cleaning								
8:45							Cardio: Gentle 11:00-11:45							
9:00								Cleaning						
9:15	Family Fun: Pool 11:30-12:15													
9:30		Boot Camp 12:15-12:45												
9:45			Cleaning											
10:00				Swim: Therapy/ Open Adult 12:30-1:15										
10:15					Family Fun: Gym & Swim 1:00-1:50									
10:30						Cleaning								
10:45	Aqua: Motion 10:15-10:45						Gym & Swim* (Begins Oct 19) 10:15-11:00							
11:00		Cleaning												
11:15			Cardio: Gentle 11:00-11:45											
11:30				Cleaning										
11:45					Family Fun: Gym & Swim 1:00-1:50									
12:00						Swim: Lanes 11:45-12:45		Cleaning						
12:15	Boot Camp 12:15-12:45													
12:30		Cleaning												
12:45			Swim: Therapy/ Open Adult 12:30-1:15											
1:00				Family Fun: Gym & Swim 1:00-1:50										
1:15					Cleaning									
1:30						Aqua: Motion/ Gentle 1:30-2:00								
1:45	Family Fun: Gym & Swim 2-2:45													
2:00		Cleaning												
2:15			CLOSED											
2:30				Stretch Area 10:30-7:45										
2:45					Cleaning									
3:00						CLOSED								
3:15	Hoops Shoot Around (10+ yrs) 3:30-5:00													
3:30		Cleaning												
3:30			OSAC 3:30-6:45				Swim Lessons* (Begins Oct 19) 4:00-7:45							
3:45				Swim: Lanes 3:30-4:30										
4:00					Cleaning									
4:15						Badminton (13+) 6:00-7:30								
4:30	Cleaning													
4:45		Swim: Lanes 6-6:45												
5:00			Cleaning											
5:15				Swim: Lanes 6-6:45										
5:30					Cleaning									
5:45						Swim: Lanes 7-7:45								
6:00	Aquafit 7-7:45													
6:15		Cleaning												
6:30			Cleaning											
6:45				Cleaning										
7:00					Cleaning									
7:15						Cleaning								
7:30	Cleaning													
7:45		Cleaning												

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms			
	Lane	Leisure		Cycle	Fitness		1	2	3	
Call to Book Each Session (*indicates registered program)				Drop-in for Members			*Register for Programs			
6:00	OSAC 6:00-7:15		CLOSED	Pickleball: Adult 6:00-8:00	Stretch Area 6:00-7:45	Equipment 6:00-7:45	Open 6:00-7:45	CLOSED	CLOSED	
6:15		Swim: Lanes 6:15-7:00								
6:30										
6:45										
7:00										
7:15	Cleaning									
7:30										
7:45	Swim: Lanes 7:30-8:45									
8:00		Cleaning								
8:15										
8:30		Gravity 8:30-8:55								
8:45	Cleaning									
9:00										
9:15	Aquafit 9:15-10:00	Swim: Open Adult 9:15-10:00	Cycle 9:00-9:45	Walking Track Open 8:00-11:00	Creative Story Time* (3-5 years) (Begins Oct 20) 9:00-10:00					
9:30			Cleaning							
9:45										
10:00	Cleaning									
10:15	School Lessons* 10:15-11:30	Aqua: Motion 10:15-10:45	Tai Chi 3* 10:00-11:00			CLOSED	CLEANING			
10:30		Cleaning								
10:45										
11:00		Swim: Therapy/ Open Adult 11:15-12:00	Tai Chi 1* (Begins Sept 29) 11:00-12:00							
11:15	Cleaning									
11:30										
11:45										
12:00	Swim: Lanes 12:00-1:00	Swim: Open 12:00-12:45	Cleaning	Stretch Area 6:00-7:45	Equipment 6:00-7:45			Open 6:00-7:45	CLOSED	CLOSED
12:15			Cycle 12:15-12:45							
12:30										
12:45	Cleaning									
1:00	Cleaning	Aqua: Gentle 1:00-1:30								
1:15	Swim: Lanes 1:15-2:00	Cleaning	Pickleball: Adult 1:15-3:15							
1:30										
1:45	Cleaning									
2:00										
2:15	CLOSED	CLOSED				CLOSED	CLOSED			
2:30										
2:45										
3:00										
3:15			Cleaning							
3:30										
3:45										
4:00	Swim Lessons* (Begins Oct 20) 4:00-5:45	Swim Lessons* (Begins Oct 20) 4:00-7:00	Physically Distanced Games (6-10 years) 4:00-5:00							
4:15			Cleaning							
4:30										
4:45										
5:00										
5:15										
5:30										
5:45	Cleaning									
6:00	OSAC 6:00-7:45		Tabata 5:45-6:30	CLEANING						
6:15			Cleaning							
6:30										
6:45	Swim: Lanes 7-7:45	Cleaning	Hoops Shoot Around (13+) 6:45-7:45							
6:45										
7:00										
7:15										
7:30										
7:45	Cleaning									

