**Friday, October 1, 2021**

**Aquafit: Deep Water**

Date and Time: Friday, October 1 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 29th.

**Lane Swim**

Date and Time: Friday, October 1 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

**AquaCardio**

Date and Time: Friday, October 1 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.

**Aqua Cardio**

Date and Time: Friday, October 1 08:00 a.m. - 8:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON 350 Margaret Ave, Kitchener, ON

Aqua Cardio

**Aquafit: Shallow Water**

Date and Time: Friday, October 1 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.

**Aqua Strength**

Date and Time: Friday, October 1 08:15 a.m. - 9:15 a.m.
Address: 350 Margaret Ave, Kitchener, ON 350 Margaret Ave, Kitchener, ON

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

**Aquafit: Warm Water Aqua Strength**

Date and Time: Friday, October 1 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.
Lane Swim
Date and Time: Friday, October 1 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, October 1 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: Friday, October 1 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, October 1 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

Aqua Cardio
Date and Time: Friday, October 1 09:00 a.m. - 9:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Cardio

Adult Swim
Date and Time: Friday, October 1 09:30 a.m. - 10:30 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Adult Swim - Warm Pool

AquaCardio
Date and Time: Friday, October 1 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, October 1 09:30 a.m. - 10:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Saturday, October 2, 2021

AquaCardio
Date and Time: Saturday, October 2 11:30 a.m. - 12:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Book Your Bubbles
Date and Time: Saturday, October 2 11:30 a.m. - 12:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

Book Your Bubbles
Date and Time: Saturday, October 2 12:15 p.m. - 1:00 p.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

AquaCardio
Date and Time: Saturday, October 2 12:15 p.m. - 1:00 p.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Book Your Bubbles
Date and Time: Saturday, October 2 12:15 p.m. - 1:00 p.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: Saturday, October 2 01:00 p.m. - 1:45 p.m.
Address: 350 Margaret Ave, Kitchener, ON350 Margaret Ave, Kitchener, ON

Aqua Cardio

Lane Swim
Date and Time: Saturday, October 2 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane
Family Swim
Date and Time: Saturday, October 2 01:30 p.m. - 2:30 p.m.
Address: 350 Margaret Ave, Kitchener, ON 350 Margaret Ave, Kitchener, ON

Family Swim - Warm Pool

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

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

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

Family Swim: 25m pools
Date and Time: Saturday, October 2 02:00 p.m. - 3:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON 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, October 2 02:30 p.m. - 3:30 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Family Swim
Date and Time: Saturday, October 2 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.

Aqua Strength
Date and Time: Saturday, October 2 02:45 p.m. - 3:45 p.m.
Address: 350 Margaret Ave, Kitchener, ON 350 Margaret Ave, Kitchener, ON
Aqua Strength - Warm Pool - Aqua Strength instruction is 45 minutes
**Sunday, October 3, 2021**

**AquaCardio**
Date and Time: Sunday, October 3 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, October 3 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, October 3 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, October 3 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, October 3 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, October 3 01:00 p.m. - 1:55 p.m.
Address: 350 Margaret Ave, Kitchener, ON
Lane Swim

**Book Your Bubbles**
Date and Time: Sunday, October 3 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, October 3 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

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

**Lane Swim**

Date and Time: Sunday, October 3 01:45 p.m. - 1:30 p.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: Sunday, October 3 01:45 p.m. - 2:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON 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, October 3 02:00 p.m. - 3:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON 253 Fischer-Hallman Rd, Kitchener, ON
All children must be accompanied into the water by an adult regardless of swim ability

**Lane Swim**

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

**Family Swim: Warm Water Pool**

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

**Family Swim**

Date and Time: Sunday, October 3 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, October 3 02:45 p.m. - 3:45 p.m.
Address: 350 Margaret Ave, Kitchener, ON 350 Margaret Ave, Kitchener, ON
Family Swim - Warm Pool
Aquafit: Deep Water
Date and Time: Monday, October 4 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from September 8 to 29

Aquafit: Shallow Water
Date and Time: Monday, October 4 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from September 8 to 29

AquaCardio
Date and Time: Monday, October 4 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Lane Swim
Date and Time: Monday, October 4 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Aquafit: Warm Water Aqua Strength
Date and Time: Monday, October 4 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, October 4 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

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

Lane Swim
Date and Time: Monday, October 4 09:00 a.m. - 10:00 a.m.
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

**AquaCardio**

Date and Time: Monday, October 4 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: Monday, October 4 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: Monday, October 4 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: Monday, October 4 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

**Book Your Bubbles**

Date and Time: Monday, October 4 10:15 a.m. - 11:00 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: Monday, October 4 10:30 a.m. - 11:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

**AquaCardio**

Date and Time: Monday, October 4 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in Alcove.

