Thursday, July 1, 2021

Lane Swim
Date and Time: Thursday, July 1 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Thursday, July 1 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim
Date and Time: Thursday, July 1 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Thursday, July 1 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

AquaCardio
Date and Time: Thursday, July 1 11:00 a.m. - 11:45 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

Lane Swim
Date and Time: Thursday, July 1 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Thursday, July 1 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends
Family Swim
Date and Time: Thursday, July 1 12:00 p.m. - 12:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Lane Swim
Date and Time: Thursday, July 1 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Thursday, July 1 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

Family Swim
Date and Time: Thursday, July 1 01:00 p.m. - 1:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Lane Swim
Date and Time: Thursday, July 1 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Thursday, July 1 02:00 p.m. - 2:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

Family Swim
Date and Time: Thursday, July 1 02:00 p.m. - 2:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Family Swim
Date and Time: Thursday, July 1 02:00 p.m. - 3:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older
Friday, July 2, 2021

Lane Swim
Date and Time: Friday, July 2 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Friday, July 2 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim
Date and Time: Friday, July 2 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Friday, July 2 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

AquaCardio
Date and Time: Friday, July 2 11:00 a.m. - 11:45 a.m.
Address: 5 Thaler Ave, Kitchener, ON5 Thaler Ave, Kitchener, ON
45 minute aquafit class

Lane Swim
Date and Time: Friday, July 2 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Friday, July 2 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim
Family Swim
Date and Time: Friday, July 2 12:00 p.m. - 12:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Family Swim
Date and Time: Friday, July 2 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

Family Swim
Date and Time: Friday, July 2 01:00 p.m. - 1:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Lane Swim
Date and Time: Friday, July 2 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Friday, July 2 02:00 p.m. - 2:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Family Swim
Date and Time: Friday, July 2 02:00 p.m. - 3:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

Lane Swim
Date and Time: Friday, July 2 02:00 p.m. - 2:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane
Lane Swim
Date and Time: Saturday, July 3 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Saturday, July 3 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim
Date and Time: Saturday, July 3 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Saturday, July 3 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim
Date and Time: Saturday, July 3 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Saturday, July 3 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim
Date and Time: Saturday, July 3 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Saturday, July 3 12:00 p.m. - 12:45 p.m.
Family Swim
Date and Time: Saturday, July 3 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

Family Swim
Date and Time: Saturday, July 3 01:00 p.m. - 1:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Family Swim
Date and Time: Saturday, July 3 01:00 p.m. - 2:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

Lane Swim
Date and Time: Saturday, July 3 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Saturday, July 3 02:00 p.m. - 2:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Family Swim
Date and Time: Saturday, July 3 02:00 p.m. - 3:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

Lane Swim
Date and Time: Saturday, July 3 02:00 p.m. - 2:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Sunday, July 4, 2021
**Lane Swim**
Date and Time: Sunday, July 4 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**
Date and Time: Sunday, July 4 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**Lane Swim**
Date and Time: Sunday, July 4 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**
Date and Time: Sunday, July 4 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**Lane Swim**
Date and Time: Sunday, July 4 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**
Date and Time: Sunday, July 4 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**Family Swim**
Date and Time: Sunday, July 4 12:00 p.m. - 12:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

**Lane Swim**
Date and Time: Sunday, July 4 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane
**Family Swim**

Date and Time: Sunday, July 4 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

**Family Swim**

Date and Time: Sunday, July 4 01:00 p.m. - 2:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

**Family Swim**

Date and Time: Sunday, July 4 01:00 p.m. - 1:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

**Lane Swim**

Date and Time: Sunday, July 4 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Lane Swim**

Date and Time: Sunday, July 4 02:00 p.m. - 2:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**

Date and Time: Sunday, July 4 02:00 p.m. - 3:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

**Family Swim**

Date and Time: Sunday, July 4 02:00 p.m. - 2:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

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**Monday, July 5, 2021**

**Lane Swim**
Date and Time: Monday, July 5 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**

Date and Time: Monday, July 5 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**Lane Swim**

Date and Time: Monday, July 5 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**AquaCardio**

Date and Time: Monday, July 5 10:15 a.m. - 11:00 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

**Family Swim**

Date and Time: Monday, July 5 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**Lane Swim**

Date and Time: Monday, July 5 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**AquaCardio**

Date and Time: Monday, July 5 11:00 a.m. - 11:45 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

**Family Swim**

Date and Time: Monday, July 5 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**Lane Swim**
Date and Time: Monday, July 5 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**

Date and Time: Monday, July 5 12:00 p.m. - 12:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

**Family Swim**

Date and Time: Monday, July 5 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

**Family Swim**

Date and Time: Monday, July 5 01:00 p.m. - 2:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

**Family Swim**

Date and Time: Monday, July 5 01:00 p.m. - 1:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

