

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 5:30 am Adult Swim 9:00 am Active Start: Gym Drop-In for Toddlers (Ages 0 to 3) 10:30 am Pickleball - All Levels 12:00 pm Adult Swim 12:00 pm Adult and Senior Skate 1:00 pm Badminton 1:00 pm Public Skate 1:30 pm Adult Swim 1:30 pm Lane Swim 2:30 pm All Ages Stick and Puck 3:00 pm Hoops (Ages 13-19) 6:15 pm Family Swim 6:30 pm Youth Volleyball (Ages 15-19) 7:30 pm Toonie Swim	2 9:00 am Indoor Tennis 9:00 am Youth Centre Drop-in (Ages 13-19) 11:30 am Adult Swim 2:15 pm Public Swim 3:00 pm Family / Child Gym Drop-In
3 10:45 am Youth Centre Drop-in (Ages 13-19) 10:45 am Pickleball - Beginner / Intermediate 11:30 am Adult Swim 12:45 pm Pickleball - Intermediate / Advanced	4 5:30 am Adult Swim 9:00 am Men's Activity Club (MAC) 10:00 am Public Swim 10:30 am Pickleball - All	5 6:00 am Adult Swim 10:00 am Fun4Life - Accessible Gym 10:45 am Lane Swim 10:45 am Family Swim 11:00 am Fun4Life - Games Room Drop-In	6 5:30 am Adult Swim 9:00 am Active Start: Gym Drop-In for Toddlers (Ages 0 to 3) 10:30 am Pickleball - All Levels 10:45 am Lane	7 6:00 am Adult Swim 10:00 am All Ages Stick and Puck 10:45 am Homeschool Youth Centre Drop-In (Ages 12 to 18) 10:45 am	8 5:30 am Adult Swim 9:00 am Active Start: Gym Drop-In for Toddlers (Ages 0 to 3) 10:00 am All Ages Stick and Puck 10:30 am	9 9:00 am Youth Centre Drop-in (Ages 13-19) 9:00 am Indoor Tennis 11:30 am Adult Swim 2:15 pm

<p>1:00 pm Public Skate 2:30 pm Public Swim</p>	<p>Levels 11:15 am Lane Swim 12:00 pm Adult and Senior Skate 12:15 pm Adult Swim 1:00 pm Badminton 1:30 pm Fun4Life 2:45 pm Public Swim 3:00 pm Family / Child Gym Drop-In 3:00 pm Youth Centre Drop-in (Ages 10-12) 3:00 pm All Ages Stick and Puck 7:30 pm Basketball 30+ 7:30 pm Public Swim</p>	<p>11:00 am Adult and Senior Stick and Puck 12:00 pm Adult and Senior Skate 12:00 pm Adult Swim 12:30 pm Pickleball - Intermediate / Advanced 1:00 pm Shuffleboard 1:30 pm Lane Swim 3:00 pm Youth Gym Drop-In (Ages 13-19) 3:00 pm Public Skate 7:30 pm Public Swim</p>	<p>Swim 10:45 am Family Swim 12:00 pm Adult Swim 1:30 pm Adult Swim 1:30 pm Lane Swim 2:45 pm Public Swim 3:00 pm Youth Gym Drop-In (Ages 13-19) 3:00 pm Youth Stick and Puck 5:30 pm Pickleball - All Levels 7:15 pm Basketball 7:30 pm Basketball 30+ 7:30 pm Public Swim</p>	<p>Homeschool Gym Drop-In (Ages 4 to 12) 10:45 am Lane Swim 10:45 am Family Swim 11:00 am Adult and Senior Stick and Puck 12:00 pm Adult and Senior Skate 12:00 pm Adult Swim 1:00 pm Pickleball - Beginner 1:30 pm Lane Swim 3:00 pm Youth Stick and Puck 3:30 pm Youth Volleyball (Ages 15-19) 6:15 pm Family Swim 7:30 pm Public Swim</p>	<p>Pickleball - All Levels 10:45 am Public Swim 12:00 pm Adult Swim 12:00 pm Adult and Senior Skate 1:00 pm Badminton 1:00 pm Public Skate 1:30 pm Lane Swim 1:30 pm Adult Swim 2:30 pm All Ages Stick and Puck 2:45 pm Public Swim 3:00 pm Hoops (Ages 13-19) 6:15 pm Family Swim 6:30 pm Youth Volleyball (Ages 15-19) 7:30 pm Public Swim</p>	<p>Public Swim 3:00 pm Family / Child Gym Drop-In 8:00 pm Late Night Hoops (Ages 15-19)</p>
