



# MOORETOWN SPORTS COMPLEX

## Spring 2018

Director of Community Services: Linda Kennedy  
 Coordinator of Facilities/Parks & Golf Course Superintendent: Kendall Lindsay  
 Coordinator of Community Programs: Michelle Rottier

**For More Information Call**  
**The Mooretown Sports Complex**  
**Ph: (519) 867-2651 Fax: (519) 867-2393**  
[www.stclairtownshipcommunityservices.ca](http://www.stclairtownshipcommunityservices.ca)

### MARK YOUR CALENDAR

March 12 - 16	March Break Day Camp
March 12 - 16	Rec. Swims 1 - 3 pm
March 12 - 16	Public Skates 12 - 1 pm
March 24	Moore Minor Hockey Day
April 7	Moore Skate Club Carnival (2 & 7 pm)
April 9	Spring Session Begins
May - June	Register for Summer Camp
June 9	Babysitting Course (Call to register)
June 24	Ride Don't Hide (Canadian Mental Health Assoc. Fundraiser - Moore Sports Complex <a href="http://www.ridedonthide.com">www.ridedonthide.com</a> )
July 21	St. Clair River Run (St. Clair River Trail Fundraiser - Brander Park <a href="http://www.stclairriverrun.com">www.stclairriverrun.com</a> )

#### ST. CLAIR TOWNSHIP

Administration.....	867-2021
Community Services (Moore Sports Com)	867-2651
St. Clair Pkwy. Golf Course (ProShop).....	867-2160
Moore Museum .....	867-2020
Sombra Museum .....	892-3982
Engineering Dept.....	867-2125
Finance/Treasury Dept. ....	867-2024
Fire Dept.-Admin. ....	481-0111
Public Works Dept. ....	867-2993
Water Dept. ....	867-2128
Mooretown Campground .....	867-2951
Cathcart Campground .....	892-3342
Branton Cundick Campground .....	892-3968

#### MOORETOWN SPORTS COMPLEX CLOSED:

March 30<sup>th</sup> (Good Friday), Apr. 1<sup>st</sup> (Easter Sunday: Pool/Health Club/Reception closed but rinks open all day), May 21<sup>st</sup> (Victoria Day), July 1<sup>st</sup>

