





# Community Pool Winter Aquatic Exercise Programs

**January 6—March 13, 2020**

LEVEL	MAX DESCRIPTION	TIME	FEE
<b>AQUAFIT</b> 	<p>Monday*, Wednesday* and Friday* daytime                      Monday and Wednesday evening</p> <p>*Heart Wise                      January 6—March 13</p> <p><i>Aquafit does not run during stat. holidays</i></p>	9:30-10:30 a.m. 7:30-8:30 p.m.	10 tickets - <b>\$85.78</b> 5 tickets - <b>\$42.90</b> HST incl.
<b>Active Mom and baby Aquafit</b> 	<p>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.</p> <p><i>Registration is open</i></p>	<p style="text-align: center;"><b>Wednesdays</b></p> Jan. 15—March 4 10:40-11:25 a.m. (8 weeks)	<p style="text-align: center;"><b>\$69.88 HST incl.</b></p>
<b>H2O Boot Camp with Tricia</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><i>Registration is open</i></p>	<p style="text-align: center;"><b>Tuesdays</b></p> 7:00-7:45 p.m. Jan. 14—March 3 (8 wks)	<p style="text-align: center;"><b>\$83.26 HST incl.</b></p>
<b>AquaTherapy</b> 	<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, please see the pool supervisor so that an instructor can be assigned to you. An additional fee will apply.</p> <p><i>Registration is open</i></p>	<p style="text-align: center;"><b>Thursdays</b></p> Jan. 9-March 12 9:30-10:15 a.m. 10 weeks	<p style="text-align: center;"><b>\$104.30 HST incl.</b></p>
<b>PARENT &amp;</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> <b>11:00 -11:30 a.m.</b> <i>This is a recreational swim</i>	<p style="text-align: center;"><b>\$2.25</b></p> Admission per adult
	<p style="text-align: center;">Learn to swim / Stroke improvement /                      Bronze Medallion / Bronze Cross / 1:1 available</p> <p style="text-align: center;"><b>6 classes</b> (once or twice a week times available).</p> <p style="text-align: center;"><b><i>Times can be arranged to suit your busy schedule</i></b></p>		1:1 (1 hour) \$181.74 1:1 (½ hr) \$90.85 1:2 (1 hour) \$90.85 Group of 6 \$50.51 HST incl.