

FALL PROGRAM 2025



LIFESAVING SOCIETY SWIM LESSONS
FIRST SET NOVEMBER 3 — DECEMBER 8
CALL THE AQUATIC CENTRE BY
OCTOBER 24 TO SIGN-UP



**Parent
and Tot
Swim**

TUESDAYS
10:00 - 12:00
FREE



Bronze Medallion

OCTOBER 17 4-8 PM
OCTOBER 18 2-9 PM
OCTOBER 24 4-8 PM
OCTOBER 25 2-9 PM
OCTOBER 26 10-5 PM

PREREGISTER BY OCTOBER 13TH

CANADIAN RED CROSS
STANDARD FIRST AID

OCTOBER 18 & 19

10:00 AM — 7:00 PM

PREREGISTRATION REQUIRED



\$152.20/pool party

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

GLOW SWIM



Friday November 7th

5:00 - 8:30 PM

REGULAR ADMISSION RATES APPLY

**9:15 –
10:15**

AQUAFIT



**A great low impact fitness program for all
ages DATES TO BE ANNOUNCED MONTHLY**

October 9, 10, 21, 22, 23, 27, 28



25m Lane Pool Leisure Pool

Hot tub Sauna

Gym/Fitness Rooms Courts



Tuesday/Thursday



\$8.75 per class

Seniors'

FIT & FAB

9:15 - 10:15 AM

October 2 - December 11

\$166.25 /19 sessions



CHAIR YOGA



\$8.75/per class

September 29 - December 10

Monday/Wednesday

9:15 - 10:15 AM

\$183.75 / 21 sessions

PUBLIC SKATING
STARTS OCTOBER 10TH



**DROP IN
CASH ONLY**

register at the aquatic centre for all programs unless otherwise stated