

# October 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday  | Saturday   |
|--------|--------|---------|-----------|----------|---|--|
| 26     | 27     | 28      | 29        | 30       | 1   | 2  |
|        |        |         |           |          | <p><b><u>Aquafit: Deep Water</u></b><br/>7:00 a.m. - 7:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>AquaCardio</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>Aqua Cardio</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>BREITHAUPT SWIMMING POOL</p> <p><b><u>Aquafit: Shallow Water</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Aqua Strength</u></b><br/>8:15 a.m. - 9:15 a.m.<br/>BREITHAUPT SWIMMING POOL</p> <p><b><u>Aquafit: Warm Water Aqua Strength</u></b><br/>8:30 a.m. - 9:15 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING</p> | <p><b><u>Saturday farmers' market</u></b><br/>7:00 a.m. - 2:00 p.m.</p> <p><b><u>Book Your Bubbles</u></b><br/>11:30 a.m. - 12:15 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>AquaCardio</u></b><br/>11:30 a.m. - 12:15 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>Book Your Bubbles</u></b><br/>12:15 p.m. - 1:00 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>AquaCardio</u></b><br/>12:15 p.m. - 1:00 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>Aqua Cardio</u></b><br/>1:00 p.m. - 1:45 p.m.<br/>BREITHAUPT SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>1:00 p.m. - 1:45 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>Book Your</u></b></p> |

**POOL**

**Lane Swim**

8:45 a.m. - 9:30 a.m.  
LYLE  
HALLMAN  
SWIMMING  
POOL

**Book Your**

**Bubbles**

8:45 a.m. - 9:30 a.m.  
LYLE  
HALLMAN  
SWIMMING  
POOL

**Aquafit: Deep & Shallow Water Combined**

9:00 a.m. - 9:45 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

9:00 a.m. - 10:00 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Aqua Cardio**

9:00 a.m. - 9:45 a.m.  
BREITHAAPT  
SWIMMING  
POOL

**Adult Swim**

9:30 a.m. - 10:30 a.m.  
BREITHAAPT  
SWIMMING  
POOL

**AquaCardio**

9:30 a.m. - 10:15 a.m.  
LYLE  
HALLMAN  
SWIMMING  
POOL

**Family Swim: Warm Water Pool**

9:30 a.m. - 10:30 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING

**Bubbles**

1:00 p.m. - 1:45 p.m.  
LYLE  
HALLMAN  
SWIMMING  
POOL

**Family Swim**

1:30 p.m. - 2:30 p.m.  
BREITHAAPT  
SWIMMING  
POOL

**Lane Swim**

1:45 p.m. - 1:30 p.m.  
LYLE  
HALLMAN  
SWIMMING  
POOL

**Book Your Bubbles**

1:45 p.m. - 2:30 p.m.  
LYLE  
HALLMAN  
SWIMMING  
POOL

**Lane Swim**

2:00 p.m. - 2:55 p.m.  
BREITHAAPT  
SWIMMING  
POOL

**Family Swim: 25m pools**

2:00 p.m. - 3:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Family Swim: Warm Water Pool**

2:30 p.m. - 3:30 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Family Swim**