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms		
	Lane	Leisure		Cycle	Fitness		1	2	3
Call to Book Each Session (*indicates registered program)				Drop-in for Members			*Register for Programs		
6:00	OSAC 6:00-7:15	Swim: Lanes 6:15-7:00	CLOSED	Pickleball: Adult 6:00-8:00	Stretch Area 6:00-10:00	Walking Track Open 8:00-11:00	CLOSED	CLOSED	
6:15									
6:30									
6:45	Cleaning								
7:00									
7:15	Swim: Lanes 7:30-8:15								
7:30									
7:45	Swim: Lanes 8:15-9:00								
8:00									
8:15	Cleaning								
8:30									
8:45	Swim: Lanes 8:15-9:00								
9:00									
9:15	Aquafit 9:15-10:00	Swim: Open Adult 9:15-10:00							
9:30									
9:45	Cleaning								
10:00									
10:15	School Lessons* (Begins in Oct) 10:15-11:30	Parent 'n' Tot Lesson* (Begins Oct 22) 10:15-10:45							
10:30									
10:45	Cleaning	Family Fun: Pool 10:45-11:30							
11:00									
11:15	Swim: Lanes 12:00-1:00	Swim: Therapy/ Open Adult 11:45-12:15							
11:30									
11:45	Cleaning	Cleaning							
12:00									
12:15	Swim: Lanes 12:00-1:00	Cleaning							
12:30									
12:45	Cleaning	Aqua: Gentle 12:30-1:00							
1:00									
1:15	Swim Lessons* (Begins in Oct) 1:15-2:15	Cleaning							
1:30									
1:45	Cleaning	CLOSED							
2:00									
2:15	CLOSED	CLOSED							
2:30									
2:45	CLOSED	CLOSED							
3:00									
3:15	CLOSED	CLOSED							
3:30									
3:45	Swim Lessons* (Begins Oct 22) 4:00-4:45	Swim Lessons* (Begins Oct 22) 4:00-7:00							
4:00									
4:15	Cleaning	Kung Fu* (6-8 years) (Begins Oct 22) 4:00-4:45							
4:30									
4:45	OSAC 5:00-7:45	Swim Lessons* (Begins Oct 22) 4:00-7:00							
5:00									
5:15	Cleaning	Kung Fu* (8-12 years) (Begins Oct 22) 5:00-5:45							
5:30									
5:45	Cleaning	W.O.W. 6:00-6:30							
6:00									
6:15	Cleaning	W.O.W. 6:45-7:15							
6:30									
6:45	Cleaning	W.O.W. 6:00-6:30							
7:00									
7:15	Cleaning	W.O.W. 6:45-7:15							
7:30									
7:45	Cleaning	Cleaning							

SATURDAY 7:00 AM-12:00 PM

Nov 9-Dec 20, 2020

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms			
	Lane	Leisure		Cycle	Fitness		1	2	3	
Call to Book Each Session (*indicates registered program)				Drop-in for Members			*Register for Programs			
7:00	OSAC 7:00-12:00	Swim: Lanes 7:15-8:00	CLOSED	Cycle 7:30-8:00	Stretch Area 7:00-12:00	Equipment 7:00-12:00	Open 7:00-12:00	CLOSED	CLOSED	CLOSED
7:15										
7:30										
7:45										
8:00		Swim: Lanes 8:00-8:45	Swim: Open 8:30-9:15	Bootcamp 8:30-9:15						
8:15										
8:30		Cleaning								
8:45										
9:00										
9:15		Swim Lessons* (Begins Oct 24) 9:30-12:00	Tai Chi 3* 10:00-11:00							
9:30										
9:45			Tai Chi 1* (Begins Oct 3) 11:00-12:00							
10:00										
10:15		Cleaning								
10:30										
10:45										
11:00										
11:15	Cleaning									
11:30										
11:45										
12:00										

SUNDAY 7:00 AM-12:00 PM

Nov 9-Dec 20, 2020

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms			
	Lane	Leisure		Cycle	Fitness		1	2	3	
Call to Book Each Session (*indicates registered program)				Drop-in for Members			*Register for Programs			
7:00	Advanced Lifesaving Courses 7:00-12:00	Advanced Lifesaving Courses 7:00-12:00	Pickleball: Adult 9:00-11:00	Stretch Area 7:00-12:00	Equipment 7:00-12:00	Open 7:00-12:00	CLOSED	CLOSED	CLOSED	
7:15										W.O.W. 7:15-7:45
7:30										
7:45										Cycle Sculpt 8:00-8:30
8:00										
8:15										Stretch Area 7:00-12:00
8:30										
8:45										Open 7:00-12:00
9:00										
9:15										Cleaning
9:30										
9:45										Cleaning
10:00										
10:15										
10:30										
10:45	Cleaning									
11:00										
11:15										
11:30										
11:45	Cleaning									
12:00										