

# FALL PROGRAM 2019

ON SUNDAY, SEPTEMBER 15, THE ANNE FIDDICK AQUATIC & SPORT CENTRE RE-OPENS

## Red Cross Swim Preschool

- 1) September 23 - October 17
- 2) October 21 - November 14
- 3) November 25 - December 12

## Red Cross Swim Kids



A great Low Impact Workout for Everyone!

AquaFit

Monday thru Friday Mornings: 9:15 - 10:15 am

## OLLIE NIGHTS!



FRIDAYS 7 - 8 pm



An instructor is available for helpful hints Monday Wednesday Friday

PARENT & TOT FREE SWIM 10:00 - 11:00 AM

## Birthday Parties

Host your next one at the pool



## I ♥ Swimming

### CANADIAN SWIM PATROL

October/November Monday & Wednesday 4:00 - 5:00 pm 10 sessions

Ability is the only prerequisite



### SPECIAL EVENT SWIM



FRIDAY NOVEMBER 22

Fun, Games, Prizes & Treats 6:00 - 9:00 pm

Regular admission rates apply



## FITNESS CLASSES FOR SENIORS 60+



September 23 - November 4 Monday 9:15 - 10:15 am 6 Sessions/\$30.60

Core training, balance flexibility, strength will all be covered in this one hour instructor led program



## Cardio Plus



September 16 - December 20 Monday 12 Sessions/\$61.20 Wednesday 14 Sessions/\$71.40 Friday 14 Sessions/\$71.40

## MONDAY YOGA



September 16 - December 16 6:30 - 7:45 PM \$76.80/12 SESSIONS

## Public Skating. Fun for the whole Family!



FRIDAYS

October 11 - December 13 7:00 - 8:30 PM



Bring the little ones to the rink for a skate with Santa Friday, December 13, 2019



## CELEBRATE WITH US

Ollie's Birthday Saturday, October 5

Free Swim & Treats 2 - 5 PM



Please register for all programs in person at the Aquatic Centre. For more info drop-in or Call 250-283-2216

