FALL PROGRAM 2025



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



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

Canadian Red Cross Syandard Firsy Aid Ocyober 18 & 19 10:00 AM — 7:00 PM Preregisyrayion Required



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



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

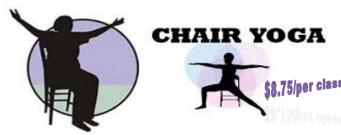


25m Lane Pool Leisure Pool Hot tub Sauna Gym/Fitness Rooms Courts









September 29 - December 10 Monday/Wednesday 9:15 - 10:15 AM \$183.75 / 21 sessions

