**Wednesday, September 1, 2021**

**Aquafit: Deep Water**
Date and Time: Wednesday, September 1 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from July 26 to September 3.

**AquaCardio**
Date and Time: Wednesday, September 1 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

**Book Your Bubbles**
Date and Time: Wednesday, September 1 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.

**Lane Swim**
Date and Time: Wednesday, September 1 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

**Aquafit: Shallow Water**
Date and Time: Wednesday, September 1 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from July 26 to September 3.

**Aquafit: Warm Water Aqua Strength**
Date and Time: Wednesday, September 1 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from July 26 to September 3.

**Lane Swim**
Date and Time: Wednesday, September 1 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, September 1 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.

Aquafit: Shallow Water

Date and Time: Wednesday, September 1 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

Lane Swim

Date and Time: Wednesday, September 1 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

Lane Swim

Date and Time: Wednesday, September 1 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON115 Woodside Avenue, Kitchener, ON
Lane swimming, 2 swimmers per lane

Family Swim

Date and Time: Wednesday, September 1 09:30 a.m. - 10:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON115 Woodside Avenue, Kitchener, ON
1 hour family swimming, Shallow end only

AquaCardio

Date and Time: Wednesday, September 1 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Family Swim: Warm Water Pool

Date and Time: Wednesday, September 1 09:30 a.m. - 10:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Book Your Bubbles

Date and Time: Wednesday, September 1 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.
Thursday, September 2, 2021

Aquafit: Deep Water
Date and Time: Thursday, September 2 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Tuesday and Thursday from July 27 to September 2.

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

Book Your Bubbles
Date and Time: Thursday, September 2 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

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

Aquafit: Shallow Water
Date and Time: Thursday, September 2 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Tuesday and Thursday from July 27 to September 2.

Aquafit: Warm Water Aqua Strength
Date and Time: Thursday, September 2 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes, Runs each Tuesday and Thursday from July 27 to September 2.

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

Book Your Bubbles
Date and Time: Thursday, September 2 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.

**Aquafit: Deep & Shallow Water Combined**

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

**Lane Swim**

Date and Time: Thursday, September 2 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane swimming, 2 swimmers per lane

**Lane Swim**

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

**Family Swim**

Date and Time: Thursday, September 2 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, September 2 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, September 2 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: Thursday, September 2 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane swimming, 2 swimmers per lane
Aquafit: Deep Water
Date and Time: Friday, September 3 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from July 26 to September 3.

Book Your Bubbles
Date and Time: Friday, September 3 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.

Aquafit: Shallow Water
Date and Time: Friday, September 3 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from July 26 to September 3.

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

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

Aquafit: Warm Water Aqua Strength
Date and Time: Friday, September 3 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from July 26 to September 3.

Book Your Bubbles
Date and Time: Friday, September 3 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, September 3 08:45 a.m. - 9:30 a.m.
**Lane Swim**

Date and Time: Friday, September 3 09:00 a.m. - 10:00 a.m.

Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

**Aquafit: Shallow Water**

Date and Time: Friday, September 3 09:00 a.m. - 9:45 a.m.

Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

**Lane Swim**

Date and Time: Friday, September 3 09:00 a.m. - 9:55 a.m.

Address: 115 Woodside Avenue, Kitchener, ON

Lane swimming, 2 swimmers per lane

**AquaCardio**

Date and Time: Friday, September 3 09:30 a.m. - 10:15 a.m.

Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in 25m pool.

**Book Your Bubbles**

Date and Time: Friday, September 3 09:30 a.m. - 10:15 a.m.

Address: 600 Heritage Dr, Kitchener, ON

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

**Family Swim: Warm Water Pool**

Date and Time: Friday, September 3 09:30 a.m. - 10:30 a.m.

Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

**Family Swim**

Date and Time: Friday, September 3 09:30 a.m. - 10:25 a.m.

