

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms			
	Lane	Leisure		Cycle	Fitness		1	2	3	
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 6:15-6:45	Stretch Area 6:00-7:45	Walking Track Open 8:00-11:00	CLOSED	CLOSED	CLOSED	
6:15										Cleaning
6:30										Cycle: Sculpt 7:00-7:30
6:45										Cleaning
7:00	Cleaning	Swim: Open 8:00-8:45	CLOSED	Yoga (Online) 10:00-10:30	Equipment 6:00-6:00	Open 6:00-7:45	Y Knot Knitting & Crochet 10:15-11:15	CLOSED	CLOSED	
7:15	Swim: Lanes 8:00-8:45									
7:30	Cleaning	Swim: Adult Open 9:15-10:00	Cardio: Mix 9:00-9:45	Family Fun: Gym 10:00-10:45	Cardio: Gentle 11:00-11:45	Fun & Fin* 1:00-2:00	CLOSED	CLOSED	CLOSED	
7:45	Swim: Lanes 10:15-11:00									
8:00	Cleaning	Swim: Open 11:15-12:00	Cardio: Gentle 11:00-11:45	Family Fun: Pool 10:15-11:00	Cardio: Gentle 11:00-11:45	Fun & Fin* 1:00-2:00	CLOSED	CLOSED	CLOSED	
8:15	Swim: Lanes 12:00-12:45									
8:30	Cleaning	Swim: Adult Open 12:15-1:00	Boot Camp 12:15-12:45	Cleaning	Cleaning	Fun & Fin* 1:00-2:00	CLOSED	CLOSED	CLOSED	
8:45	Swim: Lanes 12:45-1:30									
9:00	Cleaning	Aqua: Motion/ Gentle 1:15-1:45	School Lessons* 1:45-2:30	Cleaning	Cleaning	Fun & Fin* 1:00-2:00	CLOSED	CLOSED	CLOSED	
9:15	Swim: Lanes 11:00-11:45									
9:30	Cleaning	Fun & Fin* 2:00-2:30	Cleaning	Cleaning	Cleaning	Fun & Fin* 1:00-2:00	CLOSED	CLOSED	CLOSED	
9:45	Swim: Lanes 11:00-11:45									
10:00	Cleaning	Family Fun: Pool 6:30-7:30	Hoops Shoot Around (10+ yrs) Mask required 3:30-5:00	Cleaning	Cleaning	Youth Leaders in Training (L.I.T.)* (12-17 yrs) 4:45-6:15	CLOSED	CLOSED	CLOSED	
10:15	Swim: Lanes 10:15-11:00									
10:30	Cleaning	Family Fun: Pool 4:00-5:00	Hoops Shoot Around (10+ yrs) Mask required 3:30-5:00	Cleaning	Cleaning	Youth Leaders in Training (L.I.T.)* (12-17 yrs) 4:45-6:15	CLOSED	CLOSED	CLOSED	
10:45	Swim: Lanes 11:00-11:45									
11:00	Cleaning	Family Fun: Pool 4:00-5:00	Hoops Shoot Around (10+ yrs) Mask required 3:30-5:00	Cleaning	Cleaning	Youth Leaders in Training (L.I.T.)* (12-17 yrs) 4:45-6:15	CLOSED	CLOSED	CLOSED	
11:15	Swim: Lanes 12:00-12:45									
11:30	Cleaning	Family Fun: Pool 5:15-6:15	Hoops Shoot Around (10+ yrs) Mask required 3:30-5:00	Cleaning	Cleaning	Youth Leaders in Training (L.I.T.)* (12-17 yrs) 4:45-6:15	CLOSED	CLOSED	CLOSED	
11:45	Swim: Lanes 12:45-1:30									
12:00	Cleaning	Family Fun: Pool 5:15-6:15	Hoops Shoot Around (10+ yrs) Mask required 3:30-5:00	Cleaning	Cleaning	Youth Leaders in Training (L.I.T.)* (12-17 yrs) 4:45-6:15	CLOSED	CLOSED	CLOSED	
12:15	Swim: Lanes 12:00-12:45									
12:30	Cleaning	Family Fun: Pool 5:15-6:15	Hoops Shoot Around (10+ yrs) Mask required 3:30-5:00	Cleaning	Cleaning	Youth Leaders in Training (L.I.T.)* (12-17 yrs) 4:45-6:15	CLOSED	CLOSED	CLOSED	
