

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:00 am Youth Centre Drop-In (Ages 13 to 19) 11:30 am Adult Swim 2:15 pm Public Swim 3:00 pm Open Gym Drop-in (Ages 7-19)
2 10:30 am Pickleball - Beginner/Intermediate 11:30 am Adult Swim 1:00 pm Pickleball - Intermediate/Advanced 1:00 pm Public Skate 2:30 pm Public Swim	3 5:30 am Adult Swim 7:00 am Aquatics Registration 8:00 am Walking 8:00 am Youth Centre Drop-In (Ages 10 to 12) 9:00 am Men's Activity Club (MAC) 9:30 am 55+ Cribbage 9:30 am All Ages Stick and Puck 10:00 am 55+ French Cafe 10:00 am Public Swim 10:30 am Pickleball - All Levels 11:15 am Lane Swim	4 6:00 am Adult Swim 7:00 am Program Registration - Winter 1 Session 8:00 am Walking 8:00 am Youth Centre Drop-In (Ages 13 to 19) 9:00 am 55+ Tai Chi - Continuing 10:00 am 55+ Tai Chi - Intermediate 10:00 am Fun4Life - Accessible Gym 10:30 am Adult and Senior Stick and Puck 10:45 am Family Swim 10:45 am Lane Swim 11:00 am Fun4Life - Games Room Drop-In 12:00 pm Adult and Senior Skate 12:00 pm Lane Swim	5 5:30 am Adult Swim 8:00 am Youth Centre Drop-In (Ages 13 to 19) 8:00 am Walking 9:00 am Active Start: Toddler Gym Drop-in 9:00 am Active Start: Toddler Gym Drop-in 9:00 am Active Start: Toddler Gym Drop-in 9:30 am 55+ Darts 10:30 am Pickleball - All Levels 10:45 am Family Swim 10:45 am Lane Swim 12:00 pm Lane Swim 12:00 pm Adult Swim 1:00 pm 55+ Bid Euchre 1:00 pm Pickleball - Intermediate/Advanced	6 6:00 am Adult Swim 8:00 am Youth Centre Drop-In (Ages 13 to 19) 8:00 am Walking 9:30 am 55+ Scrabble 9:30 am 55+ Scrabble 10:00 am Early On: Let's Get Physical 10:30 am Adult and Senior Stick and Puck 10:45 am Family Swim 10:45 am Lane Swim 12:00 pm Lane Swim 12:00 pm Adult Swim 12:00 pm Adult and Senior Skate 1:00 pm Pickleball - Beginner/Intermediate	7 5:30 am Adult Swim 8:00 am Walking 8:00 am Youth Centre Drop-In (Ages 13 to 19) 9:00 am Active Start: Toddler Gym Drop-in 9:00 am Active Start: Toddler Gym Drop-in 9:00 am Active Start: Toddler Gym Drop-in 9:30 am All Ages Stick and Puck 10:30 am Pickleball - All Levels 10:45 am Public Swim 12:00 pm Lane Swim	8 9:00 am Youth Centre Drop-In (Ages 13 to 19) 11:30 am Adult Swim 2:15 pm Public Swim 3:00 pm Open Gym Drop-in (Ages 7-19) 8:00 pm Late Night Hoops (Ages 15 to 19)

