



## Saturday, October 1, 2022

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### Lane Swim

Date and Time: Saturday, October 1 1:05 pm - 2:00 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

### Lane Swim

Date and Time: Saturday, October 1 2:00 pm - 2:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

### Adult Swim

Date and Time: Saturday, October 1 2:45 pm - 3:45 pm

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

### Public Swim

Date and Time: Saturday, October 1 3:00 pm - 3:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Public Swim

### Family Swim

Date and Time: Saturday, October 1 3:45 pm - 4:45 pm

Address: 350 Margaret Ave, Kitchener, ON

Family Swim - Warm Pool

## Public Swim

Date and Time: Saturday, October 1 4:00 pm - 4:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Public Swim

## Sunday, October 2, 2022

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### Lane Swim

Date and Time: Sunday, October 2 1:05 pm - 2:00 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

### Lane Swim

Date and Time: Sunday, October 2 2:00 pm - 2:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

### AquaStrength

Date and Time: Sunday, October 2 2:45 pm - 3:45 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaStrength - Warm Pool

### Public Swim

Date and Time: Sunday, October 2 3:00 pm - 3:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Public Swim

## Family Swim

Date and Time: Sunday, October 2 3:45 pm - 4:45 pm

Address: 350 Margaret Ave, Kitchener, ON

Family Swim - Warm Pool

## Public Swim

Date and Time: Sunday, October 2 4:00 pm - 4:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Public Swim

## Monday, October 3, 2022

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### Aquafit: Deep Water

Date and Time: Monday, October 3 7:00 am - 7:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, pool shared with lane swim

### Lane Swim

Date and Time: Monday, October 3 7:30 am - 8:30 am

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, October 3 7:45 am - 8:30 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

### Aquafit: Warm Water Aqua Strength

Date and Time: Monday, October 3 8:30 am - 9:15 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit

## **Lane Swim**

Date and Time: Monday, October 3 9:00 am - 10:00 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Aquafit: Shallow Water**

Date and Time: Monday, October 3 9:00 am - 9:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

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

Date and Time: Monday, October 3 11:30 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## **Lane Swim**

Date and Time: Monday, October 3 11:35 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## **Aquafit: Warm Water Aqua Strength**

Date and Time: Monday, October 3 1:00 pm - 1:45 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit

## Lane Swim

Date and Time: Monday, October 3 1:30 pm - 2:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## Lane Swim

Date and Time: Monday, October 3 2:30 pm - 3:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## Lane Swim

Date and Time: Monday, October 3 4:00 pm - 5:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## Lane Swim

Date and Time: Monday, October 3 5:00 pm - 6:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## Lane Swim

Date and Time: Monday, October 3 6:00 pm - 7:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## Lane Swim

Date and Time: Monday, October 3 7:00 pm - 8:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

# Tuesday, October 4, 2022

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## Aquafit: Deep Water

Date and Time: Tuesday, October 4 7:00 am - 7:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, pool shared with lane swim

## Lane Swim

Date and Time: Tuesday, October 4 7:30 am - 8:30 am

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: Tuesday, October 4 7:45 am - 8:30 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## Aquafit: Warm Water Aqua Strength

Date and Time: Tuesday, October 4 8:30 am - 9:15 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit

## Lane Swim

Date and Time: Tuesday, October 4 9:00 am - 10:00 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## Aquafit: Shallow Water

Date and Time: Tuesday, October 4 9:00 am - 9:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **Adult Swim: Warm Water Pool**

Date and Time: Tuesday, October 4 11:30 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane swim. Leisure Pool Adult Swim

## **Lane Swim**

Date and Time: Tuesday, October 4 11:35 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## **Aquafit: Warm Water Aqua Strength**

Date and Time: Tuesday, October 4 1:00 pm - 1:45 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit

## **Lane Swim**

Date and Time: Tuesday, October 4 1:30 pm - 2:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Lane Swim**

Date and Time: Tuesday, October 4 2:30 pm - 3:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Lane Swim**

Date and Time: Tuesday, October 4 4:00 pm - 5:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Lane Swim**

Date and Time: Tuesday, October 4 5:00 pm - 6:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Lane Swim**

Date and Time: Tuesday, October 4 6:00 pm - 7:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Lane Swim**

Date and Time: Tuesday, October 4 7:00 pm - 8:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Wednesday, October 5, 2022**

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### **Aquafit: Deep Water**

Date and Time: Wednesday, October 5 7:00 am - 7:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, pool shared with lane swim

### **Lane Swim**

Date and Time: Wednesday, October 5 7:30 am - 8:30 am

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: Wednesday, October 5 7:45 am - 8:30 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **Aquafit: Warm Water Aqua Strength**

Date and Time: Wednesday, October 5 8:30 am - 9:15 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit

## **Aquafit: Shallow Water**

Date and Time: Wednesday, October 5 9:00 am - 9:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **Lane Swim**

Date and Time: Wednesday, October 5 9:00 am - 10:00 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

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

Date and Time: Wednesday, October 5 11:30 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## **Lane Swim**

Date and Time: Wednesday, October 5 11:35 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## **Aquafit: Warm Water Aqua Strength**

Date and Time: Wednesday, October 5 1:00 pm - 1:45 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit

## **Lane Swim**

Date and Time: Wednesday, October 5 1:30 pm - 2:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Lane Swim**

Date and Time: Wednesday, October 5 2:30 pm - 3:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Lane Swim**