2:30 p.m. - 3:15 p.m.  
LYLE  
HALLMAN  
SWIMMING  
POOL

|   |   |  |  |  |  |   |
|---|---|--|--|--|--|---|
| <p>3</p> <p><b><u>Book Your Bubbles</u></b><br/>11:30 a.m. - 12:15 p.m.<br/>LYLE<br/>HALLMAN<br/>SWIMMING<br/>POOL</p> <p><b><u>AquaCardio</u></b><br/>11:30 a.m. - 12:15 p.m.<br/>LYLE<br/>HALLMAN<br/>SWIMMING<br/>POOL</p> <p><b><u>Book Your Bubbles</u></b><br/>12:15 p.m. - 1:00 p.m.<br/>LYLE<br/>HALLMAN<br/>SWIMMING<br/>POOL</p> <p><b><u>AquaCardio</u></b><br/>12:15 p.m. - 1:00 p.m.<br/>LYLE<br/>HALLMAN<br/>SWIMMING<br/>POOL</p> <p><b><u>Lane Swim</u></b><br/>1:00 p.m. - 1:45 p.m.<br/>LYLE<br/>HALLMAN<br/>SWIMMING<br/>POOL</p> <p><b><u>Lane Swim</u></b></p> | <p>4</p> <p><b><u>Finance and Corporate Services Committee - CANCELLED</u></b><br/>12:00 a.m.<br/>Electronic meeting</p> <p><b><u>Aquafit: Deep Water</u></b><br/>7:00 a.m. - 7:45 a.m.<br/>FOREST<br/>HEIGHTS C.I.<br/>SWIMMING<br/>POOL</p> <p><b><u>AquaCardio</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>LYLE<br/>HALLMAN<br/>SWIMMING<br/>POOL</p> <p><b><u>Aquafit:</u><br/><u>Shallow Water</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>FOREST<br/>HEIGHTS C.I.<br/>SWIMMING<br/>POOL</p> <p><b><u>Lane Swim</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>LYLE<br/>HALLMAN<br/>SWIMMING<br/>POOL</p> | <p>5</p> <p><b><u>Aquafit: Deep Water</u></b><br/>7:00 a.m. - 7:45 a.m.<br/>FOREST<br/>HEIGHTS C.I.<br/>SWIMMING<br/>POOL</p> <p><b><u>Lane Swim</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>LYLE<br/>HALLMAN<br/>SWIMMING<br/>POOL</p> <p><b><u>AquaCardio</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>LYLE<br/>HALLMAN<br/>SWIMMING<br/>POOL</p> <p><b><u>Aquafit:</u><br/><u>Shallow Water</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>FOREST<br/>HEIGHTS C.I.<br/>SWIMMING<br/>POOL</p> <p><b><u>Aquafit: Warm Water Aqua Strength</u></b><br/>8:30 a.m. - 9:15 a.m.<br/>FOREST<br/>HEIGHTS C.I.<br/>SWIMMING<br/>POOL</p> | <p>6</p> <p><b><u>Aquafit: Deep Water</u></b><br/>7:00 a.m. - 7:45 a.m.<br/>FOREST<br/>HEIGHTS C.I.<br/>SWIMMING<br/>POOL</p> <p><b><u>AquaCardio</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>LYLE<br/>HALLMAN<br/>SWIMMING<br/>POOL</p> <p><b><u>Lane Swim</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>LYLE<br/>HALLMAN<br/>SWIMMING<br/>POOL</p> <p><b><u>Aquafit:</u><br/><u>Shallow Water</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>FOREST<br/>HEIGHTS C.I.<br/>SWIMMING<br/>POOL</p> <p><b><u>Aquafit: Warm Water Aqua Strength</u></b><br/>8:30 a.m. - 9:15 a.m.<br/>FOREST<br/>HEIGHTS C.I.<br/>SWIMMING<br/>POOL</p> | <p>7</p> <p><b><u>Aquafit: Deep Water</u></b><br/>7:00 a.m. - 7:45 a.m.<br/>FOREST<br/>HEIGHTS C.I.<br/>SWIMMING<br/>POOL</p> <p><b><u>Lane Swim</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>LYLE<br/>HALLMAN<br/>SWIMMING<br/>POOL</p> <p><b><u>Aquafit:</u><br/><u>Shallow Water</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>FOREST<br/>HEIGHTS C.I.<br/>SWIMMING<br/>POOL</p> <p><b><u>AquaCardio</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>LYLE<br/>HALLMAN<br/>SWIMMING<br/>POOL</p> <p><b><u>Aquafit: Warm Water Aqua Strength</u></b><br/>8:30 a.m. - 9:15 a.m.<br/>FOREST<br/>HEIGHTS C.I.<br/>SWIMMING<br/>POOL</p> | <p>8</p> <p><b><u>Aquafit: Deep Water</u></b><br/>7:00 a.m. - 7:45 a.m.<br/>FOREST<br/>HEIGHTS C.I.<br/>SWIMMING<br/>POOL</p> <p><b><u>Aquafit:</u><br/><u>Shallow Water</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>FOREST<br/>HEIGHTS C.I.<br/>SWIMMING<br/>POOL</p> <p><b><u>AquaCardio</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>LYLE<br/>HALLMAN<br/>SWIMMING<br/>POOL</p> <p><b><u>Lane Swim</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>LYLE<br/>HALLMAN<br/>SWIMMING<br/>POOL</p> <p><b><u>Lane Swim</u></b><br/>8:15 a.m. - 9:00 p.m.<br/>LYLE<br/>HALLMAN<br/>SWIMMING<br/>POOL</p> <p><b><u>Aquafit: Warm</u></b></p> | <p>9</p> <p><b><u>Saturday farmers' market</u></b><br/>7:00 a.m. - 2:00 p.m.</p> <p><b><u>Oktoberfest Family Cooking Kit</u></b><br/>9:00 a.m. - 12:00 p.m.</p> <p><b><u>Oktoberfest Craft Kit with ArtShine</u></b><br/>9:00 a.m. - 11:00 a.m.</p> <p><b><u>Oktoberfest Cooking Demo with ChefD: Virtual</u></b><br/>10:00 a.m. - 11:00 a.m.</p> <p><b><u>Thanksgiving Family Cooking Kit with Chef Rob and TWB - Virtual</u></b><br/>11:00 a.m. - 1:00 p.m.</p> <p><b><u>Book Your Bubbles</u></b><br/>11:30 a.m. - 12:15 p.m.<br/>LYLE<br/>HALLMAN<br/>SWIMMING<br/>POOL</p> |
|---|---|--|--|--|--|---|

1:00 p.m. - 1:55 p.m.  
BREITHAUPT SWIMMING POOL

**Book Your Bubbles**  
1:00 p.m. - 1:45 p.m.  
LYLE HALLMAN SWIMMING POOL

**Aqua Strength**  
1:30 p.m. - 2:30 p.m.  
BREITHAUPT SWIMMING POOL

**Lane Swim**  
1:45 p.m. - 1:30 p.m.  
LYLE HALLMAN SWIMMING POOL

**Book Your Bubbles**  
1:45 p.m. - 2:30 p.m.  
LYLE HALLMAN SWIMMING POOL

**Family Swim: Warm Water & 25m pools**  
2:00 p.m. - 3:00 p.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**Lane Swim**  
2:00 p.m. - 2:55 p.m.  
BREITHAUPT SWIMMING POOL

**Family Swim: Warm Water Pool**  
2:30 p.m. - 3:30 p.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**Family Swim**  
2:30 p.m. - 3:15 p.m.

