

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 12:00 TCC Closed	2 6:00 Lane and Leisure Swim 7:00 Winter Break Camp 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 10:00 Free Public Skate 11:30 Lane and Leisure Swim 2:30 Free Community Swim 6:30 Aqua Cycle 7:30 Aqua Jog 8:30 Lane and Leisure Swim	3 6:00 Lane and Leisure Swim 7:00 Winter Break Camp 8:30 Aqua Jog 10:15 Free Public Skate 11:30 Lane and Leisure Swim 1:30 Free Community Swim	4 6:00 Lane and Leisure Swim 7:00 Winter Break Camp 7:30 Aqua Cycle 10:00 Public Skating 11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 2:30 Free Community Swim 6:30 Aqua Cycle 7:30 Aqua Jog 8:30 Lane and Leisure Swim	5 6:00 Lane and Leisure Swim 7:00 Winter Break Camp 8:30 Aqua Jog 10:15 Free Public Skate 11:30 Lane and Leisure Swim 1:30 Community Swim	6 6:00 Lane and Leisure Swim 7:00 Winter Break Camp 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 10:00 Public Skate 11:00 Leisure Swim 12:00 Lane Swim 1:30 Community Swim 3:30 Public Skate	7 7:00 Lane and Leisure Swim 12:00 Free Community Swim
8 1:15 Free Public Skate	9 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga 11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 5:45 Full Body Blast 6:30 Aqua Cycle 6:30 Yoga Blast 7:30 Aqua Jog 8:30 Lane and Leisure Swim	10 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skate 11:30 Lane and Leisure Swim 6:30 Full Body Blast	11 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga 11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 6:30 Aqua Cycle 6:30 Full Body Blast 7:30 Aqua Jog 8:30 Lane and Leisure Swim	12 6:00 Lane and Leisure Swim 8:30 Aqua Jog 9:00 Low Impact Fitness 10:15 Public Skate 11:30 Lane and Leisure Swim	13 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga 11:00 Leisure Swim 12:00 Lane Swim 3:30 Public Skate	14 7:30 Lane and Leisure Swim 12:00 Community Swim
15 1:15 Public Skate	16 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga 11:30 Lane and	17 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skate 11:30 Lane and Leisure Swim 6:30 Full Body Blast	18 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga 11:30 Lane and	19 6:00 Lane and Leisure Swim 8:30 Aqua Jog 9:00 Low Impact Fitness 10:15 Public Skate 11:30 Lane and Leisure Swim	20 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga 11:00 Leisure Swim	21 7:30 Lane and Leisure Swim 12:00 Free Community Swim

	Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 5:45 Full Body Blast 6:30 Aqua Cycle 6:30 Yoga Blast 7:30 Aqua Jog 8:30 Lane and Leisure Swim		Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 6:30 Aqua Cycle 6:30 Full Body Blast 7:30 Aqua Jog 8:30 Lane and Leisure Swim		12:00 Lane Swim 3:30 Public Skate	
22 1:15 Free Public Skate	23 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga 11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 5:45 Full Body Blast 6:30 Aqua Cycle 6:30 Yoga Blast 7:30 Aqua Jog 8:30 Lane and Leisure Swim	24 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skate 11:30 Lane and Leisure Swim 6:30 Full Body Blast	25 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga 11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit)	26 6:00 Lane and Leisure Swim 8:30 Aqua Jog 9:00 Low Impact Fitness 10:15 Public Skate 11:30 Lane and Leisure Swim	27 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga 11:00 Leisure Swim 12:00 Lane Swim 3:30 Public Skate 6:00 Friday Night Hangout (Age 8 - 12yrs)	28 7:30 Lane and Leisure Swim 12:00 Community Swim
29 1:15 Free Public Skate	30 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga 11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 5:45 Full Body Blast 6:30 Aqua Cycle 6:30 Yoga Blast 7:30 Aqua Jog 8:30 Lane and Leisure Swim	31 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skate 11:30 Lane and Leisure Swim 6:30 Full Body Blast				