



Monday, August 5, 2024

# Civic Holiday

at the Leisure Centre

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

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

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

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## Drop-in Programs

### Fitness

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- 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

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- 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

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- 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)