## February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			6:00 Lane and Leisure Swim	6:00 Lane and Leisure Swim	6:00 Lane and Leisure Swim	7:30 Lane and Leisure Swim
			7:30 Aqua Cycle	8:30 Aqua Jog	7:30 Aqua Cycle	12:00
			8:30 Aqua Fit (Baby and Me Aqua Fit)	9:00 Low Impact Fitness	7:30 Aqua Cycle	Community Swim
			9:00 Aerobics	10:15 Public Skate	8:30 Aqua Fit (Baby and Me Aqua Fit)	
			9:30 Preschool Playtime Swim	11:30 Lane and Leisure Swim	9:00 Aerobics	
			10:15 Yoga		10:15 Yoga	
			11:30 Lane and Leisure Swim		11:00 Leisure Swim 12:00 Lane Swim	
			1:00 Aqua Fit (Baby and Me Aqua Fit)		3:30 Public Skate	
			6:30 Aqua Cycle			
			6:30 Full Body Blast			
			7:30 Aqua Jog			
			8:30 Lane and Leisure Swim			
5	6	7	8	9	10	11
	6:00 Lane and Leisure Swim	6:00 Lane and Leisure Swim	6:00 Lane and Leisure Swim	6:00 Lane and Leisure Swim	6:00 Lane and Leisure Swim	7:30 Lane and Leisure Swim
	7:30 Aqua Cycle	8:30 Aqua Jog	7:30 Aqua Cycle	8:30 Aqua Jog	7:30 Aqua Cycle	12:00
	8:30 Aqua Fit (Baby and Me Aqua Fit)	10:15 Public Skate 11:30 Lane and	8:30 Aqua Fit (Baby and Me Aqua Fit)	9:00 Low Impact Fitness	7:30 Aqua Cycle	Community Swim
	9:00 Aerobics	Leisure Swim	9:00 Aerobics	10:15 Public Skate	8:30 Aqua Fit (Baby and Me Aqua Fit)	
	10:15 Yoga	6:30 Full Body Blast	9:30 Preschool	11:30 Lane and	9:00 Aerobics	
	11:30 Lane and Leisure Swim		Playtime Swim 10:15 Yoga	Leisure Swim	10:15 Yoga	
	1:00 Aqua Fit (Baby		11:30 Lane and		11:00 Leisure Swim	
	and Me Aqua Fit)		Leisure Swim		12:00 Lane Swim 3:30 Public Skate	
	5:45 Full Body Blast		1:00 Aqua Fit (Baby and Me Aqua Fit)		3:30 Public Skate	
	6:30 Yoga Blast		6:30 Aqua Cycle			
	6:30 Aqua Cycle		6:30 Full Body Blast			
	7:30 Aqua Jog 8:30 Lane and		7:30 Aqua Jog			
	Leisure Swim		8:30 Lane and Leisure Swim			
12	13	14	15	16	17	18
1:00 "What's Your Sign? Exhibition	6:00 Lane and Leisure Swim	6:00 Lane and Leisure Swim	6:00 Lane and Leisure Swim	6:00 Lane and Leisure Swim	6:00 Lane and Leisure Swim	7:30 Lane and Leisure Swim
Opening @ ANHS	7:30 Aqua Cycle	8:30 Aqua Jog	7:30 Aqua Cycle	8:30 Aqua Jog	7:30 Aqua Cycle	12:00
1:15 Free Public Skate	8:30 Aqua Fit (Baby and Me Aqua Fit)	10:15 Public Skate 11:30 Lane and Leisure Swim	8:30 Aqua Jog	9:00 Low Impact Fitness	8:30 Aqua Fit (Baby and Me Aqua Fit)	Community Swim
	9:00 Aerobics		8:30 Aqua Fit (Baby and Me Aqua Fit)	10:15 Public Skate	9:00 Aerobics	

	<ul> <li>10:15 Yoga</li> <li>11:30 Lane and Leisure Swim</li> <li>1:00 Aqua Fit (Baby and Me Aqua Fit)</li> <li>5:45 Full Body Blast</li> <li>6:30 Yoga Blast</li> <li>6:30 Aqua Cycle</li> <li>7:30 Aqua Jog</li> <li>8:30 Lane and Leisure Swim</li> </ul>	1:30 "Be My Valentine" Tea at ANHS 6:30 Full Body Blast	<ul> <li>9:00 Aerobics</li> <li>9:30 Preschool</li> <li>Playtime Swim</li> <li>10:15 Yoga</li> <li>11:30 Lane and</li> <li>Leisure Swim</li> <li>1:00 Aqua Fit (Baby and Me Aqua Fit)</li> <li>6:30 Aqua Cycle</li> <li>6:30 Full Body Blast</li> <li>8:30 Lane and</li> <li>Leisure Swim</li> </ul>	11:30 Lane and Leisure Swim	10:15 Yoga 11:00 Leisure Swim 12:00 Lane Swim	
19	20 9:00 Free Public Skate 10:00 Family Day Fun & Games 11:00 Free Community Swim	21 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	22 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 9:30 Preschool Playtime Swim 10:15 Yoga 11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 6:30 Full Body Blast 7:30 Aqua Jog 8:30 Lane and Leisure Swim	23 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 12:00 Lunch and Learn 2023- The End of The Lines- the story of the T.L.E. & P. Railway" @ ANHS	24 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 Lunch and Learn 2023- The End of The Lines- the story of the T.L.E. & P. Railway" @ ANHS 12:00 Lane Swim 3:30 Public Skate 6:00 Friday Night Hangout (Age 13- 15yrs)	25 7:30 Lane and Leisure Swim 12:00 Community Swim
26 1:15 Free Public Skate	<ul> <li>27</li> <li>6:00 Lane and Leisure Swim</li> <li>7:30 Aqua Cycle</li> <li>8:30 Aqua Fit (Baby and Me Aqua Fit)</li> <li>9:00 Aerobics</li> <li>9:30 Preschool Playtime Swim</li> <li>10:15 Yoga</li> <li>11:30 Lane and Leisure Swim</li> <li>1:00 Aqua Fit (Baby and Me Aqua Fit)</li> <li>5:00 Community Swim</li> <li>5:45 Full Body Blast</li> <li>6:30 Yoga Blast</li> <li>6:30 Aqua Cycle</li> <li>7:30 Aqua Jog</li> <li>8:30 Lane and Leisure Swim</li> </ul>	28 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skate 11:00 Leisure Swim 12:00 Lane Swim 5:00 Community Swim 6:30 Full Body Blast				

https://events.tillsonburg.ca