12:45	Swim: Lanes 12:45-1:30									
1:00	Cleaning	Family Fun: Pool 5:15-6:15	Hoops Shoot Around (10+ yrs) Mask required 3:30-5:00	Cleaning	Cleaning	Youth Leaders in Training (L.I.T.)* (12-17 yrs) 4:45-6:15	CLOSED	CLOSED	CLOSED	
1:15	Swim: Lanes 11:00-11:45									
1:30	Cleaning	Family Fun: Pool 5:15-6:15	Hoops Shoot Around (10+ yrs) Mask required 3:30-5:00	Cleaning	Cleaning	Youth Leaders in Training (L.I.T.)* (12-17 yrs) 4:45-6:15	CLOSED	CLOSED	CLOSED	
1:45	Swim: Lanes 11:00-11:45									
2:00	Cleaning	Family Fun: Pool 5:15-6:15	Hoops Shoot Around (10+ yrs) Mask required 3:30-5:00	Cleaning	Cleaning	Youth Leaders in Training (L.I.T.)* (12-17 yrs) 4:45-6:15	CLOSED	CLOSED	CLOSED	
2:15	Swim: Lanes 12:00-12:45									
2:30	Cleaning	Family Fun: Pool 5:15-6:15	Hoops Shoot Around (10+ yrs) Mask required 3:30-5:00	Cleaning	Cleaning	Youth Leaders in Training (L.I.T.)* (12-17 yrs) 4:45-6:15	CLOSED	CLOSED	CLOSED	
2:45	Swim: Lanes 12:45-1:30									
3:00	Cleaning	Family Fun: Pool 5:15-6:15	Hoops Shoot Around (10+ yrs) Mask required 3:30-5:00	Cleaning	Cleaning	Youth Leaders in Training (L.I.T.)* (12-17 yrs) 4:45-6:15	CLOSED	CLOSED	CLOSED	
3:15	Swim: Lanes 11:00-11:45									
3:30	Cleaning	Family Fun: Pool 5:15-6:15	Hoops Shoot Around (10+ yrs) Mask required 3:30-5:00	Cleaning	Cleaning	Youth Leaders in Training (L.I.T.)* (12-17 yrs) 4:45-6:15	CLOSED	CLOSED	CLOSED	
3:45	Swim: Lanes 11:00-11:45									
4:00	Cleaning	Family Fun: Pool 5:15-6:15	Hoops Shoot Around (10+ yrs) Mask required 3:30-5:00	Cleaning	Cleaning	Youth Leaders in Training (L.I.T.)* (12-17 yrs) 4:45-6:15	CLOSED	CLOSED	CLOSED	
4:15	Swim: Lanes 12:00-12:45									
4:30	Cleaning	Family Fun: Pool 5:15-6:15	Hoops Shoot Around (10+ yrs) Mask required 3:30-5:00	Cleaning	Cleaning	Youth Leaders in Training (L.I.T.)* (12-17 yrs) 4:45-6:15	CLOSED	CLOSED	CLOSED	
4:45	Swim: Lanes 12:45-1:30									
5:00	Cleaning	Family Fun: Pool 5:15-6:15	Hoops Shoot Around (10+ yrs) Mask required 3:30-5:00	Cleaning	Cleaning	Youth Leaders in Training (L.I.T.)* (12-17 yrs) 4:45-6:15	CLOSED	CLOSED	CLOSED	
5:15	Swim: Lanes 11:00-11:45									
5:30	Cleaning	Family Fun: Pool 5:15-6:15	Hoops Shoot Around (10+ yrs) Mask required 3:30-5:00	Cleaning	Cleaning	Youth Leaders in Training (L.I.T.)* (12-17 yrs) 4:45-6:15	CLOSED	CLOSED	CLOSED	
5:45	Swim: Lanes 11:00-11:45									
6:00	Cleaning	Family Fun: Pool 5:15-6:15	Hoops Shoot Around (10+ yrs) Mask required 3:30-5:00	Cleaning	Cleaning	Youth Leaders in Training (L.I.T.)* (12-17 yrs) 4:45-6:15	CLOSED	CLOSED	CLOSED	
6:15	Swim: Lanes 11:00-11:45									
6:30	Cleaning	Family Fun: Pool 5:15-6:15	Hoops Shoot Around (10+ yrs) Mask required 3:30-5:00	Cleaning	Cleaning	Youth Leaders in Training (L.I.T.)* (12-17 yrs) 4:45-6:15	CLOSED	CLOSED	CLOSED	
6:45	Swim: Lanes 11:00-11:45									