Date and Time: Wednesday, October 5 4:00 pm - 5:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Lane Swim**

Date and Time: Wednesday, October 5 5:00 pm - 6:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Lane Swim**

Date and Time: Wednesday, October 5 6:00 pm - 7:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## Lane Swim

Date and Time: Wednesday, October 5 7:00 pm - 8:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## Thursday, October 6, 2022

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### Aquafit: Deep Water

Date and Time: Thursday, October 6 7:00 am - 7:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, pool shared with lane swim

### Lane Swim

Date and Time: Thursday, October 6 7:30 am - 8:30 am

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: Thursday, October 6 7:45 am - 8:30 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

### Aquafit: Warm Water Aqua Strength

Date and Time: Thursday, October 6 8:30 am - 9:15 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit

### Aquafit: Shallow Water

Date and Time: Thursday, October 6 9:00 am - 9:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **Lane Swim**

Date and Time: Thursday, October 6 9:00 am - 10:00 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Adult Swim: Warm Water Pool**

Date and Time: Thursday, October 6 11:30 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane swim. Leisure Pool Adult Swim

## **Lane Swim**

Date and Time: Thursday, October 6 11:35 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## **Aquafit: Warm Water Aqua Strength**

Date and Time: Thursday, October 6 1:00 pm - 1:45 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit

## **Lane Swim**

Date and Time: Thursday, October 6 1:30 pm - 2:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Lane Swim**

Date and Time: Thursday, October 6 2:30 pm - 3:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

### **Lane Swim**

Date and Time: Thursday, October 6 4:00 pm - 5:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

### **Lane Swim**

Date and Time: Thursday, October 6 5:00 pm - 6:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

### **Lane Swim**

Date and Time: Thursday, October 6 6:00 pm - 7:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

### **Lane Swim**

Date and Time: Thursday, October 6 7:00 pm - 8:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Friday, October 7, 2022**

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### **Aquafit: Deep Water**

Date and Time: Friday, October 7 7:00 am - 7:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, pool shared with lane swim

## **Lane Swim**

Date and Time: Friday, October 7 7:30 am - 8:30 am

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, October 7 7:45 am - 8:30 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **Aquafit: Warm Water Aqua Strength**

Date and Time: Friday, October 7 8:30 am - 9:15 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit

## **Aquafit: Shallow Water**

Date and Time: Friday, October 7 9:00 am - 9:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **Lane Swim**

Date and Time: Friday, October 7 9:00 am - 10:00 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

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

Date and Time: Friday, October 7 11:30 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## **Lane Swim**

Date and Time: Friday, October 7 11:35 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## **Aquafit: Warm Water Aqua Strength**

Date and Time: Friday, October 7 1:00 pm - 1:45 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit

## **Lane Swim**

Date and Time: Friday, October 7 1:30 pm - 2:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Lane Swim**

Date and Time: Friday, October 7 2:30 pm - 3:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Lane Swim**

Date and Time: Friday, October 7 4:00 pm - 5:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Lane Swim**

Date and Time: Friday, October 7 5:00 pm - 6:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Lane Swim**

Date and Time: Friday, October 7 6:00 pm - 7:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Lane Swim**

Date and Time: Friday, October 7 7:00 pm - 8:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Saturday, October 8, 2022**

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### **Public Swim**

Date and Time: Saturday, October 8 2:00 pm - 3:45 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Recreational Swim. All ages can Attend in accordance with the Swim Admission guidelines

### **Lane Swim**

Date and Time: Saturday, October 8 4:30 pm - 6:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane. Sauna Available

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

Date and Time: Saturday, October 8 4:30 pm - 6:00 pm

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 Pool**

Date and Time: Saturday, October 8 6:00 pm - 7:30 pm

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 8 6:00 pm - 7:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane. Sauna Available

## **Tuesday, October 11, 2022**

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### **Aquafit: Deep Water**

Date and Time: Tuesday, October 11 7:00 am - 7:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, pool shared with lane swim

### **Lane Swim**

Date and Time: Tuesday, October 11 7:30 am - 8:30 am

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: Tuesday, October 11 7:45 am - 8:30 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

### **Aquafit: Warm Water Aqua Strength**

Date and Time: Tuesday, October 11 8:30 am - 9:15 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

## Warm Water Aquafit

### Lane Swim

Date and Time: Tuesday, October 11 9:00 am - 10:00 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

### Aquafit: Shallow Water

Date and Time: Tuesday, October 11 9:00 am - 9:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

### Adult Swim: Warm Water Pool

Date and Time: Tuesday, October 11 11:30 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane swim. Leisure Pool Adult Swim

### Lane Swim

Date and Time: Tuesday, October 11 11:35 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

### Lane Swim

Date and Time: Tuesday, October 11 12:00 pm - 12:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

### Adult Swim

Date and Time: Tuesday, October 11 12:00 pm - 1:00 pm

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

## **AquaCardio**

Date and Time: Tuesday, October 11 1:00 pm - 1:45 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaCardio - 25 Yard Pool

## **Aquafit: Warm Water Aqua Strength**

Date and Time: Tuesday, October 11 1:00 pm - 1:45 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit

## **Lane Swim**

Date and Time: Tuesday, October 11 1:30 pm - 2:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Adult Swim**

Date and Time: Tuesday, October 11 1:45 pm - 2:45 pm

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

## **Lane Swim**

Date and Time: Tuesday, October 11 2:00 pm - 2:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **Wednesday, October 12, 2022**

