



# Community Pool Mini Winter Aquatic Exercise Programs

LEVEL	MAX DESCRIPTION	TIME	FEE
<b>EXERCISE CLASSES</b>			
<b>AQUAFIT</b> *Heart Wise	Monday*, Wednesday* and Friday* morning Monday and Wednesday evening January 7— March 8, 2019. <i>Registration open</i>	9:30-10:30 a.m. 7:30-8:30 p.m.	10 tickets - \$83.70 5 tickets - \$41.85
<b>H2O Boot Camp</b> 	A combination of resistance training and traditional water aerobics using equipment such as “water weights”, fins and noodles. Participants must be 16 years or older and able to swim in deep water. <i>Registration open</i>	<b>Tuesdays</b> 7:00-7:45 p.m. Jan. 22-March 19 (8 wks)	<b>\$81.27</b> Price include HST Excluding March 12th for March Break
<b>Active Mom and baby Aquafit</b> 	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. <i>Registration open</i>	<b>Wednesdays</b> Jan. 16– March 6 10:40-11:25 a.m. (8 weeks)	\$68.16 Price include HST
<b>AQUAJOG</b> 	Aquajog is a one hour deep water, non-impact exercise. A great jogging program with little to no impact on the joints. A flotation device is provided to assist in maintaining proper body alignment while keeping the head above water. <b><i>This is a self directed program.</i></b> <i>Registration open</i>	<b>Tuesdays</b> 7:00-8:00 p.m. Jan. 15 - March 5	8 weeks Once a week <b>\$43.84</b> Price include HST
<b>STAND UP PADDLE BOARD WORK-OUT at the</b> 	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. A certified personal trainer will teach this course. The pool has 4 SUP boards. <b>CANCELLED</b>	<b>Thursdays</b> 7:45-8:30 p.m.	4 weeks <b>Jan. 17 - Feb. 7</b> <b>\$50.62 HST incl.</b> <b>\$10.00 Discount if you bring your own board</b>
<b>**NEW**</b> <b>AQUA THERAPY</b>  	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, please see the pool supervisor so that an instructor can be assigned to you. An additional fee will apply. <i>Registration open</i> 9:30-10:15 a.m.	<b>Thursdays</b> 9:30-10:15 a.m. 9 weeks <b>Jan. 10-March 7</b> <b>\$91.43 HST incl.</b>	

## Community Pool Mini Winter Drop-in Programs

LEVEL	DESCRIPTION		
<p><b>PARENT &amp; TODDLER SWIM Drop-in Program</b></p> 	<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 the baby boats. The fee is based on an half hour 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><b>Tuesdays</b> Jan. 8 -March 5 11:00-11:30 am</p>	<p>\$2.25 Admission per visit</p>
<p><b>Innertube Waterpolo</b></p>	<p>This new new aquatic drop-in program is geared to students 16 years of age and older. Two 30 minute pick up games per evening during this one hour interval . 6 players per team</p>	<p>Monday evenings Jan 7-March 4 8:30-9:30 pm</p>	<p>\$7.00 admission per visit</p>

LEVEL	DESCRIPTION									
<b>MEMBERSHIPS</b>										
<p><b>EARLY BIRD</b> Classes will be cancelled on all Statutory holidays and the August Civic Holiday</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" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th style="width: 40%;">PARTICIPATION</th> <th style="width: 30%;">12 MONTHS</th> <th style="width: 30%;">1 MONTH</th> </tr> </thead> <tbody> <tr> <td>Early Bird Membership includes a 12 month Adult Membership</td> <td style="text-align: center;">\$603.30</td> <td style="text-align: center;">\$62.75</td> </tr> <tr> <td>Early Bird Swims Only</td> <td style="text-align: center;">\$361.55</td> <td style="text-align: center;">\$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
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								

<p><b>MEMBERSHIP RATES</b></p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 20%;">TYPE</th> <th style="width: 20%;">PARTICIPATION</th> <th style="width: 20%;">12 MONTHS</th> <th style="width: 20%;">1 MONTH</th> </tr> </thead> <tbody> <tr> <td>ADULT MEMBERSHIP</td> <td>Adult &amp; Public swims</td> <td style="text-align: center;">\$241.80</td> <td style="text-align: center;">\$61.00</td> </tr> <tr> <td>FAMILY MEMBERSHIP</td> <td>Public swims</td> <td style="text-align: center;">\$337.95</td> <td style="text-align: center;">\$97.30</td> </tr> <tr> <td>STUDENT</td> <td>Public &amp; Family</td> <td style="text-align: center;">\$134.15</td> <td style="text-align: center;">\$39.20</td> </tr> </tbody> </table>	TYPE	PARTICIPATION	12 MONTHS	1 MONTH	ADULT MEMBERSHIP	Adult & Public swims	\$241.80	\$61.00	FAMILY MEMBERSHIP	Public swims	\$337.95	\$97.30	STUDENT	Public & Family	\$134.15	\$39.20
TYPE	PARTICIPATION	12 MONTHS	1 MONTH														
ADULT MEMBERSHIP	Adult & Public swims	\$241.80	\$61.00														
FAMILY MEMBERSHIP	Public swims	\$337.95	\$97.30														
STUDENT	Public & Family	\$134.15	\$39.20														