

Lakewood Civic Centre, Week: Feb 15 - Feb 21

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Program Description	Sunday, Feb 15	Monday, Feb 16	Tuesday, Feb 17	Wednesday, Feb 18	Thursday, Feb 19	Friday, Feb 20	Saturday, Feb 21
Lakewood Aqua Walk	4:30 PM-5:30 PM	6:00 AM-1:00 PM	6:30 AM-2:00 PM 8:15 PM-10:00 PM	6:30 AM-1:00 PM 3:00 PM-4:15 PM 8:15 PM-10:00 PM	6:30 AM-2:00 PM 8:15 PM-10:00 PM	6:30 AM-1:00 PM 3:00 PM-4:15 PM	5:00 PM-6:00 PM
Lakewood Lane Swim	4:30 PM-5:30 PM		6:30 AM-8:00 AM 11:00 AM-1:00 PM 9:05 PM-10:00 PM	6:30 AM-8:00 AM 11:00 AM-1:00 PM 9:05 PM-10:00 PM	6:30 AM-8:00 AM 11:00 AM-1:00 PM 2:00 PM-4:15 PM 9:05 PM-10:00 PM	6:30 AM-8:00 AM 11:00 AM-1:00 PM	5:00 PM-6:00 PM
Lakewood Parented Splash Time (children 5 & under only)	4:30 PM-5:30 PM	12:00 PM-1:00 PM	6:30 AM-2:00 PM 3:30 PM-4:15 PM 8:15 PM-10:00 PM	6:30 AM-1:00 PM 3:00 PM-4:15 PM 8:15 PM-10:00 PM	6:30 AM-2:00 PM 3:30 PM-4:15 PM 8:15 PM-10:00 PM	6:30 AM-9:00 AM 11:00 AM-1:00 PM 3:00 PM-4:15 PM	5:00 PM-6:00 PM
Lakewood Weight & Cardio Room			6:30 AM-10:00 PM	6:30 AM-10:00 PM	6:30 AM-10:00 PM	6:30 AM-10:00 PM	9:00 AM-8:00 PM
Lakewood Hot Tub - BONUS	10:00 AM-5:30 PM		6:30 AM-10:00 PM	6:30 AM-10:00 PM	6:30 AM-10:00 PM	6:30 AM-10:00 PM	
Lakewood Sauna			6:30 AM-10:00 PM	6:30 AM-10:00 PM	6:30 AM-10:00 PM	6:30 AM-10:00 PM	9:00 AM-8:00 PM
Lakewood Walk & Sculpt		6:00 PM-7:00 PM	9:15 AM-10:15 AM		8:00 AM-9:00 AM 9:30 AM-10:30 AM		
Lakewood Child Minding			8:45 AM-11:45 AM 5:15 PM-8:15 PM	8:45 AM-11:45 AM 5:15 PM-8:15 PM	8:45 AM-11:45 AM 5:15 PM-8:15 PM	8:45 AM-11:45 AM	
Lakewood Low Impact & Sculpt		9:15 AM-10:15 AM		9:00 AM-10:00 AM 6:00 PM-7:00 PM		9:15 AM-10:15 AM	
Lakewood Indoor Playground (7 years & under)				1:00 PM-4:00 PM		1:00 PM-4:00 PM	9:00 AM-12:00 PM

Program Description	Sunday, Feb 15	Monday, Feb 16	Tuesday, Feb 17	Wednesday, Feb 18	Thursday, Feb 19	Friday, Feb 20	Saturday, Feb 21
Lakewood Family Swim	10:00 AM-1:00 PM						6:00 PM-8:00 PM
Lakewood Sauna - BONUS	10:00 AM-5:30 PM						
Lakewood Cardio & Weight Room	10:00 AM-5:30 PM						
Lakewood Aqua Walk - STAT		12:00 PM-1:00 PM					
Lakewood Lane Swim - STAT		12:00 PM-1:00 PM					
Lakewood Hot Tub - STAT		12:00 PM-5:30 PM 5:30 PM-8:30 PM					
Lakewood Sauna - STAT		12:00 PM-8:30 PM					
Lakewood Weight & Cardio Room - STAT		12:00 PM-8:30 PM					
Lakewood Drop-in Basketball	1:00 PM-3:45 PM					5:45 PM-9:30 PM	1:00 PM-4:45 PM
Lakewood Public Swim	1:00 PM-4:30 PM						1:00 PM-5:00 PM
Lakewood Public Swim - STAT		1:00 PM-5:30 PM 5:30 PM-8:30 PM					
Lakewood Hot Tub						7:00 PM-10:00 PM	1:00 PM-8:00 PM
Lakewood Public Swim - Bonus			2:00 PM-8:00 PM	1:00 PM-8:00 PM	2:00 PM-8:00 PM	1:00 PM-10:00 PM	
Lakewood Drop-in Basketball - STAT		1:30 PM-5:00 PM					

