

KELSEY CENTRE October 2010 SCHEDULE

SWIMMING POOL SCHEDULE

WEIGHT ROOM HOURS – OPEN DURING POOL and GYM TIMES

TIME	SAT	MON	TUES	WED	THURS	FRI
7:30-9:00 AM		EARLY BIRD SWIM 7:30-9:00 Monday only		EARLY BIRD SWIM		EARLY BIRD SWIM
9:00 - 10:00 AM		PARENT & TOT 9:00 -10:00		Aerobic Flow AQUAFIT Resumes Oct 20		Modified AQUAFIT Resumes Oct 22
2-6 PM	Tooney Swim 2-6					
		Adult Aquafit Resumes Oct 18				
6:30-8 PM		ADULT Only 7-8		Family SWIM		Family SWIM

GYM SCHEDULE

TIME	SAT	MON	TUES	WED	THURS	FRI
9: 00 -		AEROBIC Cardio & Weight Work out	Iyengar Yoga 1-1/2 Class Starts Oct 19		Iyengar Yoga 1-1/2 Class Starts Oct 21	AEROBIC Cardio & Weight Work out
8:30-		Weight Room Open		Weight Room Open		Weight room Open
10:00 - Noon						Family Centre
2:00 4:00	Crafts with DARLENE Oct 23					
4:30-6	Volleyball 12-14 years					
6:30 - 8:00 PM		Floor Hockey	Badminton Drop in	Textile & Art & Crafts Drop in	Badminton Drop in	Volley Ball Drop in

Kelsey Centre Drop-in / 10 Pack / Monthly Admission Fees

	<u>Single</u>	<u>10-Pack</u>	<u>Monthly</u>
Child	\$ 2.25	\$ 21.25	\$ 26.90
Youth	\$ 2.25	\$ 21.25	\$ 26.90
Adult	\$ 4.00	\$ 35.25	\$ 47.05
Senior (65+)	\$ 3.35	\$ 30.25	\$ 40.35
Senior 2		\$ 56.00	\$ 78.40
Family (immediate family)	\$ 11.20	\$ 100.80	\$ 134.00

Children 3 & under free; 6 & under must be accompanied by a responsible person 16 years or older.