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**Tuesday, October 5, 2021**
Aquafit: Deep Water
Date and Time: Tuesday, October 5 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

Lane Swim
Date and Time: Tuesday, October 5 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 minute lane swim, 2 people per lane

AquaCardio
Date and Time: Tuesday, October 5 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in Alcove.

Aquafit: Shallow Water
Date and Time: Tuesday, October 5 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

Aquafit: Warm Water Aqua Strength
Date and Time: Tuesday, October 5 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, October 5 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, October 5 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

45 minute lane swim, 2 people per lane
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

**Aquafit: Deep & Shallow Water Combined**

Date and Time: Tuesday, October 5 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

**AquaCardio Deep**

Date and Time: Tuesday, October 5 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

**Book Your Bubbles**

Date and Time: Tuesday, October 5 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.

**Lane Swim**

Date and Time: Tuesday, October 5 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

**AquaCardio Deep**

Date and Time: Tuesday, October 5 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

**Lane Swim**

Date and Time: Tuesday, October 5 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**AquaCardio**

Date and Time: Tuesday, October 5 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

**Wednesday, October 6, 2021**
**Aquafit: Deep Water**
Date and Time: Wednesday, October 6 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

**Lane Swim**
Date and Time: Wednesday, October 6 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

**AquaCardio**
Date and Time: Wednesday, October 6 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

**Aquafit: Shallow Water**
Date and Time: Wednesday, October 6 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, October 6 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

**Book Your Bubbles**
Date and Time: Wednesday, October 6 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.

**Lane Swim**
Date and Time: Wednesday, October 6 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

**Lane Swim**
Date and Time: Wednesday, October 6 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class
Aquafit: Deep & Shallow Water Combined
Date and Time: Wednesday, October 6 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

Book Your Bubbles
Date and Time: Wednesday, October 6 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.

AquaCardio
Date and Time: Wednesday, October 6 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, October 6 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, October 6 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Book Your Bubbles
Date and Time: Wednesday, October 6 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

Family Swim: Warm Water Pool
Date and Time: Wednesday, October 6 10:30 a.m. - 11:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Thursday, October 7, 2021

Aquafit: Deep Water
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, October 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: Thursday, October 7 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, October 7 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

**Aquafit: Warm Water Aqua Strength**

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

**Lane Swim**

Date and Time: Thursday, October 7 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Aquafit: Deep & Shallow Water Combined**

Date and Time: Thursday, October 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

**Lane Swim**

Date and Time: Thursday, October 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
**Book Your Bubbles**
Date and Time: Thursday, October 7 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: Thursday, October 7 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

**Lane Swim**
Date and Time: Thursday, October 7 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

**Book Your Bubbles**
Date and Time: Thursday, October 7 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

**AquaCardio Deep**
Date and Time: Thursday, October 7 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

**AquaCardio**
Date and Time: Thursday, October 7 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

**Lane Swim**
Date and Time: Thursday, October 7 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

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**Friday, October 8, 2021**

**Aquafit: Deep Water**
Date and Time: Friday, October 8 07:00 a.m. - 7:45 a.m.
**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, October 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

**AquaCardio**

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

**Lane Swim**

Date and Time: Friday, October 8 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: Friday, October 8 08:15 a.m. - 9:00 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Aquafit: Warm Water Aqua Strength**

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

**Lane Swim**

Date and Time: Friday, October 8 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, October 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**
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

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

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

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

Saturday, October 9, 2021

Book Your Bubbles
Date and Time: Saturday, October 9 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, October 9 11:30 a.m. - 12:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

AquaCardio

Date and Time: Saturday, October 9 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, October 9 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, October 9 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, October 9 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Book Your Bubbles

Date and Time: Saturday, October 9 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, October 9 01:45 p.m. - 1:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Family Swim: 25m pools

