



Print date: 2020-06-01

Spring 2020

From 2020-03-23 to 2020-06-14

OPENING HOURS

Week: 6:45 to 20:15 | Saturday : 7:45 to 18:15 | Sunday : 8:45 to 18:15

Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 09:55 ③ ☞ □	07:00 - 11:00 ③ ☞ □	07:00 - 09:55 ③ ☞ □	07:00 - 11:00 ③ ☞ □	07:00 - 09:55 ③ ☞ □	08:00 - 08:55 ③ ☞ □	09:00 - 12:00 ③ ☞ □
17:00 - 18:00 ③ ☞ □		11:05 - 14:00 ③ ☞ □				
19:00 - 20:00 ③ ☞ □		19:00 - 20:00 ③ ☞ □				

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:05 - 14:00 BB ☞ □	11:00 - 14:00 BB ☞ □	17:00 - 18:00 BB ☞ □	11:00 - 15:50 BB ☞ □	11:00 - 16:00 BB ☞ □	16:00 - 18:00 BB ☞ □	12:00 - 14:55 BB ☞ □

Health and fitness - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:00 - 12:00 40 Developmental Assets Workshops (18+) <i>Workshop Room - Vina Savann</i> ✍ □	10:00 - 13:00 Sewing Workshop: Beginner & Advance (18+) <i>Workshop Room - Thaira Katir</i> ✍ \$ □		10:00 - 11:00 Discover water parent-baby (4 months - 5 yrs with parents) <i>Pool - Vina Savann</i> BB ✍ □	10:00 - 12:00 Family zone <i>Workshop Room - Vina Savann</i> ✍ □	09:00 - 12:30 Karibou Kindergym - Amirat ✍ □
				10:00 - 13:00 Kitchen Workshop (18+) <i>Kitchen - Vina Savann</i> ✍ \$ □		

Health and fitness - Seniors Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	09:30 - 10:30 Qi Gong and Relaxation 55+ (55+) <i>Gymnasium - Michel Chan</i> ✍ □		15:00 - 16:00 Brain Gym 55+ (55+) <i>Room 2 - Wafaa Abou Ali</i> ✍ □			



Youth Activities (12 years +)

Table with 7 columns (Monday to Sunday) and 3 rows of activities. Includes times, activity names, locations, and registration icons.

Teen Programs (12+) - Academic Supports

Table with 7 columns (Monday to Sunday) and 1 row of academic support programs. Includes time, description, location, and registration icons.

Programs for children (0-12 years) - After School Programs

Table with 7 columns (Monday to Sunday) and 1 row of after-school programs. Includes time, description, location, and registration icons.

**Children's activities (0-12 years)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	17:00 - 18:00 Martial Arts + (6+) <i>Martial arts room - Lukman</i> \$□		17:00 - 18:00 Martial Arts + (6+) <i>Martial arts room - Nizzar</i> \$□		10:00 - 11:00 Martial Arts + (6+) <i>Martial arts room - Nizzar</i> \$□	
					11:00 - 12:00 Martial Arts + (6+) <i>Martial arts room - Lukman</i> \$□	

Community Programs - Leisure Activities for Seniors

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:30 - 11:00 Knitting and Crochet (55+) <i>Room 2 - Elinor Trepan</i> ✂□	10:45 - 12:15 Basic IT training (55+) <i>Room 2 - Nema Barsoum</i> ✂□	09:30 - 10:00 Initiation to Spanish - for beginners (55+) <i>Room 2 - Daniel Jimenez</i> ✂●	10:30 - 12:30 Joy of art - Painting (55+) <i>Room 3 - Barbara Bubis</i> ✂\$□	10:00 - 11:30 Spanish conversation - Intermediate level (55+) <i>Room 2 - Luz Marina Blanco</i> ✂◆	10:30 - 12:00 Tai Chi : Sword and Fan 55+ (55+) <i>Room 2 - Hing Fee Wong</i> ✂□	
10:30 - 11:30 Walking and Stretching 55+ (55+) <i>Gymnasium - Wafaa Abou Ali</i> ⚙✂□	14:00 - 15:00 Italian conversation (55+) <i>Room 2 - Jackie De Benedictis</i> ✂□	10:00 - 11:30 Spanish conversation for beginners (55+) <i>Room 2 - Daniel Jimenez</i> ✂\$●		12:30 - 14:30 Sketch and Colors (55+) <i>Room 3 - Michel Chan</i> ✂□		
		10:30 - 11:30 Walking and Stretching 55+ (55+) <i>Gymnasium - Wafaa Abou Ali</i> ⚙✂□				
		11:30 - 13:00 Conversation in English - Beginner (55+) <i>Dance Studio - Aline Egoyan</i> ✂\$●				
		13:00 - 14:30 English conversation - Intermediate level (55+) <i>Dance Studio - Aline Egoyan</i> ✂\$◆				



Community Programs - Child & Family Development

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:00 - 19:30	10:00 - 17:00		15:00 - 19:30	09:30 - 12:30	09:30 - 12:30	
Toy Library (0-5 yrs with parents)	Toy Library (0-5 yrs with parents)		Toy Library (0-5 yrs with parents)	Toy Library (0-5 yrs with parents)	Toy Library (0-5 yrs with parents)	
<i>Library Toy Area - Thaira</i>	<i>Library Toy Area - Thaira</i>		<i>Library Toy Area - Thaira</i>	<i>Library Toy Area - Thaira</i>	<i>Library Toy Area - Thaira</i>	
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