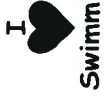


WINTER PROGRAM 2018



January 15 - February 15
February 19 - March 22



RED CROSS SWIM KIDS AND PRE-SCHOOL LESSONS

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



Great place

to celebrate a birthday!

Pool Parties

NEXT STEP!

CANADIAN SWIM PATROL

February 19 - March 21
Monday & Wednesday
3:30 - 5:00 pm
\$64/10 sessions



PARENT & TOT FREE SWIM
10:00 AM - 11:00 AM
MONDAY/WEDNESDAY/FRIDAY



An instructor is available for helpful hints

RC WATER SAFETY INSTRUCTORS

15 years of age
Ability to perform Red Cross
Swim Kids 10 Strokes and skills



March 25 - 29
Sunday to Thursday
9:00 am - 4:00 pm
Cost: \$355.00 + GST

BRONZE CROSS BRONZE MEDALLION

Bronze Cross: Pre-requisite Bronze Medallion



January 8 - February 14
Monday: 3:45 - 5:15 pm
Wednesday: 3:45 - 5:45 pm
Cost: \$108.80 + GST
Manual: \$35.70 + GST

LIFESAVING SOCIETY



LIFESAVING INSTRUCTORS

February 16, 17, 18 & 23, 24, 25

Pre-requisites: 16 years old BRONZE CROSS

Friday: 3:30 pm - 6:00 pm
Saturday: 8:00 am - 2:00 pm
Sunday: 8:00 am - 12 noon
Cost: \$144.00 + GST
Manual: \$35.70 + GST



AQUAFIT

Monday - Friday Mornings: 9:15 - 10:15 am
A great low impact exercise program for all ages

Increase flexibility, muscle strength and body tone



Monday: January 8 - March 19
10 sessions/ \$61.00
Wednesday: January 10 - March 21
11 sessions/\$67.10

Cardio PLUS

January 8- March 19
Monday: 4:15 - 5:15pm
\$49.00/10 sessions

January 3 - March 21

Wednesday: 4:15 - 5:15 pm
\$58.80/12 sessions

January 5 - March 23

Friday: 4:15 - 5:15 pm
\$58.80/12 sessions



Public Skating

January 6 - March 17
Fridays: 6:30 - 8:00 pm



Special Event Swim



FRIDAY FEBRUARY 16 6:00 - 9:00 PM

SPRING BREAK FREE LESSONS

March Break SWIM Lessons

MARCH 27 - 29



Become a
certified
Babysitter!



RED CROSS
Babysitting Course



TBA:

Please call to have your name put on an interest list