**Lane Swim**

Date and Time: Monday, July 5 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**

Date and Time: Monday, July 5 02:00 p.m. - 2:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

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**Tuesday, July 6, 2021**

**Lane Swim**

Date and Time: Tuesday, July 6 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
**Family Swim**  
Date and Time: Tuesday, July 6 09:30 a.m. - 10:25 a.m.  
Address: 115 Woodside Avenue, Kitchener, ON  
1 hour family swimming, deep and shallow ends

**Lane Swim**  
Date and Time: Tuesday, July 6 10:00 a.m. - 10:55 a.m.  
Address: 115 Woodside Avenue, Kitchener, ON  
Lane Swimming, 1 swimmer per lane

**AquaCardio**  
Date and Time: Tuesday, July 6 10:15 a.m. - 11:00 a.m.  
Address: 5 Thaler Ave, Kitchener, ON  
45 minute aqua fit class

**Family Swim**  
Date and Time: Tuesday, July 6 10:30 a.m. - 11:25 a.m.  
Address: 115 Woodside Avenue, Kitchener, ON  
1 hour family swimming, deep and shallow ends

**AquaCardio**  
Date and Time: Tuesday, July 6 11:00 a.m. - 11:45 a.m.  
Address: 5 Thaler Ave, Kitchener, ON  
45 minute aqua fit class

**Lane Swim**  
Date and Time: Tuesday, July 6 11:00 a.m. - 11:55 a.m.  
Address: 115 Woodside Avenue, Kitchener, ON  
Lane Swimming, 1 swimmer per lane

**Family Swim**  
Date and Time: Tuesday, July 6 11:30 a.m. - 12:25 p.m.  
Address: 115 Woodside Avenue, Kitchener, ON  
1 hour family swimming, deep and shallow ends

**Family Swim**  
Date and Time: Tuesday, July 6 12:00 p.m. - 12:45 p.m.
**Lane Swim**

**Date and Time:** Tuesday, July 6 12:00 p.m. - 12:55 p.m.

**Address:** 115 Woodside Avenue, Kitchener, ON

Lane Swimming, 1 swimmer per lane

**Family Swim**

**Date and Time:** Tuesday, July 6 12:30 p.m. - 1:25 p.m.

**Address:** 115 Woodside Avenue, Kitchener, ON

2 hour family swimming, deep and shallow ends

**Family Swim**

**Date and Time:** Tuesday, July 6 01:00 p.m. - 2:00 p.m.

**Address:** 78 Wilson Ave, Kitchener, ON

1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

**Family Swim**

**Date and Time:** Tuesday, July 6 01:00 p.m. - 1:45 p.m.

**Address:** 5 Thaler Ave, Kitchener, ON

Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

**Family Swim**

**Date and Time:** Tuesday, July 6 02:00 p.m. - 3:00 p.m.

**Address:** 78 Wilson Ave, Kitchener, ON

1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

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**Wednesday, July 7, 2021**

**Lane Swim**

**Date and Time:** Wednesday, July 7 09:00 a.m. - 9:55 a.m.

**Address:** 115 Woodside Avenue, Kitchener, ON

Lane Swimming, 1 swimmer per lane
Family Swim
Date and Time: Wednesday, July 7 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim
Date and Time: Wednesday, July 7 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

AquaCardio
Date and Time: Wednesday, July 7 10:15 a.m. - 11:00 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

Family Swim
Date and Time: Wednesday, July 7 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim
Date and Time: Wednesday, July 7 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

AquaCardio
Date and Time: Wednesday, July 7 11:00 a.m. - 11:45 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

Family Swim
Date and Time: Wednesday, July 7 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim
Date and Time: Wednesday, July 7 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane
**Family Swim**

Date and Time: Wednesday, July 7 12:00 p.m. - 12:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

**Family Swim**

Date and Time: Wednesday, July 7 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

**Family Swim**

Date and Time: Wednesday, July 7 01:00 p.m. - 1:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

**Lane Swim**

Date and Time: Wednesday, July 7 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**

Date and Time: Wednesday, July 7 01:00 p.m. - 2:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

**Lane Swim**

Date and Time: Wednesday, July 7 02:00 p.m. - 2:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

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**Thursday, July 8, 2021**

**Lane Swim**

Date and Time: Thursday, July 8 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**
Date and Time: Thursday, July 8 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**Lane Swim**

Date and Time: Thursday, July 8 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**AquaCardio**

Date and Time: Thursday, July 8 10:15 a.m. - 11:00 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

**Family Swim**

Date and Time: Thursday, July 8 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**AquaCardio**

Date and Time: Thursday, July 8 11:00 a.m. - 11:45 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

**Lane Swim**

Date and Time: Thursday, July 8 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**

Date and Time: Thursday, July 8 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**Family Swim**

Date and Time: Thursday, July 8 12:00 p.m. - 12:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