### COMMUNITY GROUPS

Community Centres & Pavillion Rentals	(Port Lambton) (Sombra) (Brigden) (Wilkesport) (Courtright) (Seniors)	Karrie Bouman..... 519-330-1194 Laurie Menard ..... 519-333-8224 Jackie Schikor..... 519-328-4470 Mary Lou Denning . 519-864-1737 Ken Abrams..... 519-862-3950 Denise Olah ..... 519-862-1628 Irene Biscaro ..... 519-867-5467 St. Joseph's Church. 519-862-1213 St. Andrew's Church. 519-862-3641 Rose Johnston ..... 519-864-4095 Diane Fletcher..... 519-862-2678
Cruikshank Centre Food Banks	(Brigden) (Corunna) (Brigden) (Corunna) (Courtright) (Mooretown) (Port Lambton) (Sombra) (Wilkesport)	..... 519-864-1142 ..... 519-862-1132 ..... 519-867-2712 ..... 519-867-2823 ..... 519-677-5217 ..... 519-892-3711 ..... 519-864-4000 ..... 1-800-265-0203 ..... 519-332-4876
Girl Guides Horticultural Society	(Brigden) (Corunna) (Brigden) (Corunna) (Courtright) (Mooretown) (Port Lambton) (Sombra) (Wilkesport)	..... 519-864-1142 ..... 519-862-1132 ..... 519-867-2712 ..... 519-867-2823 ..... 519-677-5217 ..... 519-892-3711 ..... 519-864-4000 ..... 1-800-265-0203 ..... 519-332-4876
Lambton County Library	(Brigden) (Corunna) (Brigden) (Corunna) (Courtright) (Mooretown) (Port Lambton) (Sombra) (Wilkesport)	..... 519-864-1142 ..... 519-862-1132 ..... 519-867-2712 ..... 519-867-2823 ..... 519-677-5217 ..... 519-892-3711 ..... 519-864-4000 ..... 1-800-265-0203 ..... 519-332-4876
Lambton Elderly Outreach Literacy Program	(Baseball/Softball) (Corunna & Courtright) (Port Lambton) (Sombra) (Wilkesport)	..... 519-332-4876 ..... 519-332-4876 ..... 519-677-1057 ..... 519-892-3103 ..... 519-864-4221 ..... 519-864-1197 ..... 519-862-1193 ..... 519-862-1240 ..... 1-877-330-4287 ..... 519-862-2655 ..... 519-892-3105 ..... 519-862-5550 ..... 519-892-3908 ..... 519-864-1737 ..... 519-344-3017x237
Minor Athletic Association (Baseball/Softball)	(Corunna & Courtright) (Port Lambton) (Sombra) (Wilkesport)	..... 519-332-4876 ..... 519-677-1057 ..... 519-892-3103 ..... 519-864-4221 ..... 519-864-1197 ..... 519-862-1193 ..... 519-862-1240 ..... 1-877-330-4287 ..... 519-862-2655 ..... 519-892-3105 ..... 519-862-5550 ..... 519-892-3908 ..... 519-864-1737 ..... 519-344-3017x237
Corunna Wildcat Soccer Moore Agricultural Society Moore Minor Hockey Association Moore Minor Hockey Mothers Moore Skating Club Optimist Clubs	(President) (Brigden) (Moore) (Port Lambton) (Corunna) (Brigden) (Corunna)	..... 519-864-4221 ..... 519-864-1197 ..... 519-862-1193 ..... 519-862-1240 ..... 1-877-330-4287 ..... 519-862-2655 ..... 519-892-3105 ..... 519-862-5550 ..... 519-892-3908 ..... 519-864-1737 ..... 519-344-3017x237
Rapids Family Health Team Royal Canadian Legion	(Corunna) (Brigden) (Corunna)	..... 519-813-9800 ..... 519-864-1395 ..... 519-862-1240 ..... 1-877-330-4287 ..... 519-862-2655 ..... 519-892-3105 ..... 519-862-5550 ..... 519-892-3908 ..... 519-864-1737 ..... 519-344-3017x237
School Rentals: www.communityuseofschools.com St. Clair River Trail (Mooretown Sports Complex) Scouts Canada	(Sombra) (Corunna) (Sombra) (Wilkesport)	..... 519-864-1395 ..... 519-862-1240 ..... 1-877-330-4287 ..... 519-862-2655 ..... 519-892-3105 ..... 519-862-5550 ..... 519-892-3908 ..... 519-864-1737 ..... 519-344-3017x237
Splash Pad	(Sombra) (Corunna) (Sombra) (Wilkesport)	..... 519-864-1395 ..... 519-862-1240 ..... 1-877-330-4287 ..... 519-862-2655 ..... 519-892-3105 ..... 519-862-5550 ..... 519-892-3908 ..... 519-864-1737 ..... 519-344-3017x237
West Lambton Community Health Centre	(Sombra) (Corunna) (Sombra) (Wilkesport)	..... 519-864-1395 ..... 519-862-1240 ..... 1-877-330-4287 ..... 519-862-2655 ..... 519-892-3105 ..... 519-862-5550 ..... 519-892-3908 ..... 519-864-1737 ..... 519-344-3017x237

# POOL SCHEDULE - Spring 2018 - April 9- June 18, 2018

Children under 10 yrs. of age (unable to comfortably swim 2 widths of the pool), any children under 7 yrs. of age or under 48 inches tall or special needs must be directly supervised in the water within arms reach by an adult during rec. swims, rentals or parties. (One Adult per 2 Children)

