

WINTER PROGRAM 2019

RED CROSS SWIM KIDS AND PRE-SCHOOL LESSONS

Learn to Swim



January 7 - February 7
February 11 - March 14

For more information

on dates and times call the Aquatic Centre 250-283-2216

Have your **POOL PARTY** **Birthday at the Aquatic Centre**

CANADIAN SWIM PATROL

The Canadian Swim Patrol program is the on-ramp to lifeguarding. Ability is the only prerequisite.

February 11 - March 13
Monday & Wednesday
3:30 - 5:00 pm
\$58.85/9 sessions



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 25 - 29
Monday to Friday
9:00 am - 4:00 pm
Cost: \$355.00 + GST



AQUA HIIT

7:30 - 8:30 THURSDAYS

February 14 - March 14
7:30 - 8:30 pm 5 Sessions/\$25.00

FREE kids swimming lessons
DURING SPRING BREAK



MARCH 27 - 29 Register at the Aquatic Centre

Babysitters Training Course TBA
TBA: Please call to have your name put on an interest list



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



A great low impact fitness program for all ages



Increase flexibility, muscle strength and body tone

Monday: January 7 - March 11
9 sessions/ \$56.25
6:30 - 7:45 pm

Cardio Plus



January 7 - March 11
Monday: 4:15 - 5:15 pm
\$45.00/9 sessions



January 2 - March 13
Wednesday: 4:15 - 5:15 pm
\$55.00/11 sessions
January 4 - March 15
Friday: 4:15 - 5:15 pm
\$55.00/11 sessions



PUBLIC SKATING



FRIDAYS

January 11 - March 15, 2019 7:00 - 8:30 pm



FITNESS CLASS

January 15 - March 12
Tuesdays: 6:00 - 7:00 pm
\$45.00/9 sessions



SO MUCH FUN

SPECIAL EVENT SWIM

Regular Admission Rates Apply

FRIDAY FEBRUARY 15 6:00 - 9:00