



Monday, May 20, 2024

# Victoria Day

at the Leisure Centre

---

**Leisure Centre**                      **7:30 AM – 12:00 PM**

---

**Fitness Centre**                      **7:30 AM – 12:00 PM**

---

**Please note the following:**  
Registered programs will not be running on this date.

Monday, May 20, 2024

## Drop-in Programs

### Fitness

---

- Cycle Fit ..... 9:30 AM – 10:20 AM
- Forever Fit ..... 9:30 AM – 10:20 AM
- Muscle Matters ..... 10:30 AM – 11:20 AM

### Aquatics

---

- Lane Swim ..... 7:35 AM – 9:30 AM
- Family Swim ..... 9:30 AM – 10:30 AM
- Aquafit ..... 9:35 AM – 10:25 AM
- Leisure Swim ..... 10:30 AM – 12:00 PM

### Gymnasium

---

- Parent & Tot ..... 8:00 AM – 10:00 AM  
5 yrs & under
- Family Basketball ..... 10:30 AM – 12:00 PM  
6-12 yrs + adult

For more information, visit [townofws.ca/dropin](https://townofws.ca/dropin)