**Lane Swim**
**Date and Time:** Thursday, July 8 12:00 p.m. - 12:55 p.m.
**Address:** 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**
**Date and Time:** Thursday, July 8 12:30 p.m. - 1:25 p.m.
**Address:** 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

**Family Swim**
**Date and Time:** Thursday, July 8 01:00 p.m. - 1:45 p.m.
**Address:** 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

**Lane Swim**
**Date and Time:** Thursday, July 8 01:00 p.m. - 1:55 p.m.
**Address:** 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**
**Date and Time:** Thursday, July 8 01:00 p.m. - 2:00 p.m.
**Address:** 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

**Family Swim**
**Date and Time:** Thursday, July 8 02:00 p.m. - 2:45 p.m.
**Address:** 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

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**Friday, July 9, 2021**

**Lane Swim**
**Date and Time:** Friday, July 9 09:00 a.m. - 9:55 a.m.
**Address:** 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**
**Date and Time:** Friday, July 9 09:30 a.m. - 10:25 a.m.
**Address:** 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**Lane Swim**
Date and Time: Friday, July 9 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**AquaCardio**
Date and Time: Friday, July 9 10:15 a.m. - 11:00 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

**Family Swim**
Date and Time: Friday, July 9 11:00 a.m. - 11:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

**AquaCardio**
Date and Time: Friday, July 9 11:00 a.m. - 11:45 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

**Lane Swim**
Date and Time: Friday, July 9 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**
Date and Time: Friday, July 9 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**Lane Swim**
Date and Time: Friday, July 9 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**
Date and Time: Friday, July 9 12:00 p.m. - 12:45 p.m.
Family Swim
Date and Time: Friday, July 9 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

Family Swim
Date and Time: Friday, July 9 01:00 p.m. - 2:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

Lane Swim
Date and Time: Friday, July 9 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Friday, July 9 01:00 p.m. - 1:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Family Swim
Date and Time: Friday, July 9 02:00 p.m. - 2:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Saturday, July 10, 2021

Lane Swim
Date and Time: Saturday, July 10 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Saturday, July 10 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Family Swim
Date and Time: Saturday, July 10 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends
Lane Swim
Date and Time: Saturday, July 10 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Saturday, July 10 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim
Date and Time: Saturday, July 10 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Saturday, July 10 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim
Date and Time: Saturday, July 10 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Saturday, July 10 12:00 p.m. - 12:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Family Swim
Date and Time: Saturday, July 10 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

Family Swim
Date and Time: Saturday, July 10 01:00 p.m. - 1:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older
**Family Swim**

Date and Time: Saturday, July 10 01:00 p.m. - 2:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON

1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

**Lane Swim**

Date and Time: Saturday, July 10 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON

Lane Swimming, 1 swimmer per lane

**Family Swim**

Date and Time: Saturday, July 10 02:00 p.m. - 3:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON

1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

**Family Swim**

Date and Time: Saturday, July 10 02:00 p.m. - 2:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON

Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

**Lane Swim**

Date and Time: Saturday, July 10 02:00 p.m. - 2:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON

Lane Swimming, 1 swimmer per lane

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**Sunday, July 11, 2021**

**Lane Swim**

Date and Time: Sunday, July 11 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON

Lane Swimming, 1 swimmer per lane

**Family Swim**

Date and Time: Sunday, July 11 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON

1 hour family swimming, deep and shallow ends

**Lane Swim**
Family Swim

Date and Time: Sunday, July 11 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim

Date and Time: Sunday, July 11 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim

Date and Time: Sunday, July 11 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim

Date and Time: Sunday, July 11 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Family Swim

Date and Time: Sunday, July 11 12:00 p.m. - 12:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Lane Swim

Date and Time: Sunday, July 11 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim

Date and Time: Sunday, July 11 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

Family Swim

Date and Time: Sunday, July 11 01:00 p.m. - 1:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older
Date and Time: Sunday, July 11 01:00 p.m. - 2:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON

1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

**Lane Swim**

Date and Time: Sunday, July 11 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Lane Swim**

Date and Time: Sunday, July 11 02:00 p.m. - 2:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**

Date and Time: Sunday, July 11 02:00 p.m. - 3:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON

1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

**Family Swim**

Date and Time: Sunday, July 11 02:00 p.m. - 2:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON

Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

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**Monday, July 12, 2021**

**Lane Swim**

Date and Time: Monday, July 12 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**

Date and Time: Monday, July 12 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON

1 hour family swimming, deep and shallow ends

**Lane Swim**

Date and Time: Monday, July 12 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

AquaCardio
Date and Time: Monday, July 12 10:15 a.m. - 11:00 a.m.
Address: 5 Thaler Ave, Kitchener, ON
5 Thaler Ave, Kitchener, ON
45 minute aquafit class