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## **AquaCardio**

Date and Time: Wednesday, October 12 8:00 am - 8:55 am

Address: 350 Margaret Ave, Kitchener, ON

AquaCardio - 25 Yard Pool

## **AquaCardio**

Date and Time: Wednesday, October 12 9:00 am - 9:55 am

Address: 350 Margaret Ave, Kitchener, ON

AquaCardio - 25 Yard Pool

## **Lane Swim**

Date and Time: Wednesday, October 12 10:00 am - 10:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **Adult Swim**

Date and Time: Wednesday, October 12 10:15 am - 11:15 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

## **Lane Swim**

Date and Time: Wednesday, October 12 11:00 am - 11:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **AquaStretch**

Date and Time: Wednesday, October 12 11:15 am - 12:15 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaStretch - Warm Pool

## Lane Swim

Date and Time: Wednesday, October 12 12:00 pm - 12:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## Family Swim

Date and Time: Wednesday, October 12 12:15 pm - 1:15 pm

Address: 350 Margaret Ave, Kitchener, ON

Family Swim - Warm Pool

## AquaCardio

Date and Time: Wednesday, October 12 1:00 pm - 1:45 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaCardio - 25 Yard Pool

## Lane Swim

Date and Time: Wednesday, October 12 1:30 pm - 2:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## AquaStrength

Date and Time: Wednesday, October 12 1:45 pm - 2:45 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaStrength - Warm Pool

## Lane Swim

Date and Time: Wednesday, October 12 2:00 pm - 2:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## Lane Swim

Date and Time: Wednesday, October 12 2:30 pm - 3:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## Family Swim

Date and Time: Wednesday, October 12 2:45 pm - 3:45 pm

Address: 350 Margaret Ave, Kitchener, ON

Family Swim - Warm Pool

## Lane Swim

Date and Time: Wednesday, October 12 3:00 pm - 3:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

# Thursday, October 13, 2022

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## Lane Swim

Date and Time: Thursday, October 13 8:00 am - 8:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## AquaStrength

Date and Time: Thursday, October 13 8:15 am - 9:15 am

Address: 350 Margaret Ave, Kitchener, ON

AquaStrength - Warm Pool

## AquaCardio

Date and Time: Thursday, October 13 9:00 am - 9:55 am

Address: 350 Margaret Ave, Kitchener, ON

AquaCardio - 25 Yard Pool

## **AquaCardio**

Date and Time: Thursday, October 13 10:00 am - 10:55 am

Address: 350 Margaret Ave, Kitchener, ON

AquaCardio - 25 Yard Pool

## **Adult Swim**

Date and Time: Thursday, October 13 10:15 am - 11:15 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

## **Lane Swim**

Date and Time: Thursday, October 13 11:00 am - 11:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **AquaStretch**

Date and Time: Thursday, October 13 11:15 am - 12:15 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaStretch - Warm Pool

## **Lane Swim**

Date and Time: Thursday, October 13 12:00 pm - 12:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **Adult Swim**

Date and Time: Thursday, October 13 12:15 pm - 1:15 pm

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

## **AquaFit: Warm Water Aqua Strength**

Date and Time: Thursday, October 13 1:00 pm - 1:45 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water AquaFit

## **AquaCardio**

Date and Time: Thursday, October 13 1:00 pm - 1:45 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaCardio - 25 Yard Pool

## **Lane Swim**

Date and Time: Thursday, October 13 1:30 pm - 2:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Lane Swim**

Date and Time: Thursday, October 13 2:30 pm - 3:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Lane Swim**

Date and Time: Thursday, October 13 4:00 pm - 5:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Lane Swim**

Date and Time: Thursday, October 13 4:00 pm - 4:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## Friday, October 14, 2022

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### Adult Swim

Date and Time: Friday, October 14 8:00 am - 8:55 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Main Pool

### AquaStrength

Date and Time: Friday, October 14 8:15 am - 9:15 am

Address: 350 Margaret Ave, Kitchener, ON

AquaStrength - Warm Pool

### Adult Swim

Date and Time: Friday, October 14 9:00 am - 9:55 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Main Pool

### Lane Swim

Date and Time: Friday, October 14 10:00 am - 10:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

### Adult Swim

Date and Time: Friday, October 14 10:15 am - 11:15 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

### Lane Swim

Date and Time: Friday, October 14 11:00 am - 11:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **AquaStretch**

Date and Time: Friday, October 14 11:15 am - 12:15 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaStretch - Warm Pool

## **Lane Swim**

Date and Time: Friday, October 14 12:00 pm - 12:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **Family Swim**

Date and Time: Friday, October 14 12:15 pm - 1:15 pm

Address: 350 Margaret Ave, Kitchener, ON

Family Swim - Warm Pool

## **AquaCardio**

Date and Time: Friday, October 14 1:00 pm - 1:45 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaCardio - 25 Yard Pool

## **Lane Swim**

Date and Time: Friday, October 14 1:30 pm - 2:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Public Swim**

Date and Time: Friday, October 14 2:00 pm - 2:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Public Swim

## Lane Swim

Date and Time: Friday, October 14 2:30 pm - 3:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## AquaStrength

Date and Time: Friday, October 14 2:45 pm - 3:45 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaStrength - Warm Pool

