

# SPORTS & ACTIVITIES

AUGUST - OCTOBER 2022

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	BABIES & TODDLER PRESCHOOL SWIM 8.30am - 12.00pm	JR HOCKEY (5-6 YRS) 8.30am - 9.30am
BABIES & TODDLER PRESCHOOL SWIM 3.00pm - 7.00pm	ADULT LEARN TO SWIM 10.00am - 10.45am	ADULT TENNIS CLINIC(INTER) 9.00am - 10.00am	ROLL & RELEASE 9.30am - 10.30am	ADULT SWIM TRAINING 9.00am - 10.00am	COMPETITION & DEV. SWIM 8.30am - 9.30am	YOGA ALIGNMENT 9.00am - 10.00am
COMPETITION & DEV. SWIM 5.00pm - 7.00pm	BABIES & TODDLER PRESCHOOL SWIM 3.00pm - 7.00pm	ADULT TENNIS CLINIC(BGNR) 10.00am - 11.00am	BABIES & TODDLER PRESCHOOL SWIM 3.00pm - 7.00pm	ADULT LEARN TO SWIM 10.00am - 10.45am	BASKETBALL (4-6YRS) 9.00am - 10.00am	SOCCER (3-5 YRS) 9.00am - 9.45am
ROLL & RELEASE 6.00pm - 7.00pm	COMPETITION & DEV. SWIM 5.00pm - 7.00pm	BABIES & TODDLER PRESCHOOL SWIM 3.00pm - 7.00pm	BOXING (4-6 YRS) 4.30pm - 5.30pm	BABIES & TODDLER PRESCHOOL SWIM 3.00pm - 7.00pm	BASKETBALL (7-10YRS) 10.00am - 11.00am	JR HOCKEY (7-8 YRS) 9.30am - 10.30am
ADULT SWIM TRAINING 8.00pm - 9.00pm	YOGA FOR ATHLETES 6.00pm - 7.00pm	COMPETITION & DEV. SWIM 5.00pm - 7.00pm	COMPETITION & DEV. SWIM 5.00pm - 7.00pm	KARATE (4-6 YRS) 4.30pm - 5.15pm	YOGA FLOW 10.00am - 11.00am	SOCCER (6-11 YRS) 10.00am - 11.00am
ADULT TENNIS CLINIC (INT & BGN) 8.00pm - 9.30pm		YOGA FLOW 5.30pm - 6.30pm	BOXING (7-14 YRS) 5.30pm - 6.30pm	COMPETITION & DEV. SWIM 5.00pm - 7.00pm	BABIES & TODDLER PRESCHOOL SWIM 2.00pm - 6.00pm	YIN YOGA 10.15am - 11.15am
		ADULT TENNIS CLINIC(INTER) 6.00pm - 7.00pm	BOXING (15YRS & ABOVE) 6.30pm - 7.30pm	KARATE (7-12 YRS) 5.30pm - 6.30pm		JR HOCKEY (9-12 YRS) 11.00am - 12.00pm
		YOGA WITH PROPS 6.45pm - 7.45pm	ADULT TENNIS CLINIC (INT & BGNR) 8.00pm - 9.30pm	ADULT KARATE (16 YRS & ABOVE) 6.30pm - 7.30pm		SOCCER (0-3 YRS) 11.15am - 12.00pm
		ADULT TENNIS CLINIC(INTER) 7.00pm - 8.00pm				MMA (3-6 YRS) 2.30pm - 3.30pm
		ADULT HOCKEY (LADIES) 8.00pm - 9.00pm				MMA (7-14 YRS) 3.30pm - 4.30pm
		ADULT HOCKEY (MEN'S) 9.00pm - 10.00pm				MMA (15YRS & ABOVE) 4.30pm - 5.30pm

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

## SOCCER



## HOCKEY



## SWIMMING



## TENNIS



## YOGA



## KARATE



## MMA



## BASKETBALL



## BOXING

