

# FALL RECREATOR

SEPTEMBER \* OCTOBER \* NOVEMBER \* DECEMBER 2021

## WHATS INSIDE

Membership Rates  
Pool Schedule  
Pool Policy  
Pool Programs

Fitness Classes  
Registration Information  
Swim Lesson Information

COVID-19 Guidelines  
No Show Policy  
Gym Schedule Times

**REGISTRATION** begins **FRIDAY, August 20, 2021**; online at 7am.

# RECEPTION HOURS

EFFECTIVE January 1, 2021

Monday to Friday .....6:00am to 10:00pm

Saturday and Sunday .....8:00am to 10:00pm

## STATUTORY HOLIDAYS

September 6; Labor Day ..... Facility Closed

September 30; National Day for Truth and

Reconciliation ..... TBA

October 11; Thanksgiving..... Facility Closed

## MANAGEMENT RESERVES THE RIGHT TO:

Interrupt service for improvements to the facility with no fee alterations to memberships.

## REGISTER ONLINE

To register online go to

[www.fortfrances.ca/sportscentre](http://www.fortfrances.ca/sportscentre)

Click on "Join Today" box. Sign in or create an account.



## COMMUNITY SERVICE DIVISION

### MEMORIAL SPORTS CENTRE

740 Scott Street,  
Fort Frances, Ontario

P9A 1H8

807-274-4561

[www.fortfrances.ca/sportscentre](http://www.fortfrances.ca/sportscentre)

### RECREATION AND CULTURE MANAGER

Aaron Bisson

807-274-4561 ext. 1717

[abisson@fortfrances.ca](mailto:abisson@fortfrances.ca)

### LIFEGUARD SUPERVISOR

Rebecca Armit

807-274-4561 ext. 1720

[rarmit@fortfrances.ca](mailto:rarmit@fortfrances.ca)

### COMMUNITY SERVICE RECEPTION

Melissa Belluz

807-274-4561 ext. 1701

[mbelluz@fortfrances.ca](mailto:mbelluz@fortfrances.ca)

### FORT FRANCES PUBLIC LIBRARY AND TECHNOLOGY

Joan MacLean

807-274-9879

[jmaclean@ffpltc.ca](mailto:jmaclean@ffpltc.ca)

### FORT FRANCES MUSEUM

Bev Cochrane

807-274-4103

[bcochrane@fortfrances.ca](mailto:bcochrane@fortfrances.ca)

## Membership Rates

**\*NO INITIATION FEE\* EFFECTIVE Jan 1, 2021**

<b>ADULT (18 &amp; OLDER)</b>	<b>Cost</b>	<b>With HST</b>
Annual	519.56	587.10
6 Month	337.74	381.65
3 Month	183.05	206.85
Monthly	79.20	89.50
Daily	7.57	8.55

### **DEBIT PLAN**

Annual/Month	44.30	50.06
6 Months/Month	57.29	64.61

### **STUDENT (13 & OLDER)**

Annual	258.20
6 Month	174.50
3 Month	93.60
Monthly	54.80
Daily	5.90

### **DEBIT PLAN**

Annual/Month	22.52
6 Months/Month	30.08

\*Students over the age of 18 must bring a copy of enrollment verification from school.

### **CHILD (5 & OLDER)**

Annual	82.05
Daily	4.30

\*Child memberships are not permitted in fitness weight room.

### **FAMILY ANNUAL**

Adult	519.56	587.10
Spouse	432.87	489.15
Student	222.61	251.55
Child	69.11	78.10

### **SENIOR (60 & OLDER)**

Annual	396.73	448.30
6 Month	258.01	291.55
3 Month	139.69	157.85
Monthly	60.53	68.40
Daily	5.84	6.60

### **DEBIT PLAN**

Annual/Month	34.06	38.48
6 Months/Month	44.00	49.72

### **LOCKER RENTAL**

3 Months	31.77	35.90
6 Months	46.55	52.60
Annual	69.96	79.05

## **MEMBERSHIPS INCLUDE:**

The casual use of the weight room, squash courts, and pool. Also included are these programs: Aerobics, Aquafitness, Aqualite (dependent upon availability), Public Skates and Shiny Hockey. Please refer to the schedule for available times. As a member we ask that you register for these programs to ensure adequate space. Classes have limited enrolment so please register early.

\*5 days passes are available for purchase online.