Program Description	Sunday, Feb 15	Monday, Feb 16	Tuesday, Feb 17	Wednesday, Feb 18	Thursday, Feb 19	Friday, Feb 20	Saturday, Feb 21
Lakewood Public Gym - Bonus			1:30 PM-5:30 PM	1:30 PM-5:30 PM	1:30 PM-5:30 PM	1:30 PM-5:30 PM	
Lakewood Family Gym							5:00 PM-6:00 PM
Lakewood Public Gym - STAT		5:00 PM-8:30 PM					
Lakewood Step			6:00 PM-7:00 PM				
Lakewood Muscle Sculpt				7:10 PM-8:10 PM	6:00 PM-7:00 PM		
Lakewood Cardio & Sculpt			7:10 PM-8:10 PM		7:10 PM-8:10 PM		
Lakewood Aqua Fitness			8:05 AM-8:50 AM 9:10 AM-9:55 AM 10:15 AM-11:00 AM 8:15 PM-9:00 PM	8:05 AM-8:50 AM 9:10 AM-9:55 AM 10:15 AM-11:00 AM 8:15 PM-9:00 PM	8:05 AM-8:50 AM 9:10 AM-9:55 AM 10:15 AM-11:00 AM 8:15 PM-9:00 PM	8:05 AM-8:50 AM 9:10 AM-9:55 AM 10:15 AM-11:00 AM	
Lakewood Fitness Yoga	10:15 AM-11:15 AM 11:30 AM-12:30 PM		9:00 AM-10:00 AM	8:30 AM-9:30 AM	9:00 AM-10:00 AM 7:30 PM-8:30 PM	8:30 AM-9:30 AM	
Lakewood Gentle Fitness Yoga			12:00 PM-1:00 PM	10:00 AM-11:00 AM		10:00 AM-11:00 AM 11:15 AM-12:15 PM	
Lakewood Chair Yoga			10:30 AM-11:30 AM	11:20 AM-12:20 PM	11:30 AM-12:30 PM	12:40 PM-1:40 PM	
Lakewood Pickleball STATS				11:00 AM-12:30 PM		11:00 AM-12:30 PM	
LWC Gentle Aqua Fitness			1:05 PM-1:50 PM		1:05 PM-1:50 PM		

Lakewood Civic Centre, Week: Feb 22 - Feb 28

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Program Description	Sunday, Feb 22	Monday, Feb 23	Tuesday, Feb 24	Wednesday, Feb 25	Thursday, Feb 26	Friday, Feb 27	Saturday, Feb 28
Lakewood Lane Swim		6:30 AM-8:00 AM 11:00 AM-1:00 PM 9:05 PM-10:00 PM	6:30 AM-8:00 AM 11:00 AM-1:00 PM 2:00 PM-4:15 PM 9:05 PM-10:00 PM	6:30 AM-8:00 AM 11:00 AM-1:00 PM 3:00 PM-4:15 PM 9:05 PM-10:00 PM	6:30 AM-8:00 AM 11:00 AM-1:00 PM 2:00 PM-4:15 PM 9:05 PM-10:00 PM	6:30 AM-8:00 AM 11:00 AM-1:00 PM 3:00 PM-4:15 PM	5:00 PM-6:00 PM
Lakewood Parented Splash Time (children 5 & under only)		6:30 AM-9:00 AM 11:00 AM-1:00 PM 9:00 PM-10:00 PM	6:30 AM-9:00 AM 11:00 AM-1:00 PM 3:30 PM-4:15 PM 8:15 PM-10:00 PM	6:30 AM-9:00 AM 11:00 AM-1:00 PM 3:00 PM-4:15 PM 8:15 PM-10:00 PM	6:30 AM-9:00 AM 11:00 AM-1:00 PM 3:30 PM-4:15 PM 8:15 PM-10:00 PM	6:30 AM-9:00 AM 11:00 AM-1:00 PM 3:00 PM-4:15 PM	5:00 PM-6:00 PM
Lakewood Hot Tub	10:00 AM-4:45 PM	6:30 AM-4:15 PM 7:00 PM-10:00 PM	6:30 AM-4:15 PM 8:15 PM-10:00 PM	6:30 AM-1:00 PM 8:15 PM-10:00 PM	6:30 AM-4:15 PM 8:15 PM-10:00 PM	6:30 AM-1:00 PM 3:00 PM-4:15 PM 7:00 PM-10:00 PM	1:00 PM-8:00 PM
Lakewood Aqua Walk		6:30 AM-1:00 PM 9:05 PM-10:00 PM	6:30 AM-4:15 PM 8:15 PM-10:00 PM	6:30 AM-1:00 PM 3:00 PM-4:15 PM 8:15 PM-10:00 PM	6:30 AM-4:15 PM 8:15 PM-10:00 PM	6:30 AM-1:00 PM 3:00 PM-4:15 PM	5:00 PM-6:00 PM
Lakewood Weight & Cardio Room		6:30 AM-10:00 PM	6:30 AM-10:00 PM	6:30 AM-10:00 PM	6:30 AM-10:00 PM	6:30 AM-10:00 PM	9:00 AM-8:00 PM
Lakewood Sauna	10:00 AM-4:45 PM	6:30 AM-10:00 PM	6:30 AM-10:00 PM	6:30 AM-10:00 PM	6:30 AM-10:00 PM	6:30 AM-10:00 PM	9:00 AM-8:00 PM
Lakewood Walk & Sculpt		6:00 PM-7:00 PM	9:15 AM-10:15 AM		8:00 AM-9:00 AM 9:30 AM-10:30 AM		
Lakewood Child Minding		8:45 AM-11:45 AM 5:15 PM-8:15 PM	8:45 AM-11:45 AM 5:15 PM-8:15 PM	8:45 AM-11:45 AM 5:15 PM-8:15 PM	8:45 AM-11:45 AM 5:15 PM-8:15 PM	8:45 AM-11:45 AM	
Lakewood Low Impact & Sculpt		9:15 AM-10:15 AM		9:00 AM-10:00 AM 6:00 PM-7:00 PM		9:15 AM-10:15 AM	

