

Shaw 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
WUP Shaw Lane Swim	9:00 AM-10:00 AM		6:30 AM-8:00 AM	6:30 AM-8:00 AM	6:30 AM-8:00 AM	6:30 AM-8:00 AM	
Shaw Aqua Walk			6:30 AM-10:00 AM	6:30 AM-10:00 AM	6:30 AM-10:00 AM	6:30 AM-10:00 AM	
Shaw - Hot Tub	9:00 AM-7:30 PM			6:30 AM-10:00 PM			12:05 PM-8:30 PM
BONUS-Shaw Hot Tub			6:30 AM-10:00 PM		6:30 AM-10:00 PM	6:30 AM-10:00 PM	
Shaw Cardio & Weight Room	9:00 AM-7:30 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	8:30 AM-8:30 PM
Shaw Walking Track	9:00 AM-7:30 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	8:30 AM-8:30 PM
Shaw Comp Pool Lane Swim - 25m			9:00 AM-3:45 PM 8:45 PM-10:00 PM	7:00 AM-3:45 PM 8:35 PM-10:00 PM	9:00 AM-3:45 PM 8:45 PM-10:00 PM	7:00 PM-10:00 PM	9:45 AM-8:30 PM
Shaw Comp Pool Lane Swim - 50m			7:30 AM-8:45 AM		7:30 AM-8:45 AM		
Shaw Comp Pool Lane Swim-25m	9:00 AM-7:30 PM					7:30 AM-4:00 PM	
Shaw Aqua Fitness			8:05 AM-8:50 AM 8:55 AM-9:40 AM	8:05 AM-8:50 AM 8:55 AM-9:40 AM	8:05 AM-8:50 AM 8:55 AM-9:40 AM	8:05 AM-8:50 AM 8:55 AM-9:40 AM	12:10 PM-12:55 PM
Shaw Parented Splash Time (children 5yrs & under only)	9:00 AM-10:00 AM					10:00 AM-1:00 PM	12:05 PM-1:00 PM

Program Description	Sunday, Feb 15	Monday, Feb 16	Tuesday, Feb 17	Wednesday, Feb 18	Thursday, Feb 19	Friday, Feb 20	Saturday, Feb 21
Shaw Child Minding			9:00 AM-1:00 PM 5:00 PM-8:00 PM	9:00 AM-1:00 PM 5:00 PM-8:00 PM	9:00 AM-1:00 PM 5:00 PM-8:00 PM	9:00 AM-1:00 PM	9:00 AM-1:00 PM
BONUS-WUP Lane Swim			10:00 AM-1:00 PM	10:30 AM-1:00 PM	10:00 AM-1:00 PM		
WUP Lane Swim						10:00 AM-1:00 PM	
BONUS-Shaw Parented Splash Time (children 5yrs & under only)			10:00 AM-1:00 PM		10:00 AM-1:00 PM		
Shaw Family Swim	10:00 AM-2:00 PM						1:00 PM-2:00 PM
Shaw Fitness Yoga			10:15 AM-11:15 AM		10:15 AM-11:15 AM		
BONUS-Shaw Parented Splash Time (5 yrs and Under)				10:30 AM-1:00 PM			
Shaw Deep Water Aqua Fitness			12:05 PM-12:55 PM	10:45 AM-11:35 AM	12:10 PM-1:00 PM	10:45 AM-11:35 AM	
Shaw Functional Fitness				11:00 AM-12:00 PM		11:00 AM-12:00 PM	
Shaw Strollin' & Pollin"					12:00 PM-1:00 PM		
STAT-Shaw Hot Tub		12:00 PM-8:30 PM					
STAT-Shaw Comp Pool Lane Swim - 25m		12:00 PM-8:30 PM					
STAT- Public Swim		12:00 PM-8:30 PM					

Program Description	Sunday, Feb 15	Monday, Feb 16	Tuesday, Feb 17	Wednesday, Feb 18	Thursday, Feb 19	Friday, Feb 20	Saturday, Feb 21
STAT-Shaw Cardio & Weight Room		12:00 PM-8:30 PM					
STAT-Shaw Walking Track		12:00 PM-8:30 PM					
Shaw Chair Yoga				12:15 PM-1:15 PM			
Shaw Drop-in Basketball	12:30 PM-3:00 PM						4:00 PM-6:00 PM
STAT-Shaw Public Diving Boards		1:00 PM-7:00 PM					
BONUS-Shaw Public Swim			1:00 PM-10:00 PM	1:00 PM-10:00 PM	1:00 PM-10:00 PM	1:00 PM-10:00 PM	
Shaw Public Swim	2:00 PM-7:30 PM						2:00 PM-8:30 PM
Shaw Public Diving Boards	3:00 PM-7:15 PM		9:00 PM-10:00 PM		9:00 PM-10:00 PM	9:15 PM-10:00 PM	2:00 PM-8:15 PM
Shaw Zumba	2:45 PM-3:40 PM						
Shaw Public Gym							3:00 PM-4:00 PM
Shaw Group Cycle & Sculpt			5:30 PM-6:30 PM		5:30 PM-6:30 PM		
Shaw Group Cycle				5:45 PM-6:30 PM			
BONUS-Shaw Comp Pool Lane Swim - 25m			6:30 PM-8:45 PM	7:30 PM-8:35 PM	8:00 PM-8:45 PM		
Shaw HIIT				6:45 PM-7:45 PM			
Shaw Muscle Sculpt					7:10 PM-8:10 PM		

Shaw 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
Shaw Cardio & Weight Room	9:00 AM-7:30 PM	6:30 AM-10:00 PM	6:00 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	8:30 AM-8:30 PM
WUP Shaw Lane Swim	9:00 AM-10:00 AM	6:30 AM-8:00 AM 10:30 AM-1:00 PM 3:00 PM-4:15 PM 9:00 PM-10:00 PM	6:30 AM-8:00 AM 10:00 AM-1:00 PM	6:30 AM-8:00 AM 10:30 AM-1:00 PM 3:00 PM-4:15 PM 9:00 PM-10:00 PM	6:30 AM-8:00 AM 10:00 AM-1:00 PM	6:30 AM-8:00 AM 10:00 AM-1:00 PM	
Shaw Aqua Walk		6:30 AM-10:00 AM 9:00 PM-10:00 PM	6:30 AM-10:00 AM	6:30 AM-10:00 AM 9:00 PM-10:00 PM	6:30 AM-10:00 AM	6:30 AM-10:00 AM	
Shaw - Hot Tub	9:00 AM-7:30 PM	6:30 AM-10:00 PM	6:30 AM-4:00 PM 8:00 PM-10:00 PM	6:30 AM-10:00 PM	6:30 AM-4:00 PM 8:00 PM-10:00 PM	6:30 AM-3:45 PM 8:00 PM-10:00 PM	12:05 PM-8:30 PM
Shaw Comp Pool Lane Swim-25m	9:00 AM-7:30 PM	6:30 AM-3:45 PM				7:30 AM-4:00 PM	
Shaw Walking Track	9:00 AM-7:30 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	6:30 AM-10:00 PM	8:30 AM-8:30 PM
Shaw Comp Pool Lane Swim - 25m		8:35 PM-10:00 PM	9:00 AM-3:45 PM 8:45 PM-10:00 PM	7:00 AM-3:45 PM 8:35 PM-10:00 PM	9:00 AM-3:45 PM 8:45 PM-10:00 PM	7:00 PM-10:00 PM	9:45 AM-8:30 PM
Shaw Comp Pool Lane Swim - 50m			7:30 AM-8:45 AM		7:30 AM-8:45 AM		
Shaw Aqua Fitness		8:05 AM-8:50 AM 8:55 AM-9:40 AM	8:05 AM-8:50 AM 8:55 AM-9:40 AM	8:05 AM-8:50 AM 8:55 AM-9:40 AM	8:05 AM-8:50 AM 8:55 AM-9:40 AM	8:05 AM-8:50 AM 8:55 AM-9:40 AM	12:10 PM-12:55 PM
Shaw Parented Splash Time (children 5yrs & under only)	9:00 AM-10:00 AM	10:30 AM-1:00 PM 3:00 PM-4:30 PM	10:00 AM-1:00 PM	10:30 AM-1:00 PM 3:00 PM-4:30 PM	10:00 AM-1:00 PM	10:00 AM-1:00 PM	12:05 PM-1:00 PM

Program Description	Sunday, Feb 22	Monday, Feb 23	Tuesday, Feb 24	Wednesday, Feb 25	Thursday, Feb 26	Friday, Feb 27	Saturday, Feb 28
Shaw Child Minding		9:00 AM-1:00 PM 5:00 PM-8:00 PM	9:00 AM-1:00 PM 5:00 PM-8:00 PM	9:00 AM-1:00 PM 5:00 PM-8:00 PM	9:00 AM-1:00 PM 5:00 PM-8:00 PM	9:00 AM-1:00 PM	9:00 AM-1:00 PM
Shaw Gentle Fitness Yoga		9:45 AM-10:45 AM					
Shaw Family Swim	10:00 AM-2:00 PM						1:00 PM-2:00 PM
Shaw Fitness Yoga			10:15 AM-11:15 AM		10:15 AM-11:15 AM		
Shaw Deep Water Aqua Fitness		12:05 PM-12:55 PM	12:05 PM-12:55 PM	10:45 AM-11:35 AM	12:10 PM-1:00 PM	10:45 AM-11:35 AM	
Shaw Functional Fitness		11:00 AM-12:00 PM		11:00 AM-12:00 PM		11:00 AM-12:00 PM	
Shaw Strollin' & Pollin"					12:00 PM-1:00 PM		
Shaw Walk & Sculpt		12:10 PM-12:55 PM					
Shaw Chair Yoga				12:15 PM-1:15 PM			
Shaw Drop-in Basketball	12:30 PM-3:00 PM						4:00 PM-6:00 PM
Shaw Public Swim	2:00 PM-7:30 PM	1:00 PM-3:00 PM 7:00 PM-9:00 PM	8:00 PM-10:00 PM	7:00 PM-9:00 PM	1:00 PM-3:00 PM 8:00 PM-10:00 PM	1:00 PM-3:45 PM 8:00 PM-10:00 PM	2:00 PM-8:30 PM
Shaw Public Diving Boards	3:00 PM-7:15 PM		9:00 PM-10:00 PM		9:00 PM-10:00 PM	9:15 PM-10:00 PM	2:00 PM-8:15 PM
Shaw Zumba	2:45 PM-3:40 PM						
Shaw Public Gym							3:00 PM-4:00 PM
Shaw Group Cycle & Sculpt			5:30 PM-6:30 PM		5:30 PM-6:30 PM		

Program Description	Sunday, Feb 22	Monday, Feb 23	Tuesday, Feb 24	Wednesday, Feb 25	Thursday, Feb 26	Friday, Feb 27	Saturday, Feb 28
Shaw Group Cycle		5:45 PM-6:30 PM		5:45 PM-6:30 PM			
Shaw HIIT				6:45 PM-7:45 PM			
Shaw Muscle Sculpt					7:10 PM-8:10 PM		