## Family Swim

Date and Time: Friday, October 14 2:45 pm - 3:45 pm

Address: 350 Margaret Ave, Kitchener, ON

Family Swim - Warm Pool

# Saturday, October 15, 2022

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## Lane Swim

Date and Time: Saturday, October 15 1:05 pm - 2:00 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## Public Swim

Date and Time: Saturday, October 15 2:00 pm - 3:45 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Recreational Swim. All ages can Attend in accordance with the Swim Admission guidelines

## **Lane Swim**

Date and Time: Saturday, October 15 2:00 pm - 2:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **Adult Swim**

Date and Time: Saturday, October 15 2:45 pm - 3:45 pm

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

## **Public Swim**

Date and Time: Saturday, October 15 3:00 pm - 3:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Public Swim

## **Family Swim**

Date and Time: Saturday, October 15 3:45 pm - 4:45 pm

Address: 350 Margaret Ave, Kitchener, ON

Family Swim - Warm Pool

## **Public Swim**

Date and Time: Saturday, October 15 4:00 pm - 4:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Public Swim

## **Lane Swim**

Date and Time: Saturday, October 15 4:30 pm - 6:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane. Sauna Available

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

Date and Time: Saturday, October 15 4:30 pm - 6:00 pm

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 Pool**

Date and Time: Saturday, October 15 6:00 pm - 7:30 pm

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 15 6:00 pm - 7:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane. Sauna Available

## **Sunday, October 16, 2022**

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### **Lane Swim**

Date and Time: Sunday, October 16 1:05 pm - 2:00 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

### **Lane Swim**

Date and Time: Sunday, October 16 2:00 pm - 2:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

### **Public Swim**

Date and Time: Sunday, October 16 2:00 pm - 3:45 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Recreational Swim. All ages can Attend in accordance with the Swim Admission guidelines

## **AquaStrength**

Date and Time: Sunday, October 16 2:45 pm - 3:45 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaStrength - Warm Pool

## **Public Swim**

Date and Time: Sunday, October 16 3:00 pm - 3:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Public Swim

## **Family Swim**

Date and Time: Sunday, October 16 3:45 pm - 4:45 pm

Address: 350 Margaret Ave, Kitchener, ON

Family Swim - Warm Pool

## **Public Swim**

Date and Time: Sunday, October 16 4:00 pm - 4:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Public Swim

## **Lane Swim**

Date and Time: Sunday, October 16 4:30 pm - 6:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane. Sauna Available

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

Date and Time: Sunday, October 16 4:30 pm - 6:00 pm

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 16 6:00 pm - 7:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane. Sauna Available

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

Date and Time: Sunday, October 16 6:00 pm - 7:30 pm

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

## **Monday, October 17, 2022**

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### **Aquafit: Deep Water**

Date and Time: Monday, October 17 7:00 am - 7:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, pool shared with lane swim

### **Lane Swim**

Date and Time: Monday, October 17 7:30 am - 8:30 am

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, October 17 7:45 am - 8:30 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **AquaFit: Warm Water Aqua Strength**

Date and Time: Monday, October 17 8:30 am - 9:15 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water AquaFit

## **AquaFit: Shallow Water**

Date and Time: Monday, October 17 9:00 am - 9:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water AquaFit - cardio workout, pool shared with lane swim

## **Lane Swim**

Date and Time: Monday, October 17 9:00 am - 10:00 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

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

Date and Time: Monday, October 17 11:30 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## **Lane Swim**

Date and Time: Monday, October 17 11:35 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## **AquaFit: Warm Water Aqua Strength**

Date and Time: Monday, October 17 1:00 pm - 1:45 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water AquaFit

## **Lane Swim**

Date and Time: Monday, October 17 1:30 pm - 2:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Lane Swim**

Date and Time: Monday, October 17 2:30 pm - 3:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **AquaStrength**

Date and Time: Monday, October 17 7:30 pm - 8:30 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaStrength - Warm Pool

## **Aquafit: Deep & Shallow Water Combined**

Date and Time: Monday, October 17 8:00 pm - 9:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **Lane Swim**

Date and Time: Monday, October 17 8:00 pm - 9:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

## **Lane Swim**

Date and Time: Monday, October 17 8:35 pm - 9:30 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

# **Tuesday, October 18, 2022**

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## **Aquafit: Deep Water**

Date and Time: Tuesday, October 18 7:00 am - 7:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, pool shared with lane swim

## **Lane Swim**

Date and Time: Tuesday, October 18 7:30 am - 8:30 am

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: Tuesday, October 18 7:45 am - 8:30 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **Adult Swim**

Date and Time: Tuesday, October 18 8:00 am - 9:00 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

## **Lane Swim**

Date and Time: Tuesday, October 18 8:00 am - 8:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **Aquafit: Warm Water Aqua Strength**

Date and Time: Tuesday, October 18 8:30 am - 9:15 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit

## **Aquafit: Shallow Water**

Date and Time: Tuesday, October 18 9:00 am - 9:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **Adult Swim**

Date and Time: Tuesday, October 18 9:00 am - 9:55 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Main Pool

## **Lane Swim**

Date and Time: Tuesday, October 18 9:00 am - 10:00 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Adult Swim**

Date and Time: Tuesday, October 18 9:00 am - 10:00 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

## **Adult Swim**

Date and Time: Tuesday, October 18 10:00 am - 10:55 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Main Pool

## **Adult Swim**

Date and Time: Tuesday, October 18 10:00 am - 11:00 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

