Monday, November 1, 2021

Aquafit: Deep Water
Date and Time: Monday, November 1 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: Monday, November 1 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

Lane Swim
Date and Time: Monday, November 1 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: Monday, November 1 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, November 1 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

AquaCardio
Date and Time: Monday, November 1 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: Monday, November 1 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, November 1 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Lane Swim
Date and Time: Monday, November 1 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

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

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

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

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

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

Lane Swim
Date and Time: Monday, November 1 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
**Tuesday, November 2, 2021**

**Aquafit: Deep Water**

Date and Time: Tuesday, November 2 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

**AquaCardio**

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

**Lane Swim**

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

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

AquaCardio Deep
Date and Time: Tuesday, November 2 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, November 2 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: Tuesday, November 2 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, November 2 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes
Aquafit: Deep Water
Date and Time: Wednesday, November 3 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from October 1 to 29

Aquafit: Shallow Water
Date and Time: Wednesday, November 3 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes. Runs each Mon, Wed, Fri from October 1 to 29

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

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

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

Aquafit: Deep & Shallow Water Combined
Date and Time: Wednesday, November 3 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

Book Your Bubbles
Date and Time: Wednesday, November 3 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Exclusive use of Swirl Pool with jets. Max 6 per registration.

AquaCardio
Date and Time: Wednesday, November 3 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in 25m pool.

AquaCardio
Date and Time: Wednesday, November 3 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, November 3 09:30 a.m. - 10:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability
Aquafit: Deep Water
Date and Time: Thursday, November 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 Tuesday and Thursday from October 5 to 28

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

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

AquaCardio
Date and Time: Thursday, November 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: Thursday, November 4 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, November 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: Thursday, November 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: Thursday, November 4 08:45 a.m. - 9:30 a.m.
Lane Swim
Date and Time: Thursday, November 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: Thursday, November 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: Thursday, November 4 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 Deep
Date and Time: Thursday, November 4 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: Thursday, November 4 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, November 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: Thursday, November 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.

Friday, November 5, 2021
Aquafit: Deep Water
Date and Time: Friday, November 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 Mon, Wed, Fri from October 1 to 29

Lane Swim
Date and Time: Friday, November 5 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: Friday, November 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 Mon, Wed, Fri from October 1 to 29

AquaCardio
Date and Time: Friday, November 5 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

AquaCardio
Date and Time: Friday, November 5 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Aquafit: Warm Water Aqua Strength
Date and Time: Friday, November 5 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, November 5 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON
**Lane Swim**

Date and Time: Friday, November 5 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, November 5 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, November 5 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: Friday, November 5 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in 25m pool.

**AquaCardio**

Date and Time: Friday, November 5 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, November 5 09:30 a.m. - 10:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

**Lane Swim**

Date and Time: Friday, November 5 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

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**Saturday, November 6, 2021**
AquaCardio
Date and Time: Saturday, November 6 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, November 6 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, November 6 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, November 6 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, November 6 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, November 6 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, November 6 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, November 6 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, November 6 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, November 6 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, November 6 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

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**Sunday, November 7, 2021**

**AquaCardio**
AquaCardio
Date and Time: Sunday, November 7 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: Sunday, November 7 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, November 7 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, November 7 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, November 7 01:45 p.m. - 1:30 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, November 7 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, November 7 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, November 7 02:30 p.m. - 3:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

Monday, November 8, 2021

Aquafit: Deep Water
Date and Time: Monday, November 8 07:00 a.m. - 7:45 a.m.
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes.

**Aquafit: Shallow Water**

Date and Time: Monday, November 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.

**AquaCardio**

Date and Time: Monday, November 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: Monday, November 8 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, November 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: Monday, November 8 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: Monday, November 8 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: Monday, November 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

**AquaCardio**
Date and Time: Monday, November 8 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, November 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

**Lane Swim**

Date and Time: Monday, November 8 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, November 8 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Max 6 per registration.

**Family Swim: Warm Water Pool**

Date and Time: Monday, November 8 10:30 a.m. - 11:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

**Lane Swim**

Date and Time: Monday, November 8 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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**Tuesday, November 9, 2021**

**Aquafit: Deep Water**

Date and Time: Tuesday, November 9 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Cancelled: Lane Swim
Date and Time: Tuesday, November 9 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Cancelled: AquaCardio
Date and Time: Tuesday, November 9 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Aquafit: Shallow Water
Date and Time: Tuesday, November 9 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes.

