

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 6-7:45	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
6:15										
6:30										Gravity Core 6:15-7:00
6:45										Cleaning
7:00										
7:15	Swim: Lanes 7:15-8									
7:30	Swim: Lanes 8:15-9:00	Swim: Open 8:15-9:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
7:45										
8:00	Cleaning									
8:15	Swim: Lanes 8:15-9:00	Swim: Open 8:15-9:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
8:30										
8:45	Cleaning									
9:00	Aquafit 9:15-10:00	Swim: Open Adult 9:15-10:00	Cardio: Mix 9:00-9:45	Yoga (Online) 10:00-10:30	Walking Track Open 9:00- 11:00	CLOSED	CLOSED	CLOSED	CLOSED	
9:15	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cleaning							
9:30			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					
9:45	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15			Cleaning					
10:00			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					
10:15	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15			Cleaning					
10:30			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					
10:45	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15			Cleaning					
11:00			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					
11:15	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15			Cleaning					
11:30			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					
11:45	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15			Cleaning					
12:00			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					
12:15	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15			Cleaning					
12:30			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					
12:45	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15			Cleaning					
1:00			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					
1:15	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15			Cleaning					
1:30			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					
1:45	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15			Cleaning					
2:00			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					
2:15	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15			Cleaning					
2:30			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					
2:45	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15			Cleaning					
3:00			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					
3:15	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15			Cleaning					
3:30			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					
3:45	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15			Cleaning					
4:00			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					
4:15	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15			Cleaning					
4:30			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					
4:45	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15			Cleaning					
5:00			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					
5:15	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15			Cleaning					
5:30			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					
5:45	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15			Cleaning					
6:00			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					
6:15	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15			Cleaning					
6:30			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					
6:45	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15			Cleaning					
7:00			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					
7:15	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15			Cleaning					
7:30			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					
7:45	Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15			Cleaning					
8:00			Swim: Lanes 11:45-12:45	Family Fun: Pool 11:30-12:15	Cardio: Gentle 11:00-11:45					