Address: 115 Woodside Avenue, Kitchener, ON

1 hour family swimming, Shallow end only

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**Saturday, September 4, 2021**
Lane Swim
Date and Time: Saturday, September 4 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane swimming, 2 swimmers per lane

Family Swim
Date and Time: Saturday, September 4 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, September 4 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane swimming, 2 swimmers per lane

Family Swim
Date and Time: Saturday, September 4 10:30 a.m. - 11:25 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, Shallow end only

Lane Swim
Date and Time: Saturday, September 4 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane swimming, 2 swimmers per lane

Family Swim
Date and Time: Saturday, September 4 11:00 a.m. - 2:00 p.m.
Address: 1000 Kiwanis Park Dr, Kitchener, ON
Morning Family Swim

AquaCardio
Date and Time: Saturday, September 4 11:30 a.m. - 12:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Book Your Bubbles
Date and Time: Saturday, September 4 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.
Family Swim
Date and Time: Saturday, September 4 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, September 4 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane swimming, 2 swimmers per lane

Book Your Bubbles
Date and Time: Saturday, September 4 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.

AquaCardio
Date and Time: Saturday, September 4 12:15 p.m. - 1:00 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Family Swim
Date and Time: Saturday, September 4 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: Saturday, September 4 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane swimming, 2 swimmers per lane

Lane Swim
Date and Time: Saturday, September 4 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Single lane, shared with Adult Swim

Sunday, September 5, 2021

Lane Swim
Family Swim
Date and Time: Sunday, September 5 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: Sunday, September 5 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane swimming, 2 swimmers per lane

Family Swim
Date and Time: Sunday, September 5 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: Sunday, September 5 11:00 a.m. - 2:00 p.m.
Address: 1000 Kiwanis Park Dr, Kitchener, ON
Morning Family Swim

Lane Swim
Date and Time: Sunday, September 5 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane swimming, 2 swimmers per lane

Family Swim
Date and Time: Sunday, September 5 11:30 a.m. - 12:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
1 hour family swimming, Shallow end only

Book Your Bubbles
Date and Time: Sunday, September 5 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
Lane Swim

Date and Time: Sunday, September 5 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane swimming, 2 swimmers per lane

Book Your Bubbles

Date and Time: Sunday, September 5 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.

AquaCardio

Date and Time: Sunday, September 5 12:15 p.m. - 1:00 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Family Swim

Date and Time: Sunday, September 5 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: Sunday, September 5 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Single lane, shared with Adult Swim

Lane Swim

Date and Time: Sunday, September 5 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane swimming, 2 swimmers per lane

Monday, September 6, 2021

Lane Swim

Date and Time: Monday, September 6 09:00 a.m. - 9:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane swimming, 2 swimmers per lane

**Family Swim**

Date and Time: Monday, September 6 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: Monday, September 6 10:00 a.m. - 10:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane swimming, 2 swimmers per lane

**Family Swim**

Date and Time: Monday, September 6 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: Monday, September 6 11:00 a.m. - 2:00 p.m.
Address: 1000 Kiwanis Park Dr, Kitchener, ON
Morning Family Swim

**Lane Swim**

Date and Time: Monday, September 6 11:00 a.m. - 11:55 a.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane swimming, 2 swimmers per lane

**Family Swim**

Date and Time: Monday, September 6 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: Monday, September 6 12:00 p.m. - 12:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane swimming, 2 swimmers per lane

**Family Swim**

Date and Time: Monday, September 6 12:30 p.m. - 1:25 p.m.
Lane Swim

Date and Time: Monday, September 6 01:00 p.m. - 1:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane swimming, 2 swimmers per lane

Lane Swim

Date and Time: Monday, September 6 02:00 p.m. - 2:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane swimming, 2 swimmers per lane

Family Swim

Date and Time: Monday, September 6 02:30 p.m. - 4:30 p.m.
Address: 1000 Kiwanis Park Dr, Kitchener, ON
Afternoon Family Swim

Family Swim

Date and Time: Monday, September 6 02:30 p.m. - 3:25 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
2 hour family swimming, deep and shallow ends

Lane Swim

Date and Time: Monday, September 6 03:00 p.m. - 3:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane swimming, 2 swimmers per lane

Lane Swim

Date and Time: Monday, September 6 04:00 p.m. - 4:55 p.m.
Address: 115 Woodside Avenue, Kitchener, ON
Lane swimming, 2 swimmers per lane

Tuesday, September 7, 2021

Aquafit: Deep Water

Date and Time: Tuesday, September 7 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Tuesday and Thursday from September 7 to 30
Aquafit: Shallow Water
Date and Time: Tuesday, September 7 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Tuesday and Thursday from September 7 to 30

Lane Swim
Date and Time: Tuesday, September 7 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, September 7 08:00 a.m. - 8:55 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Lane Swim

