



February, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30-10:10 – Chairs 10:20-11:00 – Pole Walking 10:20-11:05 – Aquacise 11:30-12:30 – Hot Dog Day 50/50 Draw	3 Grandma and Grandpa Swim Program	4 9:30-10:10 - Chairs 10:15-11:00 -Strength and Stretch 10:20–11:05 – Aquacise 10:45-12:45 – Art Class	5	6 9:30-10:10 -Mats 10:20–11:05 – Aquacise
9 9:30-10:10 – Chairs 10:20-11:00 – Pole Walking 10:20-11:05 – Aquacise	10 Grandma and Grandpa Swim Program	11 9:30-10:10 - Chairs 10:15-11:00 -Strength and Stretch 10:20–11:05 – Aquacise 10:45-12:45 – Art Class	12 Valentine Event	13 9:30-10:10 -Mats 10:20–11:05 – Aquacise
16 Louis Riel Day	17 Grandma and Grandpa Swim Program	18 9:30-10:10 - Chairs 10:15-11:00 -Strength and Stretch 10:20–11:05 – Aquacise 10:45-12:45 – Art Class	19	20 9:30-10:10 -Mats 10:20–11:05 – Aquacise
23 9:30-10:10 – Chairs 10:20-11:00 – Pole Walking 10:20-11:05 – Aquacise	24 Grandma and Grandpa Swim Program	25 9:30-10:10 - Chairs 10:15-11:00 -Strength and Stretch 10:20–11:05 – Aquacise 10:45-12:45 – Art Class 11:30 – 2:15 – Bingo (Light Lunch) 50/50 Draw	26	27 9:30-10:10 -Mats 10:20–11:05 – Aquacise