**Aquafit: Warm Water Aqua Strength**  
8:30 a.m. - 9:15 a.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**Lane Swim**  
8:45 a.m. - 9:30 a.m.  
LYLE HALLMAN SWIMMING POOL

**Aquafit: Deep & Shallow Water Combined**  
9:00 a.m. - 9:45 a.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**Lane Swim**  
9:00 a.m. - 10:00 a.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**AquaCardio**  
9:30 a.m. - 10:15 a.m.  
LYLE HALLMAN SWIMMING POOL

**Family Swim: Warm Water Pool**  
9:30 a.m. - 10:30 a.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**Book Your Bubbles**  
9:30 a.m. - 10:15 a.m.  
LYLE HALLMAN SWIMMING POOL

**Lane Swim**  
10:00 a.m. - 11:00 a.m.  
FOREST HEIGHTS C.I.

**Book Your Bubbles**  
8:45 a.m. - 9:30 a.m.  
LYLE HALLMAN SWIMMING POOL

**Lane Swim**  
8:45 a.m. - 9:30 a.m.  
LYLE HALLMAN SWIMMING POOL

**Lane Swim**  
9:00 a.m. - 10:00 a.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**Aquafit: Deep & Shallow Water Combined**  
9:00 a.m. - 9:45 a.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**AquaCardio Deep**  
9:30 a.m. - 10:15 a.m.  
LYLE HALLMAN SWIMMING POOL

**Book Your Bubbles**  
9:30 a.m. - 10:15 a.m.  
LYLE HALLMAN SWIMMING POOL

**Lane Swim**  
10:00 a.m. - 11:00 a.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**AquaCardio Deep**  
10:15 a.m. - 11:00 a.m.  
LYLE HALLMAN SWIMMING POOL

**Lane Swim**  
8:45 a.m. - 9:30 a.m.  
LYLE HALLMAN SWIMMING POOL

**Book Your Bubbles**  
8:45 a.m. - 9:30 a.m.  
LYLE HALLMAN SWIMMING POOL

**Lane Swim**  
9:00 a.m. - 10:00 a.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**Aquafit: Deep & Shallow Water Combined**  
9:00 a.m. - 9:45 a.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**Book Your Bubbles**  
9:30 a.m. - 10:15 a.m.  
LYLE HALLMAN SWIMMING POOL

**AquaCardio**  
9:30 a.m. - 10:15 a.m.  
LYLE HALLMAN SWIMMING POOL

**Family Swim: Warm Water Pool**  
9:30 a.m. - 10:30 a.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**Lane Swim**  
10:00 a.m. - 11:00 a.m.  
FOREST HEIGHTS C.I.

**Lane Swim**  
8:45 a.m. - 9:30 a.m.  
LYLE HALLMAN SWIMMING POOL

**Aquafit: Deep & Shallow Water Combined**  
9:00 a.m. - 9:45 a.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**Lane Swim**  
9:00 a.m. - 10:00 a.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**Book Your Bubbles**  
9:30 a.m. - 10:15 a.m.  
LYLE HALLMAN SWIMMING POOL

**AquaCardio Deep**  
9:30 a.m. - 10:15 a.m.  
LYLE HALLMAN SWIMMING POOL

**Lane Swim**  
10:00 a.m. - 11:00 a.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**Book Your Bubbles**  
10:15 a.m. - 11:00 a.m.  
LYLE HALLMAN SWIMMING POOL

**AquaCardio Deep**  
10:15 a.m. - 11:00 a.m.  
LYLE HALLMAN SWIMMING POOL

**Water Aqua Strength**  
8:30 a.m. - 9:15 a.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**Lane Swim**  
8:45 a.m. - 9:30 a.m.  
LYLE HALLMAN SWIMMING POOL

**Book Your Bubbles**  
8:45 a.m. - 9:30 a.m.  
LYLE HALLMAN SWIMMING POOL

**Lane Swim**  
9:00 a.m. - 10:00 a.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**Aquafit: Deep & Shallow Water Combined**  
9:00 a.m. - 9:45 a.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**Family Swim: Warm Water Pool**  
9:30 a.m. - 10:30 a.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**AquaCardio**  
9:30 a.m. - 10:15 a.m.  
LYLE HALLMAN SWIMMING POOL