Book Your Bubbles
Date and Time: Tuesday, September 7 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: Tuesday, September 7 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, September 7 08:15 a.m. - 9:15 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Strength - Warm Pool - Aqua Strength instruction is 45 minutes

Aquafit: Warm Water Aqua Strength
Date and Time: Tuesday, September 7 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes

Book Your Bubbles
Date and Time: Tuesday, September 7 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, September 7 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Aqua Cardio
Date and Time: Tuesday, September 7 09:00 a.m. - 9:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Cardio

Lane Swim
Date and Time: Tuesday, September 7 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

Aquafit: Deep & Shallow Water Combined
Date and Time: Tuesday, September 7 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

AquaCardio Deep
Date and Time: Tuesday, September 7 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

Adult Swim
Date and Time: Tuesday, September 7 09:30 a.m. - 10:30 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Adult Swim - Warm Pool

Wednesday, September 8, 2021

Aquafit: Deep Water
Date and Time: Wednesday, September 8 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from September 8 to 29

Aqua Cardio
Aqua Cardio

Date and Time: Wednesday, September 8 08:00 a.m. - 8:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Lane Swim

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

Book Your Bubbles

Date and Time: Wednesday, September 8 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.

Aquafit: Shallow Water

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

Aqua Strength

Date and Time: Wednesday, September 8 08:15 a.m. - 9:15 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Strength - Warm Pool - Aqua Strength instruction is 45 minutes

Aquafit: Warm Water Aqua Strength

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

Book Your Bubbles

Date and Time: Wednesday, September 8 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: Wednesday, September 8 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Aqua Cardio**

Date and Time: Wednesday, September 8 09:00 a.m. - 9:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON

**Aquafit: Shallow Water**

Date and Time: Wednesday, September 8 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

**AquaFit**

Date and Time: Wednesday, September 8 09:00 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON

**Adult Swim**

Date and Time: Wednesday, September 8 09:30 a.m. - 10:30 a.m.
Address: 350 Margaret Ave, Kitchener, ON

**Family Swim: Warm Water Pool**

Date and Time: Wednesday, September 8 09:30 a.m. - 10:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

**Thursday, September 9, 2021**

**Aquafit: Deep Water**

Date and Time: Thursday, September 9 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Tuesday and Thursday from September 7 to 30

**Lane Swim**

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

**AquaCardio**

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

45 Minute Aquafitness. Taught in Alcove.

**Aquafit: Shallow Water**

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

Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Tuesday and Thursday from September 7 to 30.

**Lane Swim**

Date and Time: Thursday, September 9 08:00 a.m. - 8:55 a.m.
Address: 350 Margaret Ave, Kitchener, ON

**Book Your Bubbles**

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

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

**Aquafit: Warm Water Aqua Strength**

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

Warm Water Aquafit - aquafit instruction is 45 minutes

**Book Your Bubbles**

Date and Time: Thursday, September 9 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: Thursday, September 9 08:45 a.m. - 9:30 a.m.
Aqua Cardio

Date and Time: Thursday, September 9 09:00 a.m. - 9:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON

Aquafit: Deep & Shallow Water Combined

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

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

Book Your Bubbles

Date and Time: Thursday, September 9 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, September 9 09:30 a.m. - 10:30 a.m.
Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

AquaCardio Deep

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

Deep Water Aquafitness class, 45 minutes

Friday, September 10, 2021

Aquafit: Deep Water

Date and Time: Friday, September 10 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from September 8 to 29th

Aqua Cardio

Date and Time: Friday, September 10 08:00 a.m. - 8:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aquafit: Shallow Water
Date and Time: Friday, September 10 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from September 8 to 29

Book Your Bubbles
Date and Time: Friday, September 10 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: Friday, September 10 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

AquaCardio
Date and Time: Friday, September 10 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: Friday, September 10 08:15 a.m. - 9:15 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Strength - Warm Pool - Aqua Strength instruction is 45 minutes

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

Book Your Bubbles
Date and Time: Friday, September 10 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, September 10 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane
Aquafit: Shallow Water
Date and Time: Friday, September 10 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes

Aqua Cardio
Date and Time: Friday, September 10 09:00 a.m. - 9:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Cardio

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

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

Book Your Bubbles
Date and Time: Friday, September 10 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.

Saturday, September 11, 2021

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

AquaCardio
45 Minute Aquafitness. Taught in 25m pool.

**Book Your Bubbles**

Date and Time: Saturday, September 11 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.

