

FALL RECREATOR

SEPTEMBER * OCTOBER * NOVEMBER * DECEMBER

WHAT'S INSIDE

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REGISTRATION begins Monday, August 31, 2020 online at 7am.



RECEPTION HOURS

EFFECTIVE September 6, 2020

Monday to Friday6:00am to 10:00pm

Saturday and Sunday8:00am to 10:00pm

STATUTORY HOLIDAYS

Labor Day, September 7, 2020 Facility Closed

Thanksgiving, October 12, 2020 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

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

RECREATION AND CULTURE MANAGER

Aaron Bisson
807-274-4561 ext. 1717
abisson@fortfrances.ca

LIFEGUARD SUPERVISOR

Rebecca Armit
807-274-4561 ext. 1720
rarmit@fortfrances.ca

COMMUNITY SERVICE RECEPTION

Melissa Belluz
807-274-4561 ext. 1701
mbelluz@fortfrances.ca

FORT FRANCES PUBLIC LIBRARY AND TECHNOLOGY

Joan MacLean
807-274-9879
jmaclean@ffpltc.ca

FORT FRANCES MUSEUM

Bev Cochrane
807-274-4103
bcochrane@fortfrances.ca

Membership Rates

***NO INITIATION FEE* EFFECTIVE Jan 1, 2020**

ADULT (18 & OLDER)	Cost	With HST
Annual	516.42	583.55
6 Month	335.71	379.35
3 Month	181.95	205.60
Monthly	78.76	89.00
Daily	7.52	8.50

DEBIT PLAN

Annual/Month	44.04	49.77
6 Months/Month	56.95	64.35

STUDENT (13 & OLDER)

Annual	256.68	290.05
6 Month	173.45	196.00
3 Month	93.01	105.10
Monthly	54.47	61.55
Daily	5.84	6.60

DEBIT PLAN

Annual/Month	22.39	25.30
6 Months/Month	29.91	33.80

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

CHILD (5 & OLDER)

Annual	81.55	92.15
Daily	4.25	4.80

*Child memberships are not permitted in fitness weight room.

FAMILY ANNUAL

Adult	516.42	582.55
Spouse	430.31	486.25
Student	221.28	250.05
Child	68.72	77.65

SENIOR (60 & OLDER)

Annual	394.38	445.65
6 Month	256.46	289.80
3 Month	138.85	156.90
Monthly	60.18	68.00
Daily	5.80	6.55

DEBIT PLAN

Annual/Month	33.87	38.27
6 Months/Month	43.74	49.43

LOCKER RENTAL

3 Months	31.59	35.70
6 Months	46.28	52.30
Annual	69.56	78.60

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 15th 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 **AUGUST 31, 2020 at 7AM** and can only be done online

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 to allow the staff to disinfect all areas between groups per the health unit guidelines
- 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 6 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 and arena areas 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 3 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 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. In order 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.

In order 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:

1st 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.

2nd 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.

3rd 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.

4th 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.

FALL GYM APPOINTMENT SCHEDULE

Effective SEPTEMBER 2020.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	630-8am Book By Appointment	630-8am Book By Appointment	630-8am Book By Appointment	630-8am Book By Appointment	630-8am Book By Appointment	
845-1015am Book By Appointment	845-1015am Book By Appointment	845-1015am Book By Appointment	845-1015am Book By Appointment	845-1015am Book By Appointment	845-1015am Book By Appointment	845-1015am Book By Appointment
11-1pm Book By Appointment	11-1pm Book By Appointment	11-1pm Book By Appointment	11-1pm Book By Appointment	11-1pm Book By Appointment	11-1pm Book By Appointment	11-1pm Book By Appointment
145-315pm Book By Appointment	145-315pm Book By Appointment	145-315pm Book By Appointment	145-315pm Book By Appointment	145-315pm Book By Appointment	145-315pm Book By Appointment	145-315pm Book By Appointment
4-530pm Book By Appointment	4-530pm Book By Appointment	4-530pm Book By Appointment	4-530pm Book By Appointment	4-530pm Book By Appointment	4-530pm Book By Appointment	4-530pm Book By Appointment
6-8pm Book By Appointment	6-8pm Book By Appointment	6-8pm Book By Appointment	6-8pm Book By Appointment	6-8pm Book By Appointment	6-8pm Book By Appointment	6-8pm Book By Appointment
830-10pm Book By Appointment	830-10pm Book By Appointment	830-10pm Book By Appointment	830-10pm Book By Appointment	830-10pm Book By Appointment	830-10pm Book By Appointment	830-10pm Book By Appointment

***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.

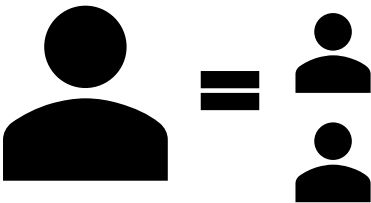
Children aged 6 to 9 years of age:

- 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.