<p>10 10:45 am Youth Centre Drop-in (Ages 13-19) 10:45 am Pickleball - Beginner / Intermediate 11:30 am Adult Swim 12:45 pm Pickleball - Intermediate / Advanced 1:00 pm Public Skate 2:30 pm Public Swim</p>	<p>11 5:30 am Adult Swim 8:00 am Walking 9:00 am Men's Activity Club (MAC) 9:30 am 55+ Cribbage 9:30 am 55+ Cribbage 10:00 am 55+ French Cafe 10:00 am Public Swim 10:30 am Pickleball - All Levels 11:15 am Lane Swim 12:00 pm Adult and Senior Skate 12:15 pm Adult Swim 1:00 pm 55+ Bridge Skill Development 1:00 pm Badminton 1:30 pm Fun4Life 1:45 pm Adult</p>	<p>12 6:00 am Adult Swim 8:00 am Walking 10:45 am Lane Swim 10:45 am Family Swim 11:00 am Adult and Senior Stick and Puck 12:00 pm Adult and Senior Skate 12:00 pm Adult Swim 12:30 pm Pickleball - Intermediate/Advanced 1:00 pm Shuffleboard 1:30 pm Lane Swim 3:00 pm Public Skate 7:30 pm Public Swim</p>	<p>13 5:30 am Adult Swim 8:00 am Walking 10:30 am Pickleball - All Levels 10:45 am Lane Swim 10:45 am Family Swim 12:00 pm Adult Swim 1:30 pm Lane Swim 1:30 pm Adult Swim 2:45 pm Public Swim 3:00 pm Youth Stick and Puck 7:30 pm Public Swim</p>	<p>14 6:00 am Adult Swim 8:00 am Walking 10:00 am All Ages Stick and Puck 10:45 am Lane Swim 10:45 am Family Swim 11:00 am Adult and Senior Stick and Puck 12:00 pm Adult and Senior Skate 12:00 pm Adult Swim 1:30 pm Lane Swim 3:00 pm Youth Stick and Puck 6:15 pm Family Swim 7:30 pm Public Swim</p>	<p>15 5:30 am Adult Swim 8:00 am Walking 10:00 am All Ages Stick and Puck 10:30 am Pickleball - All Levels 10:45 am Public Swim 12:00 pm Adult Swim 12:00 pm Adult and Senior Skate 1:00 pm Badminton 1:00 pm Public Skate 1:30 pm Lane Swim 1:30 pm Adult Swim 2:30 pm All Ages Stick and Puck 2:45 pm Public Swim 6:15 pm Family Swim 7:30 pm Public Swim</p>	<p>16 11:30 am Adult Swim 2:15 pm Public Swim</p>

	Swim 2:45 pm Public Swim 3:00 pm Family/Child Gym Drop-in 3:00 pm Youth Centre (Ages 10 to 13) 3:00 pm All Ages Stick and Puck 7:30 pm Basketball (30+) 7:30 pm Public Swim					
17 11:30 am Adult Swim 12:30 pm Pickleball - Intermediate/Advanced 1:00 pm Public Skate 2:30 pm Public Swim	18 5:30 am Adult Swim 8:00 am Walking 9:30 am 55+ Cribbage 10:00 am 55+ French Cafe 10:00 am Public Swim 10:30 am Pickleball - All Levels 11:15 am Lane Swim 12:00 pm Adult and Senior Skate 12:15 pm Adult Swim 1:00 pm 55+ Bridge Skill Development 1:00 pm Badminton 1:30 pm Fun4Life 1:45 pm Adult Swim 2:45 pm Public Swim 3:00 pm Family/Child Gym Drop-in 3:00 pm All Ages Stick and Puck 7:30 pm Basketball (30+) 7:30 pm Public Swim	19 6:00 am Adult Swim 8:00 am Walking 10:45 am Lane Swim 10:45 am Family Swim 11:00 am Adult and Senior Stick and Puck 12:00 pm