

# FALL PROGRAM 2018

On Sunday, September 16, the Anne Fiddick Aquatic & Sport Centre Re-Opens.



- 1) September 24 - October 18
- 2) October 22 - November 15
- 3) November 19 - December 13

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

## NATIONAL LIFEGUARD SERVICE POOL OPTION

**Dates:** November 16, 17, 18 Cost: \$275.00 + tax  
November 23, 24, 25 Alert Manual \$35.70 + tax  
\$310.70 + tax

**Times:** Friday: 5:00 pm - 9:00 pm  
Saturday: 9:00 am - 6:00 pm  
Sunday: 9:00 am - 6:00 pm



**Prerequisites:** 16 YEARS OLD BY LAST DAY OF COURSE

BRONZE CROSS  
STANDARD FIRST AID  
CPR C



Instructor: Michael Loti



**OLLIE NIGHTS**

Source & Sports Centre  
Gold River

**FRIDAYS 7 - 8 PM**

10 AM TO 11 AM

**PARENT-TOT**

**FREE SWIM**

An instructor is available for helpful hints Monday Wednesday Friday

## STANDARD WITH CPR-C FIRST AID CERTIFICATION

Course: \$106.65 + GST Manual: \$11.00 + GST

**Dates:** Saturday, October 13 9:00 am - 3:00 pm  
Sunday, October 14 9:00 am - 3:00 pm  
Sunday, October 21 9:00 am - 3:00 pm

**Prerequisite:** Must be 15 years old

Instructor: Michael Loti



## CANADIAN SWIM PATROL

October - November  
Monday & Wednesday  
3:30 - 5:00 pm  
10 sessions



Ability is the only prerequisite

## SPECIAL EVENT SWIM



**FRIDAY OCTOBER 19**  
Fun, Games, Prizes & Treats  
6:00 - 9:00 pm



Regular admission rates apply



A great Low Impact Workout for Everyone!



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

**Cardio Plus**

60+ Free!

These classes will introduce you to the correct and safe usage of our facilities cardio and strength machines. Please leave your name and phone number for our interest list. Date: TBA

**YOGA**

YOGA MAT

September 17 - December 17  
MONDAYS

6:30 - 7:45 PM \$81.25/13 SESSIONS

Join us for **PUBLIC SKATER!**

Family Fun For Everyone!

October 13 - December 15  
Saturdays 7:00 - 8:30 pm

Skate **With Santa**

Saturday, December 15  
7:00 - 8:30 PM

REGULAR ADMISSION

Celebrate Ollie's Birthday!

Saturday, October 6

HAPPY BIRTHDAY

FREE SWIM & TREATS 2 - 5 PM