Family Swim
Date and Time: Monday, July 12 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Family Swim
Date and Time: Monday, July 12 11:00 a.m. - 11:45 a.m.
Address: 5 Thaler Ave, Kitchener, ON
5 Thaler Ave, Kitchener, ON
45 minute aquafit class

AquaCardio
Date and Time: Monday, July 12 11:00 a.m. - 11:45 a.m.
Address: 5 Thaler Ave, Kitchener, ON
5 Thaler Ave, Kitchener, ON
45 minute aquafit class

Lane Swim
Date and Time: Monday, July 12 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Monday, July 12 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim
Date and Time: Monday, July 12 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Monday, July 12 12:00 p.m. - 1:00 p.m.
Family Swim
Date and Time: Monday, July 12 12:00 p.m. - 12:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Family Swim
Date and Time: Monday, July 12 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

Lane Swim
Date and Time: Monday, July 12 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Monday, July 12 01:00 p.m. - 1:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Tuesday, July 13, 2021
Lane Swim
Date and Time: Tuesday, July 13 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Tuesday, July 13 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim
Date and Time: Tuesday, July 13 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane
**AquaCardio**
Date and Time: Tuesday, July 13 10:15 a.m. - 11:00 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

**Family Swim**
Date and Time: Tuesday, July 13 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**AquaCardio**
Date and Time: Tuesday, July 13 11:00 a.m. - 11:45 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

**Lane Swim**
Date and Time: Tuesday, July 13 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**
Date and Time: Tuesday, July 13 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**Family Swim**
Date and Time: Tuesday, July 13 12:00 p.m. - 1:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

**Lane Swim**
Date and Time: Tuesday, July 13 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane
Family Swim

Date and Time: Tuesday, July 13 12:00 p.m. - 12:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Family Swim

Date and Time: Tuesday, July 13 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

Family Swim

Date and Time: Tuesday, July 13 01:00 p.m. - 2:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

Lane Swim

Date and Time: Tuesday, July 13 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Wednesday, July 14, 2021

Lane Swim

Date and Time: Wednesday, July 14 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim

Date and Time: Wednesday, July 14 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim

Date and Time: Wednesday, July 14 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

AquaCardio
Family Swim
Date and Time: Wednesday, July 14 10:15 a.m. - 11:00 a.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim
Date and Time: Wednesday, July 14 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swim
Date and Time: Wednesday, July 14 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane
Family Swim
Date and Time: Wednesday, July 14 11:00 a.m. - 2:00 p.m.
Address: 1000 Kiwanis Park Dr, Kitchener, ON
Morning Family Swim
AquaCardio
Date and Time: Wednesday, July 14 11:00 a.m. - 11:45 a.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim
Date and Time: Wednesday, July 14 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Family Swim
Date and Time: Wednesday, July 14 12:00 p.m. - 12:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older
Lane Swim
Date and Time: Wednesday, July 14 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane
Date and Time: Wednesday, July 14 12:00 p.m. - 1:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

Family Swim

Date and Time: Wednesday, July 14 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

Family Swim

Date and Time: Wednesday, July 14 01:00 p.m. - 2:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

Family Swim

Date and Time: Wednesday, July 14 01:00 p.m. - 1:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Thursday, July 15, 2021

Lane Swim

Date and Time: Thursday, July 15 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim

Date and Time: Thursday, July 15 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim

Date and Time: Thursday, July 15 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

AquaCardio

Date and Time: Thursday, July 15 10:15 a.m. - 11:00 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

**Family Swim**

Date and Time: Thursday, July 15 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**Lane Swim**

Date and Time: Thursday, July 15 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**AquaCardio**

Date and Time: Thursday, July 15 11:00 a.m. - 11:45 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

**Family Swim**

Date and Time: Thursday, July 15 11:00 a.m. - 2:00 p.m.
Address: 1000 Kiwanis Park Dr, Kitchener, ON
Morning Family Swim

**Family Swim**

Date and Time: Thursday, July 15 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**Family Swim**

Date and Time: Thursday, July 15 12:00 p.m. - 1:00 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

**Family Swim**

Date and Time: Thursday, July 15 12:00 p.m. - 1:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

**Lane Swim**

Date and Time: Thursday, July 15 12:00 p.m. - 12:55 p.m.
Family Swim

Date and Time: Thursday, July 15 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

Family Swim

Date and Time: Thursday, July 15 01:00 p.m. - 2:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

Lane Swim

Date and Time: Thursday, July 15 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Friday, July 16, 2021

Lane Swim

Date and Time: Friday, July 16 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim

Date and Time: Friday, July 16 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim

Date and Time: Friday, July 16 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

AquaCardio

Date and Time: Friday, July 16 10:15 a.m. - 11:00 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class
Family Swim
Date and Time: Friday, July 16 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

AquaCardio
Date and Time: Friday, July 16 11:00 a.m. - 11:45 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