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	CLOSED	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										
8:45	Cleaning									
9:00										
9:15	AquaFit 9:15-10:00	Swim: Open Adult 9:15-10:00						Creative Story Time* (3-5 years) (Begins Oct 20) 9:00-10:00		
9:30										
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							
10:30										
10:45		Cleaning								
11:00										
11:15		Swim: Therapy/ Open Adult 11:15-12:00	Tai Chi 1* (Begins Sept 29) 11:00-12:00							
11:30	Cleaning									
11:45										
12:00	Swim: Lanes 12:00-1:00	Swim: Open 12:00-12:45	Cleaning							
12:15				Cycle 12:15-12:45						
12:30										
12:45	Cleaning									
1:00	Cleaning	Aqua: Gentle 1:00-1:30			CLOSED					
1:15	Swim: Lanes 1:15-2:00									
1:30		Cleaning								
1:45										
2:00	Cleaning			Pickleball: Adult 1:15-3:15						
2:15	CLOSED	CLOSED								
2:30										
2:45										
3:00										
3:15										
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										
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						
6:15										
6:30				Cleaning						
6:45										
7:00	Swim: Lanes 7-7:45	Cleaning		Hoops Shoot Around (13+) 6:45-7:45						
7:15										
7:30										
7:45	Cleaning			Cleaning						
8:00					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 6:00-7:45	CLOSED		CLOSED	Equipment 6:00-7:45	Open 6:00-7:45	CLOSED	CLOSED	CLOSED	
6:15										Body Sculpt 6:15-7:00
6:30										Cleaning
6:45										OSAC: Dry Land 7:15-8:00
7:00										
7:15		Swim: Lanes 7:15-8								
7:30										
7:45										
8:00	Cleaning									
8:15	Swim: Lanes 8:15-9:00	Swim: Open 8:15-9:00								
8:30										
8:45										
9:00	Cleaning									
9:15	Aquafit 9:15-10:00	Swim: Open Adult 9:15-10:0	Cardio: Mix 9:00-9:45			Walking Track Open 9:00-11:00				
9:30			Cleaning							
9:45	Cleaning									
10:00		Aqua: Motion 10:00-10:30	Gym & Swim* (Begins Oct 21) 10:00-10:45							
10:15										
10:30		Cleaning								
10:45		Gym & Swim* (Begins Oct 21) 10:45-11:15	Cleaning							
11:00	Aqua: Deep 10:45-11:30		Stretch 11:00-11:45							
11:15		Cleaning								
11:30	Cleaning									
11:45		Swim: Open 11:30-12:30	Cleaning							
12:00	Swim: Lanes 11:45-12:45									
12:15			Ride & Glide 12:15-12:45							
12:30		Cleaning								
12:45	Cleaning									
1:00	Aquafit 1-1:30	Swim: Lanes 1-1:45								
1:15		Swim: Open 1:00-2:00								
1:30										
1:45	School Lessons*		Pickleball: Adult 1:30-3:00							
2:00		Cleaning								
2:15	1:45-2:45									
2:30										
2:45	Cleaning									
3:00		CLOSED	Cleaning							
3:15										
3:30										
3:45			Pickleball: Youth (8+) 3:30-5:00							
4:00										
4:15	OSAC 3:30-5:30									
4:30										
4:45			Cleaning							
5:00										
5:15										
5:30	Cleaning	Swim Lessons* (Begins Oct 21) 4:00-7:45								
5:45	Swim Lessons* (Begins Oct 21) 5:45-6:45									
6:00										
6:15			Pickleball: Rec (13+ or with a parent) 5:15-6:30							
6:30										
6:45	Cleaning									
7:00	Swim: Lanes 7-7:45	Aquafit 7-7:45								
7:15										
7:30										
7:45	Cleaning									
8:00					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	CLOSED	Equipment 6:00-7:45	Open 6:00-7:45	CLOSED	CLOSED
6:15									
6:30									
6:45									
7:00	Cleaning								
7:15	Swim: Lanes 7:30-8:15								
7:30	Swim: Lanes 8:15-9:00								
7:45	Cleaning								
8:00	Aquafit 9:15-10:00	Swim: Open Adult 9:15-10:00							
8:15	Cleaning	Swim: Open Adult 9:15-10:00							
8:30	Cleaning		Tai Chi 3* 10:00-11:00	Yoga (Online) 10:00-10:45	Walking Track Open 9:00-11:00	CLOSED	CLOSED		
8:45	School Lessons* (Begins in Oct) 10:15-11:30	Parent 'n' Tot Lesson* (Begins Oct 22) 10:15-10:45							
9:00	Swim: Open Adult 9:15-10:00	Swim: Open Adult 9:15-10:00	Tai Chi 1* (Begins Oct 1) 11:00-12:00	CLOSED	CLOSED	CLOSED	CLOSED		
9:15	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							
9:30	Aquafit 9:15-10:00	Swim: Open Adult 9:15-10:00	Body Sculpt 12:15-12:45	CLOSED	CLOSED	CLOSED	CLOSED		
9:45	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							
10:00	Cleaning		Body Sculpt 12:15-12:45	CLOSED	CLOSED	CLOSED	CLOSED		
10:15	School Lessons* (Begins in Oct) 10:15-11:30	Family Fun: Pool 10:45-11:30							
10:30	Swim: Open Adult 9:15-10:00	Swim: Open Adult 9:15-10:00	Cleaning	CLOSED	CLOSED	CLOSED	CLOSED		
10:45	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							
11:00	Swim: Lanes 12:00-1:00	Swim: Open Adult 9:15-10:00	Cleaning	CLOSED	CLOSED	CLOSED	CLOSED		
11:15	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							
11:30	Swim: Open Adult 9:15-10:00	Swim: Open Adult 9:15-10:00	Body Sculpt 12:15-12:45	CLOSED	CLOSED	CLOSED	CLOSED		
11:45	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							
12:00	Swim: Lanes 12:00-1:00	Swim: Open Adult 9:15-10:00	Cleaning	CLOSED	CLOSED	CLOSED	CLOSED		
12:15	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							
12:30	Swim: Open Adult 9:15-10:00	Swim: Open Adult 9:15-10:00	Body Sculpt 12:15-12:45	CLOSED	CLOSED	CLOSED	CLOSED		
12:45	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							
1:00	Swim: Open Adult 9:15-10:00	Swim: Open Adult 9:15-10:00	Cleaning	CLOSED	CLOSED	CLOSED	CLOSED		
1:15	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							
1:30	Swim Lessons* (Begins in Oct) 1:15-2:15	Swim: Open Adult 9:15-10:00	Cleaning	CLOSED	CLOSED	CLOSED	CLOSED		
1:45	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							
2:00	Swim: Open Adult 9:15-10:00	Swim: Open Adult 9:15-10:00	Cleaning	CLOSED	CLOSED	CLOSED	CLOSED		
2:15	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							
2:30	Swim: Open Adult 9:15-10:00	Swim: Open Adult 9:15-10:00	Cleaning	CLOSED	CLOSED	CLOSED	CLOSED		
2:45	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							
3:00	Swim: Open Adult 9:15-10:00	Swim: Open Adult 9:15-10:00	Cleaning	CLOSED	CLOSED	CLOSED	CLOSED		
3:15	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							
3:30	Swim: Open Adult 9:15-10:00	Swim: Open Adult 9:15-10:00	Cleaning	CLOSED	CLOSED	CLOSED	CLOSED		
3:45	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							
4:00	Swim Lessons* (Begins Oct 22) 4:00-4:45	Swim: Open Adult 9:15-10:00	Cleaning	CLOSED	CLOSED	CLOSED	CLOSED		
4:15	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							
4:30	Swim: Open Adult 9:15-10:00	Swim: Open Adult 9:15-10:00	Cleaning	CLOSED	CLOSED	CLOSED	CLOSED		
4:45	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							
5:00	Swim Lessons* (Begins Oct 22) 4:00-4:45	Swim: Open Adult 9:15-10:00	Cleaning	CLOSED	CLOSED	CLOSED	CLOSED		
5:15	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							
5:30	Swim: Open Adult 9:15-10:00	Swim: Open Adult 9:15-10:00	Cleaning	CLOSED	CLOSED	CLOSED	CLOSED		
5:45	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							
6:00	OSAC 5:00-7:45	Swim: Open Adult 9:15-10:00	Cleaning	CLOSED	CLOSED	CLOSED	CLOSED		
6:15	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							
6:30	Swim: Open Adult 9:15-10:00	Swim: Open Adult 9:15-10:00	Cleaning	CLOSED	CLOSED	CLOSED	CLOSED		
6:45	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							
7:00	OSAC 5:00-7:45	Swim: Open Adult 9:15-10:00	Cleaning	CLOSED	CLOSED	CLOSED	CLOSED		
7:15	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							
7:30	Swim: Open Adult 9:15-10:00	Swim: Open Adult 9:15-10:00	Cleaning	CLOSED	CLOSED	CLOSED	CLOSED		
7:45	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							
8:00	Swim: Open Adult 9:15-10:00	Swim: Open Adult 9:15-10:00	Cleaning	CLOSED	CLOSED	CLOSED	CLOSED		
	Cleaning	Swim: Therapy/ Open Adult 11:45-12:15							