	12:00 pm Adult and Senior Skate 12:15 pm Adult Swim 1:00 pm Fun4Life 1:00 pm Badminton 1:00 pm 55+ Casual Duplicate Bridge 1:45 pm Lane Swim 1:45 pm Public Swim 2:30 pm All Ages Stick and Puck 3:00 pm Open Gym Drop-in (Ages 7-19) 7:30 pm Basketball (16+) 7:30 pm Public Swim	12:00 pm Adult Swim 12:30 pm Pickleball - Intermediate/Advanced 1:00 pm Shuffleboard 1:00 pm 55+ Bingo 1:00 pm 55+ Knitting Circle 1:00 pm 55+ Bingo 1:30 pm Lane Swim 2:30 pm Public Skate 3:00 pm Youth Gym Drop-In (Ages 13 to 19) 6:00 pm 55+ Duplicate Bridge 7:30 pm Public Swim	1:00 pm 55+ Bid Euchre 1:30 pm Lane Swim 1:30 pm Public Swim 2:30 pm All Ages Stick and Puck 3:00 pm Youth Gym Drop-In (Ages 13 to 19) 5:30 pm Pickleball - All Levels 7:30 pm Basketball (30+) 7:30 pm Public Swim	1:00 pm 55+ Bridge 1:00 pm 55+ Texas Hold' Em 1:30 pm Lane Swim 2:30 pm Youth Stick and Puck 3:30 pm Youth Badminton (Ages 13 to 19) 6:15 pm Family Swim 7:00 pm Pickleball - Beginner/Intermediate (Ages 16 to 35) 7:30 pm Public Swim	12:00 pm Adult Swim 12:00 pm Adult and Senior Skate 1:00 pm Badminton 1:00 pm 55+ Canasta 1:00 pm 55+ Dime Bingo 1:30 pm Public Swim 1:30 pm Lane Swim 2:30 pm Public Skate 3:00 pm Hoops (Ages 13 to 19) 6:00 pm 55+ Euchre 6:15 pm Family Swim 6:30 pm Youth Volleyball Drop-In (Ages 13 to 19) 7:30 pm Toonie Swim	
9 11:30 am Adult Swim 1:00 pm FREE! Public Skate 2:30 pm Public Swim	10 5:30 am Adult Swim 8:00 am Walking 8:00 am Youth Centre Drop-In (Ages 10 to 12) 9:00 am Men's Activity Club (MAC) 9:30 am 55+ Cribbage 9:30 am All Ages Stick and Puck 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 Badminton	11 6:00 am Adult Swim 8:00 am Walking 8:00 am Youth Centre Drop-In (Ages 13 to 19) 9:00 am 55+ Tai Chi - Continuing 10:00 am 55+ Tai Chi - Intermediate 10:00 am Fun4Life - Accessible Gym 10:30 am Adult and Senior Stick and Puck 10:45 am Family Swim 10:45 am Lane Swim 11:00 am Fun4Life - Games Room Drop-In 12:00 pm Adult and Senior Skate 12:00 pm Lane Swim 12:00 pm Adult Swim 12:30 pm Pickleball - Intermediate/Advanced 1:00 pm Shuffleboard 1:00 pm 55+ Bingo	12 5:30 am Adult Swim 8:00 am Youth Centre Drop-In (Ages 13 to 19) 8:00 am Walking 9:00 am Active Start: Toddler Gym Drop-in 9:00 am Active Start: Toddler Gym Drop-in 9:00 am Active Start: Toddler Gym Drop-in 9:30 am 55+ Darts 10:30 am Pickleball - All Levels 10:45 am Family Swim 10:45 am Lane Swim 12:00 pm Lane Swim 12:00 pm Adult Swim 1:00 pm 55+ Bid Euchre 1:00 pm Pickleball - Intermediate/Advanced 1:00 pm 55+ Bid Euchre 1:30 pm Lane Swim	13 6:00 am Adult Swim 8:00 am Youth Centre Drop-In (Ages 13 to 19) 8:00 am Walking 9:30 am 55+ Scrabble 9:30 am 55+ Scrabble 10:00 am Early On: Let's Get Physical 10:30 am Adult and Senior Stick and Puck 10:45 am Family Swim 10:45 am Lane Swim 12:00 pm Lane Swim 12:00 pm Adult Swim 12:00 pm Adult and Senior Skate 1:00 pm Pickleball - Beginner/Intermediate 