

# Fall Program 2017

On Sunday, September 17, the Anne Fiddick Aquatic & Sport Centre Re-Opens. Join us from 12 - 4 pm for a free swim and treats to celebrate Ollie's Birthday.

## SWIMMING LESSONS



- 1) September 25 - October 19
- 2) October 23 - November 16
- 3) November 20 - December 14

For more info on dates/times please call the Aquatic Centre

**Bronze Medallion**  **Bronze Cross** 



### TO BE ANNOUNCED

Please call the Aquatic Centre and leave your name and number

LIFESAVING SOCIETY  
The Lifeguarding Experts

## OLLIE NIGHTS



MONDAYS & FRIDAYS

## Parent & Tot Free Swim

Monday, Wednesday & Friday

10:00 - 11:00 am

An instructor is available for helpful hints



## SPECIAL EVENT SWIM



FRIDAY OCTOBER 27

Fun, Games, Prizes & Treats

6:00 - 9:00 pm



## CANADIAN SWIM PATROL



### TO BE ANNOUNCED

Please call the Aquatic Centre and leave your name and number

Ability is the only prerequisite



**AQUA FIT** A great Low Impact Workout for Everyone!

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

## Cardio Plus

September 25 - December 18

Mondays: 4:15 - 5:15 pm

12 sessions/\$58.80

September 28 - December 20

Wednesdays: 4:15 - 5:15 pm

13 sessions/\$63.70



September 30 - December 22

Fridays: 4:15 - 5:15 pm

13 sessions/\$63.70

## Namaste Yoga



September 25 - December 18

Mondays: 6:30 - 7:45 pm

11 sessions/\$67.10



## SATURDAYS

# Public Skate

7:00 - 8:30 pm

Bring the little ones to the rink for a skate with Santa

Saturday, December 16



7:00 pm

Regular admission rates apply