## AquaStretch

Date and Time: Tuesday, October 18 11:00 am - 12:00 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaStretch - Warm Pool

## Lane Swim

Date and Time: Tuesday, October 18 11:00 am - 11:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## Adult Swim: Warm Water Pool

Date and Time: Tuesday, October 18 11:30 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane swim. Leisure Pool Adult Swim

## Wednesday, October 19, 2022

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## Aquafit: Deep Water

Date and Time: Wednesday, October 19 7:00 am - 7:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, pool shared with lane swim

## Lane Swim

Date and Time: Wednesday, October 19 7:30 am - 8:30 am

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: Wednesday, October 19 7:45 am - 8:30 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water AquaFit - cardio workout, pool shared with lane swim

## **AquaCardio**

Date and Time: Wednesday, October 19 8:00 am - 8:55 am

Address: 350 Margaret Ave, Kitchener, ON

AquaCardio - 25 Yard Pool

## **AquaFit: Warm Water Aqua Strength**

Date and Time: Wednesday, October 19 8:30 am - 9:15 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water AquaFit

## **Lane Swim**

Date and Time: Wednesday, October 19 9:00 am - 10:00 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **AquaFit: Shallow Water**

Date and Time: Wednesday, October 19 9:00 am - 9:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water AquaFit - cardio workout, pool shared with lane swim

## **AquaCardio**

Date and Time: Wednesday, October 19 9:00 am - 9:55 am

Address: 350 Margaret Ave, Kitchener, ON

AquaCardio - 25 Yard Pool

## Lane Swim

Date and Time: Wednesday, October 19 10:00 am - 10:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## Adult Swim

Date and Time: Wednesday, October 19 10:15 am - 11:15 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

## Lane Swim

Date and Time: Wednesday, October 19 11:00 am - 11:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## AquaStretch

Date and Time: Wednesday, October 19 11:15 am - 12:15 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaStretch - Warm Pool

## Family Swim: Warm Water Pool

Date and Time: Wednesday, October 19 11:30 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## Lane Swim

Date and Time: Wednesday, October 19 11:35 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## **Lane Swim**

Date and Time: Wednesday, October 19 12:00 pm - 12:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **Thursday, October 20, 2022**

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### **Aquafit: Deep Water**

Date and Time: Thursday, October 20 7:00 am - 7:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, pool shared with lane swim

### **Lane Swim**

Date and Time: Thursday, October 20 7:30 am - 8:30 am

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: Thursday, October 20 7:45 am - 8:30 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

### **Lane Swim**

Date and Time: Thursday, October 20 8:00 am - 8:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

### **AquaStrength**

Date and Time: Thursday, October 20 8:15 am - 9:15 am

Address: 350 Margaret Ave, Kitchener, ON

AquaStrength - Warm Pool

## **Aquafit: Warm Water Aqua Strength**

Date and Time: Thursday, October 20 8:30 am - 9:15 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit

## **AquaCardio**

Date and Time: Thursday, October 20 9:00 am - 9:55 am

Address: 350 Margaret Ave, Kitchener, ON

AquaCardio - 25 Yard Pool

## **Lane Swim**

Date and Time: Thursday, October 20 9:00 am - 10:00 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Aquafit: Shallow Water**

Date and Time: Thursday, October 20 9:00 am - 9:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **AquaCardio**

Date and Time: Thursday, October 20 10:00 am - 10:55 am

Address: 350 Margaret Ave, Kitchener, ON

AquaCardio - 25 Yard Pool

## **Adult Swim**

Date and Time: Thursday, October 20 10:15 am - 11:15 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

## Lane Swim

Date and Time: Thursday, October 20 11:00 am - 11:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## AquaStretch

Date and Time: Thursday, October 20 11:15 am - 12:15 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaStretch - Warm Pool

## Adult Swim: Warm Water Pool

Date and Time: Thursday, October 20 11:30 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane swim. Leisure Pool Adult Swim

## Lane Swim

Date and Time: Thursday, October 20 11:35 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## Friday, October 21, 2022

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## Aquafit: Deep Water

Date and Time: Friday, October 21 7:00 am - 7:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, pool shared with lane swim

## **Lane Swim**

Date and Time: Friday, October 21 7:30 am - 8:30 am

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, October 21 7:45 am - 8:30 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **Adult Swim**

Date and Time: Friday, October 21 8:00 am - 8:55 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Main Pool

## **AquaStrength**

Date and Time: Friday, October 21 8:15 am - 9:15 am

Address: 350 Margaret Ave, Kitchener, ON

AquaStrength - Warm Pool

## **Aquafit: Warm Water Aqua Strength**

Date and Time: Friday, October 21 8:30 am - 9:15 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit

## **Adult Swim**

Date and Time: Friday, October 21 9:00 am - 9:55 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Main Pool

## **Aquafit: Shallow Water**

Date and Time: Friday, October 21 9:00 am - 9:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **Lane Swim**

Date and Time: Friday, October 21 9:00 am - 10:00 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Lane Swim**

Date and Time: Friday, October 21 10:00 am - 10:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **Adult Swim**

Date and Time: Friday, October 21 10:15 am - 11:15 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

## **Lane Swim**

Date and Time: Friday, October 21 11:00 am - 11:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **AquaStretch**

Date and Time: Friday, October 21 11:15 am - 12:15 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaStretch - Warm Pool