Time	MON	TUES	WED	THUR	FRI	SAT		SUN
7:30	Adult Swim 7:30 - 9:00 am							
9:00	Private Lessons 9:00am - 10:00 am	Lessons 9:00am - 10:00 am	Private Lessons 9:00am - 10:00 am	Adult Lessons 9:00am - 10:00 am	Private Lessons 9:00am - 10:00 am	Private / Group Lessons 8:30am - 1:00pm		Private Lessons 8:15am - 1:00 pm
10:00	Water Aerobics 10:00- 11:00 am	Water Therapy 10:00- 11:00 am	Water Aerobics 10:00- 11:00 am	Water Therapy 10:00- 11:00 am	Water Aerobics 10:00- 11:00 am			
11:00	Lessons/ Private Lessons 11:00 am - 12:00pm	Rec./ Adult Swim 11:00am - 1:00pm	Private Lesson 11:00am - 12:00pm	Rec./Adult Swim 11:00am - 1:00pm	Private Lessons 11:00am - 12:00pm			
12:00	Rec./Adult Swim 12:00 - 1:00pm		Rec./Adult Swim 12:00 - 1:00pm		Rec./Adult Swim 12:00 - 1:00pm			
1:00	<i>Available for Rentals</i>	<i>Available for Rentals</i>	<i>Available for Rentals</i>	<i>Available for Rentals</i>	<i>Available for Rentals</i>	Rec. Swim 1:00 - 3:00pm	Bronze Med. /Cross 1pm-4:00pm	Rec. Swim 1:00 - 3:00pm
3:30	Private Lessons 3:30 - 4:30pm		Private Lessons 3:30-4:00pm	Private Lessons 3:30 - 4:30pm		Bronze Continued 1:00pm - 4:00pm		Adult Swim 3:00- 4:00pm
4:00- 8:00p	Lessons 4:00 - 8:00 pm	Private Lessons 4:00 - 8:00 pm	Lessons 4:00 - 8:00 pm	Private Lessons 4:00 - 8:00 pm	Private Lessons 4:15pm - 6:45 pm	CLOSED (Available for Rentals from 4:00pm - 8:00pm)		CLOSED (Available for Rentals from 4:00pm - 8:00pm)
8:00	Adult Swim/ Water Aerobics 8:00 - 9:00 pm	Adult Swim/ Shallow Water Aerobics 8:00 - 9:00 pm	Adult Swim/ Water Aerobics 8:00 - 9:00 pm	Adult Swim/ Shallow Water Aerobics 8:00 - 9:00 pm	Rec. Swim 7:00pm - 8:30 pm			
8:30					CLOSED			

## ARENA, GOLF COURSE, CAMPGROUND INFO

### SUMMER ICE AVAIL. July 16 - Aug. 31

Spring/Summer Non Prime Ice \$110/hr.  
Spring/Summer Prime Ice \$145/hr.

### RINK FLOOR RENTALS

Available April 22 - June 29/18  
Contact 519-867-2651 for available dates/times.

### Public In-Line Skating

Sundays, 1-2:15 from Apr. 22 - June 17/18

### 3 on 3 Ball Hockey: Wed nights, Apr .25- June 27.

Current Tyke, Novice, Atom, Peewee players only. To register contact Mike at: 519-312-1181 or mmacleod25@cogeco.ca

\$55/hr. Adult  
\$45/hr. Minor  
Special Events  
- call for rates.  
\$2.50/child  
\$3.75/Adult  
\$7.50/Family

\$75 per player

### 2018 CAMPGROUND RATES

All 3 campgrounds open May 4- Oct. 14, 2018

#### MOORETOWN, CATHCART, BRANTON CUNDICK

Seasonal (non-sewer, water, hydro- Mooretown)	\$1985.00
Seasonal (sewer, water, hydro - all parks)	\$2212.00
Seasonal (winter storage fee—all parks)	\$ 200.00
Seasonal (grass cutting - all parks)	\$ 185.00
Seasonal (boat mooring - Cathcart)	\$ 80.00
Daily (non-sewer, water, hydro- Mooretown)	\$ 42.00
Daily (Camping Cabins - Small - Mooretown)	\$ 70.00
Daily (Camping Cabins - Large - Mooretown)	\$ 90.00
Daily (sewer, water, hydro- Brant/Cundick)	\$ 42.00
Daily 'Regular' (sewer, water, hydroCathcart)	\$ 42.00
Daily 'Prime' (sewer, water, hydro-Cathcart)	\$ 48.00
Weekly (non-sewer, water, hydro- Mooretown)	\$ 265.00
Weekly (sewer, water, hydro- Brant/Cundick)	\$ 265.00
Weekly Cathcart 'Regular'	\$ 265.00
Weekly Cathcart 'Prime'	\$ 300.00
Monthly (non-sewer Mooretown 28 nights)	\$ 800.00
Monthly (sewer Brant./Cundick 28 nights)	\$ 800.00
Monthly (28 nights Cathcart)	\$ 800.00
Monthly Prime (28 nights Cathcart)	\$1200.00

### WEDDINGS / PARK RENTALS

Looking for a beautiful scenic setting for your special day? or looking to book a family reunion?  
Call 519-867-2651 to book one of the St. Clair Township Parkway Parks as your venue.

