PROFESSIONAL ACTIVITY DAY SCHEDULE, NOV 20 — 5:45 AM-9:00 PM

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		TYPTI 6-8:30 *Equipment not provided*		Athletic Performance Training: Teen 6:15-7	Boot Camp 6:15-7			
6:15									
6:30									
6:45									
7:00		Open Swim 7-8:45						PA Day Camp* 7-2	
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45	Aquafit 8:45-9:30	Adult/ Aquafit 8:45-9:30							
9:00			Cardio: Step 9-9:45	Cycle* 9-9:45					
9:15					Chair Fit 9:15-10				
9:30		Dive Life Courses 9-11 / Aqua Motion 9:35-10:05							
9:45	Lane Swim 9:45-12 (2 lanes)					Gravity* 9:45-10:15			
10:00			Yoga 10-10:45				Family Play (0-6yrs) 10-12		
10:15		Rec Swim 10:15-11			Mommy & Me: Yoga 10:15-11	Gravity* 10:20-10:50			
10:30									
10:45									
11:00		Open Swim 11-12	Cardio: Gentle 11-11:45						
11:15		Aquafit 11:15-12 (6 lanes)							
11:30									
11:45									
12:00	Lane Swim 12-12:45	Family Swim 12-1:15 *FREE*	Tabata 12:15-12:45						
12:15									
12:30									
12:45	Staff Training 12:45-2		Family Gym 1-3:30		PA Day Camp* 11:15-5				
1:00									
1:15									
1:30									
1:45									
2:00	OSAC Swim Meet Set Up* 2-3:15								
2:15									
2:30									
2:45									
3:00									
3:15									
3:30			PA Day Camp* 3:30-5						
3:45	OSAC Swim Meet* 3:15-8:45							OSAC Swim Meet* 2-9	
4:00									
4:15									
4:30									
4:45									
5:00			Family Gym 5-6						
5:15									
5:30									
5:45									
6:00						HiT Class 6:15-7			
6:15			Basketball 6:15-8:45						
6:30									
6:45					Kendo: Japanese Fencing 6:45-8:45				
7:00									
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45	PA Day								