

# SPRING PROGRAM 2019

April 8 to May 9  
 Red Cross Swim  
 May 13 to June 6



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

## NEXT STEP!

April 8 - May 8  
 May 13 - June 5

## CANADIAN SWIM PATROL

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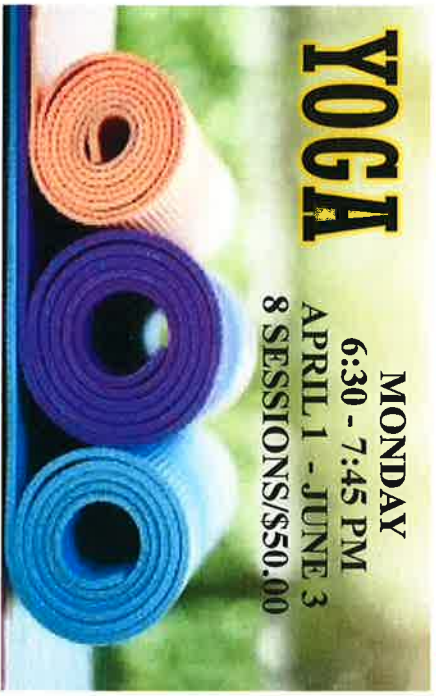
Wednesday  
 4:00 - 5:00 pm



**AQUAFIT**  
 9:15 - 10:15 am  
 Monday - Friday  


## YOGA

**MONDAY**  
 6:30 - 7:45 PM  
 APRIL 1 - JUNE 3  
 8 SESSIONS/\$50.00



## CARDIO PLUS

April 8 - June 3  
 Monday: 4:15 - 5:15 pm  
 7 sessions/\$35.00  
 April 10 - June 5  
 Wednesday: 4:15 - 5:15 pm  
 9 sessions/\$45.00  
 April 12 - June 7  
 Friday: 4:15 - 5:15 pm  
 8 sessions/\$40.00

## Parent-Tot Free Swim

MONDAY WEDNESDAY FRIDAY 10 AM - 11:00 AM

## AQUAFIT

**MONDAY EVENINGS**  
 April 8 - June 3  
 6:00 - 7:00 pm  
 7 sessions/\$35.00

## OLLIE NIGHTS

**MONDAY & FRIDAY**

## SPECIAL EVENT SWIM

Regular Admission Rates Apply

**FRIDAY**  
 May 24<sup>th</sup> 6:00 - 9:00 pm

Games 3  
 Prizes 3

# STRONGER SENIORS 60+

**Stretch & Strength Class**

Increase flexibility

April 8 - June 3  
 Monday: 3:00 - 4:00pm  
 7 sessions/\$35.00

Improve Balance



**Cardio +**  
 April 10 - June 5  
 Wednesday: 3:00 - 4:00 pm  
 9 sessions/\$45.00



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 5 SESSIONS/ \$25.00  
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April 11 - May 9 Thursday: 1:30 - 2:30 pm

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**ILLEGAL DUMPING CLEAN UP DAY**  
**GOLD RIVER CLEAN UP DAY**  
 SATURDAY, MAY 4 10:00 AM  
 MEET AT THE COMMUNITY CENTRE

Bring your club, family or group of friends to help clean our parks, streets, trails and neighbourhoods as well as some of the illegal dumping sites. More information will be available as we get closer to the day. Call Jan @ 250-283-2251

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