Monday, November 1, 2021

Aquafit: Deep Water
Date and Time: Monday, November 1, 2021, 07:00 a.m. - 07:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from October 1 to 29

AquaCardio
Date and Time: Monday, November 1, 2021, 08:00 a.m. - 08:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafit. Taught in Alcove.

Lane Swim
Date and Time: Monday, November 1, 2021, 08:00 a.m. - 08:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

AquaCardio
Date and Time: Monday, November 1, 2021, 08:00 a.m. - 08:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafit. Taught in Alcove.

Lane Swim
Date and Time: Monday, November 1, 2021, 08:00 a.m. - 08:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Aquafit: Shallow Water
Date and Time: Monday, November 1, 2021, 08:00 a.m. - 08:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from October 1 to 29

Aquafit: Warm Water Aqua Strength
Date and Time: Monday, November 1, 2021, 08:30 a.m. - 09:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes
Lane Swim
Date and Time: Monday, November 1 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Lane Swim
Date and Time: Monday, November 1 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Aquafit: Deep & Shallow Water Combined
Date and Time: Monday, November 1 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

Lane Swim
Date and Time: Monday, November 1 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

Family Swim: Warm Water Pool
Date and Time: Monday, November 1 09:30 a.m. - 10:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

AquaCardio
Date and Time: Monday, November 1 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

AquaCardio
Date and Time: Monday, November 1 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Lane Swim
Date and Time: Monday, November 1 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON 253 Fischer-Hallman Rd, Kitchener, ON
Tuesday, November 2, 2021

Aquafit: Deep Water
Date and Time: Tuesday, November 2 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Tuesday and Thursday from October 5 to 28.

AquaCardio
Date and Time: Tuesday, November 2 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Lane Swim
Date and Time: Tuesday, November 2 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

AquaCardio
Date and Time: Tuesday, November 2 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Lane Swim
Date and Time: Tuesday, November 2 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Aquafit: Shallow Water
Date and Time: Tuesday, November 2 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Tuesday and Thursday from October 5 to 28.

Aquafit: Warm Water Aqua Strength
Date and Time: Tuesday, November 2 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes
Lane Swim
Date and Time: Tuesday, November 2 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Aquafit: Deep & Shallow Water Combined
Date and Time: Tuesday, November 2 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

Lane Swim
Date and Time: Tuesday, November 2 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

AquaCardio Deep
Date and Time: Tuesday, November 2 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

Lane Swim
Date and Time: Tuesday, November 2 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

AquaCardio Deep
Date and Time: Tuesday, November 2 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes
**Aquafit: Deep Water**

Date and Time: Wednesday, November 3 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from October 1 to 29

**Aquafit: Shallow Water**

Date and Time: Wednesday, November 3 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from October 1 to 29

**Aquacardio**

Date and Time: Wednesday, November 3 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

**Lane Swim**

Date and Time: Wednesday, November 3 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Aquacardio**

Date and Time: Wednesday, November 3 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

**Lane Swim**

Date and Time: Wednesday, November 3 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Aquafit: Warm Water Aqua Strength**

Date and Time: Wednesday, November 3 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes
Lane Swim
Date and Time: Wednesday, November 3 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Aquafit: Deep & Shallow Water Combined
Date and Time: Wednesday, November 3 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

Lane Swim
Date and Time: Wednesday, November 3 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

Book Your Bubbles
Date and Time: Wednesday, November 3 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

AquaCardio
Date and Time: Wednesday, November 3 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

AquaCardio
Date and Time: Wednesday, November 3 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Book Your Bubbles
Date and Time: Wednesday, November 3 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.
Aquafit: Deep Water
Date and Time: Thursday, November 4 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Tuesday and Thursday from October 5 to 28.

AquaCardio
Date and Time: Thursday, November 4 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in Alcove.

Aquafit: Shallow Water
Date and Time: Thursday, November 4 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Tuesday and Thursday from October 5 to 28.

"SCRAMBLE" ONLINE MARKET
Date and Time: Thursday, November 4 08:00 a.m.
Address: ONLINE AT: https://www.omas-siskonakw.org/

Lane Swim
Date and Time: Thursday, November 4 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 minute lane swim, 2 people per lane

AquaCardio
Date and Time: Thursday, November 4 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in Alcove.

