

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5:30 am Health Club CLOSED 8:00 am Splash Pad 8:30 am The Summer Olympics Camp at Annandale NHS! 9:00 am 20/20/20 Fitness Class 9:30 am Aqua Cycle @ LLWP 9:30 am Adult Swim @ LLWP 10:15 am Pilates 12:00 pm Lake Lisgar Waterpark 6:30 pm Roller Skate	2 5:30 am Health Club CLOSED 8:00 am Splash Pad 8:30 am The Summer Olympics Camp at Annandale NHS! 9:00 am Morning Fitness 9:30 am Adult Swim @ LLWP 9:30 am Aqua Fit (Baby & Me Aqua Fit) @ LLWP 10:15 am Morning Yoga 12:00 pm Lake Lisgar Waterpark	3 5:30 am Health Club CLOSED 8:00 am Splash Pad 11:00 am Adult Swim @ LLWP 12:00 pm FREE LLWP Public Swim
4 5:30 am Health Club CLOSED 8:00 am Splash Pad 11:00 am Adult Swim @ LLWP 12:00 pm FREE LLWP Public Swim	5 5:30 am Health Club CLOSED 8:00 am Splash Pad 9:30 am Adult Swim @ LLWP 12:00 pm Lake Lisgar Waterpark	6 5:30 am Health Club CLOSED 7:30 am Strength and Conditioning 8:00 am Splash Pad 8:45 am Stretch and Tone 9:30 am Adult Swim @ LLWP 9:30 am Aqua Cycle @ LLWP 12:00 pm Lake Lisgar Waterpark	7 5:30 am Health Club CLOSED 8:00 am Splash Pad 9:00 am Morning Fitness 9:30 am Adult Swim @ LLWP 9:30 am Aqua Fit (Baby & Me Aqua Fit) @ LLWP 10:15 am Morning Yoga 12:00 pm Lake Lisgar Waterpark 5:00 pm "Faux Christmas Trees" Exhibition Opening	8 5:30 am Health Club CLOSED 8:00 am Splash Pad 9:00 am 20/20/20 Fitness Class 9:30 am Adult Swim @ LLWP 9:30 am Aqua Cycle @ LLWP 10:15 am Pilates 12:00 pm Lake Lisgar Waterpark 6:30 pm Roller Skate	9 5:30 am Health Club CLOSED 8:00 am Splash Pad 9:00 am Morning Fitness 9:30 am Adult Swim @ LLWP 9:30 am Aqua Fit (Baby & Me Aqua Fit) @ LLWP 10:15 am Morning Yoga 12:00 pm Lake Lisgar Waterpark	10 5:30 am Health Club CLOSED 8:00 am Splash Pad 11:00 am Adult Swim @ LLWP 12:00 pm Lake Lisgar Waterpark
11 5:30 am Health Club CLOSED 8:00 am Splash Pad 11:00 am Adult Swim @ LLWP 12:00 pm Lake Lisgar Waterpark	12 5:30 am Health Club CLOSED 8:00 am Splash Pad 9:00 am Morning Fitness 9:30 am Adult Swim @ LLWP 9:30 am Aqua Fit (Baby & Me Aqua	13 5:30 am Health Club CLOSED 7:30 am Strength and Conditioning 8:00 am Splash Pad 8:45 am Stretch and Tone 9:30 am Adult Swim @ LLWP	14 5:30 am Health Club CLOSED 8:00 am Splash Pad 9:00 am Morning Fitness 9:30 am Adult Swim @ LLWP 9:30 am Aqua Fit (Baby & Me Aqua	15 5:30 am Health Club CLOSED 8:00 am Splash Pad 9:00 am 20/20/20 Fitness Class 9:30 am Adult Swim @ LLWP 9:30 am Aqua Cycle @ LLWP	16 5:30 am Health Club CLOSED 8:00 am Splash Pad 9:00 am Morning Fitness 9:30 am Adult Swim @ LLWP 9:30 am Aqua Fit (Baby & Me Aqua	17 5:30 am Health Club CLOSED 8:00 am Splash Pad 9:00 am Open House and Fly Day, Tillsnburg Airport

	<p>Fit) @ LLWP</p> <p>10:15 am Morning Yoga</p> <p>12:00 pm Lake Lisgar Waterpark</p>	<p>9:30 am Aqua Cycle @ LLWP</p> <p>10:00 am Drop In Program- Ages 4-8: Under the Sea</p> <p>12:00 pm Lake Lisgar Waterpark</p> <p>1:00 pm Drop In Program- Ages 7-12: Under the Sea</p>	<p>Fit) @ LLWP</p> <p>10:00 am Drop In Program- Ages 4-8: Under the Sea</p> <p>10:15 am Morning Yoga</p> <p>12:00 pm Lake Lisgar Waterpark</p> <p>1:00 pm Drop In Program- Ages 7-12: Under the Sea</p>	<p>10:00 am Drop In Program- Ages 4-8: Under the Sea</p> <p>10:15 am Pilates</p> <p>12:00 pm Lake Lisgar Waterpark</p> <p>1:00 pm Drop In Program- Ages 7-12: Under the Sea</p> <p>6:30 pm Roller Skate</p>	<p>Fit) @ LLWP</p> <p>10:15 am Morning Yoga</p> <p>12:00 pm Lake Lisgar Waterpark</p> <p>4:00 pm Tillsonburg Fair</p>	<p>10:00 am Tillsonburg Fair</p> <p>11:00 am Adult Swim @ LLWP</p> <p>12:00 pm Lake Lisgar Waterpark</p> <p>1:00 pm Lemonade and Ice Cream Social on the Lawn</p>
