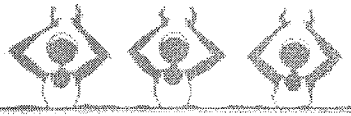
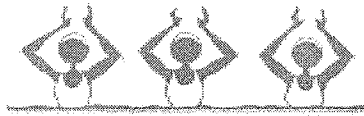


Join us for new swim programs at the Rec Centre in February & March!



AQUA FIT



Mondays 3:30-4:30pm & select Fridays 1:00-2:00pm

Was your New Years resolution to get fit? Are you looking to try something new? Then come on out to our **Aqua Fit classes!**

Exercising in the pool is great because the water provides a “soft” environment by helping to support the body which allows you to strengthen your muscles without stressing your joints! Instructed by Jenn Anderson-qualified lifeguard for 20+ years.

PARENT & TOT/FAMILY TIME

Fridays 2:30pm - 3:30pm



Bring your little ones for easy going quiet time in the pool! This is a good opportunity to introduce them to the water.

Instructor able to provide helpful hints.

Note: We've also added a public & adult swim time on Saturday afternoons!

Swim programs are a trial run for future classes if there is enough attendance

For more information phone - 250.934.6443