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

Date and Time: Friday, October 21 11:30 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## **Lane Swim**

Date and Time: Friday, October 21 11:35 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## **Saturday, October 22, 2022**

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## **Lane Swim**

Date and Time: Saturday, October 22 1:05 pm - 2:00 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **Public Swim**

Date and Time: Saturday, October 22 2:00 pm - 3:45 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Recreational Swim. All ages can Attend in accordance with the Swim Admission guidelines

## **Lane Swim**

Date and Time: Saturday, October 22 2:00 pm - 2:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **Adult Swim**

Date and Time: Saturday, October 22 2:45 pm - 3:45 pm

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

## **Public Swim**

Date and Time: Saturday, October 22 3:00 pm - 3:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Public Swim

## **Family Swim**

Date and Time: Saturday, October 22 3:45 pm - 4:45 pm

Address: 350 Margaret Ave, Kitchener, ON

Family Swim - Warm Pool

## **Public Swim**

Date and Time: Saturday, October 22 4:00 pm - 4:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Public Swim

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

Date and Time: Saturday, October 22 4:30 pm - 6:00 pm

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 22 4:30 pm - 6:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane. Sauna Available

## **Lane Swim**

Date and Time: Saturday, October 22 6:00 pm - 7:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane. Sauna Available

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

Date and Time: Saturday, October 22 6:00 pm - 7:30 pm

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

## **Sunday, October 23, 2022**

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### **Lane Swim**

Date and Time: Sunday, October 23 1:05 pm - 2:00 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

### **Public Swim**

Date and Time: Sunday, October 23 2:00 pm - 3:45 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Recreational Swim. All ages can Attend in accordance with the Swim Admission guidelines

### **Lane Swim**

Date and Time: Sunday, October 23 2:00 pm - 2:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

### **AquaStrength**

Date and Time: Sunday, October 23 2:45 pm - 3:45 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaStrength - Warm Pool

## **Public Swim**

Date and Time: Sunday, October 23 3:00 pm - 3:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Public Swim

## **Family Swim**

Date and Time: Sunday, October 23 3:45 pm - 4:45 pm

Address: 350 Margaret Ave, Kitchener, ON

Family Swim - Warm Pool

## **Public Swim**

Date and Time: Sunday, October 23 4:00 pm - 4:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Public Swim

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

Date and Time: Sunday, October 23 4:30 pm - 6:00 pm

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 23 4:30 pm - 6:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane. Sauna Available

## **Lane Swim**

Date and Time: Sunday, October 23 6:00 pm - 7:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane. Sauna Available

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

Date and Time: Sunday, October 23 6:00 pm - 7:30 pm

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

## **Monday, October 24, 2022**

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### **Aquafit: Deep Water**

Date and Time: Monday, October 24 7:00 am - 7:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, pool shared with lane swim

### **Lane Swim**

Date and Time: Monday, October 24 7:30 am - 8:30 am

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, October 24 7:45 am - 8:30 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

### **Aquafit: Warm Water Aqua Strength**

Date and Time: Monday, October 24 8:30 am - 9:15 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit

### **Aquafit: Shallow Water**

Date and Time: Monday, October 24 9:00 am - 9:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **Lane Swim**

Date and Time: Monday, October 24 9:00 am - 10:00 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

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

Date and Time: Monday, October 24 11:30 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## **Lane Swim**

Date and Time: Monday, October 24 11:35 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## **Aquafit: Warm Water Aqua Strength**

Date and Time: Monday, October 24 1:00 pm - 1:45 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit

## **Lane Swim**

Date and Time: Monday, October 24 1:30 pm - 2:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Lane Swim**

Date and Time: Monday, October 24 2:30 pm - 3:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **AquaStrength**

Date and Time: Monday, October 24 7:30 pm - 8:30 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaStrength - Warm Pool

## **Aquafit: Deep & Shallow Water Combined**

Date and Time: Monday, October 24 8:00 pm - 9:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **Lane Swim**

Date and Time: Monday, October 24 8:00 pm - 9:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

## **Lane Swim**

Date and Time: Monday, October 24 8:35 pm - 9:30 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **Tuesday, October 25, 2022**

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## **Aquafit: Deep Water**

Date and Time: Tuesday, October 25 7:00 am - 7:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, pool shared with lane swim

## **Lane Swim**

Date and Time: Tuesday, October 25 7:30 am - 8:30 am

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: Tuesday, October 25 7:45 am - 8:30 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **Adult Swim**

Date and Time: Tuesday, October 25 8:00 am - 9:00 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

## **Lane Swim**

Date and Time: Tuesday, October 25 8:00 am - 8:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **Aquafit: Warm Water Aqua Strength**

Date and Time: Tuesday, October 25 8:30 am - 9:15 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit

## **Adult Swim**

Date and Time: Tuesday, October 25 9:00 am - 9:55 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Main Pool

## **AquaFit: Shallow Water**

Date and Time: Tuesday, October 25 9:00 am - 9:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water AquaFit - cardio workout, pool shared with lane swim

## **Lane Swim**

Date and Time: Tuesday, October 25 9:00 am - 10:00 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Adult Swim**

Date and Time: Tuesday, October 25 9:00 am - 10:00 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

## **Adult Swim**

Date and Time: Tuesday, October 25 10:00 am - 11:00 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

## **Adult Swim**

Date and Time: Tuesday, October 25 10:00 am - 10:55 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Main Pool