Date and Time: Saturday, October 9 02:00 p.m. - 3:00 p.m.
Family Swim

Date and Time: Saturday, October 9 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: Warm Water Pool

Date and Time: Saturday, October 9 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, October 9 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

Date and Time: Saturday, October 9 03:30 p.m. - 4:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

Family Swim: Warm Water Pool

Date and Time: Saturday, October 9 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, October 9 04:00 p.m. - 5:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Sunday, October 10, 2021

Family Swim: Warm Water & 25m pools

Date and Time: Sunday, October 10 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, October 10 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, October 10 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, October 10 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: Sunday, October 10 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, October 10 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, October 10 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, October 10 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, October 10 06:00 p.m. - 7:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Family Swim: Warm Water Pool

Date and Time: Sunday, October 10 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

Tuesday, October 12, 2021

Lane Swim

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

AquaCardio

Date and Time: Tuesday, October 12 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: Tuesday, October 12 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, October 12 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, October 12 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, October 12 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes
AquaCardio Deep
Date and Time: Tuesday, October 12 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

Lane Swim
Date and Time: Tuesday, October 12 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

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

AquaCardio
Date and Time: Tuesday, October 12 11:45 a.m. - 12:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Lane Swim
Date and Time: Tuesday, October 12 11:45 a.m. - 12:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

AquaCardio
Date and Time: Tuesday, October 12 12:30 p.m. - 1:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
1 Hour Aquafitness. Taught in 25m pool.

Lane Swim
Date and Time: Tuesday, October 12 1:30 p.m. - 2:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Single lane, shared with Adult Swim

Adult Swim
Date and Time: Tuesday, October 12 1:30 p.m. - 2:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Not a Lane Swim. Age 18+
Lane Swim
Date and Time: Tuesday, October 12 02:15 p.m. - 3:00 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Single lane, shared with Adult Swim

Wednesday, October 13, 2021

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

Lane Swim
Date and Time: Wednesday, October 13 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: Wednesday, October 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: Wednesday, October 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.

Book Your Bubbles
Date and Time: Wednesday, October 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.

AquaCardio
Date and Time: Wednesday, October 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
Exclusive use of Swirl Pool with jets. Max 6 per registration.

Lane Swim
Date and Time: Wednesday, October 13 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

AquaCardio
Date and Time: Wednesday, October 13 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Lane Swim
Date and Time: Wednesday, October 13 11:45 a.m. - 12:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

AquaCardio
Date and Time: Wednesday, October 13 11:45 a.m. - 12:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

AquaCardio
Date and Time: Wednesday, October 13 12:30 p.m. - 1:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
1 Hour Aquafitness. Taught in 25m pool.

Lane Swim
Date and Time: Wednesday, October 13 01:30 p.m. - 2:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Family Swim
Date and Time: Wednesday, October 13 07:30 p.m. - 8:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.
Thursday, October 14, 2021

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

AquaCardio Deep
Date and Time: Thursday, October 14 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, October 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: Thursday, October 14 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

Book Your Bubbles
Date and Time: Thursday, October 14 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON

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

**AquaCardio**

Date and Time: Thursday, October 14 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

**Lane Swim**

Date and Time: Thursday, October 14 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**AquaCardio**

Date and Time: Thursday, October 14 11:45 a.m. - 12:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

**Lane Swim**

Date and Time: Thursday, October 14 11:45 a.m. - 12:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**AquaCardio**

Date and Time: Thursday, October 14 12:30 p.m. - 1:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
1 Hour Aquafitness. Taught in 25m pool.

**Adult Swim**

Date and Time: Thursday, October 14 01:30 p.m. - 2:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Not a Lane Swim. Age 18+

**Lane Swim**

Date and Time: Thursday, October 14 01:30 p.m. - 2:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Single lane, shared with Adult Swim
Friday, October 15, 2021

**Lane Swim**

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

**AquaCardio**

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

**Lane Swim**

Date and Time: Friday, October 15 08:15 a.m. - 9:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Lane Swim**

Date and Time: Friday, October 15 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, October 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.

**Book Your Bubbles**

Date and Time: Friday, October 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.

