

MONDAY SCHEDULE

FACILITY HOURS

Monday to Friday: 6 am to 10 pm
 Saturday: 7 am to 7 pm
 Sunday: 8 am to 6 pm
 Holidays: 8 am to 4 pm

POOL HOURS

Monday/Wednesday/Friday:
 6:30 am to 9 pm
 Tuesday/Thursday: 7:15 am to 9 pm
 Saturday/Sunday: 8 am to 4 pm

CHILD MINDING

3 months to 3 years. \$80/20 hs
 Saturday: 9 to 11 am
 Monday - Thursday: 5 to 8 pm
 Please book 24 hours in advance

FAMILY PLAY CENTRE

Monday to Friday: 10 am to 8:30 pm
 Saturday/ Sunday: 10 am to 12 pm

SI = Sign In (Parents must sign children under 10 in and out)
 SU = Sign Up (My Wellness App or website)
 RP = Registered Program (Register online, additional fee \$)
 DI = Drop In (Anyone over age 10 can attend)

	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Other	
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	CircuitFit 9:15-10 am (SU)		Arts & Crafts 3-5 yrs 9:15-10:45 am (SI)	Creative Fun 6-12 yrs 9:15-10:45 (SI)	CycleFit 8-8:45 am (SU)		
9:30 AM	Gym Set up						
10:00 AM	GentleFit 10:30-11:15 am (SU)						
10:30 AM			Camp 11 am - 5 pm				
11:00 AM							
11:30 AM							
12:00 PM	Camp 12-1:30 pm					CycleFit 12-12:45 pm (SU)	
12:30 PM							
01:00 PM							
01:30 PM							
02:00 PM							
02:30 PM							
03:00 PM	Basketball 3-6 pm (DI)						
03:30 PM							
04:00 PM							
04:30 PM							
05:00 PM							
05:30 PM	Sports Mix 6-12 yrs 5-6 pm (SI)						
06:00 PM	Gym Set up				Barre 5:30-6:15 pm (SU)		
06:30 PM	Zumba 6:30 - 7:15 pm (SU)		Arts & Crafts 6-12 yrs 6:15-7:15 pm (SI)		BootCamp 6:30 - 7:15 pm (SU)		Preschool Play with Child Minding 3-5 yrs 6:15-8 pm
07:00 PM							
07:30 PM	Volleyball 16+ 7:45-10 pm (DI)		YOGA 7:30-8:15 pm (SU)				
08:00 PM							
08:30 PM							
09:00 PM							
09:30 PM							
10:00 PM	FACILITY CLOSED						

TUESDAY SCHEDULE

Effective July 2, 2024

FACILITY HOURS

Monday to Friday: 6 am to 10 pm
Saturday: 7 am to 7 pm
Sunday: 8 am to 6 pm
Holidays: 8 am to 4 pm

POOL HOURS

Monday/Wednesday/Friday:
6:30 am to 9 pm
Tuesday/Thursday: 7:15 am to 9 pm
Saturday/Sunday: 8 am to 4 pm

CHILD MINDING

3 months to 3 years. \$80/20 hs
Saturday: 9 to 11 am
Monday - Thursday: 5 to 8 pm
Please book 24 hours in advance

FAMILY PLAY CENTRE

Monday to Friday: 10 am to 830 pm
Saturday/ Sunday: 10 am to 12 pm

SI = Sign In (Parents must sign children under 10 in and out)
SU = Sign Up (My Wellness App or website)
RP = Registered Program (Register online, additional fee \$)
DI = Drop In (Anyone over age 10 can attend)