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

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

Lane Swim
Date and Time: Tuesday, November 9 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

Cancelled: AquaCardio Deep
Date and Time: Tuesday, November 9 09:30 a.m. - 10:15 a.m.
Deep Water Aquafitness class, 45 minutes

**Lane Swim**

Date and Time: Tuesday, November 9 10:00 a.m. - 11:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

**Cancelled: AquaCardio Deep**

Date and Time: Tuesday, November 9 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, November 9 11:00 a.m. - 12:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

**Cancelled: AquaCardio**

Date and Time: Tuesday, November 9 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

**Cancelled: Lane Swim**

Date and Time: Tuesday, November 9 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

**Family Swim: Warm Water Pool**

Date and Time: Tuesday, November 9 11:30 a.m. - 12:30 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

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**Wednesday, November 10, 2021**

**Aquafit: Deep Water**

Date and Time: Wednesday, November 10 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes.
Aquafit: Shallow Water
Date and Time: Wednesday, November 10 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.

Cancelled: AquaCardio
Date and Time: Wednesday, November 10 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.

Cancelled: Lane Swim
Date and Time: Wednesday, November 10 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

Aquafit: Warm Water Aqua Strength
Date and Time: Wednesday, November 10 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

Cancelled: Lane Swim
Date and Time: Wednesday, November 10 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Lane Swim
Date and Time: Wednesday, November 10 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON 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: Wednesday, November 10 09:00 a.m. - 9:45 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, pool shared with lane swim

Cancelled: Book Your Bubbles
Date and Time: Wednesday, November 10 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON 600 Heritage Dr, Kitchener, ON
Max 6 per registration.

**Cancelled: AquaCardio**

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

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

**Lane Swim**

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

Max 6 per registration.

**Family Swim: Warm Water Pool**

Date and Time: Wednesday, November 10 10:30 a.m. - 11:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

**Lane Swim**

Date and Time: Wednesday, November 10 11:00 a.m. - 12:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

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**Thursday, November 11, 2021**

**Aquafit: Deep Water**

Date and Time: Thursday, November 11 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.
Lane Swim
Date and Time: Thursday, November 11 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, November 11 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.

AquaCardio
Date and Time: Thursday, November 11 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, November 11 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, November 11 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, November 11 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, November 11 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 Deep
Date and Time: Thursday, November 11 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, November 11 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, November 11 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Max 6 per registration.

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

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

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

Friday, November 12, 2021

Aquafit: Deep Water
Date and Time: Friday, November 12 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.
**Aquafit: Shallow Water**

Date and Time: Friday, November 12 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

**Lane Swim**

Date and Time: Friday, November 12 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, November 12 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, November 12 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: Friday, November 12 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, November 12 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**

Date and Time: Friday, November 12 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, November 12 09:30 a.m. - 10:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Lane Swim
Date and Time: Friday, November 12 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, November 12 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON
Max 6 per registration.

Family Swim: Warm Water Pool
Date and Time: Friday, November 12 10:30 a.m. - 11:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

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

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

Saturday, November 13, 2021

AquaCardio
Date and Time: Saturday, November 13 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, November 13 12:15 p.m. - 1:00 p.m.
Lane Swim
Date and Time: Saturday, November 13 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: Saturday, November 13 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Max 6 per registration.

Book Your Bubbles
Date and Time: Saturday, November 13 01:45 p.m. - 2:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Max 6 per registration.

Lane Swim
Date and Time: Saturday, November 13 01:45 p.m. - 1:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Family Swim: Leisure & 25m pools
Date and Time: Saturday, November 13 02:00 p.m. - 3:45 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Both pools. All children must be accompanied into the water by an adult regardless of swim ability

Family Swim
Date and Time: Saturday, November 13 02:30 p.m. - 3:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

Family Swim
Date and Time: Saturday, November 13 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
Family Swim

Date and Time: Saturday, November 13 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

Date and Time: Saturday, November 13 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: Warm Water Pool

Date and Time: Saturday, November 13 04:30 p.m. - 5:30 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Lane Swim

Date and Time: Saturday, November 13 05:00 p.m. - 6:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Family Swim: Warm Water Pool

Date and Time: Saturday, November 13 05:30 p.m. - 6:30 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability

Lane Swim

Date and Time: Saturday, November 13 06:00 p.m. - 7:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Sunday, November 14, 2021

AquaCardio

Date and Time: Sunday, November 14 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: Sunday, November 14 12:15 p.m. - 1:00 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Lane Swim
Date and Time: Sunday, November 14 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, November 14 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Max 6 per registration.