**Book Your Bubbles**

Date and Time: Saturday, September 11 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

**Aqua Cardio**

Date and Time: Saturday, September 11 01:00 p.m. - 1:45 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Cardio

**Lane Swim**

Date and Time: Saturday, September 11 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Single lane, shared with Adult Swim

**Family Swim**

Date and Time: Saturday, September 11 01:30 p.m. - 2:30 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Family Swim - Warm Pool

**Book Your Bubbles**

Date and Time: Saturday, September 11 01:45 p.m. - 2:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

**Lane Swim**

Date and Time: Saturday, September 11 01:45 p.m. - 2:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Single lane, shared with Adult Swim
Family Swim: Warm Water & 25m pools
Date and Time: Saturday, September 11 02:00 p.m. - 3:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
All children must be accompanied into the water by an adult regardless of swim ability.

Family Swim
Date and Time: Saturday, September 11 02:30 p.m. - 3:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

Aqua Strength
Date and Time: Saturday, September 11 02:45 p.m. - 3:45 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Strength - Warm Pool - Aqua Strength instruction is 45 minutes

Lane Swim
Date and Time: Saturday, September 11 03:00 p.m. - 3:55 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Lane Swim

Sunday, September 12, 2021

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

Book Your Bubbles
Date and Time: Sunday, September 12 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: Sunday, September 12 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: Sunday, September 12 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.

**Book Your Bubbles**

Date and Time: Sunday, September 12 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

**Lane Swim**

Date and Time: Sunday, September 12 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Single lane, shared with Adult Swim

**Lane Swim**

Date and Time: Sunday, September 12 01:00 p.m. - 1:55 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Lane Swim

**Aqua Strength**

Date and Time: Sunday, September 12 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, September 12 01:45 p.m. - 2:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Single lane, shared with Adult Swim

**Book Your Bubbles**

Date and Time: Sunday, September 12 01:45 p.m. - 2:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

**Family Swim: Warm Water & 25m pools**

Date and Time: Sunday, September 12 02:00 p.m. - 3:00 p.m.
Lane Swim

Date and Time: Sunday, September 12 02:00 p.m. - 2:55 p.m.
Address: 350 Margaret Ave, Kitchener, ON 350 Margaret Ave, Kitchener, ON

Family Swim

Date and Time: Sunday, September 12 02:30 p.m. - 3:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON 600 Heritage Dr, Kitchener, ON

Family Swim. Children must be accompanied by an adult.

Family Swim

Date and Time: Sunday, September 12 02:45 p.m. - 3:45 p.m.
Address: 350 Margaret Ave, Kitchener, ON 350 Margaret Ave, Kitchener, ON

Family Swim - Warm Pool

Family Swim

Date and Time: Sunday, September 12 03:00 p.m. - 3:55 p.m.
Address: 350 Margaret Ave, Kitchener, ON 350 Margaret Ave, Kitchener, ON

Monday, September 13, 2021

Aquafit: Deep Water

Date and Time: Monday, September 13 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from September 8 to 29

Aquafit: Shallow Water

Date and Time: Monday, September 13 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from September 8 to 29

Lane Swim

Date and Time: Monday, September 13 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane
**Aqua Cardio**

Date and Time: Monday, September 13 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

**Aqua Cardio**

Date and Time: Monday, September 13 08:00 a.m. - 8:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON

**Aqua Strength**

Date and Time: Monday, September 13 08:15 a.m. - 9:15 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Strength - Warm Pool - Aqua Strength instruction is 45 minutes

**Aquafit: Warm Water Aqua Strength**

Date and Time: Monday, September 13 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes

**Lane Swim**

Date and Time: Monday, September 13 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, September 13 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**

Date and Time: Monday, September 13 09:00 a.m. - 9:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON

**Aquafit: Shallow Water**

Date and Time: Monday, September 13 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep & Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes
**Family Swim: Warm Water Pool**

Date and Time: Monday, September 13 09:30 a.m. - 10:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

**AquaCardio**

Date and Time: Monday, September 13 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in 25m pool.

**Book Your Bubbles**

Date and Time: Monday, September 13 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, September 13 09:30 a.m. - 10:30 a.m.
Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

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**Tuesday, September 14, 2021**

**Aquafit: Deep Water**

Date and Time: Tuesday, September 14 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Tuesday and Thursday from September 7 to 30

**AquaCardio**

Date and Time: Tuesday, September 14 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in Alcove.