## **AquaStretch**

Date and Time: Tuesday, October 25 11:00 am - 12:00 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaStretch - Warm Pool

## **Lane Swim**

Date and Time: Tuesday, October 25 11:00 am - 11:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **Adult Swim: Warm Water Pool**

Date and Time: Tuesday, October 25 11:30 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane swim. Leisure Pool Adult Swim

## **Wednesday, October 26, 2022**

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### **Aquafit: Deep Water**

Date and Time: Wednesday, October 26 7:00 am - 7:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, pool shared with lane swim

### **Lane Swim**

Date and Time: Wednesday, October 26 7:30 am - 8:30 am

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: Wednesday, October 26 7:45 am - 8:30 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

### **AquaCardio**

Date and Time: Wednesday, October 26 8:00 am - 8:55 am

Address: 350 Margaret Ave, Kitchener, ON

AquaCardio - 25 Yard Pool

## **Aquafit: Warm Water Aqua Strength**

Date and Time: Wednesday, October 26 8:30 am - 9:15 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit

## **Aquafit: Shallow Water**

Date and Time: Wednesday, October 26 9:00 am - 9:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **Lane Swim**

Date and Time: Wednesday, October 26 9:00 am - 10:00 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **AquaCardio**

Date and Time: Wednesday, October 26 9:00 am - 9:55 am

Address: 350 Margaret Ave, Kitchener, ON

AquaCardio - 25 Yard Pool

## **Lane Swim**

Date and Time: Wednesday, October 26 10:00 am - 10:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **Adult Swim**

Date and Time: Wednesday, October 26 10:15 am - 11:15 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

## Lane Swim

Date and Time: Wednesday, October 26 11:00 am - 11:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## AquaStretch

Date and Time: Wednesday, October 26 11:15 am - 12:15 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaStretch - Warm Pool

## Family Swim: Warm Water Pool

Date and Time: Wednesday, October 26 11:30 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## Lane Swim

Date and Time: Wednesday, October 26 11:35 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## Lane Swim

Date and Time: Wednesday, October 26 12:00 pm - 12:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## Thursday, October 27, 2022

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## **Aquafit: Deep Water**

Date and Time: Thursday, October 27 7:00 am - 7:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, pool shared with lane swim

## **Lane Swim**

Date and Time: Thursday, October 27 7:30 am - 8:30 am

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: Thursday, October 27 7:45 am - 8:30 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **Lane Swim**

Date and Time: Thursday, October 27 8:00 am - 8:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **AquaStrength**

Date and Time: Thursday, October 27 8:15 am - 9:15 am

Address: 350 Margaret Ave, Kitchener, ON

AquaStrength - Warm Pool

## **Aquafit: Warm Water Aqua Strength**

Date and Time: Thursday, October 27 8:30 am - 9:15 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit

## **AquaCardio**

Date and Time: Thursday, October 27 9:00 am - 9:55 am

Address: 350 Margaret Ave, Kitchener, ON

AquaCardio - 25 Yard Pool

## **AquaFit: Shallow Water**

Date and Time: Thursday, October 27 9:00 am - 9:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water AquaFit - cardio workout, pool shared with lane swim

## **Lane Swim**

Date and Time: Thursday, October 27 9:00 am - 10:00 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **AquaCardio**

Date and Time: Thursday, October 27 10:00 am - 10:55 am

Address: 350 Margaret Ave, Kitchener, ON

AquaCardio - 25 Yard Pool

## **Adult Swim**

Date and Time: Thursday, October 27 10:15 am - 11:15 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

## **Lane Swim**

Date and Time: Thursday, October 27 11:00 am - 11:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **AquaStretch**

Date and Time: Thursday, October 27 11:15 am - 12:15 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaStretch - Warm Pool

## **Adult Swim: Warm Water Pool**

Date and Time: Thursday, October 27 11:30 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane swim. Leisure Pool Adult Swim

## **Lane Swim**

Date and Time: Thursday, October 27 11:35 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## **Friday, October 28, 2022**

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## **AquaFit: Deep Water**

Date and Time: Friday, October 28 7:00 am - 7:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water AquaFit - cardio workout, pool shared with lane swim

## **Lane Swim**

Date and Time: Friday, October 28 7:30 am - 8:30 am

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, October 28 7:45 am - 8:30 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **Adult Swim**

Date and Time: Friday, October 28 8:00 am - 8:55 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Main Pool

## **AquaStrength**

Date and Time: Friday, October 28 8:15 am - 9:15 am

Address: 350 Margaret Ave, Kitchener, ON

AquaStrength - Warm Pool

## **Aquafit: Warm Water Aqua Strength**

Date and Time: Friday, October 28 8:30 am - 9:15 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit

## **Lane Swim**

Date and Time: Friday, October 28 9:00 am - 10:00 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Aquafit: Shallow Water**

Date and Time: Friday, October 28 9:00 am - 9:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **Adult Swim**

Date and Time: Friday, October 28 9:00 am - 9:55 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Main Pool

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

Date and Time: Friday, October 28 10:00 am - 11:00 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## **Lane Swim**

Date and Time: Friday, October 28 10:00 am - 10:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **Adult Swim**

Date and Time: Friday, October 28 10:15 am - 11:15 am

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

## **Lane Swim**

Date and Time: Friday, October 28 11:00 am - 11:55 am

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

## **AquaStretch**

Date and Time: Friday, October 28 11:15 am - 12:15 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaStretch - Warm Pool

