

Drop-in Programs for Children & Youth

Effective: Jan 04 - Mar 05

Members: Free/Public: Facility Drop-in Fee.

Please sign-in at Member Services prior to each class.

Indoor Playtime 1 month - 5 yrs

Bond and make memories during this interactive parent & tot playtime. Children learn through play with others in a stimulating and non-structured environment.

Splash Time 6 month - 5 yrs

Have a splashing good time while becoming comfortable in the water. This is a parent participation class.

Active Arts 3 - 5 yrs

This fun class includes a craft, story time and sports play. Please bring water and a snack. Parent participation is optional. Pick up the monthly schedule at Member Services for more details.

Adventure Club K - 8 yrs

Ignite the spirit of your young adventurer with fitness to crafts. Pick up a schedule at Member Services for details.

Skills & Drills 6+ yrs

Do you need that little extra practice before progressing onto the next Learn to Swim or Star Level? This drop-in program allows you to build your swimming skills between lessons.

Activity and Swim Night 8+ yrs

Enjoy Friday nights with your friends playing games and activities followed by fun in the pool.

Streamliners 10+ yrs

Youth get a swim workout under the guidance of a certified coach to help build endurance, strength and speed. Must be able to swim 25 metres.

Aquatic Sport Night 11 - 14 yrs

Get your friends together each week for two different aquatic sports under lifeguard supervision - water volleyball, water polo, underwater hockey, diving, and more.

Girls Night Out 9 - 14 yrs

When girls get together great things happen! Girls Night Out is an opportunity to develop your creativity and new friendships, discuss topics related to girls, learn leadership skills and to take part in a variety of activities from out trips to special events and volunteerism.

Mon 6 - 8pm 9 - 11 yrs

Wed 6 - 8pm 12 - 14 yrs

Yoga for Everyone 12+ yrs

Yoga is not just for your parents anymore! Easy to learn, this yoga program requires little or no equipment, it relaxes your soul while building muscle and flexibility.

	MON	TUE	WED	THU	FRI
AM	10:30 - 12 Indoor Playtime		10:30 - 12 Indoor Playtime		
		11 - 12 Splash Time		11 - 12 Splash Time	11 - 12 Splash Time
PM	4:30 - 5:25 Yoga for Everyone 12+ yrs	3:30 - 4:30 Adventure Club		3:30 - 4:30 Adventure Club	12:30 - 2 Active Arts
	5 - 5:30 Skills & Drills Learn to Swim		5 - 5:30 Skills & Drills Learn to Swim		
	6 - 8 Girls Night Out (9 - 11 yrs)	6 - 6:30 Skills and Drills Star Levels	6 - 8 Girls Night Out (12 - 14 yrs)	6 - 6:30 Skills and Drills Star Levels	6 - 9 Activity and Swim
	7 - 8 Streamliners		7 - 8 Streamliners		6:30 - 7:30 Aquatic Sport Night

