

---

**St. James Civic Centre Drop in Fitness****2055 Ness Ave**height entry requirement 46" / 117 cm at shoulders

---

**Schedule effective October 3, 2011 – January 7, 2012**

---

<b>Sunday</b>	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturday</b>
<b>Drop in fitness classes</b>						
	<b>Sr Aqualite</b> 8:45 am – 9:30 am 9:30 am - 10:15 am 10:15 am -11:00 am	<b>Aqualite Deep</b> 8:00 am - 8:45 am <b>No class</b> <b>Dec 27</b>	<b>Sr Aqualite</b> 8:45 am – 9:30 am 9:30 am -10:15 am <b>No class Dec 28</b>	<b>Aqualite Deep</b> 8:00 am - 8:45 am <b>No class Dec 29</b>	<b>Sr Aqualite</b> 8:45 am - 9:30 am 9:30 am -10:15 am 10:15 am -11:00 am <b>No class Dec 30</b>	
	<b>Shallow Aqua</b> 6:30 pm - 7:30 pm	<b>Deep End Aqua</b> 7:30 pm-8:30 pm <b>No Class</b> <b>Dec 27 &amp; Jan 3</b>		<b>Deep End Aqua</b> 7:30 pm-8:30 pm <b>No Class</b> <b>Dec 29 &amp; Jan 5</b>		
	<b>Weights</b> 8:45 am - 9:45 am			<b>Weights</b> 9:00 am -10:00 am	<b>Weights</b> 8:45 am-9:45 am	

---

Visit [leisureonline](http://leisureonline.com) for information and Winter 2012 registration

Day 1 – Registration for Swimming lessons only begins Tuesday, December 13 at 9:00 am

Day 2 - Registration for all other programs begins Wednesday, December 14 at 9:00 am

On Day 1 and Day 2 of registration, queue numbers at all in-person locations will be handed out starting at 7:00 am.

Check in-person registration times at the facility of your choice

---

- Facility closed all Statutory Holidays -
    - Sunday December 25, 2011
    - Monday, December 26, 2011;
    - Sunday, January 1, 2012
-