

FEBRUARY 2012 LONG WEEKEND SCHEDULE :

This schedule is subject to change and may be updated (so check back before you drop in.

updated Feb 3, 12:05pm

	Thursday Feb 16	Friday Feb 17	Saturday Feb 18	Sunday Feb 19	Monday Feb 20
Fitness Centre / Steam Rooms	6 am – 10 pm	6 am – 10 pm	7 am – 9 pm	7 am – 8 pm	6 am – 10 pm
Drop-In Fitness	Regular Scheduled Classes	Regular Scheduled Classes	Super Circuit Training: 9:15 – 10:15 am Step It Up: 9:15 – 10:15 am	Pump It Up & Core: 9:15 – 10:30 am	All Classes CANCELLED
Drop-In Gym		4:45 – 6:15 pm 8:00 – 8:45 pm	7:00 – 9:00 pm		6:00 am – 5:30 pm 7:30 – 9:30 pm Drop-In Family Gym is CANCELLED 10-11:30am
Pool / Hot Tub	Non Wave Swim 8 am – 1 pm 55+ Aqua Fitness: 8 – 9 am Aqua Fitness for Everybody 9:15 – 10:15 am Thursday swim lessons: 9:45am-12pm Aqua Fitness Bootcamp 11:30 – 12:30 pm Open Wave Swim + Slide: 1 – 5 pm 55+ Aqua Fitness CANCELLED: 3:00-3:45pm Thursday evening lessons 5 – 7 pm Open Wave Swim + Slide: 7 – 9 pm Last Hour Swim Special: 8 – 9 pm	Non Wave Swim: 6:30 am – 1 pm 55+ Aqua Fitness: 8 – 9 am Wave Swim + Slide: 1 – 9 pm Community Swim Night: 7 – 9 pm	Saturday Swim Lessons CANCELLED Open Wave Swim + Slide: 1 – 9 pm WOW Ball Night: 7 – 9 pm Last Hour Swim Special: 8 – 9 pm	Sunday Swim Lessons CANCELLED Open Wave Swim + Slide: 12 – 6:30 pm Family Fun Swim Night: 6:30 – 8 pm	No Swim Lessons Running No Aqua Fitness Running Open Wave Swim + Slide: 12 – 9 pm Last Hour Swim Special: 8 – 9 pm
Arena	Adult Shinny Hockey: 11:30 – 1 pm Leisure Skate: 2:30 – 3:45 pm Arenas Booked 5 – 11:45 pm	Adult Shinny Hockey: 11:30 – 1 pm Leisure Skate: 2:30 – 3:45 pm Adult Shinny Hockey: 4:45 – 6:15 pm Arenas Booked 1:15 – 11:45 pm	Adult Shinny Hockey: 11:15 - 12:45 pm Leisure Skate: 11 am – 12 pm Arenas Booked: 6:30 am – 11:45 pm	Adult Shinny Hockey: 9:45 – 11:15 am Leisure Skate: 2:30 – 3:45 pm Arenas Booked: 6:45am – 12 am	Women's Shinny: 9:15 – 10:30 am Adult Shinny: 11:30 – 1 pm Leisure Skate: 2:30 – 3:45 pm Arenas Booked 5:45 pm – 12 pm
Programs	All registered programs CANCELLED except Swim lessons (see above) Daycamps / B+A Running	All registered programs CANCELLED Daycamps/ B+A Running	All registered programs CANCELLED	All registered programs CANCELLED	All Drop In + Registered programs CANCELLED
Kids Korner Childcare	8:30 – 3:30 pm	8:30 – 3:00 pm	Closed	Closed	Closed

