**Sunday, January 2, 2022**

**Lane Swim**
Date and Time: Sunday, January 2 01:00 p.m. - 1:55 p.m.
Address: 350 Margaret Ave, Kitchener, ON

**Aqua Strength**
Date and Time: Sunday, January 2 01:30 p.m. - 2:30 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Strength - Warm Pool - Aqua Strength instruction is 45 minutes

**Lane Swim**
Date and Time: Sunday, January 2 02:00 p.m. - 2:55 p.m.
Address: 350 Margaret Ave, Kitchener, ON

**Family Swim: Leisure & 25m pools**
Date and Time: Sunday, January 2 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, January 2 03:00 p.m. - 3:55 p.m.
Address: 350 Margaret Ave, Kitchener, ON

**Family Swim**
Date and Time: Sunday, January 2 03:45 p.m. - 3:40 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Family Swim - Warm Pool

**Family Swim**
Date and Time: Sunday, January 2 04:00 p.m. - 5:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 2 swimmers per lane
Family Swim
Date and Time: Sunday, January 2 04:00 p.m. - 4:55 p.m.
Address: 350 Margaret Ave, Kitchener, ON

Family Swim

Family Swim: Warm Water Pool
Date and Time: Sunday, January 2 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

Lane Swim
Date and Time: Sunday, January 2 05:00 p.m. - 6:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 2 swimmers per lane

Family Swim: Warm Water Pool
Date and Time: Sunday, January 2 05:30 p.m. - 6:30 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

Lane Swim
Date and Time: Sunday, January 2 06:00 p.m. - 7:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 2 swimmers per lane

Family Swim: Warm Water Pool
Date and Time: Sunday, January 2 06:30 p.m. - 7:30 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

Lane Swim
Date and Time: Sunday, January 2 07:00 p.m. - 8:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 2 swimmers per lane

Monday, January 3, 2022

Aqua Cardio
Aqua Cardio

Date and Time: Monday, January 3 08:00 a.m. - 8:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON

Aqua Strength

Date and Time: Monday, January 3 08:15 a.m. - 9:15 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Strength - Warm Pool - Aqua Strength instruction is 45 minutes

Aqua Cardio

Date and Time: Monday, January 3 09:00 a.m. - 9:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Cardio

Lane Swim

Date and Time: Monday, January 3 10:00 a.m. - 10:55 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Lane Swim

Adult Swim

Date and Time: Monday, January 3 10:15 a.m. - 11:15 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Adult Swim - Warm Pool

Lane Swim

Date and Time: Monday, January 3 11:00 a.m. - 11:55 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Lane Swim

Aqua Stretch

Date and Time: Monday, January 3 11:15 a.m. - 12:15 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Stretch - Warm Pool - Aqua Stretch instruction is 45 minutes

Lane Swim

Date and Time: Monday, January 3 12:00 p.m. - 12:55 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Lane Swim
Aqua Cardio
Date and Time: Monday, January 3 01:00 p.m. - 1:45 p.m.
Address: 350 Margaret Ave, Kitchener, ON

Aqua Strength
Date and Time: Monday, January 3 01:45 p.m. - 2:45 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Strength - Warm Pool - Aqua Strength instruction is 45 minutes

Lane Swim
Date and Time: Monday, January 3 02:00 p.m. - 2:55 p.m.
Address: 350 Margaret Ave, Kitchener, ON

Family Swim
Date and Time: Monday, January 3 02:45 p.m. - 3:45 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Family Swim - Warm Pool

Lane Swim
Date and Time: Monday, January 3 04:00 p.m. - 4:55 p.m.
Address: 350 Margaret Ave, Kitchener, ON

Lane Swim
Date and Time: Monday, January 3 05:00 p.m. - 5:55 p.m.
Address: 350 Margaret Ave, Kitchener, ON

Family Swim
Date and Time: Monday, January 3 06:30 p.m. - 7:25 p.m.
Address: 350 Margaret Ave, Kitchener, ON

Tuesday, January 4, 2022

Lane Swim
Date and Time: Tuesday, January 4 08:00 a.m. - 8:55 a.m.
Aqua Strength

Date and Time: Tuesday, January 4 08:15 a.m. - 9:15 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Strength - Warm Pool - Aqua Strength instruction is 45 minutes

Aqua Cardio

Date and Time: Tuesday, January 4 09:00 a.m. - 9:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Cardio

Adult Swim

Date and Time: Tuesday, January 4 09:15 a.m. - 10:15 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Adult Swim - Warm Pool

Aqua Cardio

Date and Time: Tuesday, January 4 10:00 a.m. - 10:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Cardio

Aqua Stretch

Date and Time: Tuesday, January 4 10:45 a.m. - 11:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Stretch - Warm Pool - Aqua Stretch instruction is 45 minutes

Lane Swim

Date and Time: Tuesday, January 4 11:00 a.m. - 11:55 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Lane Swim

Lane Swim

Date and Time: Tuesday, January 4 12:00 p.m. - 12:55 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Lane Swim

Aqua Cardio
Aqua Cardio

Date and Time: Tuesday, January 4 01:00 p.m. - 1:45 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Cardio

Aqua Strength

Date and Time: Tuesday, January 4 01:45 p.m. - 2:45 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Strength - Warm Pool - Aqua Strength instruction is 45 minutes

Family Swim

Date and Time: Tuesday, January 4 02:00 p.m. - 2:55 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Family Swim

Adult Swim

Date and Time: Tuesday, January 4 02:45 p.m. - 3:45 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Adult Swim - Warm Pool

Lane Swim

Date and Time: Tuesday, January 4 04:00 p.m. - 4:55 p.m.
Address: 350 Margaret Ave, Kitchener, ON
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Lane Swim

Date and Time: Tuesday, January 4 07:30 p.m. - 8:25 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Lane Swim

Aqua Cardio

Date and Time: Tuesday, January 4 08:30 p.m. - 9:15 p.m.
Address: 350 Margaret Ave, Kitchener, ON
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