1:00 pm 55+ Bridge 1:00 pm 55+ Texas Hold' Em	14 5:30 am Adult Swim 8:00 am Walking 8:00 am Youth Centre Drop-In (Ages 13 to 19) 9:00 am Active Start: Toddler Gym Drop-in 9:00 am Active Start: Toddler Gym Drop-in 9:00 am Active Start: Toddler Gym Drop-in 9:30 am All Ages Stick and Puck 10:30 am Pickleball - All Levels 10:45 am Public Swim 12:00 pm Lane Swim 12:00 pm Adult Swim 12:00 pm Adult and Senior Skate 12:00 pm Lane Swim	15 9:00 am Youth Centre Drop-In (Ages 13 to 19) 11:30 am Adult Swim 2:15 pm Public Swim 3:00 pm Open Gym Drop-in (Ages 7-19)

	1:00 pm Fun4Life 1:00 pm 55+ Casual Duplicate Bridge 1:45 pm Lane Swim 1:45 pm Public Swim 2:30 pm All Ages Stick and Puck 3:00 pm Open Gym Drop-in (Ages 7-19) 7:30 pm Basketball (16+) 7:30 pm Public Swim	1:00 pm 55+ Knitting Circle 1:00 pm 55+ Bingo 1:30 pm Lane Swim 2:30 pm Public Skate 3:00 pm Youth Gym Drop-In (Ages 13 to 19) 6:00 pm 55+ Duplicate Bridge 7:30 pm Public Swim	1:30 pm Public Swim 2:30 pm All Ages Stick and Puck 3:00 pm Youth Gym Drop-In (Ages 13 to 19) 5:30 pm Pickleball - All Levels 7:30 pm Basketball (30+) 7:30 pm Public Swim	1:30 pm Lane Swim 2:30 pm Youth Stick and Puck 3:30 pm Youth Badminton (Ages 13 to 19) 6:15 pm Family Swim 7:00 pm Pickleball - Beginner/Intermediate (Ages 16 to 35) 7:30 pm Public Swim	and Senior Skate 1:00 pm Badminton 1:00 pm 55+ Canasta 1:00 pm 55+ Dime Bingo 1:30 pm Public Swim 1:30 pm Lane Swim 2:30 pm Public Skate 3:00 pm Hoops (Ages 13 to 19) 6:00 pm 55+ Euchre 6:15 pm Family Swim 6:30 pm Youth Volleyball Drop-In (Ages 13 to 19) 7:30 pm Public Swim	
16 10:30 am Pickleball -	17 5:30 am Adult	18 6:00 am Adult Swim	19 5:30 am Adult Swim	20 6:00 am Adult Swim	21 5:30 am Adult	22 9:00 am Youth

Beginner/Intermediate	Swim	8:00 am Walking	8:00 am Walking	8:00 am Youth Centre Drop-In (Ages 13 to 19)	8:00 am Youth Centre Drop-In (Ages 13 to 19)	Centre Drop-In (Ages 13 to 19)
11:30 am Adult Swim	8:00 am Walking	8:00 am Youth Centre Drop-In (Ages 13 to 19)	8:00 am Youth Centre Drop-In (Ages 13 to 19)	8:00 am Walking	8:00 am Youth Centre Drop-In (Ages 13 to 19)	11:30 am Adult Swim
1:00 pm Pickleball - Intermediate/Advanced	8:00 am Youth Centre Pre-Teen (10 to 13)	8:00 am Youth Centre Drop-In (Ages 13 to 19)	9:00 am Active Start: Toddler Gym Drop-in	9:30 am 55+ Scrabble	8:00 am Walking	2:15 pm Public Swim
1:00 pm Public Skate	9:30 am 55+ Cribbage	10:00 am Fun4Life - Accessible Gym	9:30 am 55+ Darts	10:00 am Early ON: Let's Get Physical	9:00 am Active Start: Toddler Gym Drop-in	3:00 pm Youth Open Gym Drop-in (Ages 7-19)
