



WINTER PROGRAM 2020



RED CROSS SWIM KIDS AND PRE-SCHOOL LESSONS

Learn to Swim

January 13 - February 13 Feb 17 - March 12
For more info on days/times please call the Aquatic Centre



Dates & Times
TBA
Please call the
Aquatic Centre to
have your name put
on an interest list



Monday/Wednesday
January 27 - February 24
3:45 - 6:30 pm
\$113.20 + GST
Prerequisite: Bronze Medallion




Parent and Tot Swim
MONDAY
WEDNESDAY
FRIDAY
10:00 - 11:00 AM
FREE

RC WATER SAFETY INSTRUCTORS

15 years of age
Ability to perform Red Cross
Swim Kids 10 Strokes and skills
March 23 - 27
Monday to Friday
9:00 am - 4:00 pm




POOL PARTY

The best place to have your birthday!

SPRING BREAK FREE LESSONS
MARCH 25, 26 & 27, 2019
1/2 3/4 5/6 7/8 9/10



SPECIAL EVENT SWIM
Friday
February 21 6:00 To 9:00 pm



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



AQUAFIT

A great low impact fitness program for all ages

TUESDAYS
6:30 - 7:45 PM
Koga
January 7 - March 10



CARDIO PLUS

January 6 - March 9
Mondays: 4:15 - 5:15 pm
9 sessions/ \$45.90
January 8 - March 11
Wednesdays: 4:15 - 5:15 pm
10 sessions/\$51.00
January 10 - March 13
Fridays: 4:15 - 5:15 pm
10 sessions/\$51.00



Monday/Wednesday
Seniors' Fitness
9:15 - 10:15 am

Improve balance flexibility Increase strength & muscle tone
January 6 - February 12 6 sessions/\$31.20 each




Our Facility
25m four lane pool
Leisure pool
Hot tub
Sauna
Fitness rooms
Courts

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RED CROSS
Babysitting Course



FRIDAYS
7:00 - 8:30 pm
PUBLIC SKATING
January 10 - March 13, 2020