**AquaCardio**

Date and Time: Friday, October 15 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, October 15 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON

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

**AquaCardio**

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

45 Minute Aquafitness. Taught in Alcove.

**Lane Swim**

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

45 minute lane swim, 2 people per lane

**AquaCardio**

Date and Time: Friday, October 15 11:45 a.m. - 12:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in Alcove.

**Lane Swim**

Date and Time: Friday, October 15 11:45 a.m. - 12:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON

45 minute lane swim, 2 people per lane

**AquaCardio**

Date and Time: Friday, October 15 12:30 p.m. - 1:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON

1 Hour Aquafitness. Taught in 25m pool.

**Family Swim**

Date and Time: Friday, October 15 03:30 p.m. - 4:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON

Family Swim. Children must be accompanied by an adult.

**Family Swim**

Date and Time: Friday, October 15 07:30 p.m. - 8:15 p.m.
Saturday, October 16, 2021

**AquaCardio**

Date and Time: Saturday, October 16 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, October 16 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, October 16 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, October 16 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: Saturday, October 16 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON

45 minute lane swim, 2 people per lane

**Book Your Bubbles**

Date and Time: Saturday, October 16 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.

**Book Your Bubbles**

Date and Time: Saturday, October 16 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, October 16 01:45 p.m. - 1:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Family Swim
Date and Time: Saturday, October 16 02:30 p.m. - 3:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

Family Swim
Date and Time: Saturday, October 16 03:30 p.m. - 4:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

Family Swim
Date and Time: Saturday, October 16 04:30 p.m. - 5:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

Book Your Bubbles
Date and Time: Saturday, October 16 06:15 p.m. - 7:00 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, October 16 06:15 p.m. - 7:00 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Lane Swim
Date and Time: Saturday, October 16 07:00 p.m. - 7:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Sunday, October 17, 2021

AquaCardio
45 Minute Aquafitness. Taught in 25m pool.

**Book Your Bubbles**

Date and Time: Sunday, October 17 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, October 17 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, October 17 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.

**Lane Swim**

Date and Time: Sunday, October 17 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Book Your Bubbles**

Date and Time: Sunday, October 17 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, October 17 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, October 17 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
Date and Time: Sunday, October 17 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, October 17 03:30 p.m. - 4:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

Family Swim
Date and Time: Sunday, October 17 04:30 p.m. - 5:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

Family Swim
Date and Time: Sunday, October 17 05:30 p.m. - 6:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

Book Your Bubbles
Date and Time: Sunday, October 17 06:15 p.m. - 7:00 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, October 17 06:15 p.m. - 7:00 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Lane Swim
Date and Time: Sunday, October 17 07:00 p.m. - 7:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Monday, October 18, 2021

Aquafit: Deep Water
Date and Time: Monday, October 18 07:00 a.m. - 7:45 a.m.
Lane Swim
Date and Time: Monday, October 18 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: Monday, October 18 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 October 1 to 29

AquaCardio
Date and Time: Monday, October 18 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Aquafit: Warm Water Aqua Strength
Date and Time: Monday, October 18 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: Monday, October 18 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

Lane Swim
Date and Time: Monday, October 18 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

Aquafit: Deep & Shallow Water Combined
Date and Time: Monday, October 18 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

AquaCardio
**Book Your Bubbles**

Date and Time: Monday, October 18 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: Monday, October 18 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: Monday, October 18 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane.

**Book Your Bubbles**

Date and Time: Monday, October 18 10:15 a.m. - 11:00 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: Monday, October 18 10:30 a.m. - 11:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

**AquaCardio**

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

45 Minute Aquafitness. Taught in Alcove.

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**Tuesday, October 19, 2021**

**Aquafit: Deep Water**

Date and Time: Tuesday, October 19 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
**AquaCardio**

Date and Time: Tuesday, October 19 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in Alcove.

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**Lane Swim**

Date and Time: Tuesday, October 19 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

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**Aquafit: Shallow Water**

Date and Time: Tuesday, October 19 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 Tuesday and Thursday from October 5 to 28

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**Aquafit: Warm Water Aqua Strength**

Date and Time: Tuesday, October 19 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

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**Book Your Bubbles**

Date and Time: Tuesday, October 19 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.

