

# SPORTS & ACTIVITIES

JANUARY - MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA WITH PROPS 10.30am - 11.30am	ADULT SWIM TRAINING 9.00am - 10.00am	YIN YOGA 9.00am - 10.00am	ADULT TENNIS CLINIC(BGNR) 9.00am - 10.30am	HATHA YOGA 9.00am - 10.00am	YOGA FLOW 10.00am - 11.00am	FOOTBALL (UNDER 3 YRS) 8.30am - 9.15am
BABIES & TODDLER PRESCHOOL SWIM 3.00pm - 7.00pm	BARRE CLASS 9.00am - 10.00am	ADULT TENNIS CLINIC (INTERMEDIATE) 9.00am - 10.30am	ROLL & RELEASE 9.30am - 10.30am	ADULT SWIM TRAINING 9.00am - 10.00am	BABIES & TODDLER PRESCHOOL SWIM 3.00pm - 7.00pm	JR HOCKEY (5-8 YRS) 8.30am - 9.30am
COMPETITION & DEV. SWIM 5.00pm - 7.00pm	ADULT LEARN TO SWIM 10.00am - 10.45am	ADULT TENNIS CLINIC(BGNR) 10.00am - 11.00am	BABIES & TODDLER PRESCHOOL SWIM 3.00pm - 7.00pm	ADULT LEARN TO SWIM 10.00am - 10.45am	COMPETITION & DEV. SWIM 5.00pm - 7.00pm	FOOTBALL (3-5 YRS) 9.30am - 10.15am
ROLL & RELEASE 6.00pm - 7.00pm	ADULT SWIMMING LESSON 10.00am - 11.00am	BABIES & TODDLER PRESCHOOL SWIM 3.00pm - 7.00pm	COMPETITION & DEV. SWIM 5.00pm - 7.00pm	ADULT SWIMMING LESSON 10.00am - 11.00am		JR HOCKEY (9-12 YRS) 10.00am - 11.00am
ADULT SWIM TRAINING 8.00pm - 9.00pm	BABIES & TODDLER PRESCHOOL SWIM 3.00pm - 7.00pm	COMPETITION & DEV. SWIM 5.00pm - 7.00pm	BODY CONDITIONING CLASS 6.00pm - 7.00pm	BABIES & TODDLER PRESCHOOL SWIM 3.00pm - 7.00pm		FOOTBALL (6-11 YRS) 10.30am - 11.30am
ADULT TENNIS CLINIC (INT & BGN) 8.00pm - 9.30pm		WATER POLO 6.00pm - 7.00pm	ADULT TENNIS CLINIC (INTERMEDIATE & BEGINNER) 8.00pm - 9.00pm	KARATE (4-6 YRS) 4.30pm - 5.15pm		MMA (3-6 YRS) 2.30pm - 3.30pm
		ADULT TENNIS CLINIC (INTERMEDIATE) 6.00pm - 7.00pm		KARATE (7-12 YRS) 5.30pm - 6.30pm		MMA (7-14 YRS) 3.30pm - 4.30pm
		ADULT TENNIS CLINIC (INTERMEDIATE) 7.00pm - 8.00pm		ADULT KARATE (16 YRS & ABOVE) 6.30pm - 7.30pm		MMA (15 YRS & ABOVE) 4.30pm - 5.30pm
		ADULT HOCKEY (LADIES) 8.00pm - 9.00pm				
		ADULT HOCKEY (MEN'S) 9.00pm - 10.00pm				

- AMERICA ROOM
- AFRICA ROOM
- ASIA 1
- AUSTRALIA ROOM
- TENNIS COURT
- MULTI PURPOSE COURT
- MAIN POOL
- INSTRUCTION POOL
- EXTERNAL (CCAB)

## TENNIS

SCAN HERE FOR DETAILS

## SWIMMING

SCAN HERE FOR DETAILS

## FOOTBALL

SCAN HERE FOR DETAILS

## HOCKEY

SCAN HERE FOR DETAILS

## YOGA

SCAN HERE FOR DETAILS

## KARATE

SCAN HERE FOR DETAILS

## MMA

SCAN HERE FOR DETAILS