

# PROGRAM RELOCATION

AT FRITZ SICK POOL, I LIKE TO ATTEND...

LANE  
SWIM

**STAN SIWIK**  
Monday - Friday  
6:30 am - 8:00 am

AQUA  
JOG

**STAN SIWIK**  
Monday, Wednesday & Friday  
8:00 am - 9:00 am

LANE  
SWIM

**STAN SIWIK**  
Mon / Wed / Fri 9:15 am - 10:15 am & 11:45 am - 1:00 pm  
Tuesday & Thursday 9:00 am - 1:00 pm

SENIOR  
FIT

**NICHOLAS SHERAN**  
Monday, Wednesday & Friday  
9:00 am - 10:00 am \*REGULAR AQUA FIT\*

AQUA  
JOG

**STAN SIWIK**  
Tuesday & Thursday  
8:00 am - 9:00 am

AQUA  
ZUMBA

**NICHOLAS SHERAN**  
Wednesday \*Beginning November 6\*  
11:30 am - 12:30 pm

AHS

**NICHOLAS SHERAN**  
Wednesday & Friday  
10:00 am - 11:00 am

SENIOR  
SWIM

**NICHOLAS SHERAN**  
Tuesday & Thursday  
3:00 pm - 4:00 pm

**STAN SIWIK**  
Monday & Wednesday  
3:00 pm - 4:00 pm

**NICHOLAS SHERAN**  
LEISURE CENTRE  
401 LAVAL BLVD W  
(403) 320 - 3046

  
RECREATION EXCELLENCE  
"Serious about fun"

**STAN SIWIK FAMILY**  
SWIMMING POOL  
1901 15 AVE N  
(403) 320 - 3056