	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Other				
6:00 AM										
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM	CORE 8-8:45 am (SU)		Camp 8 am - 5 pm							
8:30 AM										
9:00 AM	Zumba 9:15-10 am (SU)							Arts & Crafts (Child Minding Room) 3-5 yrs 9:15-10:45 am (SI)		
9:30 AM										
10:00 AM	Gym Set Up									
10:30 AM										
11:00 AM	YOGA 11-11:45 am (SU)									
11:30 AM										
12:00 PM										
12:30 PM								TRX 12-12:45 pm (SU)		
01:00 PM	Pickleball 1-3 pm (DI)									
01:30 PM					Parkinsons Program 1:30-2:30 (RP)					
02:00 PM										
02:30 PM										
03:00 PM	Basketball 3-4 pm (DI)									
03:30 PM										
04:00 PM										
04:30 PM	Y Bball Skills 6-9 yrs 4-4:45 pm 10-14 yrs 5-5:45 pm (RP)									
05:00 PM										
05:30 PM										
06:00 PM	Gym Set Up									
06:30 PM	Circuit Fit 6:30-7:15 pm (SU)	Fun & Games 6-12 yrs 6:15-7:30 pm (SI)	Adult Jiu-Jitsu 7-9 pm (RP)			Family Zumba 6:15-7:15 pm (SU)	Preschool Play with Child Minding 3-5 yrs 6:15-8 pm			
07:00 PM										
07:30 PM	Basketball 16+ 7:45-10 pm (DI)									
08:00 PM										
08:30 PM										
09:00 PM										
09:30 PM										
10:00 PM	FACILITY CLOSED									

WEDNESDAY SCHEDULE

Effective July 2, 2024

FACILITY HOURS

Monday to Friday: 6 am to 10 pm
 Saturday: 7 am to 7 pm
 Sunday: 8 am to 6 pm
 Holidays: 8 am to 4 pm

POOL HOURS

Monday/Wednesday/Friday:
 6:30 am to 9 pm
 Tuesday/Thursday: 7:15 am to 9 pm
 Saturday/Sunday: 8 am to 4 pm

CHILD MINDING

3 months to 3 years. \$80/20 hs
 Saturday: 9 to 11 am
 Monday - Thursday: 5 to 8 pm
 Please book 24 hours in advance

FAMILY PLAY CENTRE

Monday to Friday: 10 am to 8:30 pm
 Saturday/ Sunday: 10 am to 12 pm

SI = Sign In (Parents must sign children under 10 in and out)
 SU = Sign Up (My Wellness App or website)
 RP = Registered Program (Register online, additional fee \$)
 DI = Drop In (Anyone over age 10 can attend)

	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Other		
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM	Pickleball 7:30-9 am (DI)							
8:00 AM						CycleFit 8-8:45 am (SU)		
8:30 AM								
9:00 AM	Strength Training 9:15-10 am (SU)							
9:30 AM			Arts & Crafts 3-5 yrs 9:15-10:45 am (SI)	Creative Fun 6-12 yrs 9:15-10:45 (SI)	Fit For Life 9:15-10 am (SU)			
10:00 AM						GentleFit 10:30-11:15 am (SU)		
10:30 AM								
11:00 AM								
11:30 AM	Camp 11:30 am - 3 pm							
12:00 PM						CycleFit 12-12:45 pm (SU)		
12:30 PM								
01:00 PM			Camp 1 - 5 pm					
01:30 PM								
02:00 PM								
02:30 PM								
03:00 PM								
03:30 PM								
04:00 PM	Volleyball Skills 5-9 yrs 4-4:45 pm 10-14 yrs 5-5:45 pm (RP)	Basketball 3-5 pm (DI)						
04:30 PM								
05:00 PM								
05:30 PM		Sports Mix 6-12 yrs 5-6 pm (SI)						
06:00 PM	Gym Set Up							
06:30 PM	ZUMBA 6:30-7:15 pm (SU)	Fun & Games 6-12 yrs 6:15-7:15 pm (SI)			Taekwondo 6-6:45 pm Beginner & Yellow Stripe (7+) 6:45-7:30 pm Yellow & Orange Belt (7+) 7:30-8:15 pm Green-Red Belt 8:15-9:30 pm Black Stripe & Black Belt (RP)	Preschool Play with Child Minding 3-5 yrs 6:15-8 pm		
07:00 PM			YOGA 7:30-8:15 pm (SU)					
07:30 PM								
08:00 PM	Badminton 16+ yrs 7:45-10 pm (DI)							
08:30 PM								
09:00 PM								
09:30 PM								
10:00 PM	FACILITY CLOSED							