Lane Swim
Date and Time: Thursday, November 4 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 minute lane swim, 2 people per lane

Aquafit: Warm Water Aqua Strength
Date and Time: Thursday, November 4 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Lane Swim
Date and Time: Thursday, November 4 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Lane Swim
Date and Time: Thursday, November 4 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Aquafit: Deep & Shallow Water Combined
Date and Time: Thursday, November 4 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

Lane Swim
Date and Time: Thursday, November 4 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

AquaCardio Deep
Date and Time: Thursday, November 4 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

AquaCardio Deep
Date and Time: Thursday, November 4 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

Lane Swim
Date and Time: Thursday, November 4 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Friday, November 5, 2021
Aquafit: Deep Water
Date and Time: Friday, November 5 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from October 1 to 29

Aquafit: Shallow Water
Date and Time: Friday, November 5 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from October 1 to 29

Lane Swim
Date and Time: Friday, November 5 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

AquaCardio
Date and Time: Friday, November 5 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Lane Swim
Date and Time: Friday, November 5 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

AquaCardio
Date and Time: Friday, November 5 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Aquafit: Warm Water Aqua Strength
Date and Time: Friday, November 5 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes.

Lane Swim
Date and Time: Friday, November 5 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane
Lane Swim
Date and Time: Friday, November 5 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Lane Swim
Date and Time: Friday, November 5 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

Aquafit: Deep & Shallow Water Combined
Date and Time: Friday, November 5 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

AquaCardio
Date and Time: Friday, November 5 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

AquaCardio
Date and Time: Friday, November 5 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Family Swim: Warm Water Pool
Date and Time: Friday, November 5 09:30 a.m. - 10:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Lane Swim
Date and Time: Friday, November 5 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Saturday, November 6, 2021
Saturday farmers' market
Multi-sport #76337
Date and Time: Saturday, November 6 09:30 a.m. - 10:30 a.m.
Address: Downtown Community Centre

Soccer Skills and Drills #76338
Date and Time: Saturday, November 6 11:00 a.m. - 12:00 p.m.
Address: Downtown Community Centre

AquaCardio
Date and Time: Saturday, November 6 11:30 a.m. - 12:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

AquaCardio
Date and Time: Saturday, November 6 12:15 p.m. - 1:00 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Teen Hoops #76334
Date and Time: Saturday, November 6 12:30 p.m. - 2:30 p.m.
Address: Downtown Community Centre

Book Your Bubbles
Date and Time: Saturday, November 6 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.
Lane Swim
Date and Time: Saturday, November 6 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Lane Swim
Date and Time: Saturday, November 6 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Book Your Bubbles
Date and Time: Saturday, November 6 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

Lane Swim
Date and Time: Saturday, November 6 01:45 p.m. - 1:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Lane Swim
Date and Time: Saturday, November 6 01:45 p.m. - 1:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Book Your Bubbles
Date and Time: Saturday, November 6 01:45 p.m. - 2:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

Sunday, November 7, 2021

AquaCardio
Date and Time: Sunday, November 7 11:30 a.m. - 12:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.
Date and Time: Sunday, November 7 11:30 a.m. - 12:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

**AquaCardio**

Date and Time: Sunday, November 7 12:15 p.m. - 1:00 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

**Lane Swim**

Date and Time: Sunday, November 7 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Book Your Bubbles**

Date and Time: Sunday, November 7 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

**Lane Swim**

Date and Time: Sunday, November 7 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Book Your Bubbles**

Date and Time: Sunday, November 7 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

**Lane Swim**

Date and Time: Sunday, November 7 01:45 p.m. - 1:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane
Lane Swim
Date and Time: Sunday, November 7 01:45 p.m. - 1:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Book Your Bubbles
Date and Time: Sunday, November 7 01:45 p.m. - 2:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

Book Your Bubbles
Date and Time: Sunday, November 7 01:45 p.m. - 2:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

Family Swim: 25m pools
Date and Time: Sunday, November 7 02:00 p.m. - 3:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
25m Pool Only. All children must be accompanied into the water by an adult regardless of swim ability

Family Swim: Warm Water Pool
Date and Time: Sunday, November 7 02:30 p.m. - 3:30 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Family Swim
Date and Time: Sunday, November 7 02:30 p.m. - 3:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

Monday, November 8, 2021

Aquafit: Deep Water
Date and Time: Monday, November 8 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes.