Book Your Bubbles
Date and Time: Sunday, November 14 01:45 p.m. - 2:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Max 6 per registration.

Lane Swim
Date and Time: Sunday, November 14 01:45 p.m. - 1:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Family Swim: Leisure & 25m pools
Date and Time: Sunday, November 14 02:00 p.m. - 3:45 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Both pools. All children must be accompanied into the water by an adult regardless of swim ability

Family Swim
Date and Time: Sunday, November 14 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, November 14 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, November 14 04:00 p.m. - 5:00 p.m.
Family Swim: Warm Water Pool
Date and Time: Sunday, November 14 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

Family Swim
Date and Time: Sunday, November 14 04:30 p.m. - 5:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Family Swim. Children must be accompanied by an adult.

Lane Swim
Date and Time: Sunday, November 14 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
Date and Time: Sunday, November 14 05:30 p.m. - 6:15 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: Sunday, November 14 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

Monday, November 15, 2021

Aquafit: Deep Water
Date and Time: Monday, November 15 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes.

Aquafit: Shallow Water
Date and Time: Monday, November 15 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes.
AquaCardio

Date and Time: Monday, November 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: Monday, November 15 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, November 15 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, November 15 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: Monday, November 15 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: Monday, November 15 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

AquaCardio

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

Family Swim: Warm Water Pool

Date and Time: Monday, November 15 09:30 a.m. - 10:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability.

**Lane Swim**
Date and Time: Monday, November 15 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: Monday, November 15 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Max 6 per registration.

**Family Swim: Warm Water Pool**
Date and Time: Monday, November 15 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

**AquaCardio**
Date and Time: Monday, November 15 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: Monday, November 15 11:00 a.m. - 12:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

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**Tuesday, November 16, 2021**

**Aquafit: Deep Water**
Date and Time: Tuesday, November 16 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.

**AquaCardio**
Date and Time: Tuesday, November 16 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: Tuesday, November 16 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes.

Lane Swim
Date and Time: Tuesday, November 16 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: Tuesday, November 16 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, November 16 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: Tuesday, November 16 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

Lane Swim
Date and Time: Tuesday, November 16 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 Deep
Date and Time: Tuesday, November 16 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: Tuesday, November 16 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, November 16 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON 600 Heritage Dr, Kitchener, ON
Deep Water Aquafitness class, 45 minutes

Lane Swim
Date and Time: Tuesday, November 16 11:00 a.m. - 11:45 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: Tuesday, November 16 11:00 a.m. - 11:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Lane Swim
Date and Time: Tuesday, November 16 11:00 a.m. - 12:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

Family Swim: Warm Water Pool
Date and Time: Tuesday, November 16 11:30 a.m. - 12:30 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

Wednesday, November 17, 2021

Aquafit: Deep Water
Date and Time: Wednesday, November 17 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.

Aquafit: Shallow Water
Date and Time: Wednesday, November 17 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.
**AquaCardio**

Date and Time: Wednesday, November 17 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: Wednesday, November 17 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Aquafit - aquafit instruction is 45 minutes

**Lane Swim**

Date and Time: Wednesday, November 17 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: Wednesday, November 17 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: Wednesday, November 17 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

**AquaCardio**

Date and Time: Wednesday, November 17 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 Minute Aquafitness. Taught in 25m pool.

**Family Swim: Warm Water Pool**

Date and Time: Wednesday, November 17 09:30 a.m. - 10:30 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Warm Water Pool Only. All children must be accompanied into the water by an adult, regardless of swim ability
**Book Your Bubbles**
Date and Time: Wednesday, November 17 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Max 6 per registration.

**Lane Swim**
Date and Time: Wednesday, November 17 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, November 17 10:15 a.m. - 11:00 a.m.
Address: 600 Heritage Dr, Kitchener, ON600 Heritage Dr, Kitchener, ON
Max 6 per registration.