Lane Swim
Date and Time: Friday, July 16 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Friday, July 16 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Family Swim
Date and Time: Friday, July 16 12:00 p.m. - 12:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Lane Swim
Date and Time: Friday, July 16 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Friday, July 16 12:00 p.m. - 1:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older
Family Swim
Date and Time: Friday, July 16 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

Family Swim
Date and Time: Friday, July 16 01:00 p.m. - 1:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Lane Swim
Date and Time: Friday, July 16 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Saturday, July 17, 2021

Lane Swim
Date and Time: Saturday, July 17 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Saturday, July 17 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim
Date and Time: Saturday, July 17 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Saturday, July 17 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim
Family Swim
Date and Time: Saturday, July 17 11:00 a.m. - 2:00 p.m.
Address: 1000 Kiwanis Park Dr, Kitchener, ON
Morning Family Swim

Family Swim
Date and Time: Saturday, July 17 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Family Swim
Date and Time: Saturday, July 17 12:00 p.m. - 1:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

Lane Swim
Date and Time: Saturday, July 17 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Saturday, July 17 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

Family Swim
Date and Time: Saturday, July 17 1:00 p.m. - 2:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

Lane Swim
Saturday, July 17

**Lane Swimming**, 1 swimmer per lane

**Family Swim**

Date and Time: Saturday, July 17 01:00 p.m. - 1:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Sunday, July 18, 2021

**Lane Swim**

Date and Time: Sunday, July 18 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**

Date and Time: Sunday, July 18 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**Lane Swim**

Date and Time: Sunday, July 18 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**

Date and Time: Sunday, July 18 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**Family Swim**

Date and Time: Sunday, July 18 11:00 a.m. - 2:00 p.m.
Address: 1000 Kiwanis Park Dr, Kitchener, ON
Morning Family Swim

**Lane Swim**
Date and Time: Sunday, July 18 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**
Date and Time: Sunday, July 18 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**Family Swim**
Date and Time: Sunday, July 18 12:00 p.m. - 12:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

**Lane Swim**
Date and Time: Sunday, July 18 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**
Date and Time: Sunday, July 18 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

**Family Swim**
Date and Time: Sunday, July 18 01:00 p.m. - 1:45 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

**Lane Swim**

Date and Time: Sunday, July 18 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**

Date and Time: Sunday, July 18 02:00 p.m. - 2:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

**Monday, July 19, 2021**

**Lane Swim**

Date and Time: Monday, July 19 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**

Date and Time: Monday, July 19 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**Lane Swim**

Date and Time: Monday, July 19 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**AquaCardio**

Date and Time: Monday, July 19 10:15 a.m. - 11:00 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aqua fit class

**Family Swim**

Date and Time: Monday, July 19 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends
AquaCardio
Date and Time: Monday, July 19 11:00 a.m. - 11:45 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

Family Swim
Date and Time: Monday, July 19 11:00 a.m. - 2:00 p.m.
Address: 1000 Kiwanis Park Dr, Kitchener, ON
Morning Family Swim

Lane Swim
Date and Time: Monday, July 19 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Monday, July 19 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim
Date and Time: Monday, July 19 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Monday, July 19 12:00 p.m. - 1:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

Family Swim
Date and Time: Monday, July 19 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends
**Family Swim**
Date and Time: Monday, July 19 01:00 p.m. - 1:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

**Lane Swim**
Date and Time: Monday, July 19 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

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**Tuesday, July 20, 2021**

**Lane Swim**
Date and Time: Tuesday, July 20 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**
Date and Time: Tuesday, July 20 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**Lane Swim**
Date and Time: Tuesday, July 20 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**AquaCardio**
Date and Time: Tuesday, July 20 10:15 a.m. - 11:00 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

**Family Swim**
Date and Time: Tuesday, July 20 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**AquaCardio**
Lane Swim
Date and Time: Tuesday, July 20 11:00 a.m. - 11:45 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

Family Swim
Date and Time: Tuesday, July 20 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Tuesday, July 20 11:00 a.m. - 2:00 p.m.
Address: 1000 Kiwanis Park Dr, Kitchener, ON
Morning Family Swim

Family Swim
Date and Time: Tuesday, July 20 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Family Swim
Date and Time: Tuesday, July 20 12:00 p.m. - 1:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

Family Swim
Date and Time: Tuesday, July 20 12:00 p.m. - 12:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Family Swim
Date and Time: Tuesday, July 20 12:00 p.m. - 12:45 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

Family Swim
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

**Lane Swim**

Date and Time: Tuesday, July 20 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

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**Wednesday, July 21, 2021**

**Lane Swim**

Date and Time: Wednesday, July 21 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**

Date and Time: Wednesday, July 21 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**Lane Swim**

Date and Time: Wednesday, July 21 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**AquaCardio**

Date and Time: Wednesday, July 21 10:15 a.m. - 11:00 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