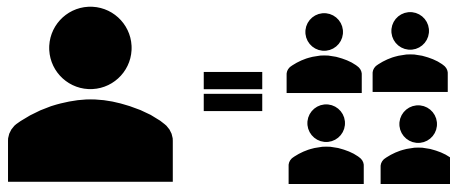
Swim Test Criteria:

- 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



FALL POOL SCHEDULE

Effective SEPTEMBER 6, 2020.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	615-7am Aquafitness	6-7am Lane Swim	615-7am Aquafitness	6-7am Lane Swim	615-7am Aquafitness	
	815-9am Aquafitness	8-9am Lane Swim	815-9am Aquafitness	8-9am Lane Swim	815-9am Aquafitness	
930-11am Family Swim	10-1045am Aqualite	10-11am Family Swim	10-1045am Aqualite	10-11am Family Swim	10-1045am Aqualite	
	12-1pm Lunch Lengths	12-1pm Lunch Lengths	12-1pm Lunch Lengths	12-1pm Lunch Lengths	12-1pm Lunch Lengths	
2-330pm Family Swim	2-3pm Lane Swim	2-3pm Lane Swim	2-3pm Lane Swim	2-3pm Lane Swim	2-3pm Lane Swim	
	4-6pm Swim Club		4-6pm Swim Club		5-630pm Family Swim	
5-630pm Family Swim						
8-915pm 13+ Fitness	8-915pm 13+ Fitness	8-915pm 13+ Fitness	8-915pm 13+ Fitness	8-915pm 13+ Fitness	8-915pm 13+ Fitness	8-915pm Lane Swim

***PLEASE NOTE ALL FAMILY SWIMS, LANE SWIMS, AQUATHERAPY AND AQUAFITNESS MUST BE BOOKED BY APPOINTMENT!**

FALL POOL SCHEDULE

Effective OCTOBER 5, 2020 to NOVEMBER 15, 2020.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	615-7am Aquafitness	6-7am Lane Swim	615-7am Aquafitness	6-7am Lane Swim	615-7am Aquafitness	
830-9am Aquatots	815-9am Aquafitness	815-9am Spin Bike	815-9am Aquafitness	815-9am Spin Bike	815-9am Aquafitness	8-930am Lane Swim
10-1030am Aquatot	10-1045am Aqualite	10-11am Family Swim	10-1045am Aqualite	10-11am Family Swim	10-1045am Aqualite	
1130-1pm Family Swim	12-1pm Lunch Lengths	12-1pm Lunch Lengths	12-1pm Lunch Lengths	12-1pm Lunch Lengths	12-1pm Lunch Lengths	1130-130pm Swim Club
2-230pm Lessons	2-3pm Lane Swim	2-3pm Lane Swim	2-3pm Lane Swim	2-3pm Lane Swim	2-3pm Lane Swim	
330-4pm Lessons						
	4-6pm Swim Club	4-430pm Lessons	4-6pm Swim Club	4-430pm Lessons	4-530pm Family Swim	330-530pm Family Swim
5-630pm Family Swim		530-6pm Lessons		530-6pm Lessons		
	7-745pm Spin Bike		7-745pm Spin Bike		7-830pm Family Swim	
8-915pm 13+ Fitness		8-915pm Lane Swim		8-915pm Lane Swim		8-915pm Lane Swim