### ST. CLAIR PARKWAY GOLF COURSE

132 Moore Line, Mooretown, ON N0N 1M0 Proshop: 519-867-2160  
www.stclairparkwaygolf.com

#### 2018 MEMBERSHIP RATES: (all rates include HST)

Adult 7-day: unrestricted - \$1,673.53 restricted - \$1,235.09  
Second adult 7-day: unrestricted - \$1,078.03 restricted: \$818.12  
Senior (55+) unrestricted: \$1,572.96 restricted: \$1,227.18  
Senior 5-day only: (65+) - \$1,180.85  
Intermediate: (19-29 yrs.) - \$1,037.35  
Family: (2 adult & up to 3 children) - \$2,638.55  
Junior: 7 day - \$662.18, 5 day - \$403.41

# RED CROSS & LIFESAVING SOCIETY SWIM LESSON PROGRESSIONS & RATES

**SWIM LESSON SESSION (10 Lessons) BEGINS THE WEEK OF Apr. 9/18.**

LEVEL	AGE	RATIO	DAY	TIMES	LENGTH	COST
Adult Lessons	NA	12:1	Thurs.	9:00 AM	60 Min.	\$60
<b>Parent &amp; Tot</b> (RC Starfish, Duck, Sea Turtle)	6 mo.+	12:1	Mon.	11:00 AM, 6:15 PM	30 Min.	\$50
			Wed.	11:00 AM, 6:00 PM		
			Sat.	10:00 AM		
<b>Preschool A</b> (RC Sea Otter)	3 yr. +	5:1	Mon.	5:00, 6:00, 6:30 PM	30 Min.	\$55
			Wed.	5:00, 6:15, 6:30 PM		
			Sat.	10:00 AM		
<b>Preschool B</b> (RC Salamander)	3 yr. +	5:1	Mon.	6:15, 6:30 PM	30 Min.	\$55
			Wed.	5:30, 6:00, 6:30 PM		
			Sat.	12:15 PM		
<b>Preschool C</b> (RC Sunfish)	3 yr. +	5:1	Mon.	5:00, 7:15 PM	30 Min.	\$55
			Wed.	5:00, 6:00 PM		
			Sat.	10:30, 11:00 AM		
<b>Preschool D</b> (RC Crocodile)	3 yr. +	6:1	Mon.	5:00, 5:30, 7:15 PM	30 Min.	\$55
			Wed.	5:00, 5:30, 6:00, 7:00 PM		
			Sat.	10:30 AM		
<b>Preschool E</b> (RC Whale)	3 yr. +	6:1	Mon.	5:30 PM	30 Min.	\$55
			Wed.	5:30, 7:00 PM		
<b>Swimmer 1</b> (RC Swim Kids 1)	6 yr. +	6:1	Mon.	5:00, 5:45 PM	30 Min.	\$55
			Wed.	5:45 PM		
			Sat.	10:30, 11:30 AM		
<b>Swimmer 2</b> (C Swim Kids 2)	6 yr. +	6:1	Mon.	5:00, 5:45 PM	30 Min.	\$55
			Wed.	5:00, 5:30 PM		
			Sat.	10:00 AM		
<b>Swimmer 3</b> (RC Swim Kids 3)	6 yr. +	8:1	Mon.	7:30 PM	30 Min.	\$55
			Wed.	5:30, 7:30 PM		
			Sat.	10:30 AM		
<b>Swimmer 4</b> (RC Swim Kids 4)	6 yr. +	8:1	Mon. OR Wed.	6:45 PM	30 Min.	\$55
			Sat.	10:30 AM		
<b>Swimmer 5</b> (RC Swim Kids 5/6)	6 yr. +	10:1	Mon.	6:00 PM	45 Min.	\$55
			Wed.	6:30 PM		
			Sat.	11:00 AM		
<b>Swimmer 6</b> (RC Swim Kids 6/7)	6 yr. +	10:1	Mon.	6:45 PM	45 Min.	\$55
			Wed.	6:30 PM		
			Sat.	11:00 AM		
<b>Rookie, Ranger, Star, Bronze Star</b> (RC Swim Kids 8/9/10)	6 yr. +	10:1	Mon. or Wed.	7:15 PM	45 Min.	\$55
<b>Private or Semi-Private Lessons</b> (Note: Other times may be available upon request.)	3 yr. + To adult	1:1 OR 2:1	Mon. or Wed.	9, 9:30, 11, 11:30 AM 4:00 - 7:15 PM	30 Min.	\$95 Pr. (1 Person) \$150 SP. (2 People)
			Tues. or Thurs.	4:00 - 7:30 PM		
			Fri	9:00, 9:30, 11:00, 11:30 AM 4:15 - 6:45 PM		
			Sat.	8:30 - 12:30 PM		
			Sun.	8:15 - 12:15 PM		
<b>Advanced Leadership Programming</b>						
Emergency First Aid	13 yrs. +	12:1	Sat.	1:00 — 1:30 PM	1/2 Hr	\$60.50
Bronze Medallion	13 yrs +	12:1	Sat.	1:30 — 4:00 PM	2.5 Hrs	\$160.00
Bronze Cross (must have proof of Bronze Medallion cert.)	14 yrs. +	12:1	Sat.	1:30 — 4:00 PM	2.5 Hrs	\$120.00
NLS Recert	16 yrs +	12:1	June 7 / 18	5:00-10:00 PM	1 week	\$85.00
WSI Recert	16 yrs +	12:1	June 14 / 18	5:00-10:00 PM	1 week	\$85.00
Red Cross WSI Course Part 1	15 yrs. +	12:1	Thurs	5:00 - 6:30P M	5 Weeks	\$240.00
Red Cross WSI Course Part 2 & Lifesaving Society Instructor Course	16 yrs. +	12:1	Fri/ Sat/ Sun	June 1, 2, & 3 <sup>rd</sup> June 15, 16, 17 <sup>th</sup>	2 Weekends	\$260.00
NLS (National Lifeguard Service)	16 yrs. +	12:1	Tues.	6:00—10:00 PM	11 Weeks	\$276.00
Examiner Standards Clinic	16+	16:1	Thursday	5:00-10:00 PM	June 21	\$5.00

