

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms			
	Lane	Leisure		Cycle	Fitness		1	2	3	
Registration recommended for Group Fitness Classes, programs with * registration is required										
5:45										
6:00	Lane Swim 6-8:30	OSAC 6-7:45 (5 lanes)	Basketball 6-8:30	Pickleball: Rec 6-8:30						
6:15										
6:30										Boot Camp 6:15-7
6:45										
7:00										
7:15										Athletic Performance Training: Teen 7:15-8
7:30										
7:45		Open Swim 7-8:45								
8:00										
8:15										
8:30										
8:45	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30				Staff Training 8:30-12			
9:00			Cardio: Step 9-9:45	Cycle* 9-9:45						
9:15										
9:30										
9:45	Lane Swim 9:45-10:30	Advanced Courses 9:45-10:30				Gravity* 9:45-10:15				
10:00			Yoga 10-10:45			Gravity* 10:20-10:50				
10:15		Rec Swim 10-11:15								
10:30										
10:45										
11:00			Cardio: Gentle 11-11:45							
11:15	Lane Swim 11:15-12 (2 lanes)	Aquafit 11:15-12 (6 lanes)	Open Swim 11:15-12							
11:30										
11:45										
12:00	Lane Swim 12-1		Adult/ Therapy 12-1							
12:15			Tabata 12:15-12:45							
12:30										
12:45										
1:00										
1:15	Lane Swim 1:15-3:15 (2 lanes)	Rec Swim 1:15-3:15	Pickleball: Rec 1-3:15				Family Play 1-3			
1:30										
1:45										
2:00										
2:15										
2:30										
2:45										
3:00										
3:15										
3:30										
3:45	Lane Swim 3:45-5:30 (2 lanes)	OSAC 3:45-5:30	Family Gym 3:30-6							
4:00										
4:15										
4:30										
4:45										
5:00										
5:15										
5:30	Lane Swim (4 lanes) 5:30-8	Rec Swim 5:30-8	Basketball 6:15-8:45							
5:45										
6:00										
6:15										
6:30										
6:45										
7:00										
7:15										
7:30										
7:45										
8:00										
8:15										
8:30										
8:45	Friday									