



SPRING PROGRAM 2018




April 16 - May 10
May 14 - June 7

Swim with the best

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



Aqua Fit

9:15 - 10:15 am
Monday - Friday

Cardio. Condition. Strengthen

FREE

PARENT & TOT

An instructor is available for helpful hints!

Monday Wednesday Friday 10 - 11 am

CARDIO PLUS

FULL BODY WORKOUT

March 26 - June 4
Monday: 4:15 - 5:15 pm
9 sessions/\$44.10

March 28 - June 6
Wednesday: 4:15 - 5:15 pm
11 sessions/\$53.90

April 6 - June 8
Friday: 4:15 - 5:15 pm
10 sessions/\$49.00

Ollie Nights

Monday & Friday

NEXT STEP!

CANADIAN SWIM PATROL

May 7 - June 6
Monday & Wednesday
3:30 - 5:00 pm
\$57.70/9 lessons



HIIT

Aqua Fit

April 16 - May 9
6:00 - 7:00 pm
\$39.20/8 sessions (M & W)
\$19.60/4 sessions (M or W)

May 14 - June 6
6:00 - 7:00 pm
\$34.30/7 sessions (M & W)
\$19.60/4 sessions (W)
\$14.70/3 sessions (M)

MONDAY & OR WEDNESDAY

YOGA

April 9 - June 4
Mondays

8 sessions/\$48.80

JOIN the FUN!

FRIDAY

MAY 25

6:00 - 9:00

*Play Games!
Have Fun!*



PITCH IN!

GOLD RIVER

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