Adult and Senior Skate 12:00 pm Adult Swim 12:30 pm Pickleball - Intermediate/Advanced 1:00 pm Shuffleboard 1:30 pm Lane Swim 3:00 pm Public Skate 7:30 pm Public Swim	20 5:30 am Adult Swim 8:00 am Walking 10:30 am Pickleball - All Levels 10:45 am Lane Swim 10:45 am Family Swim 12:00 pm Adult Swim 1:30 pm Lane Swim 1:30 pm Adult Swim 2:45 pm Public Swim 3:00 pm Youth Stick and Puck 7:30 pm Public Swim	21 6:00 am Adult Swim 8:00 am Walking 10:00 am All Ages Stick and Puck 10:45 am Lane Swim 10:45 am Family Swim 11:00 am Adult and Senior Stick and Puck 12:00 pm Adult and Senior Skate 12:00 pm Adult Swim 1:30 pm Lane Swim 3:00 pm Youth Stick and Puck 6:15 pm Family Swim 7:30 pm Public Swim	22 5:30 am Adult Swim 8:00 am Walking 10:00 am All Ages Stick and Puck 10:30 am Pickleball - All Levels 10:45 am Public Swim 12:00 pm Adult Swim 12:00 pm Adult and Senior Skate 1:00 pm Badminton 1:00 pm Public Skate 1:30 pm Lane Swim 1:30 pm Adult Swim 2:30 pm All Ages Stick and Puck 2:45 pm Public Swim 6:15 pm Family Swim 7:30 pm Public Swim	23 11:30 am Adult Swim 2:15 pm Public Swim
24 11:30 am Adult Swim 12:30 pm Pickleball - Intermediate/Advanced 1:00 pm Public Skate 2:30 pm Public Swim	25 5:30 am Adult Swim 8:00 am Walking 9:30 am 55+ Cribbage	26 6:00 am Adult Swim 8:00 am Walking 10:45 am Lane Swim 10:45 am Family Swim	27 5:30 am Adult Swim 8:00 am Walking 10:30 am Pickleball - All Levels	28 6:00 am Adult Swim 8:00 am Walking 10:00 am All Ages Stick and Puck	29 5:30 am Adult Swim 8:00 am Walking 10:00 am All Ages Stick and Puck	

10:00 am 55+ French Cafe	11:00 am Adult and Senior Stick and Puck	10:45 am Lane Swim	10:45 am Lane Swim	10:30 am Pickleball - All Levels
10:00 am Public Swim	12:00 pm Adult and Senior Skate	10:45 am Family Swim	10:45 am Family Swim	10:45 am Public Swim
10:30 am Pickleball - All Levels	12:00 pm Adult Swim	12:00 pm Adult Swim	11:00 am Adult and Senior Stick and Puck	12:00 pm Adult Swim
11:15 am Lane Swim	12:30 pm Pickleball - Intermediate/Advanced	12:00 pm Seniors Information and Active Living Fair	12:00 pm Adult and Senior Skate	12:00 pm Adult and Senior Skate
12:00 pm Adult and Senior Skate	1:00 pm Shuffleboard	1:30 pm Lane Swim	12:00 pm Adult Swim	1:00 pm Badminton
12:15 pm Adult Swim	1:30 pm Lane Swim	1:30 pm Adult Swim	1:30 pm Lane Swim	1:00 pm Public Skate
1:00 pm 55+ Bridge Skill Development	3:00 pm Public Skate	2:45 pm Public Swim	3:00 pm Youth Stick and Puck	1:30 pm Lane Swim
1:00 pm Badminton	7:30 pm Public Swim	3:00 pm Youth Stick and Puck	6:15 pm Family Swim	1:30 pm Adult Swim
1:30 pm Fun4Life		7:30 pm Public Swim	7:30 pm Public Swim	2:30 pm All Ages Stick and Puck
1:45 pm Adult Swim				2:45 pm Public Swim
2:45 pm Public Swim				6:15 pm Family Swim
3:00 pm Family/Child Gym Drop-in				7:30 pm Public Swim
3:00 pm All Ages Stick and Puck				
7:30 pm Basketball (30+)				
7:30 pm Public Swim				