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

Date and Time: Friday, October 28 11:30 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## **Saturday, October 29, 2022**

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### **Lane Swim**

Date and Time: Saturday, October 29 1:05 pm - 2:00 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

### **Lane Swim**

Date and Time: Saturday, October 29 2:00 pm - 2:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

### **Public Swim**

Date and Time: Saturday, October 29 2:00 pm - 3:45 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Recreational Swim. All ages can Attend in accordance with the Swim Admission guidelines

### **Adult Swim**

Date and Time: Saturday, October 29 2:45 pm - 3:45 pm

Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

### **Public Swim**

Date and Time: Saturday, October 29 3:00 pm - 3:55 pm

Address: 350 Margaret Ave, Kitchener, ON

## Public Swim

### Family Swim

Date and Time: Saturday, October 29 3:45 pm - 4:45 pm

Address: 350 Margaret Ave, Kitchener, ON

Family Swim - Warm Pool

### Public Swim

Date and Time: Saturday, October 29 4:00 pm - 4:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Public Swim

### Family Swim: Warm Water Pool

Date and Time: Saturday, October 29 4:30 pm - 6:00 pm

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 29 4:30 pm - 6:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane. Sauna Available

### Family Swim: Warm Water Pool

Date and Time: Saturday, October 29 6:00 pm - 7:30 pm

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 29 6:00 pm - 7:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane. Sauna Available

## Sunday, October 30, 2022

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### Lane Swim

Date and Time: Sunday, October 30 1:05 pm - 2:00 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

### Lane Swim

Date and Time: Sunday, October 30 2:00 pm - 2:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Lane Swim

### Public Swim

Date and Time: Sunday, October 30 2:00 pm - 3:45 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Recreational Swim. All ages can Attend in accordance with the Swim Admission guidelines

### AquaStrength

Date and Time: Sunday, October 30 2:45 pm - 3:45 pm

Address: 350 Margaret Ave, Kitchener, ON

AquaStrength - Warm Pool

### Public Swim

Date and Time: Sunday, October 30 3:00 pm - 3:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Public Swim

### Family Swim

Date and Time: Sunday, October 30 3:45 pm - 4:45 pm

Address: 350 Margaret Ave, Kitchener, ON

Family Swim - Warm Pool

## **Public Swim**

Date and Time: Sunday, October 30 4:00 pm - 4:55 pm

Address: 350 Margaret Ave, Kitchener, ON

Public Swim

## **Lane Swim**

Date and Time: Sunday, October 30 4:30 pm - 6:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane. Sauna Available

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

Date and Time: Sunday, October 30 4:30 pm - 6:00 pm

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 Pool**

Date and Time: Sunday, October 30 6:00 pm - 7:30 pm

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 30 6:00 pm - 7:30 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane. Sauna Available

## **Monday, October 31, 2022**

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## **Aquafit: Deep Water**

Date and Time: Monday, October 31 7:00 am - 7:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Deep Water Aquafit - cardio workout, pool shared with lane swim

## **Lane Swim**

Date and Time: Monday, October 31 7:30 am - 8:30 am

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: Monday, October 31 7:30 am - 8:30 am

Address: 600 Heritage Dr, Kitchener, ON

60 minute lane swim, Max 12

## **Aquafit: Shallow Water**

Date and Time: Monday, October 31 7:45 am - 8:30 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **Shallow Water Cardio**

Date and Time: Monday, October 31 8:00 am - 8:45 am

Address: 600 Heritage Dr, Kitchener, ON

45 Minute Shallow Water Cardio. Taught in Alcove.

## **Lane Swim**

Date and Time: Monday, October 31 8:30 am - 9:30 am

Address: 600 Heritage Dr, Kitchener, ON

60 minute lane swim, Max 12

## **Aquafit: Warm Water Aqua Strength**

Date and Time: Monday, October 31 8:30 am - 9:15 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit

## **Aquafit: Shallow Water**

Date and Time: Monday, October 31 9:00 am - 9:45 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, pool shared with lane swim

## **Lane Swim**

Date and Time: Monday, October 31 9:00 am - 10:00 am

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

## **Shallow Water Cardio**

Date and Time: Monday, October 31 9:30 am - 10:15 am

Address: 600 Heritage Dr, Kitchener, ON

45 Minute Shallow Water Cardio. Taught in 25m pool.

## **Swirl Swim**

Date and Time: Monday, October 31 11:00 am - 11:45 am

Address: 600 Heritage Dr, Kitchener, ON

45 minute swirl swim, Max 20

## **Lane Swim**

Date and Time: Monday, October 31 11:00 am - 12:30 pm

Address: 600 Heritage Dr, Kitchener, ON

90 minute lane swim, Max 15

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

Date and Time: Monday, October 31 11:30 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## **Lane Swim**

Date and Time: Monday, October 31 11:35 am - 1:00 pm

Address: 253 Fischer-Hallman Rd, Kitchener, ON

25 meter pool for Lane Swim. Leisure Pool Family Swim. All children must be accompanied into the water by an adult, regardless of swim ability

## **Shallow Water Cardio**

Date and Time: Monday, October 31 11:45 am - 12:30 pm

Address: 600 Heritage Dr, Kitchener, ON

45 Minute Shallow Water Cardio. Taught in Alcove.

<https://calendar.kitchener.ca>