***PLEASE NOTE ALL FAMILY SWIMS, LANE SWIMS, AQUATHERAPY AND AQUAFITNESS MUST BE BOOKED BY APPOINTMENT!**

FALL POOL SCHEDULE

Effective NOVEMBER 16, 2020 to DECEMBER 20, 2020.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	615-7am Aquafitness	6-730am Lane Swim	615-7am Aquafitness	6-730am Lane Swim	615-7am Aquafitness	
	720-820am Lane Swim	815-9am	720-820am Lane Swim	815-9am	720-820am Lane Swim	
830-9am Aquatots		Spin Bike		Spin Bike		8-930am Lane Swim
	845-930am Aquafitness	915-10am	845-930am Aquafitness	915-10am	845-930am Aquafitness	
10-1030am Aquatot		Aquafitness		Aquafitness		
	10-1045am Aqualite	1030-1115am	10-1045am Aqualite	1030-1115am	10-1045am Aqualite	
1130-1pm Family Swim	11-1145am Aquafitness	Aqualite	11-1145am Aquafitness	Aqualite	11-1145am Aquafitness	1130-130pm Swim Club
	12-1pm Lunch Lengths	12-1pm Lunch Lengths	12-1pm Lunch Lengths	12-1pm Lunch Lengths	12-1pm Lunch Lengths	
2-230pm Lessons	2-3pm Lane Swim	2-3pm Lane Swim	2-3pm Lane Swim	2-3pm Lane Swim	2-3pm Lane Swim	
330-4pm Lessons						330-530pm Family Swim
	4-6pm Swim Club	4-430pm Lessons	4-6pm Swim Club	4-430pm Lessons	4-530pm Family Swim	
5-630pm Family Swim		530-6pm Lessons		530-6pm Lessons		
	7-745pm Spin Bike		7-745pm Spin Bike		7-830pm Family Swim	
8-915pm 13+ Fitness		8-915pm Lane Swim		8-915pm Lane Swim		8-915pm Lane Swim

***PLEASE NOTE ALL FAMILY SWIMS, LANE SWIMS, AQUATHERAPY AND AQUAFITNESS MUST BE BOOKED BY APPOINTMENT!**

Adult Fitness / 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 max), you must book by appointment. Parent 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 15 patrons daily. We ask that you book an appointment for only classes that you will attend.

Aqualite: Classes are limited to 15 patrons daily. 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. *Starts the week October 6, 2020 and will end the week of December 8, 2020 (10-week session)

AQUAFITNESS / AQUALITE **15 Weeks**
September 8, 2020 -December 18, 2020
Must Book by Appointment

SPIN BIKE	10 Weeks	
October 6, 2020 – December 8, 2020	Cost	With HST
Adult	\$58.40	\$66.00
Senior	\$48.70	\$55.00

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 11 – December 6	Tuesday October 13 – December 8	Thursday October 15 – December 10
Starfish	Fee: \$75.40			
Duck		8:30am		
Sea Turtle		10:00am		
Sea Otter		2:00pm		
Salamander			4:00pm	
Sunfish			5:30pm	
Crocodile		3:30pm		
Whale		3:30pm		
Swim Kids 1				4:00pm
Swim Kids 2				4:00pm
Swim Kids 3			3:30pm	
Swim Kids 4				5:30pm
Swim Kids 5				5:30pm
Volunteer 1				5:30pm
Volunteer 2			5:30pm	
Private	\$20.70 Per Lesson = \$186.30	2:00pm, 2:00pm, 3:30pm	4:00pm, 4:00pm, 5:30pm	4:00pm, 5:30pm

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

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.

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

Cost: Lessons: \$75.40

Private: 20.70 per lesson = \$186.30

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: \$75.40

Volunteer 2: Levels 8, 9 and 10 skills.

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
SEPTEMBER 8 – DECEMBER 18, 2020					
Aquafitness Eye Opener	6:15-7am		6:15-7am		6:15-7am
Aquafitness	815-9am		815-9am		815-9am
Spin Bike *October 6 start date	7-745pm	815-9am	7-745pm	815-9am	
Aqualite	10-10:45am		10-10:45am		10-10:45am

AQUAFITNESS / AQUALITE 15 Weeks
September 8, 2020 -December 18, 2020
Must Book by Appointment

SPIN BIKE 10 Weeks
October 6, 2020 – December 8, 2020

	Cost	With HST
Adult	\$58.40	\$66.00
Senior	\$48.70	\$55.00

Auditorium Fitness Classes

Course	Monday	Tuesday	Wednesday	Thursday	Friday
SEPTEMBER 15 – NOVEMBER 19, 2020					
Yogafit		12:10-1pm			

East End Hall Classes

Course	Monday	Tuesday	Wednesday	Thursday	Friday
SEPTEMBER 15 – NOVEMBER 19,2020					
Bounce and Burn		7:00pm			
Bounce and Burn			7:00pm		
Bounce and Burn				7:00pm	

BOUNCE AND BURN ORIENTATION FOR NEW PARTICPANTS, September 12, 2020 7pm.

FITNESS CLASSES

10-weeks	Cost	with HST
Adult	\$73.00	\$82.50
Senior	\$61.00	\$68.90

Aquafitness: Classes are limited to 15 patrons daily. We ask that you book an appointment for only classes that you will attend. **Instructor: Varies**

Aqualite: Classes are limited to 15 patrons daily. 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. *Starts the week October 6, 2020 and will end the week of December 8, 2020 (10-week session) **Instructor: Varies**

Bounce and Burn: Classes are limited to 12 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

Yogafit: Classes are limited to 15 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