

Family Day Schedule

Monday, February 18

Complex Hours of Operation 7:10am-9pm
Playcare is closed today



POOL– pool closes at 8:30pm

Lap Swim	7:10am - 1pm
Tot Pool Open	7:10am - 8:30pm
Family Swim	1 - 6:30pm
Public Swim	6:30 - 8:30pm

WEIGHTROOM - open 7:10am-9pm

Seniors' Weight Training	CANCELLED
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FITNESS

Cardio Cross Training	9:10 - 10:20am
Pedal Power 1	11 - 11:50am
Family Fitness Circuit	11am - 12pm
Zumba	12:30 - 1:30pm

YOGA

Gentle Yoga & Meditation <i>(this class an extra 15 minutes today only)</i>	9:30 - 11am	Mary
Hatha	4:15 - 5:30pm	Shannon

TABLE TENNIS

7:30am - 8:30pm	Multi 4/5
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GYMNASIUM

55+ Badminton	CANCELLED	
All Ages Badminton	9:30am - 12:45pm	Gym 1/2/3
Family Gym	1:30 - 4:00pm	Gym 1
Family Basketball	1:30 - 4:00pm	Gym 2/3
Adult Volleyball	5 - 8:30pm	Gym 1/2/3