## **FACILITY INFO**

### **WHAT WE HAVE TO OFFER**

- Municipally operated facility
- 1, 3, 6- and 12-month memberships (no initiation fee)
- 25 Meter Pool
- Red Cross & Lifesaving Swim Lessons
- Aquafitness & Aqualite Programs
- Fitness Classes
- 2 International Squash Courts
- 2 Ice Surfaces
- Weight-room: Free Weights, Olympic Gym, Nautilus Equipment
- Cardio-Room: Treadmills, 2 Ellipticals, 1 Upright Bike, 1 Stepper, 1 Recumbent Bike, 1 Tread climber, 1 Row Machine, Spin Bike
- 1 Walking track (around 52 arena)
- 2 Meeting Rooms
- Auditorium

### **REFUNDS OR TRANSFER**

Memberships are not transferable. Membership is refundable but a \$10 administration charge is applied, and the fee will revert to the monthly membership rate.

### **REFUND POLICY**

For a \$10 administration fee refunds are available 5 days prior to the beginning of a program. To receive a refund for medical reasons a medical certificate is required. Refunds must be done in writing within one week of injury.

### **MEDICAL**

For those holding an active 3-month, 6-month, or annual membership, a membership may be put on hold for up to 3 months with a certified medical professional note provided. Only one extension or suspension adjustment will be allowed per membership term. Memberships that have expired will not be considered.

Membership adjustments must not be less than 1 month.

### **CLASS SIZES AND POLICIES**

The Community Service Division reserves the right to withdraw, postpone, cancel, or combine classes and limit registration. Class sizes are limited and are offered on a first come first serve basis.

### **WEIGHT ROOM POLICIES**

The safety of our patrons is our number one priority. The successful prevention of accidents in an unsupervised weight room is influenced by the workout habits/practices used.

- Weight and cardio fitness rooms are available for use by persons 13 years old and up.
- Proper footwear/clothing is always mandatory.
- Return and clean up equipment after use.
- Do not drop free weights from any height.
- Do not move equipment.
- No fitness equipment or exercises in the squash courts or hallway at anytime
- No profane language will be tolerated.

### **PAYMENTS OPTIONS**

Cash, Cheque, Interac, Visa & Mastercard are accepted. Pre-authorized debit plans available for 6-month and annual memberships only. To be withdrawn from your account on the 15<sup>th</sup> of every month. The first must be paid on date of purchase. Must bring in a void cheque and complete a pre-authorized form.

Management reserves the right to interrupt service for improvements to the facility with no fee adjustments to memberships.

The Town of Fort Frances is dedicated to barrier free sport, recreation and leisure programs and services for its residents. No persons will be denied access to programs. Arrangements may be made through **Aaron Bisson** or **Rebecca Armit**.

### **REGISTERING**

Registration begins **FRIDAY, August 20, 2021 at 7AM** and can only be done online

[www.fortfrances.ca/sportscentre](http://www.fortfrances.ca/sportscentre)



## **COVID-19 and APPOINTMENT GUIDELINES**

- We will be open by appointment only, walk in traffic will not be accepted at this time.
- Appointments can be made up to a week in advance beginning on Monday for members and Thursday for non-members of the week before.
- We will schedule appointments for the pool and gym in blocks at specific times to allow for the staggered intake and screening of patrons, please see schedule below for times.
- We have dedicated blocks of time set aside for cleaning.
- We will be limiting pool users to 5, 10 or 15 people depending on the activity being planned during the timeslot.
- The Gym will be limited to 8 users per time slot and users will be asked to clean each machine they use immediately after its use as per COVID guidelines.
- We will be taking reservations and recording when users arrive and leave the facility to facilitate contact tracing if the information is requested by the health unit.
- We will have a roped off area from the front doors to the front desk as the lobby will be off limits at this time.
- All staff will wear a mask or face shield and masks will be mandatory for patrons. The exception for patrons will be on the pool deck area where a mask is not possible due to the water and humidity, and while using the gym and cardio facilities. Please note that all users must wear a mask while coming into the building and travelling to their respective activity and once they are in their area (gym, pool) they may remove their mask.
- Mask requirements may change based on Health Unit Requirements
- Due to the guidelines for pools, we will ask users to come dressed for the pool, they can wear pants/shorts and a shirt over their swimwear and remove once on the pool deck. The pool area will be accessed by the door beside the lifeguard station and not through the changerooms. A new shower has been installed on the pool deck area to allow users to rinse off before entering the pool.
- Please Note that all swim kids four and under lessons, the participant must be accompanied by an adult in the water.
- Upon completion of the activity in the pool the users will be allowed to enter the changerooms and change out of their swimwear. We ask that patrons do this as quickly as possible and avoid showering if possible, again the shower on the pool deck can be used to rinse off if so desired. Only 8 people will be allowed in the changeroom at one time, and social distancing is to be practiced.
- Gym users will be asked to come ready for the gym and avoid using the changerooms if possible.
- The saunas are to remain closed as per COVID restrictions.
- A COVID contact tracing form is required to be able to use the facility. You can get the form at <https://fortfrances.ca/sportscentre> and fill in the form beforehand and send it to [mbelluz@fortfrances.ca](mailto:mbelluz@fortfrances.ca) to speed up your intake process. It is listed as COVID Contact Tracing form.
- Please find our temporary schedule at <https://fortfrances.ca/sportscentre>, changes may/will happen depending on demand and flow.



