





Community Pool Mini Fall Aquatic Exercise Programs

Session 1: September 13—October 27, 2019 (6 Weeks)

No lessons during the Thanksgiving weekend

Session 2: November 8—December 19, 2019 (6 Weeks)

LEVEL	MAX DESCRIPTION	TIME	FEE
AQUAFIT 	Monday*, Wednesday* and Friday* daytime Monday and Wednesday evening *Heart Wise Sept. 9— Dec. 20, 2019 <i>Aquafit does not run during stat. holidays</i>	9:30-10:30 a.m. 7:30-8:30 p.m.	10 tickets - \$85.78 5 tickets - \$42.90 HST incl.
Active Mom and baby Aquafit 	Enjoy the benefits of an aqua 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.	Wednesdays Session 1 Sept. 11– Oct. 16 10:40-11:25 a.m. (6 weeks) \$52.41 HST incl.	Wednesdays Session 2 Oct. 23-Nov. 27 10:40-11:25 a.m. (6 weeks) \$52.41 HST incl.
H2O Boot Camp with Tricia 	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.	Tuesday Session 1 7:00-7:45 pm Oct. 1-Nov. 5 (6 wks) \$62.44	Tuesday Session 2 7:00-7:45 pm Nov. 12-Dec. 17 (6 wks) \$62.44
STAND UP PADDLE BOARD WORK-OUT with Becky 	Enjoy the benefits of a workout with the extra challenge of being on a stand up paddle board in the pool. <i>We offer a reduced fee if you bring your own SUP board.</i>	Thursdays Session 1 5:30-6:15 pm Oct. 3-Nov 7 (6 wks) \$67.44 HST incl.	Thursdays Session 2 5:30-6:15 pm Nov. 14-Dec. 19 (6 wks) \$67.44 HST incl.
ADULT LESSONS 	Learn to swim / Stroke improvement / Bronze Medallion / Bronze Cross / 1:1 available 6 classes (once or twice a week times available). Times can also be arranged to suit your busy schedule Mon - 1:00-1:30 pm Tues - 8:00-8:30 pm		1:1 (1 hour) \$181.70 1:1 (½ hr) \$90.85 1:2 (1 hour) \$90.85 Group of 6 \$50.51 HST incl.

PARENT & TODDLER SWIM 	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. Tuesdays 11:00 am-11:30 am Sept 3rd to Dec 17th Drop in fee \$2.25/per adult
NEW AQUA THERAPY 	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. Session 1—Thursdays 9:30-10:15 am (Sept 12-Oct 17) for 6 weeks Session 2—Thursdays 9:30-10:15 am (Oct 24-Nov 28) for 6 weeks Fee \$62.58/per session HST included