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

Schedule effective January 8 – March 24, 2012

Sunday	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturday
Drop in fitness classes						
	Sr Aqualite 8:45 am – 9:30 am 9:30 am - 10:15 am 10:15 am -11:00 am No classes on Feb 20	Aqualite Deep 8:00 am - 8:45 am	Sr Aqualite 8:45 am – 9:30 am 9:30 am -10:15 am	Aqualite Deep 8:00 am - 8:45 am	Sr Aqualite 8:45 am - 9:30 am 9:30 am -10:15 am 10:15 am -11:00 am	
	Shallow Aqua 6:30 pm - 7:30 pm No class Feb 20	Deep End Aqua 7:30 pm-8:30 pm		Deep End Aqua 7:30 pm-8:30 pm		
	Weights 8:45 am - 9:45 am No class Feb 20			Weights 9:00 am -10:00 am	Weights 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, March 13 at 9:00 am

Day 2 - Registration for all other programs begins Wednesday, March 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 –
Monday February 20, 2012