2:30 pm Public Swim	9:30 am All Ages Stick and Puck	10:30 am Adult and Senior Stick and Puck	10:30 am Pickleball - All Levels	10:30 am Adult and Senior Stick and Puck	10:30 am Pickleball - All Levels	
	10:00 am Men's Activity Club (MAC)	10:45 am Family Swim	10:45 am Family Swim	10:45 am Family Swim	10:45 am Public Swim	
	10:00 am Public Swim	10:45 am Lane Swim	12:00 pm Lane Swim	10:45 am Lane Swim	12:00 pm Lane Swim	
	10:30 am Pickleball - All Levels	11:00 am Fun4Life - Games Room Drop-In	12:00 pm Adult Swim	12:00 pm Lane Swim	12:00 pm Adult Swim	
	11:15 am Lane Swim	12:00 pm Lane Swim	1:00 pm 55+ Bid Euchre	12:00 pm Adult Swim	12:00 pm Adult Swim	
	12:00 pm Adult and Senior Skate	12:00 pm Adult Swim	1:30 pm Public Swim	12:00 pm Adult and Senior Skate	1:00 pm Badminton (Ages 18+)	
	12:15 pm Adult Swim	12:00 pm Adult and Senior Skate	1:30 pm Lane Swim	1:00 pm Pickleball - Beginner/Intermediate	1:00 pm 55+ Canasta	
	1:00 pm Badminton (Ages 18+)	12:30 pm Pickleball - Intermediate/Advanced	2:30 pm All Ages Stick and Puck	1:00 pm 55+ Texas Hold'em	1:00 pm 55+ Dime Bingo	
	1:00 pm Fun4Life	1:00 pm Shuffleboard	3:00 pm Youth Gym Drop-in (Ages 13-19)	1:30 pm Lane Swim	1:30 pm Public Swim	
	1:00 pm 55+ Casual Duplicate Bridge	1:00 pm 55+ Bingo	5:30 pm Pickleball - All Levels	2:30 pm Youth Stick and Puck	1:30 pm Lane Swim	
	1:45 pm Public Swim	1:30 pm Public Swim	7:30 pm Basketball (30+)	3:00 pm Open Gym/Badminton Drop-In (Ages 13 to 19 years)	2:30 pm Public Skate	
	1:45 pm Lane Swim	2:30 pm Public Skate	7:30 pm Public Swim	6:15 pm Family Swim	3:00 pm Hoops (Ages 13 to 19)	
	2:30 pm All Ages Stick and Puck	3:00 pm Youth Gym Drop-in (Ages 13-19)		7:00 pm Pickleball - Beginner/Intermediate 16+	6:00 pm 55+ Euchre	
	3:00 pm Youth Open Gym Drop-in (Ages 7-19)	6:00 pm 55+ Duplicate Bridge		7:30 pm Public Swim	6:15 pm Family Swim	
	7:30 pm Basketball (16+)	7:30 pm Public Swim			6:30 pm Youth Volleyball Drop-In (Ages 13 to 19)	
	7:30 pm Public Swim				7:30 pm Public Swim	
23	24	25	26	27	28	29
10:00 am Youth Centre Drop-In (Ages 13 to 19)	5:30 am Adult Swim	6:00 am Adult Swim	5:30 am Adult Swim	6:00 am Adult Swim	5:30 am Adult Swim	9:00 am Youth Centre Drop-In (Ages 13 to 19)
10:30 am Pickleball - Beginner/Intermediate	8:00 am Walking	8:00 am Walking	8:00 am Walking	8:00 am Youth Centre Drop-In (Ages 13 to 19)	8:00 am Youth Centre Drop-In (Ages 13 to 19)	9:00 am Active Start: Toddler Gym Drop-in
11:30 am Adult Swim	8:00 am Youth Centre Pre-Teen (10 to 13)	8:00 am Youth Centre Drop-In (Ages 13 to 19)	8:00 am Youth Centre Drop-In (Ages 13 to 19)	8:00 am Walking	8:00 am Youth Centre Drop-In (Ages 13 to 19)	