**Lane Swim**

Date and Time: Tuesday, September 14 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 minute lane swim, 2 people per lane
Lane Swim

**Aquafit: Shallow Water**

Date and Time: Tuesday, September 14 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Tuesday and Thursday from September 7 to 30

Aqua Strength

Date and Time: Tuesday, September 14 08:15 a.m. - 9:15 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Strength - Warm Pool - Aqua Strength instruction is 45 minutes

**Aquafit: Warm Water Aqua Strength**

Date and Time: Tuesday, September 14 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes

**Book Your Bubbles**

Date and Time: Tuesday, September 14 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, September 14 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Lane Swim

Date and Time: Tuesday, September 14 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

**Aquafit: Deep & Shallow Water Combined**

Date and Time: Tuesday, September 14 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

**Aqua Cardio**
Adult Swim
Date and Time: Tuesday, September 14 09:30 a.m. - 10:30 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Adult Swim - Warm Pool

Book Your Bubbles
Date and Time: Tuesday, September 14 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

AquaCardio Deep
Date and Time: Tuesday, September 14 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

Wednesday, September 15, 2021

Aquafit: Deep Water
Date and Time: Wednesday, September 15 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from September 8 to 29

Aqua Cardio
Date and Time: Wednesday, September 15 08:00 a.m. - 8:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Cardio

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

Aquafit: Shallow Water
Date and Time: Wednesday, September 15 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from September 8 to 29

**AquaCardio**

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

**Aquafit: Warm Water Aqua Strength**

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

**Book Your Bubbles**

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

**Aquafit: Shallow Water**

Date and Time: Wednesday, September 15 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes

**Aqua Cardio**

Date and Time: Wednesday, September 15 09:00 a.m. - 9:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Cardio

**Adult Swim**

Date and Time: Wednesday, September 15 09:30 a.m. - 10:30 a.m.
**Adult Swim - Warm Pool**

**AquaCardio**

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

Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in 25m pool.

**Family Swim: Warm Water Pool**

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

Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

**Book Your Bubbles**

Date and Time: Wednesday, September 15 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.

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**Thursday, September 16, 2021**

**Aquafit: Deep Water**

Date and Time: Thursday, September 16 07:00 a.m. - 7:45 a.m.

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Tuesday and Thursday from September 7 to 30

**Aquafit: Shallow Water**

Date and Time: Thursday, September 16 08:00 a.m. - 8:45 a.m.

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Tuesday and Thursday from September 7 to 30

**AquaCardio**

Date and Time: Thursday, September 16 08:00 a.m. - 8:45 a.m.

Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in Alcove.

**Lane Swim**

Date and Time: Thursday, September 16 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: Thursday, September 16 08:00 a.m. - 8:55 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Lane Swim

**Aqua Strength**
Date and Time: Thursday, September 16 08:15 a.m. - 9:15 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Strength - Warm Pool - Aqua Strength instruction is 45 minutes

**Aquafit: Warm Water Aqua Strength**
Date and Time: Thursday, September 16 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes

**Book Your Bubbles**
Date and Time: Thursday, September 16 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: Thursday, September 16 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Aqua Cardio**
Date and Time: Thursday, September 16 09:00 a.m. - 9:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Cardio

**Aquafit: Deep & Shallow Water Combined**
Date and Time: Thursday, September 16 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes

**Family Swim: Warm Water Pool**
Date and Time: Thursday, September 16 09:30 a.m. - 10:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability
**Adult Swim**
Date and Time: Thursday, September 16 09:30 a.m. - 10:30 a.m.
Address: 350 Margaret Ave, Kitchener, ON

**AquaCardio Deep**
Date and Time: Thursday, September 16 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, September 16 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.

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**Friday, September 17, 2021**

**Aquafit: Deep Water**
Date and Time: Friday, September 17 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from September 8 to 29

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

**Aquafit: Shallow Water**
Date and Time: Friday, September 17 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from September 8 to 29

**Aqua Cardio**
Date and Time: Friday, September 17 08:00 a.m. - 8:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Cardio

**Lane Swim**
Aqua Strength

Date and Time: Friday, September 17 08:15 a.m. - 9:15 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Strength - Warm Pool - Aqua Strength instruction is 45 minutes

Aquafit: Warm Water Aqua Strength

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

Lane Swim

Date and Time: Friday, September 17 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, September 17 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

Date and Time: Friday, September 17 09:00 a.m. - 9:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Cardio

Aquafit: Shallow Water

Date and Time: Friday, September 17 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes

Adult Swim

Date and Time: Friday, September 17 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.
Family Swim: Warm Water Pool
Date and Time: Friday, September 17 09:30 a.m. - 10:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability.