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**Lane Swim**

Date and Time: Tuesday, October 19 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

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**Aquafit: Deep & Shallow Water Combined**

Date and Time: Tuesday, October 19 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON

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

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**Lane Swim**

Date and Time: Tuesday, October 19 09:00 a.m. - 10:00 a.m.
AquaCardio Deep
Date and Time: Tuesday, October 19 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

Book Your Bubbles
Date and Time: Tuesday, October 19 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.

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

AquaCardio Deep
Date and Time: Tuesday, October 19 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

AquaCardio
Date and Time: Tuesday, October 19 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Lane Swim
Date and Time: Tuesday, October 19 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Wednesday, October 20, 2021

Aquafit: Deep Water
Date and Time: Wednesday, October 20 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 October 1 to 29
Aquafit: Shallow Water

Date and Time: Wednesday, October 20 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 October 1 to 29

Lane Swim

Date and Time: Wednesday, October 20 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

AquaCardio

Date and Time: Wednesday, October 20 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Aquafit: Warm Water Aqua Strength

Date and Time: Wednesday, October 20 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

Book Your Bubbles

Date and Time: Wednesday, October 20 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.

Lane Swim

Date and Time: Wednesday, October 20 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

Lane Swim

Date and Time: Wednesday, October 20 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

Aquafit: Deep & Shallow Water Combined

Date and Time: Wednesday, October 20 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
AquaCardio
Date and Time: Wednesday, October 20 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Book Your Bubbles
Date and Time: Wednesday, October 20 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.

Family Swim: Warm Water Pool
Date and Time: Wednesday, October 20 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, October 20 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Book Your Bubbles
Date and Time: Wednesday, October 20 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

Family Swim: Warm Water Pool
Date and Time: Wednesday, October 20 10:30 a.m. - 11:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Thursday, October 21, 2021

Aquafit: Deep Water
Date and Time: Thursday, October 21 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 Tuesday and Thursday from October 5 to 28
Lane Swim
Date and Time: Thursday, October 21 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Aquafit: Shallow Water
Date and Time: Thursday, October 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 October 5 to 28

AquaCardio
Date and Time: Thursday, October 21 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

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

Lane Swim
Date and Time: Thursday, October 21 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Aquafit: Deep & Shallow Water Combined
Date and Time: Thursday, October 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: Thursday, October 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

Book Your Bubbles
Date and Time: Thursday, October 21 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: Thursday, October 21 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

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

AquaCardio Deep
Date and Time: Thursday, October 21 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

Book Your Bubbles
Date and Time: Thursday, October 21 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

AquaCardio
Date and Time: Thursday, October 21 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

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

Friday, October 22, 2021

Aquafit: Deep Water
Date and Time: Friday, October 22 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from October 1 to 29

Lane Swim
Aquafit: Shallow Water
Date and Time: Friday, October 22 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from October 1 to 29

AquaCardio
Date and Time: Friday, October 22 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Lane Swim
Date and Time: Friday, October 22 08:15 a.m. - 9:00 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Aquafit: Warm Water Aqua Strength
Date and Time: Friday, October 22 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, October 22 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, October 22 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Aquafit: Deep & Shallow Water Combined
Date and Time: Friday, October 22 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, October 22 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, October 22 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, October 22 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

AquaCardio
Date and Time: Friday, October 22 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Lane Swim
Date and Time: Friday, October 22 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Book Your Bubbles
Date and Time: Friday, October 22 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

Saturday, October 23, 2021

Book Your Bubbles
Date and Time: Saturday, October 23 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, October 23 11:30 a.m. - 12:15 p.m.
45 Minute Aquafitness. Taught in 25m pool.

**AquaCardio**
Date and Time: Saturday, October 23 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, October 23 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, October 23 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, October 23 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON

45 minute lane swim, 2 people per lane

**Book Your Bubbles**
Date and Time: Saturday, October 23 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, October 23 01:45 p.m. - 1:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON

45 minute lane swim, 2 people per lane

**Family Swim: 25m pools**
Date and Time: Saturday, October 23 02:00 p.m. - 3:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

25m Pool Only. All children must be accompanied into the water by an adult regardless of swim ability.