## Memorial Sports Centre No Show Policy

We strive to allow the greatest number of individuals who wish to use our facilities as possible under the new restrictions. To achieve this goal, we need our members and users to help us by letting us know when they are unable to make a scheduled appointment.

To ensure that we can provide an opportunity for as many people as possible to use our facilities, we will be implementing the following policy regarding no shows. A no show is when someone fails to show up for a booked appointment without notifying us:

**1<sup>st</sup> no show:** We understand that sometimes things happen, or people forget things, so upon a first no show for a booked appointment, a customer will be called/emailed to be reminded that they had a scheduled appointment that they did not attend. They will be reminded that if they are unable to attend a scheduled appointment that they must call and cancel that appointment as we have other members that would like to use these time slots.


**2<sup>nd</sup> no show:** After a second no show for a booked appointment, a customer will be called/emailed and be told that they are no longer able to book in advance for the following week. They will only be allowed to book appointments during the week they are calling. If you call on a Monday, you can book for that day and the next six days but not the following week.

**3<sup>rd</sup> no show:** After a third no show for a booked appointment, a customer will be emailed/called and told that they are now only able to book 1 day in advance. If you call on a Monday, you can only book for the Monday or Tuesday of the same week.

**4<sup>th</sup> no show:** After a fourth no show for a booked appointment, a customer will be called/emailed and told that they can no longer book in advance for their appointments. They can call 30 minutes before a scheduled time slot and see if there are openings and then may commit to this time. If then individual then fails to show for this appointment, they will lose their membership.

# GYM APPOINTMENT SCHEDULE

Effective MAY 2021.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6-730am	6-730am	6-730am	6-730am	6-730am	
8-930am	740-910am	740-910am	740-910am	740-910am	740-910am	8-930am
940-1110am	920-1050am	920-1050am	920-1050am	920-1050am	920-1050am	940-1110am
12-130pm	12-130pm	12-130pm	12-130pm	12-130pm	12-130pm	12-130pm
140-310pm	140-310pm	140-310pm	140-310pm	140-310pm	140-310pm	140-310pm
320-450pm	320-450pm	320-450pm	320-450pm	320-450pm	320-450pm	320-450pm
5-630pm	5-630pm	5-630pm	5-630pm	5-630pm	5-630pm	5-630pm
640-810pm	640-810pm	640-810pm	640-810pm	640-810pm	640-810pm	640-810pm
820-10pm	820-10pm	820-10pm	820-10pm	820-10pm	820-10pm	820-10pm

**\*PLEASE NOTE YOU MUST BOOK BY APPOINTMENT!**

## POOL POLICY

### **Children 5 years of age and under:**

- MUST be supervised, in the water and within arms' reach, regardless of swimming ability.
- Maximum of 2 children under the age of four per guardian 14 years of age.

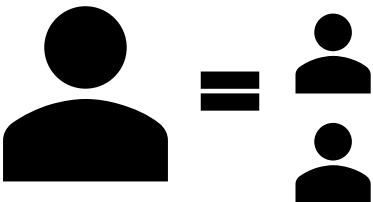
### **Children aged 6 to 9 years of age:**

- MUST be supervised within pool area, by guardian who is a minimum of 14 years of age.
- For those who cannot complete the swim test MUST be directly supervised in water and within arm's reach.
- Need to be able to demonstrate comfort in the water and pass the facility swim test to be admitted to the swimming pool without direct supervision.

