

<b>Pool</b>	<b>Day</b>	<b>Leisure Swim (16 yrs+ ONLY)</b>	<b>Parent &amp; Tot</b>	<b>Aqua Stretch</b>	<b>Water Yoga</b>	<b>Water Pilates*</b>
<b>Thornhill Therapeutic Pool</b> <b>Jun. 27 - Sep. 3</b>  <b>Pool closed:</b> Jul. 1 and Aug. 1	<b>Mon.</b>	12:00 - 1:30 p.m.	3:30 - 4:30 p.m.	10:00 - 10:45 a.m.* 7:00 - 7:45 p.m.*	8:00 - 9:00 p.m.*	
	<b>Tue.</b>	1:00 - 2:30 p.m. 7:00 - 8:30 p.m.	3:30 - 4:30 p.m.	10:00 - 10:45 a.m.*	9:00 - 10:00 a.m.*	
	<b>Wed.</b>	12:00 - 1:30 p.m.	10:00 a.m. - 11:00 a.m. 3:30 - 4:30 p.m.	1:30 - 2:15 p.m.* 7:00 - 7:45 p.m.*		8:00 - 9:00 p.m.*
	<b>Thu.</b>	1:00 - 2:30 p.m. 7:00 - 8:30 p.m.	3:30 - 4:30 p.m.	10:00 - 10:45 a.m.*	2:30 - 3:30 p.m.*	
	<b>Fri.</b>	12:00 - 1:30 p.m. 7:00 - 8:30 p.m.	3:30 - 4:30 p.m.			10:00 - 11:00 a.m.*
	<b>Sat.</b>	2:00 - 3:30 p.m.	12:30 - 2:00 p.m.			
	<b>Sun.</b>	2:00 - 3:30 p.m.	12:30 - 2:00 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.						