Aquafit: Shallow Water
Date and Time: Monday, November 8 08:00 a.m. - 8:45 a.m.
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes.

**Lane Swim**
Date and Time: Monday, November 8 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**AquaCardio**
Date and Time: Monday, November 8 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

**Aquafit: Warm Water Aqua Strength**
Date and Time: Monday, November 8 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes

**Lane Swim**
Date and Time: Monday, November 8 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Lane Swim**
Date and Time: Monday, November 8 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

**Aquafit: Deep & Shallow Water Combined**
Date and Time: Monday, November 8 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

**Family Swim: Warm Water Pool**
Date and Time: Monday, November 8 09:30 a.m. - 10:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

**AquaCardio**
**Lane Swim**

Date and Time: Monday, November 8 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

**Book Your Bubbles**

Date and Time: Monday, November 8 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Max 6 per registration.

**Family Swim: Warm Water Pool**

Date and Time: Monday, November 8 10:30 a.m. - 11:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

**Aquacardio**

Date and Time: Monday, November 8 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

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**Tuesday, November 9, 2021**

**Aquafit: Deep Water**

Date and Time: Tuesday, November 9 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes.

**Cancelled: Lane Swim**

Date and Time: Tuesday, November 9 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Cancelled: AquaCardio**

Date and Time: Tuesday, November 9 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in Alcove.

**Aquafit: Shallow Water**

Date and Time: Tuesday, November 9 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes.

**Aquafit: Warm Water Aqua Strength**

Date and Time: Tuesday, November 9 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit - aquafit instruction is 45 minutes

**Cancelled: Lane Swim**

Date and Time: Tuesday, November 9 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 minute lane swim, 2 people per lane

**Aquafit: Deep & Shallow Water Combined**

Date and Time: Tuesday, November 9 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

**Lane Swim**

Date and Time: Tuesday, November 9 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

**Cancelled: AquaCardio Deep**

Date and Time: Tuesday, November 9 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON

Deep Water Aquafitness class, 45 minutes

**Lane Swim**

Date and Time: Tuesday, November 9 10:00 a.m. - 11:00 a.m.
Cancelled: AquaCardio Deep
Date and Time: Tuesday, November 9 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

Cancelled: AquaCardio
Date and Time: Tuesday, November 9 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Lane Swim
Date and Time: Tuesday, November 9 11:00 a.m. - 12:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Cancelled: Lane Swim
Date and Time: Tuesday, November 9 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Family Swim: Warm Water Pool
Date and Time: Tuesday, November 9 11:30 a.m. - 12:30 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Wednesday, November 10, 2021

Aquafit: Deep Water
Date and Time: Wednesday, November 10 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes.

Cancelled: AquaCardio
Date and Time: Wednesday, November 10 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.
Cancelled: Lane Swim
Date and Time: Wednesday, November 10 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Aquafit: Shallow Water
Date and Time: Wednesday, November 10 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes.

Aquafit: Warm Water Aqua Strength
Date and Time: Wednesday, November 10 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes

Cancelled: Lane Swim
Date and Time: Wednesday, November 10 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Aquafit: Deep & Shallow Water Combined
Date and Time: Wednesday, November 10 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

Lane Swim
Date and Time: Wednesday, November 10 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

Family Swim: Warm Water Pool
Date and Time: Wednesday, November 10 09:30 a.m. - 10:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Cancelled: Book Your Bubbles
Date and Time: Wednesday, November 10 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Cancelled: AquaCardio
Date and Time: Wednesday, November 10 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Lane Swim
Date and Time: Wednesday, November 10 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Book Your Bubbles
Date and Time: Wednesday, November 10 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Max 6 per registration.