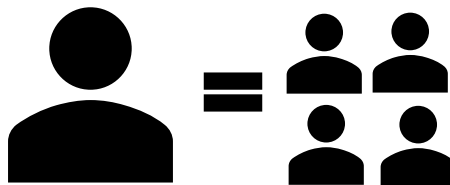
### **Swim Test Criteria:**

- All participants of any age may be asked to take a swim test to determine if they will be able to enter the deep end of the pool, and/or if a guardian is required in the water for supervision.
- The swim test will include a front swim of 2 widths and treading water for 1 minute.
- During the front swim, the lifeguard must see an attempt at over arm recovery with a near horizontal body position and uninterrupted without touching the bottom.
- While treading water the lifeguard must see the participant maintain a vertical body position, with their head above water, while staying in one place.
- Children wearing personal floatation devices (water wings, lifejackets, etc.) will be permitted in the deep end of the pool upon the discretion of the lifeguard on duty at the time.

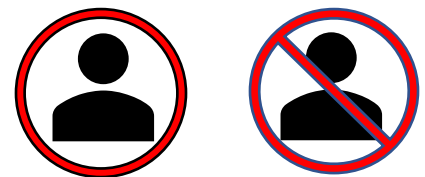
### **Children 5 years of age and under**



### **Children 6 to 9 years of age**



### **Children 10 years and older tested**





# POOL SCHEDULE

Effective AUGUST 29, 2021 – DECEMBER 18, 2021.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	605-650am Aquafitness	605-650am Lane Swim	605-650am Aquafitness	605-650am Lane Swim	605-650am Aquafitness	
	7-745am Lane Swim	7-745am Lane Swim	7-745am Lane Swim	7-745am Lane Swim	7-745am Lane Swim	
	8-845am Lane Swim	8-845am Spin Bike	8-845am Lane Swim	8-845am Spin Bike	8-845am Lane Swim	815-930am Lane Swim
9-11am Aquatot Lessons	9-945am Aquafitness	9-945am Aquafitness	9-945am Aquafitness	9-945am Aquafitness	9-945am Aquafitness	
	10-1045am Aqualite	10-1045am Aqualite	10-1045am Aqualite	10-1045am Aqualite	10-1045am Aqualite	945-1115 Lane Swim
	11-1145am Aquafitness	11-1130am Lessons	11-1145am Aquafitness	11-1145am Family Swim	11-1145am Aquafitness	1130-130pm Swim Club
1115-1215pm Family Swim						
1230-130pm Family Swim	12-1pm Lunch Lengths	12-1pm Lunch Lengths	12-1pm Lunch Lengths	12-1pm Lunch Lengths	12-1pm Lunch Lengths	
2-5pm Lessons	2-330pm Lane Swim	2-330pm Lane Swim	2-330pm Lane Swim	2-330pm Lane Swim	2-330pm Lane Swim	230-330pm Family Swim
	4-6pm Swim Club	4-6pm Lessons	4-6pm Swim Club	4-6pm Lessons		4-5pm Family Swim
					530-730pm Family Swim	
	615-715 Masters	615-7pm Aquafit	615-715 Masters	615-7pm Aquafit		
	730-830pm Masters		730-830pm Masters	6-10pm Advanced Lessons		
	830-930pm 13+ Fitness	8-930pm 13+Fitness	830-930pm 13+ Fitness		8-930pm 13+Fitness	

**\*PLEASE NOTE ALL FAMILY SWIMS, LANE SWIMS, 13+ FITNESS, AQUALITE AND AQUAFITNESS MUST BE BOOKED BY APPOINTMENT**

**\*MUST PRE-REGISTER FOR SPIN BIKE AND MASTERS**

**Lane Swim / Lunch Length:** Limited to 5 people per time slot. We ask that you book an appointment for only classes that you will attend. 18 years of age and older, swimming lengths of the pool or staying in one lane and stretching.

**13+ Fitness:** Limited to 5 people per time slot. We ask that you book an appointment for only classes that you will attend. 13 years of age and older, swimming lengths of the pool or staying in one lane and stretching.

**Family Swim:** Swims are limited to 5 families up to 15 people in the pool at a time, you must book by appointment.

**Parent(s) accompanies children into the water, only immediate family members allowed.** Toys are allowed in the pool; buoy line divides shallow end and deep end. Only the adults pay.

**Aquafitness:** Classes are limited to 10 patrons. We ask that you book an appointment for only classes that you will attend.

