

# SPRING PROGRAM 2017

## RED CROSS SWIM KIDS SWIMMING LESSONS



### PRE SCHOOL SWIMMING LESSONS

I ❤️ Swimming

- 1) April 3 - May 4
- 2) May 8 - June 8

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



March 29, 30, 31

10:30 am - 12

Please register your child at the Aquatic Centre

### Lifesaving Instructor

- |        |        |
|--------|--------|
| May 26 | 6 - 10 |
| 28     | 9 - 5  |
| June 2 | 6 - 10 |
| 4      | 9 - 5  |

Cost: Course: \$144.00 + tax  
Manual: \$35.70+ tax

Total: \$188.69

PREREQUISITES: BRONZE CROSS (not current)  
MUST BE 16 YEARS OF AGE BY START OF THE COURSE



OLLIE NIGHTS!  
**MONDAYS & FRIDAYS**



APRIL (TBA)  
Ages 11 & up  
Maximum 20  
\$35.00  
Become a  
Certified Babysitter



**RED CROSS**  
Babysitting Course



### Parent & Tot

### Free Swim

Monday/Wednesday/Friday

10:00 - 11:00 am

An instructor is available for helpful hints!

**JOIN THE FUN!**

FRIDAY

MAY 26

6:00 - 9:00

Play Games!  
Have Fun!



SPECIAL EVENT SWIM  
AT THE AQUATIC CENTRE

A ONE HOUR  
WORKOUT  
IS 4%  
OF YOUR DAY  
NO EXCUSES



MONDAY THRU FRIDAY

9:15 - 10:15 AM

Does a body good!

## CARDIO PLUS

March 20 - June 5

Monday: 4:15 - 5:15pm

\$48.00/10 sessions

March 29 - June 7

Wednesday: 4:15 - 5:15 pm

\$52.80/11 sessions

March 31 - June 9

Friday: 4:15 - 5:15 pm

\$48/10 sessions



ADDITIONAL CLASS

15% OFF EACH

Health Matters **TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE IN.**



**MONDAYS**

### Beginner

April 10 - June 5

6:00 - 7:15 pm

\$42.00/7 sessions



### Intermediate

April 10 - June 5

7:30 - 8:45 pm

\$42.00/7 sessions



## Pitch-In Week 2017

Lets Clean Up Our Community!

Sunday

April 23



10:00 am

Meet at the Community Centre  
Enjoy a snack and beverage  
after the clean-up.  
Gloves and bags provided.



All participants will receive a free swimming pass

Bring your club, family or group of friends to help clean our parks, streets, trails and neighbourhoods.

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