**Book Your Bubbles**  
9:30 a.m. - 10:15 a.m.  
LYLE HALLMAN SWIMMING POOL

**AquaCardio**  
11:30 a.m. - 12:15 p.m.  
LYLE HALLMAN SWIMMING POOL

**Book Your Bubbles**  
12:15 p.m. - 1:00 p.m.  
LYLE HALLMAN SWIMMING POOL

**AquaCardio**  
12:15 p.m. - 1:00 p.m.  
LYLE HALLMAN SWIMMING POOL

**Book Your Bubbles**  
1:00 p.m. - 1:45 p.m.  
LYLE HALLMAN SWIMMING POOL

**Lane Swim**  
1:00 p.m. - 1:45 p.m.  
LYLE HALLMAN SWIMMING POOL

**Book Your Bubbles**  
1:45 p.m. - 2:30 p.m.  
LYLE HALLMAN SWIMMING POOL

**Lane Swim**  
1:45 p.m. - 1:30 p.m.  
LYLE HALLMAN SWIMMING POOL

**Family Swim: 25m pools**  
2:00 p.m. - 3:00 p.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

|  |   |  |  |   |  |   |
|--|---|--|--|---|--|---|
| <p>p.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>Family Swim</u></b><br/>2:45 p.m. - 3:45 p.m.<br/>BREITHAUPT SWIMMING POOL</p>   | <p>HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Book Your Bubbles</u></b><br/>10:15 a.m. - 11:00 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>Family Swim: Warm Water Pool</u></b><br/>10:30 a.m. - 11:30 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> | <p>HALLMAN SWIMMING POOL</p> <p><b><u>AquaCardio</u></b><br/>11:00 a.m. - 11:45 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>11:00 a.m. - 11:45 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p>  | <p>HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Book Your Bubbles</u></b><br/>10:15 a.m. - 11:00 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>Family Swim: Warm Water Pool</u></b><br/>10:30 a.m. - 11:30 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p>  | <p>HALLMAN SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>11:00 a.m. - 11:45 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>11:00 a.m. - 12:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p>   | <p>HALLMAN SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>10:00 a.m. - 11:00 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Book Your Bubbles</u></b><br/>10:15 a.m. - 11:00 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p>  | <p><b><u>Family Swim: Warm Water Pool</u></b><br/>2:30 p.m. - 3:30 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p>   |
| <p>10</p> <p><b><u>Family Swim: Warm Water &amp; 25m pools</u></b><br/>2:00 p.m. - 3:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Family Swim: Warm Water Pool</u></b><br/>2:30 p.m. - 3:30 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Family Swim: Warm Water &amp; 25m pools</u></b><br/>3:00 p.m. - 4:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Family Swim: Warm Water</u></b></p> | <p>11</p>   | <p>12</p> <p><b><u>Lane Swim</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>AquaCardio</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>Book Your Bubbles</u></b><br/>8:45 a.m. - 9:30 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>8:45 a.m. - 9:30 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p> | <p>13</p> <p><b><u>Lane Swim</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>AquaCardio</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>Book Your Bubbles</u></b><br/>8:45 a.m. - 9:30 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>8:45 a.m. - 9:30 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p> | <p>14</p> <p><b><u>Lane Swim</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>AquaCardio</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>8:45 a.m. - 9:30 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>AquaCardio Deep</u></b><br/>9:30 a.m. - 10:15 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p> | <p>15</p> <p><b><u>Lane Swim</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>AquaCardio</u></b><br/>8:00 a.m. - 8:45 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>8:15 a.m. - 9:00 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>Book Your Bubbles</u></b><br/>8:45 a.m. - 9:30 a.m.<br/>LYLE HALLMAN SWIMMING POOL</p> | <p>16</p> <p><b><u>Saturday farmers' market</u></b><br/>7:00 a.m. - 2:00 p.m.</p> <p><b><u>20th Annual Frederick Art Walk</u></b><br/>10:00 a.m. - 5:00 p.m.</p> <p><b><u>Book Your Bubbles</u></b><br/>11:30 a.m. - 12:15 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>AquaCardio</u></b><br/>11:30 a.m. - 12:15 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><b><u>Book Your Bubbles</u></b><br/>12:15 p.m. -</p> |

**Pool**  
3:30 p.m. - 4:30 p.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**Lane Swim**  
4:00 p.m. - 5:00 p.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**Family Swim:**  
**Warm Water Pool**

4:30 p.m. - 5:30 p.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**Lane Swim**  
5:00 p.m. - 6:00 p.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**Family Swim:**  
**Warm Water Pool**

5:30 p.m. - 6:30 p.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**Lane Swim**  
6:00 p.m. - 7:00 p.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**Family Swim:**  
**Warm Water Pool**  
6:30 p.m. - 7:30 p.m.  
FOREST HEIGHTS C.I. SWIMMING POOL