**Family Swim: Warm Water Pool**
Date and Time: Wednesday, November 17 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

**Lane Swim**
Date and Time: Wednesday, November 17 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

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**Thursday, November 18, 2021**

**Aquafit: Deep Water**
Date and Time: Thursday, November 18 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.

**Lane Swim**
Date and Time: Thursday, November 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

**AquaCardio**
Date and Time: Thursday, November 18 08:00 a.m. - 8:45 a.m.
Aquafit: Shallow Water
Date and Time: Thursday, November 18 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.

Aquafit: Warm Water Aqua Strength
Date and Time: Thursday, November 18 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, November 18 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, November 18 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, November 18 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 Deep
Date and Time: Thursday, November 18 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, November 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
Max 6 per registration.

**AquaCardio Deep**

Date and Time: Thursday, November 18 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, November 18 11:00 a.m. - 12:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Lane Swimming, up to 3 swimmers per lane

**Lane Swim**

Date and Time: Thursday, November 18 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, November 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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**Friday, November 19, 2021**

**Aquafit: Deep Water**

Date and Time: Friday, November 19 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.

**Lane Swim**

Date and Time: Friday, November 19 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: Friday, November 19 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
**AquaCardio**

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

45 Minute Aquafitness. Taught in Alcove.

**Aquafit: Warm Water Aqua Strength**

Date and Time: Friday, November 19 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, November 19 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: Friday, November 19 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, November 19 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, November 19 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, November 19 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, November 19 10:00 a.m. - 11:00 a.m.
**Book Your Bubbles**

Date and Time: Friday, November 19 10:15 a.m. - 11:00 a.m.

Address: 600 Heritage Dr, Kitchener, ON

Max 6 per registration.

**Family Swim: Warm Water Pool**

Date and Time: Friday, November 19 10:30 a.m. - 11:30 a.m.

Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

**Lane Swim**

Date and Time: Friday, November 19 11:00 a.m. - 11:45 a.m.

Address: 600 Heritage Dr, Kitchener, ON

45 minute lane swim, 2 people per lane

**Lane Swim**

Date and Time: Friday, November 19 11:00 a.m. - 12:00 p.m.

Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

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**Saturday, November 20, 2021**

**AquaCardio**

Date and Time: Saturday, November 20 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, November 20 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, November 20 01:00 p.m. - 1:45 p.m.

Address: 600 Heritage Dr, Kitchener, ON

Max 6 per registration.
Lane Swim
Date and Time: Saturday, November 20 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, November 20 01:45 p.m. - 2:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Max 6 per registration.

Lane Swim
Date and Time: Saturday, November 20 01:45 p.m. - 1:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 2 people per lane

Family Swim: Leisure & 25m pools
Date and Time: Saturday, November 20 02:00 p.m. - 3:45 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Both pools. All children must be accompanied into the water by an adult regardless of swim ability

Family Swim
Date and Time: Saturday, November 20 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, November 20 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: Saturday, November 20 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
Date and Time: Saturday, November 20 04:30 p.m. - 5:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
**Family Swim: Warm Water Pool**

Date and Time: Saturday, November 20 04:30 p.m. - 5:30 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

**Lane Swim**

Date and Time: Saturday, November 20 05:00 p.m. - 6:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

**Family Swim: Warm Water Pool**

Date and Time: Saturday, November 20 05:30 p.m. - 6:30 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

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

**Lane Swim**

Date and Time: Saturday, November 20 06:00 p.m. - 7:00 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, up to 3 swimmers per lane

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**Sunday, November 21, 2021**

**AquaCardio**

Date and Time: Sunday, November 21 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: Sunday, November 21 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, November 21 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, November 21 01:00 p.m. - 1:45 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Max 6 per registration.

Lane Swim

Date and Time: Sunday, November 21 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, November 21 01:45 p.m. - 2:30 p.m.
Address: 600 Heritage Dr, Kitchener, ON
Max 6 per registration.

Family Swim: Leisure & 25m pools

Date and Time: Sunday, November 21 02:00 p.m. - 3:45 p.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Both pools. All children must be accompanied into the water by an adult regardless of swim ability

Family Swim

Date and Time: Sunday, November 21 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, November 21 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, November 21 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, November 21 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
Family Swim
Date and Time: Sunday, November 21 04:30 p.m. - 5:15 p.m.
Address: 600 Heritage Dr, Kitchener, ON
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