## POOL RATES

### LESSONS (10 classes)

\$55/child or \$150 Family Plan\*

\$95/person private lessons

\$150 semi private lessons (2 people)

### REC. SWIM

\$2.50/child, \$3.75/adult, \$7.50/family

(Below Admission Standard Applies)

### 10 SWIM PASS/MEMBERSHIPS

\$20/child, \$35/adult, \$65/family-10 Swim

\$95/6 mo. Senior 60+

\$100/6 Mo., \$130/Yr.-Single

\$185/6 Mo., \$285/Yr.-Family

(Below Admission Standard Applies)

### WATER AEROBICS or

### ARTHRITIS/FIBROMYALGIA

### WATER EXERCISES

\$7/class (\$5.50 Senior 60+), \$50/10 visit pass

\$225/yr (\$205 Senior)

### POOL RENTALS

\$95/hr: <30 people non profit, Board of Ed.

\$125/hr: <30,

\$175/hr: 31—60 people,

\$200/hr: 61—125 people

\$275/hr: 126-181 people

(Below Admission Standard Applies)

## POOL ADMISSION STANDARD



If you're not within arms' reach, you've gone too far.

When your child is near the water, you need to be near your child.

Children under 10 yrs. of age (unable to comfortably swim 2 widths of the pool), any children under 7 yrs. of age or under 48 inches tall or special needs must be directly supervised

in the water within arms reach by an adult during rec. swims, rentals or parties.

(one adult per 2 children)

Please refer to full admission standard at:

[www.stclairtownshipcommunityservices.ca](http://www.stclairtownshipcommunityservices.ca)

## INSTRUCTOR DEVELOPMENT PROGRAM

The Water Safety Instructor (WSI) Course prepares candidates to instruct the Red Cross Swim programs & Lifesaving Society programs.

**Part 1—5 Weeks**

Skills Evaluation

Online Training/Materials

Teaching Experience (practice teaching)

(All components of Part 1 must be successfully completed before beginning Part 2)

Materials: WSI Workbook, Red Cross Swim Deckbook, PIN # & Password for Online Training

**Part 2—Two Weekends—Fri., Sat., Sun.** (Red Cross one weekend and Lifesaving Society Instructors another weekend)

Classroom & Pool

Once Part 1 & 2 are successfully completed candidates are certified for one year with Red Cross and two years with LSS. The successful completion of an additional 3 online professional development modules will certify the red cross candidates for an additional year.

For additional information go to:

[http://www.redcross.ca/crc/documents/What-We-Do/Swimming-Water-Safety/Fact\\_sheet\\_WSI\\_1.pdf](http://www.redcross.ca/crc/documents/What-We-Do/Swimming-Water-Safety/Fact_sheet_WSI_1.pdf)

Home School Lessons - if you are interested in Home School Lessons please contact Michelle Rottier at 519-867-2651

## SWIM LESSON PROGRESSIONS & RATES

# HEALTH/RECREATION/FITNESS PROGRAMS

## ADULT PROGRAMS

### Cardio Kick Boxing

Mon. 6:00 - 7:00 pm

### Muscle Mix Fitness Classes

Tue., Thurs. 9:00 - 10:00 am  
Wed. 6:00 - 7:00 pm

### Spin Classes

\$10/class or \$85/10 visit pass

### POUND CLASS!!!

Thurs. 6:00-7:00pm  
"Release your inner ROCKSTAR!"