**AquaCardio Deep**  
9:30 a.m. - 10:15 a.m.  
LYLE HALLMAN SWIMMING POOL

**Book Your Bubbles**  
9:30 a.m. - 10:15 a.m.  
LYLE HALLMAN SWIMMING POOL

**AquaCardio Deep**  
10:15 a.m. - 11:00 a.m.  
LYLE HALLMAN SWIMMING POOL

**Lane Swim**  
11:00 a.m. - 11:45 a.m.  
LYLE HALLMAN SWIMMING POOL

**AquaCardio**  
11:00 a.m. - 11:45 a.m.  
LYLE HALLMAN SWIMMING POOL

**AquaCardio**  
11:45 a.m. - 12:30 p.m.  
LYLE HALLMAN SWIMMING POOL

**Lane Swim**  
11:45 a.m. - 12:30 p.m.  
LYLE HALLMAN SWIMMING POOL

**AquaCardio**  
12:30 p.m. - 1:30 p.m.  
LYLE

**Book Your Bubbles**  
9:30 a.m. - 10:15 a.m.  
LYLE HALLMAN SWIMMING POOL

**AquaCardio**  
9:30 a.m. - 10:15 a.m.  
LYLE HALLMAN SWIMMING POOL

**Book Your Bubbles**  
10:15 a.m. - 11:00 a.m.  
LYLE HALLMAN SWIMMING POOL

**Lane Swim**  
11:00 a.m. - 11:45 a.m.  
LYLE HALLMAN SWIMMING POOL

**AquaCardio**  
11:00 a.m. - 11:45 a.m.  
LYLE HALLMAN SWIMMING POOL

**AquaCardio**  
11:45 a.m. - 12:30 p.m.  
LYLE HALLMAN SWIMMING POOL

**Lane Swim**  
11:45 a.m. - 12:30 p.m.  
LYLE HALLMAN SWIMMING POOL

**AquaCardio**  
12:30 p.m. - 1:30 p.m.  
LYLE HALLMAN

**Book Your Bubbles**  
9:30 a.m. - 10:15 a.m.  
LYLE HALLMAN SWIMMING POOL

**AquaCardio Deep**  
10:15 a.m. - 11:00 a.m.  
LYLE HALLMAN SWIMMING POOL

**Book Your Bubbles**  
10:15 a.m. - 11:00 a.m.  
LYLE HALLMAN SWIMMING POOL

**Lane Swim**  
11:00 a.m. - 11:45 a.m.  
LYLE HALLMAN SWIMMING POOL

**AquaCardio**  
11:00 a.m. - 11:45 a.m.  
LYLE HALLMAN SWIMMING POOL

**Lane Swim**  
11:45 a.m. - 12:30 p.m.  
LYLE HALLMAN SWIMMING POOL

**AquaCardio**  
11:45 a.m. - 12:30 p.m.  
LYLE HALLMAN SWIMMING POOL

**AquaCardio**  
12:30 p.m. - 1:30 p.m.  
LYLE

**Lane Swim**  
8:45 a.m. - 9:30 a.m.  
LYLE HALLMAN SWIMMING POOL

**AquaCardio**  
9:30 a.m. - 10:15 a.m.  
LYLE HALLMAN SWIMMING POOL

**Book Your Bubbles**  
9:30 a.m. - 10:15 a.m.  
LYLE HALLMAN SWIMMING POOL

**Book Your Bubbles**  
10:15 a.m. - 11:00 a.m.  
LYLE HALLMAN SWIMMING POOL

**Lane Swim**  
11:00 a.m. - 11:45 a.m.  
LYLE HALLMAN SWIMMING POOL

**AquaCardio**  
11:00 a.m. - 11:45 a.m.  
LYLE HALLMAN SWIMMING POOL

**AquaCardio**  
11:45 a.m. - 12:30 p.m.  
LYLE HALLMAN SWIMMING POOL

**Lane Swim**  
11:45 a.m. - 12:30 p.m.  
LYLE HALLMAN

1:00 p.m.  
LYLE HALLMAN SWIMMING POOL

**AquaCardio**  
12:15 p.m. - 1:00 p.m.  
LYLE HALLMAN SWIMMING POOL

**Lane Swim**  
1:00 p.m. - 1:45 p.m.  
LYLE HALLMAN SWIMMING POOL

**Book Your Bubbles**  
1:00 p.m. - 1:45 p.m.  
LYLE HALLMAN SWIMMING POOL

**Book Your Bubbles**  
1:45 p.m. - 2:30 p.m.  
LYLE HALLMAN SWIMMING POOL

**Lane Swim**  
1:45 p.m. - 1:30 p.m.  
LYLE HALLMAN SWIMMING POOL

**Family Swim**  
2:30 p.m. - 3:15 p.m.  
LYLE HALLMAN SWIMMING POOL

**Family Swim**  
3:30 p.m. - 4:15 p.m.  
LYLE HALLMAN SWIMMING POOL

|   |  |  |  |  |  |  |
|---|--|--|--|--|--|--|
|   |  | <p>HALLMAN SWIMMING POOL</p> <p><u>Lane Swim</u><br/>1:30 p.m. - 2:15 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><u>Adult Swim</u><br/>1:30 p.m. - 2:45 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><u>Lane Swim</u><br/>2:15 p.m. - 3:00 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p>   | <p>SWIMMING POOL</p> <p><u>Lane Swim</u><br/>1:30 p.m. - 2:15 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><u>Let's Talk Fall Session</u><br/>6:00 p.m. - 7:00 p.m.</p> <p><u>Let's Talk Fall Session</u><br/>6:00 p.m. - 7:00 p.m.</p>  | <p>HALLMAN SWIMMING POOL</p> <p><u>Adult Swim</u><br/>1:30 p.m. - 2:45 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><u>Lane Swim</u><br/>1:30 p.m. - 2:15 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><u>Lane Swim</u><br/>2:15 p.m. - 3:00 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p>   | <p>SWIMMING POOL</p> <p><u>AquaCardio</u><br/>12:30 p.m. - 1:30 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><u>Family Swim</u><br/>3:30 p.m. - 4:15 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><u>Family Swim</u><br/>7:30 p.m. - 8:15 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p>  | <p><u>Family Swim</u><br/>4:30 p.m. - 5:15 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><u>Lane Swim</u><br/>6:15 p.m. - 7:00 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><u>Book Your Bubbles</u><br/>6:15 p.m. - 7:00 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p>   |
| <p>17</p> <p><u>20th Annual Frederick Art Walk</u><br/>10:00 a.m. - 5:00 p.m.</p> <p><u>Book Your Bubbles</u><br/>11:30 a.m. - 12:15 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><u>AquaCardio</u><br/>11:30 a.m. - 12:15 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p> <p><u>AquaCardio</u><br/>12:15 p.m. - 1:00 p.m.<br/>LYLE HALLMAN SWIMMING POOL</p> | <p>18</p> <p><u>Aquafit: Deep Water</u><br/>7:00 a.m. - 7:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Shallow Water</u><br/>8:00 a.m. - 8:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Warm Water Aqua Strength</u><br/>8:30 a.m. - 9:15 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Deep &amp; Shallow Water</u></p> | <p>19</p> <p><u>Aquafit: Deep Water</u><br/>7:00 a.m. - 7:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Shallow Water</u><br/>8:00 a.m. - 8:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Warm Water Aqua Strength</u><br/>8:30 a.m. - 9:15 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Deep &amp; Shallow Water</u></p> | <p>20</p> <p><u>Aquafit: Deep Water</u><br/>7:00 a.m. - 7:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Shallow Water</u><br/>8:00 a.m. - 8:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Warm Water Aqua Strength</u><br/>8:30 a.m. - 9:15 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Deep &amp; Shallow Water</u></p> | <p>21</p> <p><u>Aquafit: Deep Water</u><br/>7:00 a.m. - 7:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Shallow Water</u><br/>8:00 a.m. - 8:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Warm Water Aqua Strength</u><br/>8:30 a.m. - 9:15 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Deep &amp; Shallow Water</u></p> | <p>22</p> <p><u>Aquafit: Deep Water</u><br/>7:00 a.m. - 7:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Shallow Water</u><br/>8:00 a.m. - 8:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Warm Water Aqua Strength</u><br/>8:30 a.m. - 9:15 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Deep &amp; Shallow Water</u></p> | <p>23</p> <p><u>Saturday farmers' market</u><br/>7:00 a.m. - 2:00 p.m.</p> <p><u>Multi-sport #76337</u><br/>9:30 a.m. - 10:30 a.m.</p> <p><u>Soccer Skills and Drills #76338</u><br/>11:00 a.m. - 12:00 p.m.</p> <p><u>Teen Hoops #76334</u><br/>12:30 p.m. - 2:30 p.m.</p> <p><u>Family Swim: 25m pools</u><br/>2:00 p.m. - 3:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> |