7:00	Cleaning	Family Fun: Pool 5:15-6:15	Hoops Shoot Around (10+ yrs) Mask required 3:30-5:00	Cleaning	Cleaning	Youth Leaders in Training (L.I.T.)* (12-17 yrs) 4:45-6:15	CLOSED	CLOSED	CLOSED	
7:15	Swim: Lanes 11:00-11:45									
7:30	Cleaning	Family Fun: Pool 5:15-6:15	Hoops Shoot Around (10+ yrs) Mask required 3:30-5:00	Cleaning	Cleaning	Youth Leaders in Training (L.I.T.)* (12-17 yrs) 4:45-6:15	CLOSED	CLOSED	CLOSED	
7:45	Swim: Lanes 11:00-11:45									
7:45	Cleaning						CLOSED	CLOSED	CLOSED	

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms		
	Lane	Leisure		Cycle	Fitness		1	2	3
Book Each Session (*indicates registered program)				Drop-in for Members			*Register for Programs		
6:00	OSAC 6:00-7:15	Swim: Lanes 6:15-7:15	CLOSED	Pickleball: Adult <i>Mask required</i> 6:00-8:00	Equipment 6:00-12:45	Walking Track Open 8:00- 11:00	CLOSED	CLOSED	CLOSED
6:15									
6:30									
6:45									
7:00	Cleaning		Parent'n'Tot Swim Lesson*	Gravity 8:30-8:55	Stretch Area 6:00-7:45	Open 6:00-7:45	CLOSED	CLOSED	CLOSED
7:15	Swim: Lanes 7:30-8:15								
7:30	Cleaning		Swim: Adult Open 9:15-10:00	Cycle 9:00-9:45					
7:45	Swim: Lanes 8:15-8:50								
8:00	Cleaning		Swim: Adult Open 11:00-11:45	Tai Chi 3* 10:00-11:00	Equipment 2:45-7:30	Open 6:00-7:45	CLOSED	CLOSED	CLOSED
8:15	Swim: Lanes 8:15-8:45								
8:30	Cleaning		Swim: Adult Open 12:00-12:45	Tai Chi 2* 11:00-12:00					
8:45	Swim: Lanes 9:15-10:00								
9:00	Cleaning		Swim: Adult Open 12:00-12:45	Cycle 12:15-12:45	Stretch Area 6:00-7:45	Open 6:00-7:45	CLOSED	CLOSED	CLOSED
9:15	Swim: Adult Open 9:15-10:00								
9:30	Cleaning		Aqua: Gentle 1:00-1:30	Pickleball: Adult <i>Mask required</i> 1:15-3:15					
9:45	Swim: Adult Open 11:00-11:45								
10:00	Cleaning		Aqua: Gentle 1:00-1:30	Pickleball: Adult <i>Mask required</i> 1:15-3:15	Equipment 2:45-7:30	Open 6:00-7:45	CLOSED	CLOSED	CLOSED
10:15	Swim: Adult Open 11:00-11:45								
10:30	Cleaning		Swim: Adult Open 12:00-12:45	Cycle 12:15-12:45					
10:45	Swim: Adult Open 11:00-11:45								
11:00	Cleaning		Swim: Adult Open 12:00-12:45	Cycle 12:15-12:45	Stretch Area 6:00-7:45	Open 6:00-7:45	CLOSED	CLOSED	CLOSED
11:15	Swim: Adult Open 11:00-11:45								
11:30	Cleaning		Swim: Adult Open 12:00-12:45	Cycle 12:15-12:45					
11:45	Swim: Adult Open 11:00-11:45								
12:00	Cleaning		Swim: Adult Open 12:00-12:45	Cycle 12:15-12:45	Stretch Area 6:00-7:45	Open 6:00-7:45	CLOSED	CLOSED	CLOSED
12:15	Swim: Adult Open 11:00-11:45								
12:30	Cleaning		Swim: Adult Open 12:00-12:45	Cycle 12:15-12:45					
12:45	Swim: Adult Open 11:00-11:45								
1:00	Cleaning		Swim: Adult Open 12:00-12:45	Cycle 12:15-12:45	Stretch Area 6:00-7:45	Open 6:00-7:45	CLOSED	CLOSED	CLOSED
1:15	Swim: Adult Open 11:00-11:45								