**Aqualite:** Classes are limited to 10 patrons. We ask that you book an appointment for only classes that you will attend.

**Spin Bike:** Classes are limited to 10 patrons daily. Must pre-register for classes; first come first serve.

**Masters:** Classes are limited to 10 patrons. 18 years of age and older; swim program designed for adults to work on fitness and endurance levels in the pool. Must be deep water safe. (Must Register)

**\*All program class sizes are limited based on the provincial health guidelines.**

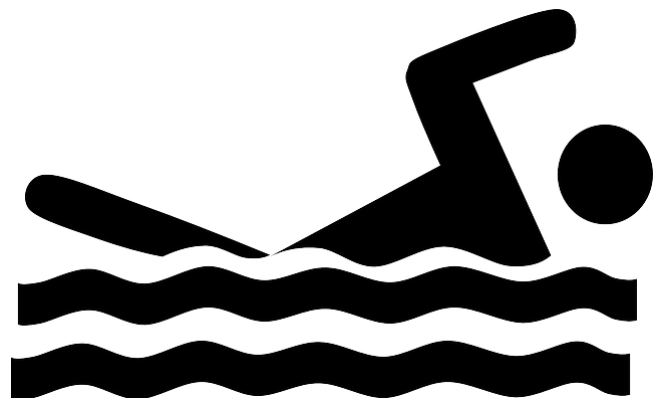
**AQUAFITNESS / AQUALITE**  
**AUGUST 30 – DECEMBER 17**  
**MUST BOOK BY APPOINTMENT**

**SPIN BIKE (8 Weeks)**  
**AUGUST 31 – OCTOBER 21, OCTOBER 26 – DECEMBER 16**

	<b>Cost</b>	<b>with HST</b>
Adult	\$46.75	\$51.23
Senior	\$38.98	\$44.02

**MASTERS (8 Weeks)**  
**AUGUST 31 – OCTOBER 21, OCTOBER 26 – DECEMBER 16**

<b>Cost</b>	<b>with HST</b>	
Adult	\$46.75	\$51.23
Senior	\$38.98	\$44.02



**Transfer Red Cross Preschool to Red Cross Swim Kids (Children must be 6 years & older for Swim Kids)**

If they took Red Cross Swim Preschool:	And the level was marked:	Then enroll them in Red Cross Swim Kids:
Starfish Level (holding head up to 12 months)	Complete or Incomplete	1
Duck Level (12 months to 24 months)	Complete or Incomplete	1
Sea Turtle Level (24 months to 36 months)	Complete or Incomplete	1
Sea Otter Level (3-5 years old)	Complete or Incomplete	1
Salamander Level (3-5 years old)	Complete or Incomplete	1
Sunfish Level (3-5 years old)	Incomplete	1
Sunfish Level (3-5 years old)	Complete	2
Crocodile Level (3-5 years old)	Incomplete	2
Crocodile Level (3-5 years old)	Complete	3
Whale Level (3-5 years old)	Incomplete	3
Whale Level (3-5 years old)	Complete	4

Lessons	Cost	Sunday October 3- December 12	Tuesday (Daytime) October 5 – November 30	Tuesday + Thursday September 7 – October 7	Tuesday + Thursday October 12 – November 9	Tuesday + Thursday November 16 – December 14	
Starfish	Fee: \$75.85	9:00am					
Duck		9:45am					
Sea Turtle		10:30am					
Sea Otter		2:00pm		4:00pm	5:15pm	4:00pm	
Salamander		2:40pm			4:00pm	4:40pm	
Sunfish				4:40pm			
Crocodile						5:15pm	
Whale						5:15pm	
Swim Kids 1			3:50pm		5:15pm		5:15pm
Swim Kids 2			4:20pm			5:15pm	
Swim Kids 3			2:00pm				4:00pm
Swim Kids 4			3:15pm				4:40pm
Swim Kids 5			4:20pm			4:40pm	
Volunteer 1					4:00pm	4:00pm	
Volunteer 2				5:00pm	5:00pm		
Private	\$20.80 Per Lesson = \$187.20	2:40pm, 3:15pm, 3:50pm	11:00am, 11:00am	4:00pm, 4:40pm, 5:15pm	4:00pm, 4:40pm	4:00pm, 4:40pm, 5:15pm	

**\*Red Cross COVID 19 Guidelines: ALL SWIM KIDS 4 AND UNDER MUST BE ACCOMPANIED BY AN ADULT IN CLASS AND PRIVATE. Class sizes will be limited at this time.**

**No Classes: September 30, October 10 and 31, 2021**

# Lesson Descriptions

**STARFISH:** (30 mins) holding head up – 12 months old. The goal of this orientation to water class is to experience buoyancy, movement, entries, and songs and play in the water.