**Book Your Bubbles**  
12:15 p.m. - 1:00 p.m.  
LYLE  
HALLMAN  
SWIMMING  
POOL

**Lane Swim**  
1:00 p.m. - 1:45 p.m.  
LYLE  
HALLMAN  
SWIMMING  
POOL

**Book Your Bubbles**

**Combined**  
9:00 a.m. - 9:45 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**  
9:00 a.m. - 10:00 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Family Swim: Warm Water Pool**

**Combined**  
9:00 a.m. - 9:45 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**  
9:00 a.m. - 10:00 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Committee of Adjustment Electronic**

**Combined**  
9:00 a.m. - 9:45 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**  
9:00 a.m. - 10:00 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Family Swim: Warm Water Pool**

**Combined**  
9:00 a.m. - 9:45 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**  
9:00 a.m. - 10:00 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**  
10:00 a.m. - 11:00 a.m.

**Combined**  
9:00 a.m. - 9:45 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**  
9:00 a.m. - 10:00 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Family Swim: Warm Water Pool**

**Family Swim: Warm Water Pool**  
2:30 p.m. - 3:30 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Family Swim: 25m pools**  
3:00 p.m. - 4:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL



1:00 p.m. - 1:45 p.m.  
LYLE  
HALLMAN  
SWIMMING  
POOL

Lane Swim  
1:45 p.m. - 1:30 p.m.  
LYLE  
HALLMAN  
SWIMMING  
POOL

Book Your Bubbles  
1:45 p.m. - 2:30 p.m.  
LYLE  
HALLMAN  
SWIMMING  
POOL

Family Swim  
2:30 p.m. - 3:15 p.m.  
LYLE  
HALLMAN  
SWIMMING  
POOL

Family Swim  
3:30 p.m. - 4:15 p.m.  
LYLE  
HALLMAN  
SWIMMING  
POOL

Family Swim  
4:30 p.m. - 5:15 p.m.  
LYLE  
HALLMAN  
SWIMMING  
POOL

Family Swim  
5:30 p.m. - 6:15 p.m.  
LYLE  
HALLMAN  
SWIMMING  
POOL

Book Your Bubbles  
6:15 p.m. - 7:00 p.m.  
LYLE  
HALLMAN  
SWIMMING  
POOL

Lane Swim  
6:15 p.m. - 7:00 p.m.  
LYLE

9:30 a.m. - 10:30 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Lane Swim  
10:00 a.m. - 11:00 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Family Swim: Warm Water Pool  
10:30 a.m. - 11:30 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Lane Swim  
11:00 a.m. - 12:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Adult Swim: Warm Water Pool  
11:30 a.m. - 12:30 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Lane Swim  
12:00 p.m. - 1:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Aquafit: Warm Water Aqua Strength  
12:30 p.m. - 1:15 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Lane Swim  
1:00 p.m. - 2:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Meeting  
10:00 a.m. - 12:00 p.m.

Lane Swim  
10:00 a.m. - 11:00 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Lane Swim  
11:00 a.m. - 12:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Family Swim: Warm Water Pool  
11:30 a.m. - 12:30 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Lane Swim  
12:00 p.m. - 1:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Family Swim: Warm Water Pool  
12:30 p.m. - 1:30 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Lane Swim  
2:00 p.m. - 3:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Lane Swim  
3:00 p.m. - 4:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Aquafit: Aquability  
3:30 p.m. - 4:15 p.m.  
FOREST

9:30 a.m. - 10:30 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Lane Swim  
10:00 a.m. - 11:00 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Family Swim: Warm Water Pool  
10:30 a.m. - 11:30 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Lane Swim  
11:00 a.m. - 12:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Adult Swim: Warm Water Pool  
11:30 a.m. - 12:30 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Lane Swim  
12:00 p.m. - 1:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Aquafit: Warm Water Aqua Strength  
12:30 p.m. - 1:15 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Lane Swim  
1:00 p.m. - 2:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Lane Swim  
11:00 a.m. - 12:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Family Swim: Warm Water Pool  
11:30 a.m. - 12:30 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Family Swim: Warm Water Pool  
12:30 p.m. - 1:30 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Lane Swim  
2:00 p.m. - 3:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Lane Swim  
3:00 p.m. - 4:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Aquafit: Aquability  
3:30 p.m. - 4:15 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Lane Swim  
8:00 p.m. - 9:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Aquafit: Deep & Shallow Water

9:30 a.m. - 10:30 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Lane Swim  
10:00 a.m. - 11:00 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Family Swim: Warm Water Pool  
10:30 a.m. - 11:30 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Lane Swim  
11:00 a.m. - 12:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Adult Swim: Warm Water Pool  
11:30 a.m. - 12:30 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Lane Swim  
12:00 p.m. - 1:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Aquafit: Warm Water Aqua Strength  
12:30 p.m. - 1:15 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Lane Swim  
1:00 p.m. - 2:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Seance Soiree Fundraiser  
3:00 p.m. - 4:00 p.m.

