

Join one of our Fantastic Clubs

Manta Ray Swim Club

This swim club provides an opportunity for swimmers to participate in competitions, to improve fitness and swimming techniques and to set and work towards personal goals in a team environment that is fun, challenging and rewarding.

For more information and Season Dates please contact Shelley Kuffert at 236-3097.

Monday/Wednesday/Thursday
6:00 - 7:30 pm
January 4 - April 19, 2010

Aquafitness Club

Fitness classes run throughout the year.

Anyone may start at anytime, everyone is welcome to come and check it out!

MORNING CLASSES:

Monday/Wednesday/Friday • 7:50 am - 8:50 am

EVENING CLASSES:

Tuesday/Friday • 6:30 pm - 7:30 pm

(Classes do not run on Statutory Holidays, Winter Break, Christmas, Easter or Summer Holidays.)

Lifeguard Club

The Lifeguard Club provides an opportunity for swimmers to learn fitness skills, water rescue, and first aid training. It provides an opportunity to learn and practice lifesaving and lifeguarding techniques in a club environment.

LEVELS OFFERED ARE:

- Rookie • Ranger • Star
- Bronze Star • Medallion • Cross

FRIDAYS – 4:00 to 6:30 pm
All sets consist of 10 classes.

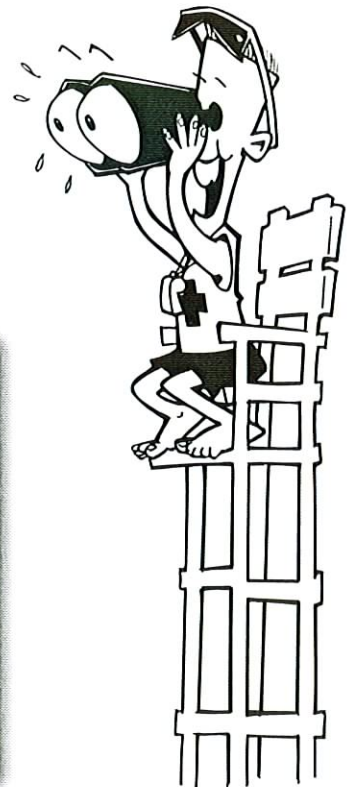
January 8 - March 26, 2010

\$90.10 + cost of Manual • (no class Jan 29 or Feb 19)

April 16 - June 18, 2010

\$90.10 + cost of Manual

Material Costs Extra



**MEADOW LAKE
AQUATIC CENTRE**

**For more information on any of these exciting
programs call the Meadow Lake Aquatic Centre:**

236-2686