1:30	Cleaning		Swim: Adult Open 12:00-12:45	Cycle 12:15-12:45					
1:45	Swim: Adult Open 11:00-11:45								
2:00	Cleaning		Swim: Adult Open 12:00-12:45	Cycle 12:15-12:45	Stretch Area 6:00-7:45	Open 6:00-7:45	CLOSED	CLOSED	CLOSED
2:15	Swim: Adult Open 11:00-11:45								
2:30	Cleaning		Swim: Adult Open 12:00-12:45	Cycle 12:15-12:45					
2:45	Swim: Adult Open 11:00-11:45								
3:00	Cleaning		Swim: Adult Open 12:00-12:45	Cycle 12:15-12:45	Stretch Area 6:00-7:45	Open 6:00-7:45	CLOSED	CLOSED	CLOSED
3:15	Swim: Adult Open 11:00-11:45								
3:30	Cleaning		Swim: Adult Open 12:00-12:45	Cycle 12:15-12:45					
3:45	Swim: Adult Open 11:00-11:45								
4:00	Cleaning		Swim: Adult Open 12:00-12:45	Cycle 12:15-12:45	Stretch Area 6:00-7:45	Open 6:00-7:45	CLOSED	CLOSED	CLOSED
4:15	Swim: Adult Open 11:00-11:45								
4:30	Cleaning		Swim: Adult Open 12:00-12:45	Cycle 12:15-12:45					
4:45	Swim: Adult Open 11:00-11:45								
5:00	Cleaning		Swim: Adult Open 12:00-12:45	Cycle 12:15-12:45	Stretch Area 6:00-7:45	Open 6:00-7:45	CLOSED	CLOSED	CLOSED
5:15	Swim: Adult Open 11:00-11:45								
5:30	Cleaning		Swim: Adult Open 12:00-12:45	Cycle 12:15-12:45					
5:45	Swim: Adult Open 11:00-11:45								
6:00	Cleaning		Swim: Adult Open 12:00-12:45	Cycle 12:15-12:45	Stretch Area 6:00-7:45	Open 6:00-7:45	CLOSED	CLOSED	CLOSED
6:15	Swim: Adult Open 11:00-11:45								
6:30	Cleaning		Swim: Adult Open 12:00-12:45	Cycle 12:15-12:45					
6:45	Swim: Adult Open 11:00-11:45								
7:00	Cleaning		Swim: Adult Open 12:00-12:45	Cycle 12:15-12:45	Stretch Area 6:00-7:45	Open 6:00-7:45	CLOSED	CLOSED	CLOSED
7:15	Swim: Adult Open 11:00-11:45								
7:30	Cleaning		Swim: Adult Open 12:00-12:45	Cycle 12:15-12:45					
7:45	Swim: Adult Open 11:00-11:45								

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms			
	Lane	Leisure		Cycle	Fitness		1	2	3	
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	Stretch Area 6:00-7:45	Equipment 6:00-6:00	Walking Track Open 8:00-11:00	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	Cleaning									
7:15	Cleaning									
7:30	Swim: Lanes 8:00-8:45	Swim: Open 8:00-8:45	Cleaning							
7:45	Cleaning	CLOSED	Cleaning							
8:00	Cleaning	Cleaning	CLOSED							
8:15	Cleaning	Cleaning	CLOSED							
8:30	Cleaning	Cleaning	CLOSED							
8:45	Cleaning	Cleaning	CLOSED							
9:00	Cleaning	Cleaning	CLOSED							
9:15	Aquafit 9:15-10:00	Swim: Adult Open 9:15-10:00	Cardio: Mix 9:00-9:45							
9:30	Cleaning	Cleaning	Cleaning							
9:45	Cleaning	Cleaning	Cleaning							
10:00	Cleaning	Cleaning	Cleaning							
10:15	Swim: Lanes 10:15-11:00	Aqua: Motion 10:15-10:45	Family Fun: Gym 10:00-10:45							
10:30	Cleaning	Cleaning	Cleaning							
10:45	Cleaning	Cleaning	Cleaning							
11:00	Aqua: Deep 11:00-11:45	Swim: Lanes 11:00-11:45	Stretch 11:00-11:45							