1:00 pm Public Skate	9:30 am 55+	10:00 am Fun4Life - Accessible Gym	9:00 am Active Start: Toddler Gym Drop-in	9:30 am 55+ Scrabble	8:00 am Walking	

1:00 pm Pickleball - Intermediate/Advanced 2:30 pm Public Swim	Cribbage 9:30 am All Ages Stick and Puck 10:00 am Men's Activity Club (MAC) 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 Badminton (Ages 18+) 1:00 pm Fun4Life 1:00 pm 55+ Casual Duplicate Bridge 1:45 pm Public Swim 1:45 pm Lane Swim 2:30 pm All Ages Stick and Puck 3:00 pm Youth Open Gym Drop-in (Ages 7-19) 7:30 pm Basketball (16+) 7:30 pm Public Swim	10:30 am Adult and Senior Stick and Puck 10:45 am Family Swim 10:45 am Lane Swim 11:00 am Fun4Life - Games Room Drop-In 12:00 pm Lane Swim 12:00 pm Adult Swim 12:00 pm Adult and Senior Skate 12:30 pm Pickleball - Intermediate/Advanced 1:00 pm Shuffleboard 1:00 pm 55+ Bingo 1:30 pm Public Swim 1:30 pm Lane Swim 2:30 pm Public Skate 3:00 pm Youth Gym Drop-in (Ages 13-19) 6:00 pm 55+ Duplicate Bridge 7:30 pm Public Swim	9:30 am 55+ Darts 10:30 am Pickleball - All Levels 10:45 am Family Swim 10:45 am Lane Swim 12:00 pm Lane Swim 12:00 pm Adult Swim 1:00 pm 55+ Bid Euchre 1:30 pm Public Swim 1:30 pm Lane Swim 2:30 pm All Ages Stick and Puck 3:00 pm Youth Gym Drop-in (Ages 13-19) 5:30 pm Pickleball - All Levels 7:30 pm Basketball (30+) 7:30 pm Public Swim	10:00 am Early ON: Let's Get Physical 10:30 am Adult and Senior Stick and Puck 10:45 am Family Swim 10:45 am Lane Swim 12:00 pm Lane Swim 12:00 pm Adult Swim 12:00 pm Adult and Senior Skate 1:00 pm Pickleball - Beginner/Intermediate 1:00 pm 55+ Texas Hold'em 1:30 pm Lane Swim 2:30 pm Youth Stick and Puck 3:00 pm Open Gym/Badminton Drop-In (Ages 13 to 19 years) 6:15 pm Family Swim 7:00 pm Pickleball - Beginner/Intermediate 16+ 7:30 pm Public Swim	9:00 am Active Start: Toddler Gym Drop-in 9:30 am All Ages Stick and Puck 10:30 am Pickleball - All Levels 10:45 am Public Swim 12:00 pm Lane Swim 12:00 pm Adult Swim 12:00 pm Adult and Senior Skate 1:00 pm 55+ Canasta 1:00 pm 55+ Dime Bingo 1:00 pm Badminton (Ages 18+) 1:30 pm Public Swim 1:30 pm Lane Swim 2:30 pm Public Skate 3:00 pm Hoops (Ages 13 to 19) 6:00 pm 55+ Euchre 6:15 pm Family Swim 6:30 pm Youth Volleyball Drop-In (Ages 13 to 19) 7:30 pm Public Swim	11:30 am Adult Swim 2:15 pm Public Swim 3:00 pm Youth Open Gym Drop-in (Ages 7-19)
30 10:00 am Youth Centre Drop-In (Ages 13 to 19) 10:30 am Pickleball - Beginner/Intermediate 11:30 am Adult Swim 1:00 pm Public Skate 1:00 pm Pickleball - Intermediate/Advanced 2:30 pm Public Swim						