

FALL

PROGRAM

2019

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

 **Preschool**

 **Swim Kids**

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



Aquafit

A great
Low Impact
Workout
for
Everyone!

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

OLLIE NIGHTS



FRIDAYS 7-8 pm



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

An instructor
is available
for helpful
hints
Monday
Wednesday
Friday

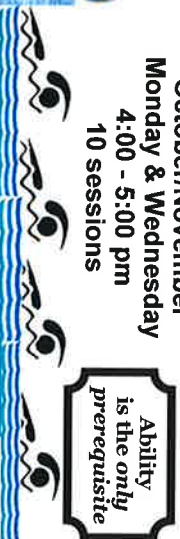
Birthday Parties!
Host your next one at the pool



I Love Swimming

CANADIAN SWIM PATROL

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



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

SKATE WITH SANTA



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