Family Swim: Warm Water Pool
Date and Time: Wednesday, November 10 10:30 a.m. - 11:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Cancelled: AquaCardio
Date and Time: Wednesday, November 10 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Thursday, November 11, 2021

Aquafit: Deep Water
Date and Time: Thursday, November 11 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes.

Lane Swim
Date and Time: Thursday, November 11 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane
Aquafit: Shallow Water
Date and Time: Thursday, November 11 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes.

AquaCardio
Date and Time: Thursday, November 11 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Aquafit: Warm Water Aqua Strength
Date and Time: Thursday, November 11 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes

Lane Swim
Date and Time: Thursday, November 11 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Aquafit: Deep & Shallow Water Combined
Date and Time: Thursday, November 11 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

Lane Swim
Date and Time: Thursday, November 11 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

AquaCardio Deep
Date and Time: Thursday, November 11 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

Lane Swim
Date and Time: Thursday, November 11 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane
**Book Your Bubbles**

Date and Time: Thursday, November 11 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Max 6 per registration.

**AquaCardio Deep**

Date and Time: Thursday, November 11 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

**Lane Swim**

Date and Time: Thursday, November 11 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Lane Swim**

Date and Time: Thursday, November 11 11:00 a.m. - 12:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

**AquaCardio**

Date and Time: Thursday, November 11 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

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**Friday, November 12, 2021**

**Aquafit: Deep Water**

Date and Time: Friday, November 12 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes.

**Aquafit: Shallow Water**

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**Aquafit: Shallow Water**

Date and Time: Friday, November 12 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.
Date and Time: Friday, November 12 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from October 1 to 29

Lane Swim
Date and Time: Friday, November 12 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Aquafit: Warm Water Aqua Strength
Date and Time: Friday, November 12 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes.

Lane Swim
Date and Time: Friday, November 12 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Aquafit: Deep & Shallow Water Combined
Date and Time: Friday, November 12 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

Lane Swim
Date and Time: Friday, November 12 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

AquaCardio
Date and Time: Friday, November 12 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Family Swim: Warm Water Pool
Date and Time: Friday, November 12 09:30 a.m. - 10:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability
Lane Swim

Date and Time: Friday, November 12 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Book Your Bubbles

Date and Time: Friday, November 12 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Max 6 per registration.

Family Swim: Warm Water Pool

Date and Time: Friday, November 12 10:30 a.m. - 11:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Lane Swim

Date and Time: Friday, November 12 11:00 a.m. - 12:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

AquaCardio

Date and Time: Friday, November 12 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Saturday, November 13, 2021

Saturday farmers' market

Date and Time: Saturday, November 13 07:00 a.m. - 2:00 p.m.
Address: 300 King St E, Kitchener, ON

Multi-sport #76337

Date and Time: Saturday, November 13 09:30 a.m. - 10:30 a.m.
Address: Downtown Community Centre

Soccer Skills and Drills #76338

Date and Time: Saturday, November 13 11:00 a.m. - 12:00 p.m.
Address: Downtown Community Centre
Art$Pay’s Annual Show & Sale!
Date and Time: Saturday, November 13 11:00 a.m. - 4:00 p.m.
Address: 660 Belmont Ave W

AquaCardio
Date and Time: Saturday, November 13 11:30 a.m. - 12:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Teen Hoops #76334
Date and Time: Saturday, November 13 12:30 p.m. - 2:30 p.m.
Address: Downtown Community Centre

Book Your Bubbles
Date and Time: Saturday, November 13 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Max 6 per registration.

Lane Swim
Date and Time: Saturday, November 13 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Book Your Bubbles
Date and Time: Saturday, November 13 01:45 p.m. - 2:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Max 6 per registration.

Lane Swim
Date and Time: Saturday, November 13 01:45 p.m. - 1:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Family Swim: Leisure & 25m pools
Both pools. All children must be accompanied into the water by an adult regardless of swim ability.

**Family Swim**

Date and Time: Saturday, November 13 02:00 p.m. - 3:45 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Family Swim. Children must be accompanied by an adult.

**Family Swim**

Date and Time: Saturday, November 13 02:30 p.m. - 3:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON

Family Swim. Children must be accompanied by an adult.

