

Canada Day

at the Leisure Centre

Saturday, June 28

Leisure Centre	7:30 AM – 5:00 PM
Fitness Centre	7:30 AM – 12:00 PM

Tuesday, July 1

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

Drop-in Programs

Saturday, June 28

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

Fitness

Cycle Fit	8:30 AM – 9:20 AM
Boot Camp	8:30 AM – 9:20 AM
Yoga Flow	9:30 AM – 10:20 AM
Cardio Dance	10:30 AM – 11:20 AM

Training room open 7:30 AM – 12:00 PM

Tuesday, July 1

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

Fitness

Step & Strength	9:30 AM – 10:20 AM
Yogalates	10:35 AM – 11:25 AM

Training room open 7:30 AM – 12:00 PM

For more information,
visit townofws.ca/dropin

Please note the following:
Registered programming will not be running on Tuesday, July 1.