



# WINTER PROGRAM 2023



Call or Drop-In to the Aquatic Centre to Sign-Up  
and for program availability by: January 5th  
250.283.2216



**Parent  
and Tot  
Swim**

**TUESDAYS  
10:00 - 12:00  
FREE**

**SWEAT FEST 2024  
cardio plus style class  
- with Terra**

**January 10 - February 14  
Wednesdays  
5:15 - 6:15 PM  
6 sessions/\$52.50**



**\$147.75/pool party**

**Includes: use of kitchen, pool deck with table/chairs  
& admission for the participants**



**Saturday March 2nd  
5:00 - 8:30 PM**

**REGULAR ADMISSION RATES APPLY**

**\*\* date modified from original poster**



**AQUAFIT**



**A great low impact fitness program for all  
ages**

**MONDAY - FRIDAY 9:15 - 10:15 AM**



**25m Lane Pool Leisure Pool**

**Hot tub Sauna**

**Gym/Fitness Rooms Courts**

**EVENING**

**Interest List for Pre-Registered Class**



**AQUAFIT**

**Monday or Wednesday Evenings**

**Sign-up by: January 5th**

**Tuesday/Thursday**



**\$8.75/ per class**

**Seniors'**

**FIT & FAB**

**9:15 - 10:15 AM**

**January 9 - March 14**

**20 sessions/\$175.00**



**CHAIR YOGA**



**\$8.75/per class**

**January 8 - March 13**

**Monday/Wednesday**

**9:15 - 10:15 AM**

**19 sessions/\$166.25**



**PUBLIC  
SKATING**

**DROP-IN**

**FRIDAY EVENINGS**

**5:30 - 8:30 PM**

**REGULAR ADMISSION RATES APPLY**

**Register at the Aquatic Centre for all Programs unless otherwise stated**