THURSDAY SCHEDULE

Effective July 2, 2024

FACILITY HOURS

Monday to Friday: 6 am to 10 pm
Saturday: 7 am to 7 pm
Sunday: 8 am to 6 pm
Holidays: 8 am to 4 pm

POOL HOURS

Monday/Wednesday/Friday:
6:30 am to 9 pm
Tuesday/Thursday: 7:15 am to 9 pm
Saturday/Sunday: 8 am to 4 pm

CHILD MINDING

3 months to 3 years. \$80/20 hs
Saturday: 9 to 11 am
Monday - Thursday: 5 to 8 pm
Please book 24 hours in advance

FAMILY PLAY CENTRE

Monday to Friday: 10 am to 8:30 pm
Saturday/ Sunday: 10 am to 12 pm

SI = Sign In (Parents must sign children under 10 in and out)
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DI = Drop In (Anyone over age 10 can attend)

	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Other		
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM	CORE 8-8:45 am (SU)			Camp 8 am -12:30 pm				
8:30 AM								
9:00 AM	Zumba 9:15-10 am (SU)					Arts & Crafts (Child Minding Room) 3-5 yrs 9:15-10:45 am (SI)		
9:30 AM								
10:00 AM								
10:30 AM	Gym Set Up		Rental 10:30 am - 12:30 am		Rental 10:30:11:30 am			
11:00 AM								
11:30 AM						YOGA 11- 12 am (SU)		
12:00 PM								
12:30 PM					TRX 12-12:45 pm (SU)			
01:00 PM	Pickleball 1-3 pm (DI)		Parkinsons Program 1:30-2:30 (RP)					
01:30 PM								
02:00 PM								
02:30 PM								
03:00 PM	Y Soccer Skills 3-5 yrs 4-4:45 pm (RP)		Camp 3 - 5 pm					
03:30 PM								
04:00 PM					Basketball 3-4:45 pm (DI)			
04:30 PM								
05:00 PM	Y Soccer Skills 6-9 yrs 4:45-5:30 pm 10-14 yrs 5:30-6:15 pm (RP)		Arts & Crafts 3-5 yrs 6:15-7:15 (SI)					
05:30 PM								
06:00 PM								
06:30 PM	Youth Basketball League 6:30-7:30 pm (RP)		Adult Jiu-Jitsu 7-9 pm (RP)		Strong 30 6:30-7 pm (SU)	Preschool Play with Child Minding 3-5 yrs 6:15-8 pm		
07:00 PM								
07:30 PM								
08:00 PM	Basketball 16+ 7:45-10 pm (DI)							
08:30 PM								
09:00 PM								
09:30 PM								
10:00 PM	FACILITY CLOSED							

FRIDAY SCHEDULE

FACILITY HOURS

Monday to Friday: 6 am to 10 pm
 Saturday: 7 am to 7 pm
 Sunday: 8 am to 6 pm
 Holidays: 8 am to 4 pm

POOL HOURS

Monday/Wednesday/Friday:
 6:30 am to 9 pm
 Tuesday/Thursday: 7:15 am to 9 pm
 Saturday/Sunday: 8 am to 4 pm

CHILD MINDING

3 months to 3 years. \$80/20 hs
 Saturday: 9 to 11 am
 Monday - Thursday: 5 to 8 pm
 Please book 24 hours in advance