Family Swim: Warm Water Pool  
3:30 p.m. - 4:30 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Lane Swim  
4:00 p.m. - 5:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Seance Soiree Fundraiser  
4:00 p.m. - 5:00 p.m.

Family Swim: Warm Water Pool  
4:30 p.m. - 5:30 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Seance Soiree Fundraiser  
5:00 p.m. - 6:00 p.m.

Lane Swim  
5:00 p.m. - 6:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

Family Swim: Warm Water Pool  
5:30 p.m. - 6:30 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

|                       |   |  |   |   |   |
|-----------------------|---|--|---|---|---|
| HALLMAN SWIMMING POOL | <p><u>Lane Swim</u><br/>2:00 p.m. - 3:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Lane Swim</u><br/>3:00 p.m. - 4:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> | <p>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Deep &amp; Shallow Water</u><br/><u>Combined</u><br/>8:00 p.m. - 8:45 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> | <p><u>Lane Swim</u><br/>2:00 p.m. - 3:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Lane Swim</u><br/>3:00 p.m. - 4:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> | <p><u>Water</u><br/>8:00 p.m. - 8:45 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> | <p><u>Lane Swim</u><br/>2:00 p.m. - 3:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Lane Swim</u><br/>3:00 p.m. - 4:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> |
|-----------------------|---|--|---|---|---|

|   |  |   |  |   |  |  |
|---|--|---|--|---|--|--|
| 24  | 25   | 26  | 27   | 28  | 29   | 30   |
| <p><u>Family Swim: 25m pools</u><br/>2:00 p.m. - 3:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Family Swim: Warm Water Pool</u><br/>2:30 p.m. - 3:30 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Family Swim: 25m pools</u><br/>3:00 p.m. - 4:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Family Swim: Warm Water Pool</u><br/>3:30 p.m. - 4:30 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Lane Swim</u><br/>4:00 p.m. - 5:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Family Swim: Warm Water Pool</u><br/>4:30 p.m. - 5:30</p> | <p><u>Aquafit: Deep Water</u><br/>7:00 a.m. - 7:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Shallow Water</u><br/>8:00 a.m. - 8:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Warm Water Aqua Strength</u><br/>8:30 a.m. - 9:15 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Deep &amp; Shallow Water</u><br/><u>Combined</u><br/>9:00 a.m. - 9:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Lane Swim</u><br/>9:00 a.m. - 10:00 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Family Swim: Warm Water Pool</u></p> | <p><u>Aquafit: Deep Water</u><br/>7:00 a.m. - 7:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Shallow Water</u><br/>8:00 a.m. - 8:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Warm Water Aqua Strength</u><br/>8:30 a.m. - 9:15 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Lane Swim</u><br/>9:00 a.m. - 10:00 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Deep &amp; Shallow Water</u><br/><u>Combined</u><br/>9:00 a.m. - 9:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Lane Swim</u><br/>10:00 a.m. - 11:00 a.m.</p> | <p><u>Aquafit: Deep Water</u><br/>7:00 a.m. - 7:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Shallow Water</u><br/>8:00 a.m. - 8:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Warm Water Aqua Strength</u><br/>8:30 a.m. - 9:15 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Lane Swim</u><br/>9:00 a.m. - 10:00 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Deep &amp; Shallow Water</u><br/><u>Combined</u><br/>9:00 a.m. - 9:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Family Swim: Warm Water Pool</u></p> | <p><u>Aquafit: Deep Water</u><br/>7:00 a.m. - 7:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Shallow Water</u><br/>8:00 a.m. - 8:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Warm Water Aqua Strength</u><br/>8:30 a.m. - 9:15 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Lane Swim</u><br/>9:00 a.m. - 10:00 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Deep &amp; Shallow Water</u><br/><u>Combined</u><br/>9:00 a.m. - 9:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Lane Swim</u><br/>10:00 a.m. - 11:00 a.m.</p> | <p><u>Aquafit: Deep Water</u><br/>7:00 a.m. - 7:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Shallow Water</u><br/>8:00 a.m. - 8:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Warm Water Aqua Strength</u><br/>8:30 a.m. - 9:15 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Lane Swim</u><br/>9:00 a.m. - 10:00 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Aquafit: Deep &amp; Shallow Water</u><br/><u>Combined</u><br/>9:00 a.m. - 9:45 a.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Family Swim: Warm Water Pool</u></p> | <p><u>Saturday farmers' market</u><br/>7:00 a.m. - 2:00 p.m.</p> <p><u>Multi-sport #76337</u><br/>9:30 a.m. - 10:30 a.m.</p> <p><u>Soccer Skills and Drills #76338</u><br/>11:00 a.m. - 12:00 p.m.</p> <p><u>Teen Hoops #76334</u><br/>12:30 p.m. - 2:30 p.m.</p> <p><u>Family Swim: 25m pools</u><br/>2:00 p.m. - 3:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Family Swim: Warm Water Pool</u><br/>2:30 p.m. - 3:30 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><u>Family Swim: 25m pools</u><br/>3:00 p.m. - 4:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> |

p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

5:00 p.m. - 6:00  
p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Family Swim:**