**DUCK:** (30 mins) 12 months – 24 months. Build confidence while enjoying the water through games, songs, and active water play. This level develops skills in swimming, glides and floating.

**SEA TURTLE:** (30 mins) 24 months – 36 months. Build confidence while enjoying the water through games, songs, and active water play. This level develops skills in swimming, glides and floating.

**SEA OTTER:** (30 mins) 3 -5 years old. Front and back floats assisted, glides, front swim 1M.

**SALAMANDER:** (30 mins) 3 -5 years old. Front and back floats, glides, roll overs, distance swim 2M.

**SUNFISH:** (30 mins) 3 – 5 years old. Front and back glides 5M, side glides with kick 2M, deep end floats, distance swim 5M.

**CROCODILE / WHALE:** (30 mins) 3 – 5 years old. Front and back glides, front and back swim, kicking drills with aid, surface support, deep water activities, distance swim 10M / 15M.

**SWIM KIDS 1:** (30 mins) 6+ years old. Submersion, unassisted front and back floats and glides, rollover glides (assisted), distance swim 5M.

**SWIM KIDS 2:** (30 mins) 6+ years old. Front glides 10M, back glides 5M, side glides (assisted) 5M, deep water activities, distance swim 10M.

**SWIM KIDS 3:** (30 mins) 6+ years old. Front glides 15M, back/slide glides 10M, deep end floats, surface support 20 seconds, front swim 10M, distance swim 15M.

**SWIM KIDS 4:** (30 mins) 6+ years old. Surface support 45 seconds, front crawl 10M, distances swim 15M.

**SWIM KIDS 5:** (30 mins) 6+ years old. Front and back crawl 15M, whip kick 10M, tread water 1 min, distance swim 50M.

**VOLUNTEER 1:** (45 mins) Working on level 6 and 7 skills.

**VOLUNTEER 2:** (45 min) Working on level 8, 9 and 10 skills.

**Cost: Lessons: \$75.85**

**PRIVATE:** (30 min) Any level, One on one.

**Private: \$20.80 per lesson = \$187.20**



## VOLUNTEER LEADERSHIP SWIM

Have you taken part in our summer volunteer leadership program? Would you like to become a lifeguard? Then why not continue with our swim programs.

We have designed a program to prepare you to be a lifeguard / instructor.

**Volunteer 1:** Level 6 and 7 skills.

**Cost: \$75.85**

**Volunteer 2:** Levels 8, 9 and 10 skills.

## ADVANCED Lesson Description

# National Lifeguard Course



Lifeguarding is an exciting and rewarding job that carries great responsibility. Guards take courses and train hard for events they hope will never happen and which they work hard to prevent.

**Dates: October 3, 7, 21, 28, November 4, 11, 25, December 2, 9, 12**

**Time: 6-10pm (October 3, December 12: 5-9pm)**

**Exam Date: December 16: 6-10pm**

**Prerequisites:** Minimum 15 years of age, [Bronze Cross](#), and Lifesaving Society [Standard First Aid](#) (need not be current) or Standard First Aid from one of these [approved agencies](#).

**Candidates must attend all classes to be eligible for completion of course.**

**Cost: \$315 (includes exam fees and manual)**

# FALL FITNESS CLASSES \*all participants must be 13 years of age & older.

CLASSES WILL BE CANCELLED DUE TO INSUFFICIENT ENROLLMENT.

## Aquatic Fitness Classes

Course	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AUGUST 30 – DECEMBER 17</b>					
<b>Aquafitness</b>	6:05-6:50am		6:05-6:50am		6:05-6:50am
	9-9:45am	9-9:45am	9-9:45am	9-9:45am	9-9:45am
	11-11:45am	6:15-7pm	11-11:45am	6:15-7pm	11-11:45am
<b>Aqualite</b>	10-10:45am	10-10:45am	10-10:45am	10-10:45am	10-10:45am
<b>Spin Bike</b>		8-8:45am		8-8:45am	
<b>Masters</b>	6:15-7:15pm		6:15-7:15pm		
	7:30-8:30pm		7:30-8:30pm		