Program Description	Sunday, Feb 22	Monday, Feb 23	Tuesday, Feb 24	Wednesday, Feb 25	Thursday, Feb 26	Friday, Feb 27	Saturday, Feb 28
Lakewood Indoor Playground (7 years & under)		1:00 PM-4:00 PM		1:00 PM-4:00 PM		1:00 PM-4:00 PM	9:00 AM-12:00 PM
Lakewood Family Swim	10:00 AM-1:00 PM					7:00 PM-8:30 PM	6:00 PM-8:00 PM
Lakewood Cardio & Weight Room	10:00 AM-5:30 PM						
Lakewood Drop-in Basketball	1:00 PM-3:45 PM					8:00 PM-9:30 PM	1:00 PM-4:45 PM
Lakewood Public Swim	1:00 PM-4:45 PM	1:00 PM-4:15 PM 7:00 PM-9:00 PM				8:30 PM-9:45 PM	1:00 PM-5:00 PM
Lakewood Public Gym		3:00 PM-5:30 PM	3:00 PM-5:30 PM	3:00 PM-5:30 PM	3:00 PM-5:30 PM	3:00 PM-5:30 PM	
Lakewood Family Gym							5:00 PM-6:00 PM
Lakewood Step			6:00 PM-7:00 PM				
Lakewood Muscle Sculpt				7:10 PM-8:10 PM	6:00 PM-7:00 PM		
Lakewood Cardio & Sculpt			7:10 PM-8:10 PM		7:10 PM-8:10 PM		
Lakewood Aqua Fitness		8:05 AM-8:50 AM 9:10 AM-9:55 AM 10:15 AM-11:00 AM	8:05 AM-8:50 AM 9:10 AM-9:55 AM 10:15 AM-11:00 AM 8:15 PM-9:00 PM	8:05 AM-8:50 AM 9:10 AM-9:55 AM 10:15 AM-11:00 AM 8:15 PM-9:00 PM	8:05 AM-8:50 AM 9:10 AM-9:55 AM 10:15 AM-11:00 AM 8:15 PM-9:00 PM	8:05 AM-8:50 AM 9:10 AM-9:55 AM 10:15 AM-11:00 AM	
Lakewood Fitness Yoga	10:15 AM-11:15 AM 11:30 AM-12:30 PM	8:30 AM-9:30 AM 5:30 PM-6:30 PM	9:00 AM-10:00 AM	8:30 AM-9:30 AM	9:00 AM-10:00 AM 7:30 PM-8:30 PM	8:30 AM-9:30 AM	
Lakewood Gentle Fitness Yoga		10:00 AM-11:00 AM	12:00 PM-1:00 PM	10:00 AM-11:00 AM		10:00 AM-11:00 AM 11:15 AM-12:15 PM	

Program Description	Sunday, Feb 22	Monday, Feb 23	Tuesday, Feb 24	Wednesday, Feb 25	Thursday, Feb 26	Friday, Feb 27	Saturday, Feb 28
Lakewood Chair Yoga		11:20 AM-12:20 PM	10:30 AM-11:30 AM	11:20 AM-12:20 PM	11:30 AM-12:30 PM	12:40 PM-1:40 PM	
Lakewood Pickleball		11:00 AM-12:05 PM 12:10 PM-1:15 PM 1:20 PM-2:30 PM		11:00 AM-12:05 PM 12:10 PM-1:15 PM 1:20 PM-2:30 PM		11:00 AM-12:05 PM 12:10 PM-1:15 PM 1:20 PM-2:30 PM	
LWC Gentle Aqua Fitness			1:05 PM-1:50 PM		1:05 PM-1:50 PM		
Lakewood Badminton			1:30 PM-2:30 PM		1:30 PM-2:30 PM		