**Family Swim**

Date and Time: Saturday, November 13 03:30 p.m. - 4:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON

Family Swim. Children must be accompanied by an adult.

**Lane Swim**

Date and Time: Saturday, November 13 04:00 p.m. - 5:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane.

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**Sunday, November 14, 2021**

**AquaCardio**

Date and Time: Sunday, November 14 11:30 a.m. - 12:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in 25m pool.

**AquaCardio**

Date and Time: Sunday, November 14 12:15 p.m. - 1:00 p.m.
Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in 25m pool.

**Art$Pay's Annual Show & Sale!**

Date and Time: Sunday, November 14 01:00 p.m. - 4:00 p.m.
Address: 660 Belmont Ave W

**Lane Swim**

Date and Time: Sunday, November 14 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON

45 minute lane swim, 2 people per lane.
Book Your Bubbles
Date and Time: Sunday, November 14 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Max 6 per registration.

Lane Swim
Date and Time: Sunday, November 14 01:45 p.m. - 1:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Book Your Bubbles
Date and Time: Sunday, November 14 01:45 p.m. - 2:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Max 6 per registration.

Family Swim: Leisure & 25m pools
Date and Time: Sunday, November 14 02:00 p.m. - 3:45 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Both pools. All children must be accompanied into the water by an adult regardless of swim ability

Family Swim
Date and Time: Sunday, November 14 02:30 p.m. - 3:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

Family Swim
Date and Time: Sunday, November 14 03:30 p.m. - 4:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

Lane Swim
Date and Time: Sunday, November 14 04:00 p.m. - 5:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Family Swim: Warm Water Pool
Date and Time: Sunday, November 14 04:30 p.m. - 5:30 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Family Swim
Date and Time: Sunday, November 14 04:30 p.m. - 5:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

Lane Swim
Date and Time: Sunday, November 14 05:00 p.m. - 6:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Family Swim
Date and Time: Sunday, November 14 05:30 p.m. - 6:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

Monday, November 15, 2021

Aquafit: Deep Water
Date and Time: Monday, November 15 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes.

Lane Swim
Date and Time: Monday, November 15 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

AquaCardio
Date and Time: Monday, November 15 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Aquafit: Shallow Water
Date and Time: Monday, November 15 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes.
Aquafit: Warm Water Aqua Strength
Date and Time: Monday, November 15 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes

Lane Swim
Date and Time: Monday, November 15 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Lane Swim
Date and Time: Monday, November 15 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

Aquafit: Deep & Shallow Water Combined
Date and Time: Monday, November 15 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

Aquacardio
Date and Time: Monday, November 15 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafit. Taught in 25m pool.

Family Swim: Warm Water Pool
Date and Time: Monday, November 15 09:30 a.m. - 10:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Finance and Corporate Services Committee
Date and Time: Monday, November 15 10:00 a.m. - 1:00 p.m.

Lane Swim
Date and Time: Monday, November 15 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Book Your Bubbles
Family Swim: Warm Water Pool

Date and Time: Monday, November 15 10:30 a.m. - 11:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability.

AquaCardio

Date and Time: Monday, November 15 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in Alcove.

Tuesday, November 16, 2021

Aquafit: Deep Water

Date and Time: Tuesday, November 16 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes.

Aquafit: Shallow Water

Date and Time: Tuesday, November 16 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes.

AquaCardio

Date and Time: Tuesday, November 16 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in Alcove.

Lane Swim

Date and Time: Tuesday, November 16 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 minute lane swim, 2 people per lane

Aquafit: Warm Water Aqua Strength

Date and Time: Tuesday, November 16 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
**Lane Swim**

Date and Time: Tuesday, November 16 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Aquafit: Deep & Shallow Water Combined**

Date and Time: Tuesday, November 16 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

**Lane Swim**

Date and Time: Tuesday, November 16 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

**AquaCardio Deep**

Date and Time: Tuesday, November 16 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

**Lane Swim**

Date and Time: Tuesday, November 16 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

**Committee of Adjustment Meeting**

Date and Time: Tuesday, November 16 10:00 a.m. - 12:00 p.m.
Electronic meeting 10:00 a.m.