**Family Swim**
Family Swim: Warm Water Pool
Date and Time: Saturday, October 23 02:30 p.m. - 3:30 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Family Swim: 25m pools
Date and Time: Saturday, October 23 03:00 p.m. - 4:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON 253 Fischer-Hallman Rd, Kitchener, ON
25m Pool Only. All children must be accompanied into the water by an adult regardless of swim ability

Family Swim: Warm Water Pool
Date and Time: Saturday, October 23 03:30 p.m. - 4:30 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Family Swim
Date and Time: Saturday, October 23 03:30 p.m. - 4:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

Lane Swim
Date and Time: Saturday, October 23 04:00 p.m. - 5:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Sunday, October 24, 2021

AquaCardio
Date and Time: Sunday, October 24 11:30 a.m. - 12:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Book Your Bubbles
Date and Time: Sunday, October 24 11:30 a.m. - 12:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON 600 Heritage Dr, Kitchener, ON
AquaCardio
Date and Time: Sunday, October 24 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, October 24 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.

Lane Swim
Date and Time: Sunday, October 24 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Book Your Bubbles
Date and Time: Sunday, October 24 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, October 24 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, October 24 01:45 p.m. - 2:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

Family Swim: 25m pools
Date and Time: Sunday, October 24 02:00 p.m. - 3:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
25m Pool Only. All children must be accompanied into the water by an adult regardless of swim ability

Family Swim: Warm Water Pool
Date and Time: Sunday, October 24 02:30 p.m. - 3:30 p.m.
Family Swim
Date and Time: Sunday, October 24 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: 25m pools
Date and Time: Sunday, October 24 03:00 p.m. - 4:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
25m Pool Only. All children must be accompanied into the water by an adult regardless of swim ability

Family Swim: Warm Water Pool
Date and Time: Sunday, October 24 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

Family Swim
Date and Time: Sunday, October 24 03:30 p.m. - 4:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

Lane Swim
Date and Time: Sunday, October 24 04:00 p.m. - 5:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Monday, October 25, 2021

Aquafit: Deep Water
Date and Time: Monday, October 25 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from October 1 to 29

Lane Swim
Date and Time: Monday, October 25 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane
AquaCardio

Date and Time: Monday, October 25 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Aquafit: Shallow Water

Date and Time: Monday, October 25 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from October 1 to 29

Aquafit: Warm Water Aqua Strength

Date and Time: Monday, October 25 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, October 25 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Aquafit: Deep & Shallow Water Combined

Date and Time: Monday, October 25 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: Monday, October 25 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

Book Your Bubbles

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

**Lane Swim**

Date and Time: Monday, October 25 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

**Book Your Bubbles**

Date and Time: Monday, October 25 10:15 a.m. - 11:00 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: Monday, October 25 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

**Tuesday, October 26, 2021**

**Aquafit: Deep Water**

Date and Time: Tuesday, October 26 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Tuesday and Thursday from October 5 to 28

**Aquafit: Shallow Water**

Date and Time: Tuesday, October 26 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Tuesday and Thursday from October 5 to 28
Lane Swim
Date and Time: Tuesday, October 26 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

AquaCardio
Date and Time: Tuesday, October 26 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: Tuesday, October 26 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes

Lane Swim
Date and Time: Tuesday, October 26 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane, pool shared with aquafit class

Book Your Bubbles
Date and Time: Tuesday, October 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.

AquaCardio Deep
Date and Time: Tuesday, October 26 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, October 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.

Lane Swim

Date and Time: Tuesday, October 26 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

AquaCardio Deep

Date and Time: Tuesday, October 26 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

AquaCardio

Date and Time: Tuesday, October 26 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Lane Swim

Date and Time: Tuesday, October 26 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Wednesday, October 27, 2021

Aquafit: Deep Water

Date and Time: Wednesday, October 27 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from October 1 to 29

Lane Swim

Date and Time: Wednesday, October 27 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

AquaCardio
**Aquafit: Shallow Water**

Date and Time: Wednesday, October 27 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

**Aquafit: Warm Water Aqua Strength**

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

45 minute lane swim, 2 people per lane

**Aquafit: Deep & Shallow Water Combined**

Date and Time: Wednesday, October 27 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

**Lane Swim**

Date and Time: Wednesday, October 27 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

**AquaCardio**

Date and Time: Wednesday, October 27 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, October 27 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, October 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.