11:15	Cleaning	Cleaning	Cleaning							
11:30	Cleaning	Swim: Open 11:30-12:30	Cleaning							
11:45	Cleaning	Cleaning	Cleaning							
12:00	Swim: Lanes 12:00-12:45	Cleaning	Ride & Glide 12:15-12:45							
12:15	Cleaning	Cleaning	Cleaning							
12:30	Cleaning	Cleaning	Cleaning							
12:45	Cleaning	Cleaning	Cleaning							
1:00	Aquafit 1:00-1:30	Swim: Lanes 1:00-1:30	Swim: Open 12:45-1:30	CLOSED	Stretch Area 6:00-7:45	Open 6:00-7:45	CLOSED	Fun & Fin* 1:00-1:45	CLOSED	
1:15	Cleaning	Cleaning	Cleaning							
1:30	Cleaning	Cleaning	Cleaning							
1:45	School Lessons* 1:45-2:45	Fun & Fin* 1:45-2:15	Pickleball: Adult <i>Mask required</i> 1:30-3:00							
2:00	Cleaning	Cleaning	Cleaning							
2:15	Cleaning	Cleaning	Cleaning							
2:30	Cleaning	Cleaning	Cleaning							
2:45	Cleaning	Cleaning	Cleaning							
3:00	Cleaning	Cleaning	Cleaning							
3:15	Cleaning	Cleaning	Cleaning							
3:30	OSAC 3:30-5:30	Swim: Lanes 3:30-4:30	Hoops Shoot Around (10+ yrs) <i>Mask required</i> 3:30-5:00	Stretch Area 6:00-7:45	Equipment 6:00-6:00	Open 6:00-7:45	CLOSED	CLOSED	CLOSED	
3:45		L'il Dippers Swim Lesson*								
4:00		Cleaning								
4:15		Private Swim Lessons*								
4:30	Cleaning	Cleaning								
4:45	Cleaning	Cleaning	Cleaning							
5:00	Cleaning	Cleaning	Cleaning							
5:15	Cleaning	Cleaning	Cleaning							
5:30	Cleaning	Cleaning	Cleaning							
5:45	Swim: Lanes 5:45-6:30	Cleaning	Pickleball: Rec (13+ yrs or with a parent) <i>Mask required</i> 5:15-6:30							
6:00	Cleaning	Cleaning	Cleaning							
6:15	Cleaning	Cleaning	Cleaning							
6:30	Cleaning	Cleaning	Cleaning							
6:45	Cleaning	Cleaning	Cleaning							
6:45	Aquafit 6:45-7:30	Swim: Lanes 6:45-7:30	Hoops Shoot Around (15+ yrs) <i>Mask required</i> 6:45-7:45							
7:00	Cleaning	Cleaning	Cleaning							
7:15	Cleaning	Cleaning	Cleaning							
7:30	Cleaning	Cleaning	Cleaning							
7:45	Cleaning	Cleaning	Cleaning							

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms		
	Lane	Leisure		Cycle	Fitness		1	2	3
Book Each Session (*indicates registered program)				Drop-in for Members			*Register for Programs		
6:00	OSAC 6:00-7:15		CLOSED	Pickleball: Adult <i>Mask required</i> 6:00-8:00	Stretch Area 6:00-7:45	Equipment 6:00-12:45	Walking Track Open 8:00-11:00	CLOSED	CLOSED
6:15		Swim: Lanes 6:15-7:15							
6:30									
6:45									
7:00									
7:15	Cleaning								
7:30	Swim: Lanes 7:30-8:15								
7:45									
8:00									
8:15									
8:30	Swim: Lanes 8:15-8:50								
8:45									
9:00	Cleaning								
9:15	Aquafit 9:15-10:00	Swim: Adult Open 9:15-10:00							
9:30									
9:45									
10:00	Cleaning								
10:15									
10:30	School Lessons* 10:15-11:30	School Lessons* 10:15-11:15	Parent'n'Tot Swim Lesson* 10:15-10:45	Tai Chi 3* 10:00-11:00	Yoga (Online) 10:00-10:45				