**AquaCardio Deep**

Date and Time: Tuesday, November 16 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

**AquaCardio**

Date and Time: Tuesday, November 16 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
**Lane Swim**

Date and Time: Tuesday, November 16 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Lane Swim**

Date and Time: Tuesday, November 16 11:00 a.m. - 12:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

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**Wednesday, November 17, 2021**

**Aquafit: Deep Water**

Date and Time: Wednesday, November 17 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes.

**AquaCardio**

Date and Time: Wednesday, November 17 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

**Aquafit: Shallow Water**

Date and Time: Wednesday, November 17 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes.

**Lane Swim**

Date and Time: Wednesday, November 17 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Aquafit: Warm Water Aqua Strength**

Date and Time: Wednesday, November 17 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes
**Lane Swim**

Date and Time: Wednesday, November 17 08:45 a.m. - 9:30 a.m.

Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON

45 minute lane swim, 2 people per lane

**Aquafit: Deep & Shallow Water Combined**

Date and Time: Wednesday, November 17 09:00 a.m. - 9:45 a.m.

Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

**Lane Swim**

Date and Time: Wednesday, November 17 09:00 a.m. - 10:00 a.m.

Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

**AquaCardio**

Date and Time: Wednesday, November 17 09:30 a.m. - 10:15 a.m.

Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in 25m pool.

**Book Your Bubbles**

Date and Time: Wednesday, November 17 09:30 a.m. - 10:15 a.m.

Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON

Max 6 per registration.

**Family Swim: Warm Water Pool**

Date and Time: Wednesday, November 17 09:30 a.m. - 10:30 a.m.

Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

**Lane Swim**

Date and Time: Wednesday, November 17 10:00 a.m. - 11:00 a.m.

Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

**Book Your Bubbles**

Date and Time: Wednesday, November 17 10:15 a.m. - 11:00 a.m.

Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON

Max 6 per registration.
Family Swim: Warm Water Pool
Date and Time: Wednesday, November 17 10:30 a.m. - 11:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability.

AquaCardio
Date and Time: Wednesday, November 17 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Thursday, November 18, 2021

Aquafit: Deep Water
Date and Time: Thursday, November 18 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes.

Lane Swim
Date and Time: Thursday, November 18 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Aquafit: Shallow Water
Date and Time: Thursday, November 18 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes.

AquaCardio
Date and Time: Thursday, November 18 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Aquafit: Warm Water Aqua Strength
Date and Time: Thursday, November 18 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes

Lane Swim
Aquafit: Deep & Shallow Water Combined

Date and Time: Thursday, November 18 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim.

Lane Swim

Date and Time: Thursday, November 18 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

AquaCardio Deep

Date and Time: Thursday, November 18 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

Lane Swim

Date and Time: Thursday, November 18 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

AquaCardio Deep

Date and Time: Thursday, November 18 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

Book Your Bubbles

Date and Time: Thursday, November 18 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Max 6 per registration.

AquaCardio

Date and Time: Thursday, November 18 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.
**Lane Swim**

Date and Time: Thursday, November 18 11:00 a.m. - 12:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

**Lane Swim**

Date and Time: Thursday, November 18 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 minute lane swim, 2 people per lane

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**Friday, November 19, 2021**

**Aquafit: Deep Water**

Date and Time: Friday, November 19 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes.

**Lane Swim**

Date and Time: Friday, November 19 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 minute lane swim, 2 people per lane

**Aquafit: Shallow Water**

Date and Time: Friday, November 19 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from October 1 to 29

**AquaCardio**

Date and Time: Friday, November 19 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in Alcove.

**Aquafit: Warm Water Aqua Strength**

Date and Time: Friday, November 19 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit - aquafit instruction is 45 minutes.

**Lane Swim**

Date and Time: Friday, November 19 08:45 a.m. - 9:30 a.m.
Lane Swim

Date and Time: Friday, November 19 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

Aquafit: Deep & Shallow Water Combined

Date and Time: Friday, November 19 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

Family Swim: Warm Water Pool

Date and Time: Friday, November 19 09:30 a.m. - 10:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

AquaCardio

Date and Time: Friday, November 19 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Lane Swim

Date and Time: Friday, November 19 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Book Your Bubbles

Date and Time: Friday, November 19 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Max 6 per registration.