Book Your Bubbles
Date and Time: Friday, September 17 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.

Saturday, September 18, 2021

AquaCardio
Date and Time: Saturday, September 18 11:30 a.m. - 12:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Book Your Bubbles
Date and Time: Saturday, September 18 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.

Book Your Bubbles
Date and Time: Saturday, September 18 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.

AquaCardio
Date and Time: Saturday, September 18 12:15 p.m. - 1:00 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Aqua Cardio
Date and Time: Saturday, September 18 01:00 p.m. - 1:45 p.m.
Address: 350 Margaret Ave, Kitchener, ON
**Aqua Cardio**

**Book Your Bubbles**
Date and Time: Saturday, September 18 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

**Lane Swim**
Date and Time: Saturday, September 18 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Family Swim**
Date and Time: Saturday, September 18 01:30 p.m. - 2:30 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Family Swim - Warm Pool

**Lane Swim**
Date and Time: Saturday, September 18 01:45 p.m. - 1:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Book Your Bubbles**
Date and Time: Saturday, September 18 01:45 p.m. - 2:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

**Lane Swim**
Date and Time: Saturday, September 18 02:00 p.m. - 2:55 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Lane Swim

**Family Swim: Warm Water & 25m pools**
Date and Time: Saturday, September 18 02:00 p.m. - 3:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
All children must be accompanied into the water by an adult regardless of swim ability

**Family Swim**
Date and Time: Saturday, September 18 02:30 p.m. - 3:15 p.m.
Aqua Strength
Date and Time: Saturday, September 18 02:45 p.m. - 3:45 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Strength - Warm Pool - Aqua Strength instruction is 45 minutes

Lane Swim
Date and Time: Saturday, September 18 03:00 p.m. - 3:55 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Lane Swim

Sunday, September 19, 2021

Book Your Bubbles
Date and Time: Sunday, September 19 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: Sunday, September 19 11:30 a.m. - 12:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Book Your Bubbles
Date and Time: Sunday, September 19 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.

AquaCardio
Date and Time: Sunday, September 19 12:15 p.m. - 1:00 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Lane Swim
Date and Time: Sunday, September 19 01:00 p.m. - 1:55 p.m.
Address: 350 Margaret Ave, Kitchener, ON
**Book Your Bubbles**

Date and Time: Sunday, September 19 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON

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

**Lane Swim**

Date and Time: Sunday, September 19 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON

45 minute lane swim, 2 people per lane

**Aqua Strength**

Date and Time: Sunday, September 19 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, September 19 01:45 p.m. - 1:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON

45 minute lane swim, 2 people per lane

**Book Your Bubbles**

Date and Time: Sunday, September 19 01:45 p.m. - 2:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON

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

**Lane Swim**

Date and Time: Sunday, September 19 02:00 p.m. - 2:55 p.m.
Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

**Family Swim: Warm Water & 25m pools**

Date and Time: Sunday, September 19 02:00 p.m. - 3:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

All children must be accompanied into the water by an adult regardless of swim ability

**Family Swim**

Date and Time: Sunday, September 19 02:30 p.m. - 3:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON

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

Date and Time: Sunday, September 19 02:45 p.m. - 3:45 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Family Swim - Warm Pool

Family Swim

Date and Time: Sunday, September 19 03:00 p.m. - 3:55 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Family Swim

Monday, September 20, 2021

Aquafit: Deep Water

Date and Time: Monday, September 20 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from September 8 to 29

Aquafit: Shallow Water

Date and Time: Monday, September 20 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from September 8 to 29

Aquafit: Warm Water Aqua Strength

Date and Time: Monday, September 20 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes

Lane Swim

Date and Time: Monday, September 20 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

Aquafit: Shallow Water

Date and Time: Monday, September 20 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

Family Swim: Warm Water Pool
Lane Swim
Date and Time: Monday, September 20 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Family Swim: Warm Water Pool
Date and Time: Monday, September 20 10:30 a.m. - 11:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Lane Swim
Date and Time: Monday, September 20 11:00 a.m. - 12:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Adult Swim: Warm Water Pool
Date and Time: Monday, September 20 11:30 a.m. - 12:30 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only, Adults Only

