



## Event Calendar

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### November 2024

#### 01 — Friday

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

#### 02 — Saturday

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

#### 03 — Sunday

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

#### 04 — Monday

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

#### 05 — Tuesday

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

#### 06 — Wednesday

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

## **07 — Thursday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

## **08 — Friday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

## **09 — Saturday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

## **10 — Sunday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

## **11 — Monday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

## **12 — Tuesday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

## **13 — Wednesday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

## **14 — Thursday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

### **15 — Friday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

### **16 — Saturday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

### **17 — Sunday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

### **18 — Monday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

### **19 — Tuesday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

### **20 — Wednesday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

### **21 — Thursday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit - Please Register - Thu 21/11

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

## **22 — Friday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

## **23 — Saturday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

## **24 — Sunday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

## **25 — Monday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

## **26 — Tuesday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

## **27 — Wednesday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

09:30 — 09:30 Silver Salties Swim for Fitness - Aug to Nov 2024

13:00 — 14:00 Yoga with Kristine (Indoors)

## **28 — Thursday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

13:00 — 14:00 Yoga with Kristine (Indoors)

## **29 — Friday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

13:00 — 14:00 Yoga with Kristine (Indoors)

### **30 — Saturday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

13:00 — 14:00 Yoga with Kristine (Indoors)

## **December 2024**

### **01 — Sunday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

13:00 — 14:00 Yoga with Kristine (Indoors)

### **02 — Monday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 TESTING Fitness Circuit

13:00 — 14:00 Yoga with Kristine (Indoors)

### **03 — Tuesday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

13:00 — 14:00 Yoga with Kristine (Indoors)

### **04 — Wednesday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

13:00 — 14:00 Yoga with Kristine (Indoors)

### **05 — Thursday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

13:00 — 14:00 Yoga with Kristine (Indoors)

### **06 — Friday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

13:00 — 14:00 Yoga with Kristine (Indoors)

### **07 — Saturday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

13:00 — 14:00 Yoga with Kristine (Indoors)

### **08 — Sunday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

13:00 — 14:00 Yoga with Kristine (Indoors)

### **09 — Monday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

13:00 — 14:00 Yoga with Kristine (Indoors)

### **10 — Tuesday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

13:00 — 14:00 Yoga with Kristine (Indoors)

### **11 — Wednesday**

08:15 — 09:15 Silver Salties Learn to Swim - October to Dec 2024

09:00 — 10:00 Fitness Circuit

### **12 — Thursday**

09:00 — 10:00 Fitness Circuit

### **13 — Friday**

09:00 — 10:00 Fitness Circuit

### **14 — Saturday**

09:00 — 10:00 Fitness Circuit

### **15 — Sunday**

09:00 — 10:00 Fitness Circuit

### **16 — Monday**

09:00 — 10:00 Fitness Circuit

### **17 — Tuesday**

09:00 — 10:00 Fitness Circuit

### **18 — Wednesday**

09:00 — 10:00 Fitness Circuit

### **19 — Thursday**

09:00 — 10:00 Fitness Circuit

### **20 — Friday**

No events

### **21 — Saturday**

No events

### **22 — Sunday**

No events

**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