Family Swim: Warm Water Pool

Date and Time: Friday, November 19 10:30 a.m. - 11:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Lane Swim
Lane Swimming, up to 3 swimmers per lane

AquaCardio
Date and Time: Friday, November 19 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Saturday, November 20, 2021

Saturday farmers' market
Date and Time: Saturday, November 20 07:00 a.m. - 2:00 p.m.
Address: 300 King St E, Kitchener, ON

Multi-sport #76337
Date and Time: Saturday, November 20 09:30 a.m. - 10:30 a.m.
Address: Downtown Community Centre

Soccer Skills and Drills #76338
Date and Time: Saturday, November 20 11:00 a.m. - 12:00 p.m.
Address: Downtown Community Centre

AquaCardio
Date and Time: Saturday, November 20 11:30 a.m. - 12:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

AquaCardio
Date and Time: Saturday, November 20 12:15 p.m. - 1:00 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Teen Hoops #76334
Date and Time: Saturday, November 20 12:30 p.m. - 2:30 p.m.
Address: Downtown Community Centre

Book Your Bubbles
Date and Time: Saturday, November 20 01:00 p.m. - 1:45 p.m.
**Lane Swim**

Date and Time: Saturday, November 20 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Lane Swim**

Date and Time: Saturday, November 20 01:45 p.m. - 1:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Book Your Bubbles**

Date and Time: Saturday, November 20 01:45 p.m. - 2:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Max 6 per registration.

**Family Swim: Leisure & 25m pools**

Date and Time: Saturday, November 20 02:00 p.m. - 3:45 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Both pools. All children must be accompanied into the water by an adult regardless of swim ability

**Family Swim**

Date and Time: Saturday, November 20 02:30 p.m. - 3:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

**Family Swim**

Date and Time: Saturday, November 20 03:30 p.m. - 4:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

**Lane Swim**

Date and Time: Saturday, November 20 04:00 p.m. - 5:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

**Family Swim**
Family Swim. Children must be accompanied by an adult.

Sunday, November 21, 2021

**AquaCardio**

Date and Time: Sunday, November 21 11:30 a.m. - 12:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

**AquaCardio**

Date and Time: Sunday, November 21 12:15 p.m. - 1:00 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

**Lane Swim**

Date and Time: Sunday, November 21 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Book Your Bubbles**

Date and Time: Sunday, November 21 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Max 6 per registration.

**Book Your Bubbles**

Date and Time: Sunday, November 21 01:45 p.m. - 2:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Max 6 per registration.

**Lane Swim**

Date and Time: Sunday, November 21 01:45 p.m. - 1:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Family Swim: Leisure & 25m pools**

Date and Time: Sunday, November 21 02:00 p.m. - 3:45 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Both pools. All children must be accompanied into the water by an adult regardless of swim ability

**Kitchener Rangers vs London Knights**

Date and Time: Sunday, November 21 02:00 p.m. - 4:30 p.m.
Address: Kitchener Memorial Auditorium. 400 East Ave., Kitchener, ON N2H 1Z6

**Family Swim**

Date and Time: Sunday, November 21 02:30 p.m. - 3:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

**Family Swim**

Date and Time: Sunday, November 21 03:30 p.m. - 4:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

**Lane Swim**

Date and Time: Sunday, November 21 04:00 p.m. - 5:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

**Family Swim: Warm Water Pool**

Date and Time: Sunday, November 21 04:30 p.m. - 5:30 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

**Family Swim**

Date and Time: Sunday, November 21 04:30 p.m. - 5:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

**Lane Swim**

Date and Time: Sunday, November 21 05:00 p.m. - 6:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

**Family Swim**

Date and Time: Sunday, November 21 05:30 p.m. - 6:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Monday, November 22, 2021

Council Meeting
Date and Time: Monday, November 22 12:00 a.m. - 11:00 p.m.