**Family Swim**

Date and Time: Wednesday, July 21 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**Lane Swim**

Date and Time: Wednesday, July 21 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Family Swim
Date and Time: Wednesday, July 21 11:00 a.m. - 2:00 p.m.
Address: 1000 Kiwanis Park Dr, Kitchener, ON
Morning Family Swim

AquaCardio
Date and Time: Wednesday, July 21 11:00 a.m. - 11:45 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

Family Swim
Date and Time: Wednesday, July 21 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Family Swim
Date and Time: Wednesday, July 21 12:00 p.m. - 1:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

Family Swim
Date and Time: Wednesday, July 21 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Lane Swim
Date and Time: Wednesday, July 21 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Wednesday, July 21 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

Family Swim
Date and Time: Wednesday, July 21 01:00 p.m. - 1:45 p.m.
**Family Swim**

Date and Time: Thursday, July 22 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

**Family Swim**

Date and Time: Thursday, July 22 11:00 a.m. - 2:00 p.m.
Address: 1000 Kiwanis Park Dr, Kitchener, ON
Morning Family Swim
AquaCardio
Date and Time: Thursday, July 22 11:00 a.m. - 11:45 a.m.
Address: 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

Lane Swim
Date and Time: Thursday, July 22 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Thursday, July 22 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Family Swim
Date and Time: Thursday, July 22 12:00 p.m. - 1:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

Lane Swim
Date and Time: Thursday, July 22 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Thursday, July 22 12:00 p.m. - 12:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Family Swim
Date and Time: Thursday, July 22 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

Family Swim
Date and Time: Thursday, July 22 01:00 p.m. - 1:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older
Lane Swim
Date and Time: Thursday, July 22 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Friday, July 23, 2021

Lane Swim
Date and Time: Friday, July 23 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Friday, July 23 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim
Date and Time: Friday, July 23 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

AquaCardio
Date and Time: Friday, July 23 10:15 a.m. - 11:00 a.m.
Address: 5 Thaler Ave, Kitchener, ON 5 Thaler Ave, Kitchener, ON
45 minute aquafit class

Family Swim
Date and Time: Friday, July 23 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

AquaCardio
Date and Time: Friday, July 23 11:00 a.m. - 11:45 a.m.
Address: 5 Thaler Ave, Kitchener, ON 5 Thaler Ave, Kitchener, ON
45 minute aquafit class
Lane Swim

Date and Time: Friday, July 23 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim

Date and Time: Friday, July 23 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Family Swim

Date and Time: Friday, July 23 12:00 p.m. - 12:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Family Swim

Date and Time: Friday, July 23 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

Lane Swim

Date and Time: Friday, July 23 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim

Date and Time: Friday, July 23 12:00 p.m. - 1:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older
Date and Time: Friday, July 23 01:00 p.m. - 2:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON

1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

Saturday, July 24, 2021

**Lane Swim**

Date and Time: Saturday, July 24 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON

Lane Swimming, 1 swimmer per lane

**Family Swim**

Date and Time: Saturday, July 24 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON

1 hour family swimming, deep and shallow ends

**Lane Swim**

Date and Time: Saturday, July 24 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON

Lane Swimming, 1 swimmer per lane

**Family Swim**

Date and Time: Saturday, July 24 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON

1 hour family swimming, deep and shallow ends

**Lane Swim**

Date and Time: Saturday, July 24 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON

Lane Swimming, 1 swimmer per lane

**Family Swim**

Date and Time: Saturday, July 24 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON

Morning Family Swim

**Family Swim**

Date and Time: Saturday, July 24 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON

Morning Family Swim
Family Swim

Date and Time: Saturday, July 24 12:00 p.m. - 1:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

Lane Swim

Date and Time: Saturday, July 24 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim

Date and Time: Saturday, July 24 12:00 p.m. - 12:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Family Swim

Date and Time: Saturday, July 24 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

Family Swim

Date and Time: Saturday, July 24 01:00 p.m. - 1:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Family Swim

Date and Time: Saturday, July 24 01:00 p.m. - 2:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

Lane Swim

Date and Time: Saturday, July 24 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim

Date and Time: Saturday, July 24 02:00 p.m. - 3:00 p.m.
Sunday, July 25, 2021

Lane Swim
Date and Time: Sunday, July 25 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Sunday, July 25 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim
Date and Time: Sunday, July 25 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Sunday, July 25 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends

Lane Swim
Date and Time: Sunday, July 25 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Sunday, July 25 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, deep and shallow ends
Lane Swim
Date and Time: Sunday, July 25 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Sunday, July 25 12:00 p.m. - 1:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

Family Swim
Date and Time: Sunday, July 25 12:00 p.m. - 12:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Family Swim
Date and Time: Sunday, July 25 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

Family Swim
Date and Time: Sunday, July 25 01:00 p.m. - 2:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

Lane Swim
Date and Time: Sunday, July 25 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Sunday, July 25 01:00 p.m. - 1:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

Family Swim
Date and Time: Sunday, July 25 02:00 p.m. - 3:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older
Monday, July 26, 2021

AquaCardio

Date and Time: Monday, July 26 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in Alcove.