10:45			Cleaning						
11:00			Family Fun: Pool 11:00-11:45	Tai Chi 2* 11:00-12:00					
11:15									
11:30									
11:45	Cleaning								
12:00				Cleaning					
12:15	Swim: Lanes 12:00-1:00	Swim: Lanes 12:00-12:30	Swim: Adult Open 12:00-1:00	Body Sculpt 12:15-12:45					
12:30		Swim: Lanes 12:30-1:00							
12:45				Cleaning		Cleaning	Open 6:00-7:45		
1:00	Cleaning	Private Swim Lesson*	Cleaning					CLOSED	CLOSED
1:15	School Lessons* 1:15-2:15	1:00-1:30 Cleaning		CLOSED		Cardiac Rehab 1:00-2:30			
1:30									
1:45									
2:00									
2:15	YMCA Staff Training 2:15-3:00		CLOSED	Pickleball: Adult <i>Mask required</i> 2:00-3:30					
2:30									
2:45						Cleaning			
3:00	Cleaning								
3:15									
3:30	CLOSED								
3:45									
4:00									
4:15	Star Program Swim Lessons*		L'il Dippers Swim Lesson* 4:00-4:30	Private Swim Lessons* 4:00-5:10	Hoops Shoot Around (10+ yrs) <i>Mask required</i> 3:30-4:45			Kid Zone (3-10 years) 4:00-5:00	
4:30			Cleaning						
4:45									
5:00	Cleaning	Learn to Swim Swim Lessons*							
5:15			L'il Dippers Swim Lesson* 5:15-5:45	Family Fit 5:15-5:45		Equipment 2:45-7:30			
5:30									
5:45									
6:00			Cleaning						
6:15	OSAC 6:00-7:45		Splashers/ Bubblers Swim Lesson* 6:00-6:30	L'il Dippers Swim Lesson* 6:15-6:45	W.O.W. 6:15-6:45			CLOSED	
6:30									
6:45									
7:00									
7:15									
7:30						Body Sculpt: Gentle 7:00-7:30			
7:45									
				Cleaning					

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms			
	Lane	Leisure		Cycle	Fitness		1	2	3	
Book Each Session (*indicates registered program)				Drop-in for Members			*Register for Programs			
6:00	OSAC 6:00-7:45		CLOSED							
6:15										
6:30		Swim: Lanes 6:15-7:00								Boot Camp 6:15-7:00
6:45										Cleaning
7:00		Swim: Lanes 7:00-7:45								
7:15										
7:30										
7:45	Cleaning									
8:00			CLOSED				CLOSED			
8:15	Swim: Lanes 8:00-8:45	Swim: Open 8:00-8:45								
8:30										
8:45	Cleaning									
9:00										
9:15	AquaFit 9:15-10:00	Swim: Open Adult 9:15-10:00	Cardio: Mix 9:00-9:45			Walking Track Open 8:00-11:00				
9:30										
9:45			Cleaning							
10:00	Cleaning									
10:15	Adult Swim Lesson*	Parent'n'Tot Swim Lesson*	CLOSED							
10:30	10:15-10:45	10:15-10:45					Y Knot Knitting & Crochet 10:15-11:15			
10:45		Cleaning								
11:00	AquaFit 10:45-11:30	Swim: Lanes 10:45- 11:30	Cardio: Gentle 11:00-11:45							
11:15										
11:30	Cleaning		Swim: Adult Open 11:15-12:00	Stretch Area 6:00-6:45	Equipment 6:00-6:45	Open 6:00-6:45				
11:45			Cleaning							
12:00	Swim: Lanes 11:45-12:45		Cleaning							
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*	Swim: Lanes 1:00-2:00	Cleaning							
