

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5:30 Health Club 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skating 11:30 Lane and Leisure Swim	2 5:30 Health Club 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 Lane Swim 12:00 Leisure Swim	3 7:30 Health Club 7:30 Lane and Leisure Swim 8:00 Breakfast With Santa - Eat in and Take out 12:00 Community Swim
4 9:00 Health Club 1:15 Public Skating	5 5:30 Health Club 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	6 5:30 Health Club 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skating 11:30 Lane and Leisure Swim	7 5:30 Health Club 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	8 5:30 Health Club 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skating 11:30 Lane and Leisure Swim	9 5:30 Health Club 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 Lane Swim 12:00 Leisure Swim 3:30 Public Skating	10 7:30 Lane and Leisure Swim 7:30 Health Club 9:00 Kidproof Babysitting Course 12:00 Community Swim
11 9:00 Health Club 1:15 Free Public Skate	12 5:30 Health Club 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:00 Winter Recreation Guide Release 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga 11:30 Lane and Leisure Swim	13 5:30 Health Club 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skating 11:30 Lane and Leisure Swim 6:30 Full Body Blast	14 5:00 Registration Opens for Winter Activities 5:30 Health Club 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	15 5:30 Health Club 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skating 11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit)	16 5:30 Health Club 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 Lane Swim 12:00 Leisure Swim 3:30 Public Skating 6:00 Friday Night	17 7:30 Lane and Leisure Swim 7:30 Health Club 12:00 Free Community 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		6:30 Full Body Blast 6:30 Aqua Cycle 7:30 Aqua Jog 8:30 Lane and Leisure Swim		Hangout (Age 13-15 yrs)	
18 9:00 Health Club 1:15 Free Public Skate	19 5:30 Health Club 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	20 5:30 Health Club 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skating 11:30 Lane and Leisure Swim 6:30 Full Body Blast	21 5:30 Health Club 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 Full Body Blast 6:30 Aqua Cycle 7:30 Aqua Jog 8:30 Lane and Leisure Swim	22 5:30 Health Club 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skating 11:30 Lane and Leisure Swim	23 5:30 Health Club 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 Skating	24
25 12:00 TCC Closed	26 12:00 TCC Closed	27 5:30 Health Club 9:15 Free Public Skate 11:00 Lane and Leisure Swim 1:00 Free Public Skate 2:30 Free Community Swim	28 5:30 Health Club 9:00 Free Public Skate 11:00 Lane and Leisure Swim 1:00 Free Public Skate 2:30 Free Community Swim	29 5:30 Health Club 9:15 Free Public Skate 11:00 Lane and Leisure Swim 1:00 Free Public Skate 2:30 Free Community Swim	30 5:30 Health Club 9:00 Free Public Skate 11:00 Leisure Swim 12:00 Lane Swim 1:00 Free Public Skate 2:30 Free Community Swim	

<https://events.tillsonburg.ca>