Book Your Bubbles

Date and Time: Monday, July 26 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

Exclusive use of Swirl Pool with jets. Max 6 per registration.

Aqua Cardio

Date and Time: Monday, July 26 08:00 a.m. - 8:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON

Aqua Cardio

Lane Swim

Date and Time: Monday, July 26 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 minute lane swim, 2 people per lane

Aqua Strength

Date and Time: Monday, July 26 08:15 a.m. - 9:15 a.m.
Address: 350 Margaret Ave, Kitchener, ON

Aqua Strength - Warm Pool - Aqua Strength instruction is 45 minutes

Lane Swim

Date and Time: Monday, July 26 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 minute lane swim, 2 people per lane

Book Your Bubbles

Date and Time: Monday, July 26 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON

Exclusive use of Swirl Pool with jets. Max 6 per registration.

Aqua Cardio
Lane Swim
Date and Time: Monday, July 26 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

AquaCardio

Date and Time: Monday, July 26 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Family Swim
Date and Time: Monday, July 26 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, Shallow end only

Book Your Bubbles
Date and Time: Monday, July 26 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.

Adult Swim
Date and Time: Monday, July 26 09:30 a.m. - 10:30 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Adult Swim - Warm Pool

Lane Swim
Date and Time: Monday, July 26 10:00 a.m. - 10:55 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Lane Swim

Lane Swim
Date and Time: Monday, July 26 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane
**Book Your Bubbles**

Date and Time: Tuesday, July 27 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

Exclusive use of Swirl Pool with jets. Max 6 per registration.

**Lane Swim**

Date and Time: Tuesday, July 27 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 minute lane swim, 2 people per lane

**Lane Swim**

Date and Time: Tuesday, July 27 09:00 a.m. - 9:55 a.m.
Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

**AquaCardio**

Date and Time: Tuesday, July 27 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in Alcove.

**Aqua Strength**

Date and Time: Tuesday, July 27 08:15 a.m. - 9:15 a.m.
Address: 350 Margaret Ave, Kitchener, ON

Aqua Strength - Warm Pool - Aqua Strength instruction is 45 minutes

**Lane Swim**

Date and Time: Tuesday, July 27 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 minute lane swim, 2 people per lane

**Book Your Bubbles**

Date and Time: Tuesday, July 27 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON

Exclusive use of Swirl Pool with jets. Max 6 per registration.

**Lane Swim**

Date and Time: Tuesday, July 27 09:00 a.m. - 9:55 a.m.
**Aqua Cardio**

Date and Time: Tuesday, July 27 09:00 a.m. - 9:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON

**Family Swim**

Date and Time: Tuesday, July 27 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON

1 hour family swimming, Shallow end only

**Adult Swim**

Date and Time: Tuesday, July 27 09:30 a.m. - 10:30 a.m.
Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

**AquaCardio Deep**

Date and Time: Tuesday, July 27 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON

Deep Water Aquafitness class, 45 minutes

**Book Your Bubbles**

Date and Time: Tuesday, July 27 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.

**Aqua Cardio**

Date and Time: Tuesday, July 27 10:00 a.m. - 10:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON

**Lane Swim**

Date and Time: Tuesday, July 27 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON

Lane Swimming, 1 swimmer per lane

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**Wednesday, July 28, 2021**
AquaCardio
Date and Time: Wednesday, July 28 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Lane Swim
Date and Time: Wednesday, July 28 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

Aqua Cardio
Date and Time: Wednesday, July 28 08:00 a.m. - 8:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON350 Margaret Ave, Kitchener, ON
Aqua Cardio

Book Your Bubbles
Date and Time: Wednesday, July 28 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

Aqua Strength
Date and Time: Wednesday, July 28 08:15 a.m. - 9:15 a.m.
Address: 350 Margaret Ave, Kitchener, ON350 Margaret Ave, Kitchener, ON
Aqua Strength - Warm Pool - Aqua Strength instruction is 45 minutes

Lane Swim
Date and Time: Wednesday, July 28 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

Book Your Bubbles
Date and Time: Wednesday, July 28 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

Aqua Cardio
Date and Time: Wednesday, July 28 09:00 a.m. - 9:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON350 Margaret Ave, Kitchener, ON
Aqua Cardio
**Lane Swim**
Date and Time: Wednesday, July 28 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Family Swim**
Date and Time: Wednesday, July 28 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, Shallow end only

**AquaCardio**
Date and Time: Wednesday, July 28 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

**Adult Swim**
Date and Time: Wednesday, July 28 09:30 a.m. - 10:30 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Adult Swim - Warm Pool

**Book Your Bubbles**
Date and Time: Wednesday, July 28 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.

**Lane Swim**
Date and Time: Wednesday, July 28 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Lane Swim**
Date and Time: Wednesday, July 28 10:00 a.m. - 10:55 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Lane Swim

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**Thursday, July 29, 2021**

**Lane Swim**
45 minute lane swim, 2 people per lane

**Book Your Bubbles**

Date and Time: Thursday, July 29 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

Exclusive use of Swirl Pool with jets. Max 6 per registration.