FAMILY PLAY CENTRE

Monday to Friday: 10 am to 830 pm
 Saturday/ Sunday: 10 am to 12 pm

SI = Sign In (Parents must sign children under 10 in and out)
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	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Other		
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM								
9:30 AM	BootCamp 9:15-10 am (SU)		Arts & Crafts 3-5 yrs 9:15-10:45 am (SI)	Creative Fun 6-12 yrs 9:15-10:45 (SI)				
10:00 AM								
10:30 AM	Stretch and Mobility 10:30-11:15 am (SU)		Camp 11 am - 5 pm					
11:00 AM								
11:30 AM								
12:00 PM	Pickleball Lesson 12 am -1 pm (RP)							
12:30 PM								
01:00 PM	Pickleball 1-3 pm (DI)							
01:30 PM								
02:00 PM								
02:30 PM								
03:00 PM								
03:30 PM								
04:00 PM	Basketball 4 - 6 pm							
04:30 PM								
05:00 PM								
05:30 PM								
06:00 PM								
06:30 PM	Fun & Games 6:15-7:30 pm 6-12 yrs (SI)	Zumba 6:30-7:15 pm (SU)	Youth Night 6-8 pm					
07:00 PM								
07:30 PM	Youth Night 7:30 - 8:15 pm							Youth Night (Swimming - Leisure Pool) 7-8 pm
08:00 PM								
08:30 PM	Volleyball 16+ 8:30-10 pm (DI)							
09:00 PM								
09:30 PM								
10:00 PM	FACILITY CLOSED							

SATURDAY SCHEDULE

FACILITY HOURS

Monday to Friday: 6 am to 10 pm
 Saturday: 7 am to 7 pm
 Sunday: 8 am to 6 pm
 Holidays: 8 am to 4 pm

POOL HOURS

Monday/Wednesday/Friday:
 6:30 am to 9 pm
 Tuesday/Thursday: 7:15 am to 9 pm
 Saturday/Sunday: 8 am to 4 pm

CHILD MINDING

3 months to 3 years. \$80/20 hs
 Saturday: 9 to 11 am
 Monday - Thursday: 5 to 8 pm
 Please book 24 hours in advance

FAMILY PLAY CENTRE

Monday to Friday: 10 am to 830 pm
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SI = Sign In (Parents must sign children under 10 in and out)
 SU = Sign Up (My Wellness App or website)
 RP = Registered Program (Register online, additional fee \$)
 DI = Drop In (Anyone over age 10 can attend)

	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Other	
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Strong Nation 9-10 am (SU)				CycleFit 8:30-9:15 am (SU)		
9:30 AM							
10:00 AM	Family Sports 10-11:30 am (DI)	Family Gym Kids 10:15-11:30 am (DI)					
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	Family Badminton 12-2:30 pm (DI)						
12:30 PM							
01:00 PM							
01:30 PM							
02:00 PM							
02:30 PM	Closed for Setup 2:30-3 pm						
03:00 PM		Birthday Parties 3-6 pm					
03:30 PM							
04:00 PM					Rental 4-6pm		
04:30 PM							
05:00 PM							
05:30 PM							
06:00 PM							
06:30 PM							
07:00 PM	FACILITY CLOSED						

SUNDAY SCHEDULE

FACILITY HOURS

Monday to Friday: 6 am to 10 pm
 Saturday: 7 am to 7 pm
 Sunday: 8 am to 6 pm
 Holidays: 8 am to 4 pm

POOL HOURS

Monday/Wednesday/Friday:
 6:30 am to 9 pm
 Tuesday/Thursday: 7:15 am to 9 pm
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CHILD MINDING

3 months to 3 years. \$80/20 hs
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FAMILY PLAY CENTRE

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 DI = Drop In (Anyone over age 10 can attend)

	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Other	
8:00 AM							
8:30 AM							
9:00 AM	YOGA 9-9:45 am (SU)				CycleFit 8:30-9:15 am (SU)		
9:30 AM							
10:00 AM	Youth Indoor Soccer League 6-12 yrs 10 am - 12 pm (RP)						
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
01:00 PM	Basketball League 10-14 yrs 1-3 pm (RP)						
01:30 PM							
02:00 PM							
02:30 PM							
03:00 PM		Birthday Parties 2:30-5:30 pm					
03:30 PM							
04:00 PM							
04:30 PM							
05:00 PM							
05:30 PM							
06:00 PM	FACILITY CLOSED						