Lane Swim
Date and Time: Wednesday, October 27 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Book Your Bubbles
Date and Time: Wednesday, October 27 10:15 a.m. - 11:00 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: Wednesday, October 27 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

Thursday, October 28, 2021

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

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

AquaCardio
Date and Time: Thursday, October 28 08:00 a.m. - 8:45 a.m.
45 Minute Aquafitness. Taught in Alcove.

Lane Swim

Date and Time: Thursday, October 28 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Aquafit: Warm Water Aqua Strength

Date and Time: Thursday, October 28 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes

Lane Swim

Date and Time: Thursday, October 28 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Lane Swim

Date and Time: Thursday, October 28 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: Thursday, October 28 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: Thursday, October 28 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, October 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
Book Your Bubbles

Date and Time: Thursday, October 28 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Date and Time: Thursday, October 28 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

AquaCardio Deep

Date and Time: Thursday, October 28 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

Lane Swim

Date and Time: Thursday, October 28 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

AquaCardio

Date and Time: Thursday, October 28 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Friday, October 29, 2021

Aquafit: Deep Water

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

Aquafit: Shallow Water

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

AquaCardio

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

45 minute lane swim, 2 people per lane

**Aquafit: Warm Water Aqua Strength**

Date and Time: Friday, October 29 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, October 29 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, October 29 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

**Aquafit: Deep & Shallow Water Combined**

Date and Time: Friday, October 29 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

**Book Your Bubbles**

Date and Time: Friday, October 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.

**Family Swim: Warm Water Pool**

Date and Time: Friday, October 29 09:30 a.m. - 10:30 a.m.
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

**AquaCardio**

Date and Time: Friday, October 29 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in 25m pool.

**Lane Swim**

Date and Time: Friday, October 29 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

**Book Your Bubbles**

Date and Time: Friday, October 29 10:15 a.m. - 11:00 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, October 29 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

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**Saturday, October 30, 2021**

**AquaCardio**

Date and Time: Saturday, October 30 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, October 30 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, October 30 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, October 30 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.

**Lane Swim**
Date and Time: Saturday, October 30 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

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

**Family Swim: 25m pools**
Date and Time: Saturday, October 30 02:00 p.m. - 3:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
25m Pool Only. All children must be accompanied into the water by an adult regardless of swim ability

**Family Swim**
Date and Time: Saturday, October 30 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: Warm Water Pool**
Date and Time: Saturday, October 30 02:30 p.m. - 3:30 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Family Swim: 25m pools
Date and Time: Saturday, October 30 03:00 p.m. - 4:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
25m Pool Only. All children must be accompanied into the water by an adult regardless of swim ability

Family Swim: Warm Water Pool
Date and Time: Saturday, October 30 03:30 p.m. - 4:30 p.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

Family Swim
Date and Time: Saturday, October 30 03:30 p.m. - 4:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

Lane Swim
Date and Time: Saturday, October 30 04:00 p.m. - 5:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Sunday, October 31, 2021

AquaCardio
Date and Time: Sunday, October 31 11:30 a.m. - 12:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

Book Your Bubbles
Date and Time: Sunday, October 31 11:30 a.m. - 12:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

AquaCardio
Date and Time: Sunday, October 31 12:15 p.m. - 1:00 p.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.
Book Your Bubbles
Date and Time: Sunday, October 31 12:15 p.m. - 1:00 p.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: Sunday, October 31 01:00 p.m. - 1:45 p.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: Sunday, October 31 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

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45 minute lane swim, 2 people per lane

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Date and Time: Sunday, October 31 01:45 p.m. - 2:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

Family Swim: 25m pools
Date and Time: Sunday, October 31 02:00 p.m. - 3:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
25m Pool Only. All children must be accompanied into the water by an adult regardless of swim ability

Family Swim
Date and Time: Sunday, October 31 02:30 p.m. - 3:15 p.m.
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Family Swim. Children must be accompanied by an adult.

Family Swim: Warm Water Pool
Date and Time: Sunday, October 31 02:30 p.m. - 3:30 p.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
Family Swim: 25m pools
Date and Time: Sunday, October 31 03:00 p.m. - 4:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
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Family Swim: Warm Water Pool
Date and Time: Sunday, October 31 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

Family Swim
Date and Time: Sunday, October 31 03:30 p.m. - 4:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

Lane Swim
Date and Time: Sunday, October 31 04:00 p.m. - 5:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

https://calendar.kitchener.ca