**AquaCardio**

Date and Time: Thursday, July 29 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, July 29 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON

Lane Swimming, 1 swimmer per lane

**Aqua Strength**

Date and Time: Thursday, July 29 08:15 a.m. - 9:15 a.m.
Address: 350 Margaret Ave, Kitchener, ON

Aqua Strength - Warm Pool - Aqua Strength instruction is 45 minutes

**Lane Swim**

Date and Time: Thursday, July 29 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON

Lane Swimming, 1 swimmer per lane

**Aqua Cardio**
Date and Time: Thursday, July 29 09:00 a.m. - 9:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Cardio

**Family Swim**
Date and Time: Thursday, July 29 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, Shallow end only

**AquaCardio Deep**
Date and Time: Thursday, July 29 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

**Book Your Bubbles**
Date and Time: Thursday, July 29 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.

**Adult Swim**
Date and Time: Thursday, July 29 09:30 a.m. - 10:30 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Adult Swim - Warm Pool

**Aqua Cardio**
Date and Time: Thursday, July 29 10:00 a.m. - 10:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Cardio

**Lane Swim**
Date and Time: Thursday, July 29 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

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**Friday, July 30, 2021**

**Lane Swim**
Date and Time: Friday, July 30 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Aqua Cardio**
Date and Time: Friday, July 30 08:00 a.m. - 8:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Cardio

**Aqua Cardio**
Date and Time: Friday, July 30 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

**Book Your Bubbles**
Date and Time: Friday, July 30 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

**Aqua Strength**
Date and Time: Friday, July 30 08:15 a.m. - 9:15 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Strength - Warm Pool - Aqua Strength instruction is 45 minutes

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

**Book Your Bubbles**
Date and Time: Friday, July 30 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

**Lane Swim**
Date and Time: Friday, July 30 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

**Aqua Cardio**
Date and Time: Friday, July 30 09:00 a.m. - 9:45 a.m.
**AquaCardio**

Date and Time: Friday, July 30 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in 25m pool.

**Adult Swim**

Date and Time: Friday, July 30 09:30 a.m. - 10:30 a.m.
Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

**Book Your Bubbles**

Date and Time: Friday, July 30 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.

**Family Swim**

Date and Time: Friday, July 30 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON

1 hour family swimming, Shallow end only

**Lane Swim**

Date and Time: Friday, July 30 10:00 a.m. - 10:55 a.m.
Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

**Lane Swim**

Date and Time: Friday, July 30 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON

Lane Swimming, 1 swimmer per lane

**Saturday, July 31, 2021**

**Lane Swim**

Date and Time: Saturday, July 31 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON

Lane Swimming, 1 swimmer per lane
Family Swim
Date and Time: Saturday, July 31 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, Shallow end only

Lane Swim
Date and Time: Saturday, July 31 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Saturday, July 31 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, Shallow end only

Family Swim
Date and Time: Saturday, July 31 11:00 a.m. - 2:00 p.m.
Address: 1000 Kiwanis Park Dr, Kitchener, ON
Morning Family Swim

Lane Swim
Date and Time: Saturday, July 31 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Book Your Bubbles
Date and Time: Saturday, July 31 11:30 a.m. - 12:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

AquaCardio
Date and Time: Saturday, July 31 11:30 a.m. - 12:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Family Swim
Date and Time: Saturday, July 31 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, Shallow end only
Lane Swim
Date and Time: Saturday, July 31 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane Swimming, 1 swimmer per lane

Family Swim
Date and Time: Saturday, July 31 12:00 p.m. - 1:00 p.m.
Address: 78 Wilson Ave, Kitchener, ON
1 hour Family Swim. Children must be accompanied in the water by someone age 18 years or older

Family Swim
Date and Time: Saturday, July 31 12:00 p.m. - 12:45 p.m.
Address: 5 Thaler Ave, Kitchener, ON
Family Swim: 45 minutes. Children must be accompanied in the water by someone age 18 years or older

AquaCardio
Date and Time: Saturday, July 31 12:15 p.m. - 1:00 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Book Your Bubbles
Date and Time: Saturday, July 31 12:15 p.m. - 1:00 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

Family Swim
Date and Time: Saturday, July 31 12:30 p.m. - 1:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

https://calendar.kitchener.ca