Adult Skating
Date and Time: Monday, November 22 11:45 a.m. - 12:45 p.m.
Address: Activa Sportsplex Activa Sportsplex

Tuesday, November 23, 2021

Neighbourhood Meeting - Proposed Development (507 Frederick Street and 40, 44 & 48 Becker Street)
Date and Time: Tuesday, November 23 07:00 p.m. - 8:30 p.m.

The City of Kitchener has received an applications for an Official Plan Amendment and Zoning By-law Amendment for 507 Frederick Street and 40, 44, & 48 Becker Street, seeking to:

• Change the land use designation of the three Becker Street properties from Low Rise Residential to Commercial,
• Add a special policy in the Official Plan to permit a Crematorium/Cremator as a permitted use,
• Change the zoning of the three Becker Street properties from Residential Six (R-6) with Special Use Regulation 362U to COM-2 (General Commercial),
• Add special regulation provisions to define the front yard (due to multiple street frontages), permit a reduced Floor Space Ratio (FSR) of 0.17 (a minimum of 0.6 is required), to permit a 0 metre setback from Becker Street, and to permit 11 off-site parking to be included in the develop, and
• Adding a new Special Use Regulation in the Zoning By-law to permit a crematorium/cremator on site.

This meeting is your opportunity to:

• Learn more about the proposed applications and how the process works
• Let City staff know your thoughts on the proposal
• Ask questions of City staff and the applicant

For more information please visit kitchener.ca/planningapplications.

To connect to the virtual meeting, go to www.zoom.us/join and enter meeting ID# 881 3419 6553. To participate by telephone, please dial 1.647.374.4685 and enter meeting ID# 881 3419 6553 when prompted.

Wednesday, November 24, 2021

Family Skating
Date and Time: Wednesday, November 24 11:45 a.m. - 12:45 p.m.
Address: Activa Sportsplex Activa Sportsplex

Property Standards Appeal Committee
Date and Time: Wednesday, November 24 01:00 p.m. - 3:00 p.m.
Electronic meeting
Neighbourhood Information Meeting - Proposed Development (448 New Dundee Road)

Date and Time: Thursday, November 25 06:30 p.m. - 8:00 p.m.

The City of Kitchener has received an application for a Zoning By-law Amendment that would allow the construction of 24 single detached houses with frontage onto a private condominium road. It is intended that the private road would connect to Ridgemount Street and have an emergency access to New Dundee Road. Each single detached house is proposed to be a unit within a condominium. This proposal reflects revisions since the original circulation.

This meeting is your opportunity to:
• Learn more about the proposed application and how the process works
• Let City staff know your thoughts on the proposal
• Ask questions of City staff and the applicant

For more information please visit kitchener.ca/planningapplications.

To connect to the virtual meeting, go to www.zoom.us/join and enter meeting ID# 889 9867 4605. To participate by telephone, please dial 1.647.374.4685 and enter meeting ID# 889 9867 4605 when prompted.
Kitchener Rangers vs Sault Ste Marie Greyhounds

Date and Time: Friday, November 26 07:30 p.m. - 10:00 p.m.
Address: Kitchener Memorial Auditorium. 400 East Ave., Kitchener, ON N2H 1Z6

Saturday, November 27, 2021

Saturday farmers' market
Date and Time: Saturday, November 27 07:00 a.m. - 2:00 p.m.
Address: 300 King St E, Kitchener, ON

Multi-sport #76337
Date and Time: Saturday, November 27 09:30 a.m. - 10:30 a.m.
Address: Downtown Community Centre

Soccer Skills and Drills #76338
Date and Time: Saturday, November 27 11:00 a.m. - 12:00 p.m.
Address: Downtown Community Centre

Teen Hoops #76334
Date and Time: Saturday, November 27 12:30 p.m. - 2:30 p.m.
Address: Downtown Community Centre

Monday, November 29, 2021

Finance and Corporate Services Committee
Date and Time: Monday, November 29 10:00 a.m. - 1:00 p.m.

Adult Skating
Date and Time: Monday, November 29 11:45 a.m. - 12:45 p.m.
Address: Activa Sportsplex

Tuesday, November 30, 2021

Special Council Meeting
Date and Time: Tuesday, November 30 12:00 a.m. - 1:00 a.m.