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		CLOSED		CLOSED	Equipment 6:00-7:45	CLOSED	CLOSED	CLOSED	
6:15		Swim: Lanes 6:15-7:00								Boot Camp 6:15-7:00
6:30										
6:45		Swim: Lanes 7:00-7:45								Cleaning
7:00										
7:15										
7:30										
7:45	Cleaning									
8:00										
8:15	Swim: Lanes 8:00-9:00	Swim: Open 8:15-9:00								
8:30										
8:45										
9:00										
9:15	Aquafit 9:15-10:00	Swim: Open Adult 9:15-10:00		Cardio: Mix 9:00-9:45					Creative Story Time* (3-5 years) (Begins Oct 23) 9:00-10:00	
9:30										
9:45				Cleaning						
10:00									Cleaning	
10:15	Adult Lesson 10:15-10:45	Parent 'n' Tot Lesson* 10:15-10:45								
10:30										
10:45		Cleaning								
11:00	Aquafit 10:45-11:30									
11:15				Cardio: Gentle 11:00-11:45						
11:30	Cleaning	Aqua: Motion/ Gentle 11:30-12:00								
11:45				Cleaning						
12:00	Swim: Lanes 11:45-12:45									
12:15										
12:30		Swim: Open 12:15-1:15		Tabata 12:15-12:45						
12:45	Cleaning			Cleaning						
1:00										
1:15	School Lessons*									
1:30										
1:45				Pickleball 1:15-3:15						
2:00	Cleaning									
3:00				Cleaning						
3:15										
3:30										
3:45										
4:00	Special Olympics 3:30-5:00			Hoops Shoot Around (8-12 years) 3:30-5:00						
4:15										
4:30										
4:45										
5:00	Cleaning									
5:15										
5:30										
5:45	OSAC 5:00-6:45			Hoops Shoot Around (13+) 5:00-6:30						
6:00										
6:15										
6:30				Cleaning						
6:45	Cleaning									
7:00						Cleaning				

SATURDAY 7:00 AM-12:00 PM

Sept 28-Dec 31, 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	CLOSED	CLOSED	Equipment 7:00-11:45	Open 7:00-11:45	CLOSED	CLOSED	CLOSED	
7:15											
7:30											Cycle 7:30-8:00
7:45											Cleaning
8:00		Swim: Lanes 8:00-8:45	CLOSED	CLOSED	CLOSED	Equipment 7:00-11:45	Open 7:00-11:45	CLOSED	CLOSED	CLOSED	
8:15											
8:30		Swim Lessons* (Begins Oct 24) 9:30-12:00	CLOSED	CLOSED	CLOSED	Equipment 7:00-11:45	Open 7:00-11:45	CLOSED	CLOSED	CLOSED	
8:45											
9:00											
9:15											
9:30											
9:45											
10:00											
10:15											Tai Chi 3* 10:00-11:00
10:30	Tai Chi 1* (Begins Oct 3) 11:00-12:00										
10:45											
11:00	Cleaning	Cleaning	Cleaning	Cleaning	Cleaning	Cleaning	Cleaning	Cleaning	Cleaning		
11:15											
11:30											
11:45											
12:00											

SUNDAY CLOSED