### AQUAFITNESS / AQUALITE

**AUGUST 30 – DECEMBER 17**

**MUST BOOK BY APPOINTMENT**

### SPIN BIKE (8 Weeks)

**AUGUST 31 – OCTOBER 21, OCTOBER 26 – DECEMBER 16**

	Cost	with HST
Adult	\$46.75	\$51.23
Senior	\$38.98	\$44.02

### MASTERS (8 Weeks)

**AUGUST 31 – OCTOBER 21, OCTOBER 26 – DECEMBER 16**

	Cost	with HST
Adult	\$46.75	\$51.23
Senior	\$38.98	\$44.02

## Auditorium Fitness Classes

Course	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AUGUST 30 – DECEMBER 17</b>					
<b>Yogafit</b>		12:10-1pm		12:10-1pm	

## East End Hall Classes

Course	Monday	Tuesday	Wednesday	Thursday	Friday
<b>SEPTEMBER 7 – DECEMBER 17</b>					
<b>Bounce and Burn</b>		7:00pm			
<b>Bounce and Burn</b>			7:00pm		
<b>Bounce and Burn</b>				7:00pm	
<b>Stretch and Tone</b>	930-1030am	1015-1115am			

### YOGA (8 Week)

**AUGUST 31 – OCTOBER 21, OCTOBER 26 – DECEMBER 16**

	Cost	with HST
Adult	\$73.04	\$82.54
Senior	\$61.04	\$68.98

### BOUNCE AND BURN (15 Weeks)

**SEPTEMBER 7 – DECEMBER 15**

	Cost	with HST
Adult	\$109.56	\$123.81
Senior	\$91.56	\$103.47

### STRETCH AND TONE (every other Monday and Tuesday)

**Starts Sept 13 and 14**

**MONTHLY (DATES TBA 2 WEEKS PRIOR TO EACH MONTH BY INSTRUCTOR)**

	Cost	with HST
Adult	\$29.22	\$33.02
Senior	\$24.42	\$27.59

**Aquafitness:** Classes are limited to 10 patrons. We ask that you book an appointment for only classes that you will attend. **Instructor: Varies**

**Aqualite:** Classes are limited to 10 patrons. We ask that you book an appointment for only classes that you will attend. **Instructor: Varies**

**Spin Bike:** Classes are limited to 10 patrons daily. Must pre-register for classes; first come first serve. **Instructor: Varies**

**Master:** Classes are limited to 10 patrons. Enjoy participating in a relaxed, fun filled hour of swim skills and drills. This program is designed for adults to work on their fitness and endurance in the pool. Hour long sessions are led by a certified coach, providing feedback and support, helping you achieve your swimming goals. **Instructor: Debbie Murray**

**Yogafit:** Classes are limited to 10 patrons. We ask that you pre-register prior to the start of class. Our Yogafit classes blend balance, strength, flexibility, and power in a fitness format delivering a practical, user-friendly style of yoga. Keep your drive alive as you flow through the postures effectively working all parts of the body. All fitness levels welcome. **Instructor: Debbie Murray**

**Bounce and Burn:** Classes are limited to 10 participants; please pre-register. Looking for a complete body toning, low impact cardio class that is so much fun you will not believe you just did a workout? If you like great music, having a good time, and feeling like you accomplished something good for yourself, then this is the place! This class geared to people of all ages and fitness levels. It is all about what YOU can do, not anybody else, it is a non-intimidating, supportive environment. All Maximus Pro Gym rebounders have attachable stability bars for safety and a weight capacity of 290 pounds. One unit available for 300 pounds and up. Let us Bounce and Burn our way to better health together. **Instructor: Debbie Larson**

**Stretch and Tone:** Classes are limited to 10 participants; please pre-register. One-hour classes held every other Monday and every Tuesday morning, Dates will be announced monthly; please see instructor for dates. A practical and effective approach to improving flexibility, conditioning, balance and coordination in mature adults or anyone new to fitness in a relaxed and fun setting. A modifiable combination chair and standing working, no laying or kneeling on the floor involved. Utilizing your own body resistance, light weights, field balls, pool noodles, resistance bands and fun add on. **Participants need to supply own weights; 1 or 2 pounds to start, NOT to exceed 3. Nonrestrictive clothing and clean indoor runners are necessary.** **Instructor: Debbie Larson**

**\*All program class sizes are limited based on the provincial health guidelines.**

