

## EXERCISE CLASSES

LEVEL	MAX DESCRIPTION	TIME	FEE
<b>AQUAFIT</b>	<p>Monday*, Wednesday* and Friday*mornings</p> <p style="text-align: center;">Monday and Wednesday evenings</p> <p style="text-align: center;">*Heart Wise</p> <p style="text-align: center;">Sept. 10— Dec. 21, 2018</p>	<p>9:30-10:30 a.m.</p> <p>7:30-8:30 p.m.</p>	<p>10 tickets - \$83.70</p> <p>5 tickets - \$41.85</p>
<b>H2O Boot Camp</b>	<p>A combination of resistance training and traditional water aerobics using equipment such as “water weights”, fins and high Intensity noodles. This challenging cardio workout increases strength, lung capacity and endurance with little to no impact on the joints. Participants must be 16 years or older and able to swim in deep water.</p>	<p style="text-align: center;"><b>Tuesdays</b></p> <p>7:00-7:45 p.m.</p> <p>Sept 11-Nov. 27 (12 wks)</p>	<p style="text-align: center;">\$121.90</p> <p>Price includes HST</p>
<b>AQUA YOGA</b>	<p>Yoga class helps with strength, flexibility, and stability with little to no impact on the joints. It is about prioritizing your mind, body, and soul wherever you are, and making these mindful practices accessible to you.</p>	<p style="text-align: center;"><b>Thursdays</b></p> <p>8:30—9:00 p.m.</p> <p>Sept. 20-Oct 4 (3 wks);</p> <p>Oct. 25-Nov. 29 (6 wks)</p>	<p>\$20.35 (3 wks)</p> <p>\$40.70 (6 wks)</p> <p>Price includes HST</p>
<b>Active Mom and baby Aqua-cize</b>	<p>Enjoy the benefits of a fitness workout with the company of other new moms, while you and your baby enjoy time together in the pool. Your baby will safely float in an infant boat. Babies must be at least 4 months old.</p>	<p style="text-align: center;"><b>Wednesdays</b></p> <p>Sept. 12– Nov. 28</p> <p>10:40-11:25 a.m.</p> <p>(12 weeks)</p>	<p style="text-align: center;">\$102.25</p> <p>Price includes HST</p>
<b>PARENT &amp; TODDLER SWIM</b>	<p>Moms, Dads or caregivers enjoy a 30 minute daytime swim with your toddler(s). Babies must be 4 months of age to fit comfortably in our baby boats. The fee is based on an adult admission. If you have another adult join your group, an additional admission of \$2.25 will be charged per visit at the pool.</p>	<p style="text-align: center;"><b>Tuesdays</b></p> <p>Sept. 11 – Nov. 27</p> <p>11:00-11:30 a.m.</p> <p>(12 weeks)</p>	<p style="text-align: center;">\$27.00</p> <p>Price includes HST</p>
<b>AQUAJOG</b>	<p>Aquajog is a one hour deep water, non-impact exercise. A great jogging program with little to no impact on the joints. This program is beneficial for injury rehabilitation. A flotation device is provided to maintain proper body alignment while keeping the head above water.</p>	<p style="text-align: center;"><b>Tuesdays</b></p> <p>7:00-8:00 p.m.</p> <p>Sept. 11-Dec. 11</p>	<p style="text-align: center;">14 weeks</p> <p>Once a week \$77.00</p> <p>Price includes HST</p>

<p><b>STAND-UP PADDLE BOARD WORK-OUT</b></p>	<p><b>**Want to try something new? Join the TREND of a work-out on a stand-up paddle board. Enjoy the benefits of a work-out with the extra challenge of being on a stand-up paddle board in the pool. This is a great core based activity.</b></p> <p>The pool has 4 SUP boards.</p> <p><i>We offer a reduced fee if you bring your own SUP board and paddle.</i></p>	<p><b>Tuesdays</b></p> <p>8:00-8:45 p.m.</p> <p><b>Sept. 11— Oct. 16 (6 weeks)</b></p> <p><b>Oct. 23— Nov. 27 (6 weeks)</b></p> <p><b>\$71.20 (with board rental)</b></p> <p><b>\$60.95 (bring your own board)</b></p> <p>Price includes HST</p>
<p><b>**NEW** AQUA THERAPY</b></p>	<p>The many benefits of AquaTherapy include improved balance and coordination, improved muscle circulation and strength, increased joint flexibility, and enhanced aerobic capacity. This program is useful for a variety of medical conditions and rehabilitation from injuries and/or surgeries. Participants who bring a personal support worker or a family member to assist who has swimming knowledge is welcome at no additional costs. If assistance is required, an instructor can be assigned to you for an additional fee.</p>	<p><b>Thursdays</b></p> <p>9:30-10:15 a.m.</p> <p><b>8 weeks</b></p> <p><b>Sept. 13— Nov. 1</b></p> <p><b>\$81.27</b></p> <p>Price includes HST</p>
<p><b>ADULT LESSONS</b></p>	<p>Learn to swim / Stroke improvement / Bronze Medallion / Bronze Cross / 1:1 available</p> <p><b>6 classes (once or twice a week times available)</b></p> <p>Sun - 9:00-9:30 pm</p> <p>Mon - 1:00-1:30 pm</p> <p>Tues - 8:00-8:30 pm</p> <p>Thurs - 8:00-8:30 pm</p>	<p>1:1 (1 hour) \$177.30</p> <p>1:1 (½ hr) \$88.50</p> <p>1:2 (1 hour) \$88.50</p> <p>Group of 6 \$49.50</p> <p>Price includes HST</p>

**MEMBERSHIPS**

<p><b>EARLY BIRD</b></p>	<p>The early bird program is an hour swim Monday, Wednesday and Friday, from 6:00-7:00 a.m. for people wishing to improve their strokes or just keep in shape.</p> <table border="1" data-bbox="544 1860 1507 2171"> <thead> <tr> <th>PARTICIPATION</th> <th>12 MONTHS</th> <th>1 MONTH</th> </tr> </thead> <tbody> <tr> <td>Early Bird Membership includes a 12 month Adult Membership</td> <td>\$603.30</td> <td>\$62.75</td> </tr> <tr> <td>Early Bird Swims Only</td> <td>\$361.55</td> <td>\$54.75</td> </tr> </tbody> </table>	PARTICIPATION	12 MONTHS	1 MONTH	Early Bird Membership includes a 12 month Adult Membership	\$603.30	\$62.75	Early Bird Swims Only	\$361.55	\$54.75
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