<p>18</p> <p>5:30 am Health Club CLOSED</p> <p>8:00 am Splash Pad</p> <p>10:00 am Tillsonburg Fair</p> <p>11:00 am Adult Swim @ LLWP</p> <p>12:00 pm Lake Lisgar Waterpark</p>	<p>19</p> <p>5:30 am Health Club CLOSED</p> <p>8:00 am Splash Pad</p> <p>9:00 am Morning Fitness</p> <p>9:30 am Adult Swim @ LLWP</p> <p>9:30 am Aqua Fit (Baby & Me Aqua Fit) @ LLWP</p> <p>10:15 am Morning Yoga</p> <p>12:00 pm Lake Lisgar Waterpark</p>	<p>20</p> <p>5:30 am Health Club CLOSED</p> <p>7:30 am Strength and Conditioning</p> <p>8:00 am Splash Pad</p> <p>8:45 am Stretch and Tone</p> <p>9:30 am Adult Swim @ LLWP</p> <p>9:30 am Aqua Cycle @ LLWP</p> <p>10:00 am Drop In Program- Ages 4-8: Spies</p> <p>12:00 pm Lake Lisgar Waterpark</p> <p>1:00 pm Drop In Program- Ages 7-12: Spies</p>	<p>21</p> <p>5:30 am Health Club CLOSED</p> <p>8:00 am Splash Pad</p> <p>9:00 am Morning Fitness</p> <p>10:00 am Drop In Program- Ages 4-8: Spies</p> <p>10:15 am Morning Yoga</p> <p>12:00 pm Lake Lisgar Waterpark</p> <p>1:00 pm Drop In Program- Ages 7-12: Spies</p>	<p>22</p> <p>5:30 am Health Club CLOSED</p> <p>8:00 am Splash Pad</p> <p>9:00 am 20/20/20 Fitness Class</p> <p>10:00 am Drop In Program- Ages 4-8: Spies</p> <p>10:15 am Pilates</p> <p>12:00 pm Lake Lisgar Waterpark</p> <p>1:00 pm Drop In Program- Ages 7-12: Spies</p> <p>6:30 pm Roller Skate</p>	<p>23</p> <p>5:30 am Health Club CLOSED</p> <p>8:00 am Splash Pad</p> <p>9:00 am Morning Fitness</p> <p>10:15 am Morning Yoga</p> <p>12:00 pm Lake Lisgar Waterpark</p>	<p>24</p> <p>5:30 am Health Club CLOSED</p> <p>8:00 am Splash Pad</p> <p>12:00 pm Lake Lisgar Waterpark</p>
<p>25</p> <p>5:30 am Health Club CLOSED</p> <p>8:00 am Splash Pad</p> <p>12:00 pm Lake Lisgar Waterpark</p>	<p>26</p> <p>5:30 am Health Club CLOSED</p> <p>8:00 am Splash Pad</p> <p>9:00 am Morning Fitness</p> <p>10:15 am Morning Yoga</p> <p>12:00 pm Lake Lisgar Waterpark</p>	<p>27</p> <p>5:30 am Health Club CLOSED</p> <p>7:30 am Strength and Conditioning</p> <p>8:00 am Splash Pad</p> <p>8:45 am Stretch and Tone</p> <p>10:00 am Drop In Program- Ages 4-8: Super Heroes</p> <p>12:00 pm Lake Lisgar Waterpark</p> <p>1:00 pm Drop In Program- Ages 7-12: Super Heroes</p>	<p>28</p> <p>5:30 am Health Club CLOSED</p> <p>8:00 am Splash Pad</p> <p>9:00 am Morning Fitness</p> <p>10:00 am Drop In Program- Ages 4-8: Super Heroes</p> <p>10:15 am Morning Yoga</p> <p>12:00 pm Lake Lisgar Waterpark</p> <p>1:00 pm Drop In Program- Ages 7-12: Super Heroes</p>	<p>29</p> <p>5:30 am Health Club CLOSED</p> <p>8:00 am Splash Pad</p> <p>9:00 am 20/20/20 Fitness Class</p> <p>10:00 am Drop In Program- Ages 4-8: Super Heroes</p> <p>10:15 am Pilates</p> <p>12:00 pm Lake Lisgar Waterpark</p> <p>1:00 pm Drop In Program- Ages 7-12: Super Heroes</p> <p>6:30 pm Roller Skate</p>	<p>30</p> <p>5:30 am Health Club CLOSED</p> <p>8:00 am Splash Pad</p> <p>9:00 am Morning Fitness</p> <p>10:15 am Morning Yoga</p> <p>12:00 pm Lake Lisgar Waterpark</p>	