

Pool	Day	Aqua Stretch	Water Yoga	Leisure Swim	Parent & Tot	Water Pilates	Note
Thornhill Therapeutic Pool Jan. 4-Jun. 13	Mon.	10:00 - 10:45 a.m.* 7:00 - 7:45 p.m.*	8:00 - 9:00 p.m.*	12:00 - 1:30 p.m.	11:00 a.m. - 12:00 p.m.		** Shared use Thornhill Therapeutic Pool closed for maintenance: Dec. 19-Jan1/10
	Tue.	11:00 - 11:45 a.m.*	9:00 - 10:00 a.m.*	1:00 - 2:30 p.m. 7:00 - 8:30 p.m.			
	Wed.	1:30 - 2:15 p.m. 7:00 - 7:45 p.m.*		12:00 - 1:30 p.m.	11:00 a.m. - 12:00 p.m.	8:00 - 9:00 p.m.	
	Thu.	11:00 - 11:45 a.m.*	7:00 - 8:00 pm	1:00 - 2:30 p.m.			
	Fri.			12:00 - 1:30 p.m.	11:00 a.m. - 12:00 p.m.	10:00 - 11:00 a.m.	
	Sat.			12:30 - 2:30 p.m.**	12:30 - 2:30 p.m.**		
	Sun.			12:30 - 2:30 p.m.**	12:30 - 2:30 p.m.**		
* Program is available for advanced registration. Class sizes are limited, participants will be taken on a first come first serve basis. Due to popular demand, all Older Adult Aquafit classes at Thornhill C.C. are available by advanced registration only. See Pages 149 for course barcodes.							