Lane Swim
Date and Time: Monday, September 20 12:00 p.m. - 1:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Aquafit: Warm Water Aqua Strength
Date and Time: Monday, September 20 12:30 p.m. - 1:15 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - Aquafit instruction is 45 minutes

Lane Swim
Date and Time: Monday, September 20 01:00 p.m. - 2:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane
Date and Time: Monday, September 20 02:00 p.m. - 3:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Lane Swim
Date and Time: Monday, September 20 03:00 p.m. - 4:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Tuesday, September 21, 2021

Aquafit: Deep Water
Date and Time: Tuesday, September 21 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Tuesday and Thursday from September 7 to 30

Aquafit: Shallow Water
Date and Time: Tuesday, September 21 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Tuesday and Thursday from September 7 to 30

Aquafit: Warm Water Aqua Strength
Date and Time: Tuesday, September 21 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes

Aquafit: Deep & Shallow Water Combined
Date and Time: Tuesday, September 21 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

Lane Swim
Date and Time: Tuesday, September 21 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

Lane Swim
Date and Time: Tuesday, September 21 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

**Lane Swim**
Date and Time: Tuesday, September 21 11:00 a.m. - 12:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

**Family Swim: Warm Water Pool**
Date and Time: Tuesday, September 21 11:30 a.m. - 12:30 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

**Lane Swim**
Date and Time: Tuesday, September 21 12:00 p.m. - 1:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

**Family Swim: Warm Water Pool**
Date and Time: Tuesday, September 21 12:30 p.m. - 1:30 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: Tuesday, September 21 01:00 p.m. - 2:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

**Lane Swim**
Date and Time: Tuesday, September 21 02:00 p.m. - 3:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

**Lane Swim**
Date and Time: Tuesday, September 21 03:00 p.m. - 4:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

**Aquafit: Aquability**
Date and Time: Tuesday, September 21 03:30 p.m. - 4:15 p.m.
Warm Water Aquafit - aquafit instruction is 45 minutes

**Aquafit: Deep & Shallow Water Combined**

Date and Time: Tuesday, September 21 08:00 p.m. - 8:45 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Deep & Shallow Water - single instructor will teach both classes, modifying moves as required, pool shared with lane swim

**Wednesday, September 22, 2021**

**Aquafit: Deep Water**

Date and Time: Wednesday, September 22 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from September 8 to 29

**Aquafit: Shallow Water**

Date and Time: Wednesday, September 22 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from September 8 to 29

**Aquafit: Warm Water Aqua Strength**

Date and Time: Wednesday, September 22 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes

**Lane Swim**

Date and Time: Wednesday, September 22 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

**Aquafit: Shallow Water**

Date and Time: Wednesday, September 22 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

**Family Swim: Warm Water Pool**

Date and Time: Wednesday, September 22 09:30 a.m. - 10:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability
Lane Swim
Date and Time: Wednesday, September 22 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Family Swim: Warm Water Pool
Date and Time: Wednesday, September 22 10:30 a.m. - 11:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Lane Swim
Date and Time: Wednesday, September 22 11:00 a.m. - 12:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Adult Swim: Warm Water Pool
Date and Time: Wednesday, September 22 11:30 a.m. - 12:30 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only, Adults Only

Lane Swim
Date and Time: Wednesday, September 22 12:00 p.m. - 1:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Aquafit: Warm Water Aqua Strength
Date and Time: Wednesday, September 22 12:30 p.m. - 1:15 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - Aquafit instruction is 45 minutes

Lane Swim
Date and Time: Wednesday, September 22 01:00 p.m. - 2:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Lane Swim
Date and Time: Wednesday, September 22 02:00 p.m. - 3:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane
Lane Swim
Date and Time: Wednesday, September 22 03:00 p.m. - 4:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Thursday, September 23, 2021

Aquafit: Deep Water
Date and Time: Thursday, September 23 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Tuesday and Thursday from September 7 to 30

Aquafit: Shallow Water
Date and Time: Thursday, September 23 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Tuesday and Thursday from September 7 to 30

Aquafit: Warm Water Aqua Strength
Date and Time: Thursday, September 23 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes

Aquafit: Deep & Shallow Water Combined
Date and Time: Thursday, September 23 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