### Water Aerobic Fitness Classes

Shallow or Deep - Instruction given for both of these classes:  
Mon., Wed. 8:00 - 9:00 pm  
Shallow Water: Mon., Wed., Fri. 10 - 11 am, Tues., Thurs. 8 - 9 pm

### Arthritis, Fibromyalgia, Post Rehab. Water Exercise Classes

Tues., Thurs. 10 - 11 am  
Join Any Time! \$7.00/class, \$5.50 Senior or \$50/10 visit pass  
(pass is interchangeable)



## CHILDREN/TEEN PROGRAMS

### Red Cross Babysitting Course

Friday, June 8th (PA Day) 8:30 am - 4:30 pm - Min. Age 11 years, cost is \$60

### Junior Summer Camp ages 5 - 8yrs.

July 2 - August 31, 2018  
8:30 am - 4:30 pm  
(Early Drop Off/Late Pick up available - \$20/Week/Child)  
Fees: \$30/Day, \$125/Week, \$900/Summer  
(Family Rates Available)



### Senior Summer Camp - Sports ages 9 - 12 yrs.

July 2 - August 31, 2018  
9 am - 4 pm - Full Week  
Fees: \$30/Day, \$125/Week  
Early Drop Off/Late Pick up available - \$20/Week/Child  
Summer rate included with day camp & family plan available

### Become a Lifeguard or Swim Instructor Before Summer!

Lifeguard = NLS, Instructor = WSI/LSS  
Instructor Course

Prerequisites required—call for more information!  
519-867-2651



For more information or to register call 519-867-2651 & for a full description of programs go to [www.stclairtownshipcommunityservices.ca](http://www.stclairtownshipcommunityservices.ca).

## HEALTH & FITNESS CENTRE

### MEMBERSHIPS INCLUDE: (Min. age 15)

Weight Training Equipment, Lifecycles, Treadmills, Saunas, Whirlpool,  
25 M. Swimming Pool (Rec./Adult Swims), Water Aerobics/Therapy, Muscle Mix Classes

### SPRING HOURS

(Effective April 9 - June 30/18)

Mon. - Fri., 7 am - 9 pm  
Sat., Sun. - 8:30 am - 4:00 pm

### Pool & Health Club CLOSED:

Good Friday March 30<sup>th</sup>  
Easter Sunday April 1<sup>st</sup>  
Victoria Day May 21<sup>st</sup>

4 Month Special—\$130!



Personal Training \$35.00/ Hour!

### FEES (HST Included)

DAILY	SINGLE	\$7.00
	SENIOR 60+	\$5.50
1 MONTH	SINGLE	\$60
	SENIOR/STUDENT	\$50
3 MONTHS	SINGLE	\$130
	SENIOR 60+	\$110
	COUPLE	\$175
6 MONTHS	FAMILY	\$255
	SINGLE	\$200
	SENIOR 60+	\$175
1 YEAR	COUPLE	\$255
	FAMILY	\$450
	SINGLE	\$275
10 VISIT PASS	SENIOR 60+	\$255
	COUPLE	\$450
	FAMILY	\$600
	SINGLE	\$50

### WATER AEROBICS

#### Shallow Water Aerobics

Mon., Wed., Fri. 10 - 11 am, Tues., Thurs. 8 - 9 pm

#### Water Aerobics

Mon., Wed. 8 - 9 pm

#### Arthritis/Fibromyalgia/Post Rehab.

#### Water Exercise Classes

Tues., Thurs. 10 - 11 am

### CARDIO KICK/MUSCLE MIX/ POUND

Cardio Kick: Mon. 6 - 7 pm,

Muscle Mix: Tues, Thurs 9 - 10 am, Wed. 6 - 7 pm

**\$50/10 visit pass interchangeable for all above programs & fitness center pass.**  
**Join any time!**

### SPIN CLASSES

**\$10/class or \$85/10 pass**

Tues., Thurs. 7 - 7:45 am

Beginner: Tues. 7:15 - 8 pm

### BIKES & BELLS

Mon. 5 - 6 pm, Wed. 5 - 6 pm, Fri. 9 - 10 am  
(Spin classes not included in Membership Fee)