**Warm Water**

**Pool**  
5:30 p.m. - 6:30  
p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

6:00 p.m. - 7:00  
p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Family Swim:**

**Warm Water**

**Pool**  
6:30 p.m. - 7:30  
p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

9:30 a.m. -  
10:30 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

10:00 a.m. -  
11:00 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Family Swim:**

**Warm Water**

**Pool**  
10:30 a.m. -  
11:30 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

11:00 a.m. -  
12:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Adult Swim:**

**Warm Water**

**Pool**  
11:30 a.m. -  
12:30 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

12:00 p.m. -  
1:00 p.m.

FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

11:00 a.m. -  
12:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Family Swim:**

**Warm Water**

**Pool**  
11:30 a.m. -  
12:30 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

12:00 p.m. -  
1:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Family Swim:**

**Warm Water**

**Pool**  
12:30 p.m. -  
1:30 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

2:00 p.m. - 3:00  
p.m.  
FOREST  
HEIGHTS C.I.

9:30 a.m. -  
10:30 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

10:00 a.m. -  
11:00 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Family Swim:**

**Warm Water**

**Pool**  
10:30 a.m. -  
11:30 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

11:00 a.m. -  
12:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Adult Swim:**

**Warm Water**

**Pool**  
11:30 a.m. -  
12:30 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

12:00 p.m. -  
1:00 p.m.

FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

11:00 a.m. -  
12:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Family Swim:**

**Warm Water**

**Pool**  
11:30 a.m. -  
12:30 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

12:00 p.m. -  
1:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Family Swim:**

**Warm Water**

**Pool**  
12:30 p.m. -  
1:30 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

2:00 p.m. - 3:00  
p.m.  
FOREST  
HEIGHTS C.I.

9:30 a.m. -  
10:30 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

10:00 a.m. -  
11:00 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Family Swim:**

**Warm Water**

**Pool**  
10:30 a.m. -  
11:30 a.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

11:00 a.m. -  
12:00 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Adult Swim:**

**Warm Water**

**Pool**  
11:30 a.m. -  
12:30 p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

12:00 p.m. -  
1:00 p.m.

**Family Swim:**  
**Warm Water**  
**Pool**  
3:30 p.m. - 4:30  
p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

4:00 p.m. - 5:00  
p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Family Swim:**

**Warm Water**

**Pool**  
4:30 p.m. - 5:30  
p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

5:00 p.m. - 6:00  
p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Family Swim:**

**Warm Water**

**Pool**  
5:30 p.m. - 6:30  
p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

|  |   |   |   |   |   |   |
|--|---|---|---|---|---|---|
|  | <p>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Aquafit: Warm Water Aqua Strength</u></b><br/>12:30 p.m. - 1:15 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>1:00 p.m. - 2:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>2:00 p.m. - 3:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>3:00 p.m. - 4:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> | <p>SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>3:00 p.m. - 4:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Aquafit: Aquability</u></b><br/>3:30 p.m. - 4:15 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Aquafit: Deep &amp; Shallow Water Combined</u></b><br/>8:00 p.m. - 8:45 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>8:00 p.m. - 9:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> | <p>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Aquafit: Warm Water Aqua Strength</u></b><br/>12:30 p.m. - 1:15 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>1:00 p.m. - 2:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>2:00 p.m. - 3:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>3:00 p.m. - 4:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> | <p>SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>3:00 p.m. - 4:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Aquafit: Aquability</u></b><br/>3:30 p.m. - 4:15 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Aquafit: Deep &amp; Shallow Water Combined</u></b><br/>8:00 p.m. - 8:45 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>8:00 p.m. - 9:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> | <p>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Aquafit: Warm Water Aqua Strength</u></b><br/>12:30 p.m. - 1:15 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>1:00 p.m. - 2:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>2:00 p.m. - 3:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>3:00 p.m. - 4:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> | <p><b><u>Lane Swim</u></b><br/>6:00 p.m. - 7:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Family Swim: Warm Water Pool</u></b><br/>6:30 p.m. - 7:30 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Lane Swim</u></b><br/>7:00 p.m. - 8:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> |
|--|---|---|---|---|---|---|

|   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 31  | 1 | 2 | 3 | 4 | 5 | 6 |
| <p><b><u>Family Swim: 25m pools</u></b><br/>2:00 p.m. - 3:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Family Swim: Warm Water Pool</u></b><br/>2:30 p.m. - 3:30 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> <p><b><u>Family Swim: 25m pools</u></b><br/>3:00 p.m. - 4:00 p.m.<br/>FOREST HEIGHTS C.I. SWIMMING POOL</p> |   |   |   |   |   |   |

**Family Swim:**

**Warm Water**

**Pool**

3:30 p.m. - 4:30  
p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

4:00 p.m. - 5:00  
p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Family Swim:**

**Warm Water**

**Pool**

4:30 p.m. - 5:30  
p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

5:00 p.m. - 6:00  
p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Family Swim:**

**Warm Water**

**Pool**

5:30 p.m. - 6:30  
p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Lane Swim**

6:00 p.m. - 7:00  
p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL

**Family Swim:**

**Warm Water**

**Pool**

6:30 p.m. - 7:30  
p.m.  
FOREST  
HEIGHTS C.I.  
SWIMMING  
POOL