1:30	1:00-2:00									
1:45			Pickleball <i>Mask required</i> 1:15-3:15							
2:00	Cleaning									
2:15			Cleaning							
2:30										
2:45			CLOSED							
3:00										
3:15			Hoops Shoot Around (10+ years) <i>Mask required</i> 3:20-4:05							
3:30										
3:45										
4:00	Special Olympics* 3:15-5:00		Hoops Shoot Around (10+ years) <i>Mask required</i> 4:05-4:50							
4:15		Family Fun: Pool 4:00-5:00	Cleaning							
4:30										
4:45										
5:00			Cleaning							
5:15										
5:30		Family Fun: Pool 5:15-6:15	Kung Fu (6-8 years) <i>Mask required</i> 5:00-5:45					Kid Zone (3-10 years) 5:00-5:45		
5:45			Cleaning					Cleaning		
6:00	OSAC 5:00-6:45									
6:15			Kung Fu (8-12 years) <i>Mask required</i> 6:00-6:45					Kid Zone (3-10 years) 6:00-6:45		
6:30										
6:45	Cleaning							Cleaning		

**SATURDAY 7:00 AM-12:00 PM**

**April 5-June 7, 2021**

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms			
	Lane	Leisure		Cycle	Fitness		1	2	3	
<b>Book Each Session</b> (*indicates registered program)				<b>Drop-in for Members</b>			<b>*Register for Programs</b>			
7:00	OSAC 7:00-12:00	CLOSED	CLOSED	Stretch Area 7:00-12:00	Equipment 7:00-12:00	Open 7:00-12:00	CLOSED	CLOSED	CLOSED	
7:15			Swim: Lanes 7:15-8:00							CLOSED
7:30										Cycle 7:30-8:00
7:45			Cleaning							
8:00		Swim: Lanes 8:00-8:45								
8:15										
8:30		Swim: Open 8:30-9:15	Bootcamp 8:30-9:15							
8:45										
9:00										
9:15		Cleaning								
9:30										
9:45		Family Fun: Pool 9:30-10:30	Tai Chi 3* 9:40-11:00							
10:00										
10:15		Cleaning								
10:30										
10:45	Family Fun: Pool 10:45-11:45	Tai Chi 2* 11:00-12:00								
11:00										
11:15										
11:30										
11:45										
12:00	Cleaning									

**SUNDAY 7:00 AM-12:00 PM**

**April 5-June 7, 2021**

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms			
	Lane	Leisure		Cycle	Fitness		1	2	3	
<b>Book Each Session</b> (*indicates registered program)				<b>Drop-in for Members</b>			<b>*Register for Programs</b>			
7:00	Advanced Lifesaving Courses 7:00-7:45	Advanced Lifesaving Courses 7:00-8:15		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			Cleaning							
7:45			Cycle Sculpt 8:00-8:30							
8:00		Swim: Lanes 8:00-9:00	Cleaning							
8:15										
8:30		Swim: Open 8:30-9:15								
8:45										
9:00		Cleaning								
9:15		Swim: Lanes 9:15-9:45								
9:30		Swim: Lanes 9:15-10:15	Family Fun: Pool 9:30-10:30							Pickleball: Advanced Mask required 9:00-11:00
9:45										
10:00										
10:15		Swim: Staff 10:15-11:15	Cleaning							
10:30										
10:45		Family Fun: Pool 10:45-11:45	Cleaning							
11:00										
11:15										
11:30	CLOSED		Stretch 11:15-12:00							
11:45										
12:00	Cleaning									