

FALL PROGRAM 2023



KIDS SWIMMING LESSONS

Next Set Starts: October 16th

Call Aquatic Centre for Program Availability and to Sign-Up
250.283.2216




Parent and Tot Swim
TUESDAYS
10:00 - 12:00
FREE

EVENING AQUAFIT

Interested in Evening Aquafit?
Sign-Up at the Aquatic Centre to show your interest



POOL PARTY

The best place to have your birthday!

SPECIAL EVENT SWIM



**Friday October 27th
5:00 - 9:00 PM**



AQUAFIT

A great low impact fitness program for all ages

MONDAY - FRIDAY 9:15-10:15AM

GOLD RIVER FACILITIES



**25m Lane Pool Leisure Pool
Hot tub Sauna
Gym/Fitness Rooms Courts**



Tuesday/Thursday

\$8.75/ per class

Seniors' FIT & FAB 9:15-10:15AM

October 5 - December 21
23 sessions/\$201.25



CHAIR YOGA



\$8.75 per class

October 4 - December 20
Monday/Wednesday
9:15 - 10:15 AM
21 sessions/\$183.75

PUBLIC SKATING

DROP-IN

FRIDAY EVENINGS
5:30 - 8:30 PM
STARTS: NOVEMBER 3RD
REGULAR ADMISSION RATES APPLY

Register at the Aquatic Centre for all Programs unless otherwise stated