


Pool	Day	Aqua Stretch	Water Yoga	Leisure Swim	Parent & Tot	Water Pilates	Note
<b>Thornhill Therapeutic Pool</b>  June 28-Sept 3  	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.	3:30 - 4:30 p.m.		Thornhill Therapeutic Pool closed July 1st and Aug 3rd
	Tue.	10:00 - 10:45 a.m.	9:00 - 10:00 a.m.	1:00 - 2:30 p.m. 7:00 - 8:30 p.m.	3:30 - 4:30 p.m.		
	Wed.	1:30 - 2:15 p.m. 7:00 - 7:45 p.m.		12:00 - 1:30 p.m.	10:00 - 11 a.m. 3:30 - 4:30 p.m.	8:00 - 9:00 p.m.	
	Thu.	10:00 - 10:45 a.m.	2:30 - 3:30 p.m.	1:00 - 2:30 p.m. 7:00 - 8:30 p.m.	3:30 - 4:30 p.m.		
	Fri.	10:00 - 10:45 a.m.		12:00 - 1:30 p.m. 7:00 - 8:30 p.m.	3:30 - 4:30 p.m.	10:00 - 11:00 a.m.	
	Sat.			2:00 - 3:30 p.m.	12:30 - 2:00 p.m.		
	Sun.			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. See Pages 183 for course barcodes.