



# NOTICE

Parks, Forestry & Recreation

## March 2019

### North Toronto Memorial Community Centre

Day	Program	Time
Monday	Walking/Running Track	7:00 a.m. - 9:30 p.m.
	Weight Room	7:30 a.m. - 9:30 p.m.
	Body Sculpt (19+)	6:00 p.m. - 7:00 p.m.
	Badminton – Drop In (60+)	1:00 p.m. - 3:00 p.m.
Tuesday	Walking/Running Track	7:00 a.m. - 9:30 p.m.
	Weight Room	7:30 a.m. - 9:30 p.m.
	Step Intermediate (19+)	10:00 a.m. - 11:00 a.m.
	Bridge – Drop In (60+)	1:00 p.m. - 4:00 p.m.
Wednesday	Walking/Running Track	7:00 a.m. - 9:30 p.m.
	Weight Room	7:30 a.m. - 9:30 p.m.
	Body Sculpt (19+)	10:00 a.m. - 11:00 a.m.
	Badminton – Drop In (60+)	1:00 p.m. - 3:00 p.m.
	Volleyball – Drop In (19-59 years)	7:00 p.m. - 9:15 p.m.
	Body Sculpt (19+)	6:45 p.m. - 7:45 p.m.
Thursday	Walking/Running Track	7:00 a.m. - 9:30 p.m.
	Weight Room	7:30 a.m. - 9:30 p.m.
	Cardio Hi/Lo (19+)	10:00 a.m. - 11:00 a.m.
	Cardio Low Impact (60+)	1:30 p.m. - 2:30 p.m.
Friday	Walking/Running Track	7:00 a.m. - 9:30 p.m.
	Weight Room	7:30 a.m. - 9:30 p.m.
	Badminton – Drop In (60+)	1:00 p.m. - 3:00 p.m.
	Body Sculpt (19+)	6:30 p.m. - 7:30 p.m.
Saturday	Walking/Running Track	9:00 a.m. - 5:00 p.m.
	Weight Room	9:00 a.m. - 5:00 p.m.
Sunday	Walking/Running Track	9:00 a.m. - 5:00 p.m.
	Weight Room	1:00 p.m. - 5:00 p.m.



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<b>SWIM SCHEDULE - March Break - March 11 - 17, 2019</b>		
Lane Swim (7yrs+)	Monday to Friday	11:30 a.m. - 2:00 p.m.
	Saturday and Sunday	3:30 p.m. - 5:00 p.m.
Leisure Swim (all ages)	Monday, Wednesday, Friday	2:30 p.m. - 4:45 p.m.
	Saturday and Sunday	2:00 p.m. - 3:30 p.m.
<b>SWIM SCHEDULE - March 18 - 31, 2019</b>		
Lane Swim (7yrs+)	Monday to Friday	11:30 a.m. - 2:00 p.m.
	Saturday and Sunday	3:30 p.m. - 5:00 p.m.
Aquafit - Shallow Water	Monday and Friday	9:45 a.m. - 10:45 a.m.
Aquafit - Deep Water	Tuesday and Thursday	10:00 a.m. - 11:00 a.m.
Leisure Swim (all ages)	Saturday and Sunday	2:00 p.m. - 3:30 p.m.
Preschool Swim - Parent & Tot	Tuesday and Thursday	10:00 a.m. - 11:00 a.m.
Width Swim (7yrs+)	Monday and Friday	9:45 a.m. - 10:45 a.m.
<p><b>Children 6 years</b> of age or younger must be accompanied into the pool, by a parent, guardian or designate who is at least 14 years of age and is responsible for their direct supervision.</p>		
<p><b>Children 7-9 years</b> must pass a facility swim test or be accompanied into the pool by a parent, start of the swims and must vacate the change rooms 15 min. after the conclusion of the swim.</p>		