Lane Swim
Date and Time: Thursday, September 23 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

Lane Swim
Date and Time: Thursday, September 23 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Lane Swim
Family Swim: Warm Water Pool

Date and Time: Thursday, September 23 11:00 a.m. - 12:00 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: Thursday, September 23 12:00 p.m. - 1:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Family Swim: Warm Water Pool

Date and Time: Thursday, September 23 12:30 p.m. - 1:30 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: Thursday, September 23 01:00 p.m. - 2:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Lane Swim

Date and Time: Thursday, September 23 02:00 p.m. - 3:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Lane Swim

Date and Time: Thursday, September 23 03:00 p.m. - 4:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Aquafit: Aquability

Date and Time: Thursday, September 23 03:30 p.m. - 4:15 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes

Lane Swim
Friday, September 24, 2021

Aquafit: Deep Water
Date and Time: Friday, September 24 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from September 8 to 29th

Aquafit: Shallow Water
Date and Time: Friday, September 24 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from September 8 to 29

Aquafit: Warm Water Aqua Strength
Date and Time: Friday, September 24 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes.

Aquafit: Shallow Water
Date and Time: Friday, September 24 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

Lane Swim
Date and Time: Friday, September 24 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

Family Swim: Warm Water Pool
Date and Time: Friday, September 24 09:30 a.m. - 10:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Lane Swim
Date and Time: Friday, September 24 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Family Swim: Warm Water Pool
Date and Time: Friday, September 24 10:30 a.m. - 11:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Lane Swim
Date and Time: Friday, September 24 11:00 a.m. - 12:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Adult Swim: Warm Water Pool
Date and Time: Friday, September 24 11:30 a.m. - 12:30 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only, Adults Only

Lane Swim
Date and Time: Friday, September 24 12:00 p.m. - 1:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Aquafit: Warm Water Aqua Strength
Date and Time: Friday, September 24 12:30 p.m. - 1:15 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - Aquafit instruction is 45 minutes

Lane Swim
Date and Time: Friday, September 24 01:00 p.m. - 2:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Lane Swim
Date and Time: Friday, September 24 02:00 p.m. - 3:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Lane Swim
Date and Time: Friday, September 24 03:00 p.m. - 4:00 p.m.
Saturday, September 25, 2021

**Family Swim: 25m pools**

Date and Time: Saturday, September 25 02:00 p.m. - 3:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

All children must be accompanied into the water by an adult regardless of swim ability

**Family Swim: Warm Water Pool**

Date and Time: Saturday, September 25 02:30 p.m. - 3:30 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

**Family Swim: 25m pools**

Date and Time: Saturday, September 25 03:00 p.m. - 4:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

All children must be accompanied into the water by an adult regardless of swim ability

**Family Swim: Warm Water Pool**

Date and Time: Saturday, September 25 03:30 p.m. - 4:30 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: Saturday, September 25 04:00 p.m. - 5:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

**Family Swim: Warm Water Pool**

Date and Time: Saturday, September 25 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: Saturday, September 25 05:00 p.m. - 6:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane
Family Swim: Warm Water Pool
Date and Time: Saturday, September 25 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: Saturday, September 25 06:00 p.m. - 7:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Family Swim: Warm Water Pool
Date and Time: Saturday, September 25 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: Saturday, September 25 07:00 p.m. - 8:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Sunday, September 26, 2021

Family Swim: Warm Water & 25m pools
Date and Time: Sunday, September 26 02:00 p.m. - 3:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
All children must be accompanied into the water by an adult regardless of swim ability

Family Swim: Warm Water Pool
Date and Time: Sunday, September 26 02:30 p.m. - 3:30 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Family Swim: Warm Water & 25m pools
Date and Time: Sunday, September 26 03:00 p.m. - 4:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
All children must be accompanied into the water by an adult regardless of swim ability

Family Swim: Warm Water Pool
Date and Time: Sunday, September 26 03:30 p.m. - 4:30 p.m.
Lane Swim
Date and Time: Sunday, September 26 04:00 p.m. - 5:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Family Swim: Warm Water Pool
Date and Time: Sunday, September 26 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, September 26 05:00 p.m. - 6:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Family Swim: Warm Water Pool
Date and Time: Sunday, September 26 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, September 26 06:00 p.m. - 7:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Family Swim: Warm Water Pool
Date and Time: Sunday, September 26 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, September 26 07:00 p.m. - 8:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane