

GREENVIEW REGIONAL MULTIPLEX

Senior Schedule March 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am—9:00pm Indoor Walking Track & Fitness Centre	6:00am—9:00pm Indoor Walking Track & Fitness Centre	6:00am—9:00pm Indoor Walking Track & Fitness Centre	6:00am—9:00pm Indoor Walking Track & Fitness Centre	6:00am—9:00pm Indoor Walking Track & Fitness Centre	6:00am—9:00pm Indoor Walking Track & Fitness Centre	9:00am—9:00pm Indoor Walking Track & Fitness Centre
	6:00am—8:00am Lane & Leisure Swim		6:00am—8:00am Lane & Leisure Swim		6:00am—8:00am Lane & Leisure Swim	
9:00am—9:00pm Fieldhouse Gyms Available at Your Leisure	9:00am—11:00am Senior Swim	10:00am—11:00am Water Works	9:00am-11:00am Senior Swim	10:00am—11:00am Water Works	9:00am- 11:00am Senior Swim	9:00am—9:00pm Fieldhouse Gyms Available at Your Leisure
		11:00am—12:00pm Fitness Orientation				
	12:00pm—1:00pm Lane & Leisure Swim		12:00pm—1:00pm Lane & Leisure Swim		12:00pm—1:00pm Lane & Leisure Swim	
	1:00pm—3:00pm Pickleball—GYM A	1:00pm—3:00pm Table Tennis / Floor Curling—GYM A	1:00pm—3:00pm Pickleball—GYM A	1:00pm—3:00pm Table Tennis / Floor Curling—GYM A		
2:00pm—7:00pm Public Swim	3:00pm—8:00pm Public Swim	3:00pm—8:00pm Public Swim	3:00pm—8:00pm Public Swim	3:00pm—8:00pm Public Swim	3:00pm—7:00pm Public Swim	2:00pm—7:00pm Public Swim
			3:00pm—3:45pm Aquatic Walk & Stretch			
	8:00pm—9:00pm Adult & Youth Swim 16+	8:00pm—9:00pm Adult & Youth Swim 16+	8:00pm—9:00pm Adult & Youth Swim 16+	8:00pm—9:00pm Adult & Youth Swim 16+		

Indoor Walking Track & Fitness Centre	Available during facility operational hours – free with membership*
Fieldhouse Activities	Come and use at your leisure during facility hours; Monday-Thursday activities will be set up as indicated in the schedule - free with membership*
Lane & Leisure Swim	All pools available for a relaxing swim time – free with membership*
Senior Swim	Reserved time for seniors and water walkers; lanes available – free with membership*
Water Works	Facilitated group water fitness class offered in the leisure pool “Registration required – rates apply”*
Aquatic Walk & Stretch	Enjoy the benefits of a gentle aquatic exercise, followed by a relaxing stretch - free with membership*
Fitness Orientation	Schedule an orientation with our fitness programmer – feel confident and safe while using equipment - free with membership*
Sit & Be Fit	Facilitated group fitness class in the studio - rates apply*
Public Swim	Available for all swimmers to come and play! – free with membership*
Adult & Youth Swim (16+)	Reserved for swimmers aged 16+ - free with membership*
Adult Dim Swim (18+)	Reserved for swimmers aged 18+. Enjoyed dimmed lights and calm music – free with membership*



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