

## Event Calendar

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### December 2024

#### 01 — Sunday

No events

#### 02 — Monday

09:30 — 10:30 Silver Salties Yoga - Mondays

#### 03 — Tuesday

09:30 — 10:30 Silver Salties Tai Chi

#### 04 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

12:00 — 13:00 Silver Salties 'Be Confident Swimming in the Bay'

#### 05 — Thursday

09:30 — 10:30 Silver Salties Yoga - Thursdays

#### 06 — Friday

09:45 — 10:45 Silver Salties Pilates - 9:45am

#### 07 — Saturday

No events

#### 08 — Sunday

08:00 — 08:40 Sunday Community Swim 8am Wave

08:40 — 09:20 Sunday Community Swim 8:40am Wave

09:20 — 10:00 Sunday Community Swim 9:20am Wave

#### 09 — Monday

09:30 — 10:30 Silver Salties Yoga - Mondays

#### 10 — Tuesday

09:30 — 10:30 Silver Salties Tai Chi - last class for 2024

#### 11 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

12:00 — 13:00 Silver Salties 'Be Confident Swimming in the Bay'

#### 12 — Thursday

09:30 — 10:30 Silver Salties Yoga - Thursdays

### **13 — Friday**

09:45 — 10:45 Silver Salties Pilates - last class for 2024

### **14 — Saturday**

No events

### **15 — Sunday**

08:00 — 08:40 Sunday Community Swim 8am Wave

08:40 — 09:20 Sunday Community Swim 8:40am Wave

09:20 — 10:00 Sunday Community Swim 9:20am Wave

### **16 — Monday**

09:30 — 10:30 Silver Salties Yoga - Mondays

### **17 — Tuesday**

No events

### **18 — Wednesday**

09:30 — 10:30 Silver Salties Strength and Mobility Training

10:30 — 11:30 Silver Salties 'Be Confident Swimming in the Bay'

### **19 — Thursday**

09:30 — 10:30 Silver Salties Yoga - Thursdays

### **20 — Friday**

No events

### **21 — Saturday**

No events

### **22 — Sunday**

08:00 — 08:40 Sunday Community Swim 8am Wave

08:40 — 09:20 Sunday Community Swim 8:40am Wave

09:20 — 10:00 Sunday Community Swim 9:20am Wave

### **23 — Monday**

No events

### **24 — Tuesday**

No events

### **25 — Wednesday**

No events

### **26 — Thursday**

No events

### **27 — Friday**

No events

**28 — Saturday**

No events

**29 — Sunday**

No events

**30 — Monday**

No events

**31 — Tuesday**

No events

**January 2025**

**01 — Wednesday**

No events

**02 — Thursday**

No events

**03 — Friday**

No events

**04 — Saturday**

No events

**05 — Sunday**

No events

**06 — Monday**

No events

**07 — Tuesday**

No events

**08 — Wednesday**

No events

**09 — Thursday**

No events

**10 — Friday**

No events

**11 — Saturday**

No events

**12 — Sunday**

08:00 — 08:40 Sunday Community Swim 8am Wave

08:40 — 09:20 Sunday Community Swim 8:40am Wave

09:20 — 10:00 Sunday Community Swim 9:20am Wave

**13 — Monday**

No events

**14 — Tuesday**

No events

**15 — Wednesday**

No events

**16 — Thursday**

No events

**17 — Friday**

No events

**18 — Saturday**

No events

**19 — Sunday**

No events

**20 — Monday**

No events

**21 — Tuesday**

No events

**22 — Wednesday**

No events

**23 — Thursday**

No events

**24 — Friday**

No events

**25 — Saturday**

No events

**26 — Sunday**

No events

**27 — Monday**

No events

**28 — Tuesday**

No events

**29 — Wednesday**

No events

## **30 — Thursday**

No events

## **31 — Friday**

No events