

FAMILY
FAMILY – INDOOR PLAYGROUND

Join us in the gymnasium with your child(ren) to enjoy our toys and sports equipment. This is a drop in program. Drop in is included in membership or the day pass fee. Parental supervision required. Children ages 12 years and younger must be supervised by a parent or guardian.

Dates	Day	Time	Member	Non-Member
Sept 10-Dec 24	Saturday	10:00 am-1:00 pm	Included	Child Day Pass Fee

FAMILY YOGA – ALL AGES

Balance like a tree, be still like a tortoise, and soar like an eagle! A fun yoga class the whole family can enjoy together. Non-member fee is per person.

Dates	Day	Time	Member	Non-Member
Sept 11-Oct 30 Nov 6-Dec 18	Sunday	10:00-10:50 am	Included	8/\$24 7/\$21

PARENTING WORKSHOP – THE APPROCHABLE PARENT

If you're uncomfortable talking about sex and sexual health issues with your children and teenagers, you're not alone! The Approachable Parent workshop is designed to help parents get started talking with their children about the important business of Sexual Health Education. Facilitated by the Island Sexual Health Society.

Dates	Day	Time	Member	Non-Member
Oct 4	Tuesday	6:00-8:00 pm	Included	Free

FAMILY – CHRISTMAS PARTY

Bring your family for some holiday fun. We will have games, crafts and activities for all ages. Snacks will be provided.

Dates	Day	Time	Member	Non-Member
December 11	Sunday	12:00-2:00 pm	Included	Free

REGISTRATION
AUG 8 FOR SEPT 6 – OCT 30, OCT 3 FOR OCT 31 – DEC 18

**Classes will be cancelled 48 hours prior to start date if insufficient registration is received.
 Don't delay — register today!**

No classes on statutory holidays

PARENT & TOT

PARENT AND TOT – STROLLER FIT

A parent and tot fitness class that focuses on cardiovascular fitness, strength, and flexibility in a bootcamp style class in the gym.

Dates	Day	Time	Member	Non-Member
Sept 6-Oct 27	Tuesday,	10:00-10:45 am	Included	16/\$40
Nov 1-Dec 15	Thursday			14/\$35

TOY LENDING LIBRARY

We offer a wide assortment of toys and activities for toddlers, preschoolers and early elementary age children. Library members may select toys from our catalogue and borrow toys for home use.

Dates	Day	Time	Member	Non-Member
Sept 7-Dec 18	Wednesday,	3:30-5:00 pm	\$5/month	\$10/month
	Saturday,	1:00-2:30 pm		
	Sunday	10:30 am-12:00 pm		

TOGETHER TIME DROP-IN

A time for toddlers and their grownups to play and visit! Riding toys, balls and tunnels will keep your little one active as you both enjoy a social time.

Dates	Day	Time	Member	Non-Member
Sept 11-Dec 18	Sunday	10:15-11:45 am	Included	Child Day Pass Fee

LIL DIPPER – PARENT AND TOT

Drop-in Parent and Tot Swim Class: Introduction to swimming skills through activities, games and songs, adult participation required (adult must be 16 years or older).

Dates	Day	Time	Member	Non-Member
Sept 17-Dec 17	Saturday	10:00-10:30 am	Included	Child Day Pass Fee


NEW

DROP-IN PARENT AND TOT SWIM LESSONS

Our Parent and Tot swim class is now a drop-in program! Members can phone our court bookings line (250-386-3714) starting at 8:00 am to register for the 10:00 am class, 15 spots will be available for each class. When you arrive at the facility please remember to stop by the Member Services desk to pick up your class ticket. If you have any questions please contact the pool office at 250-418-1838.

REGISTRATION

AUG 8 FOR SEPT 6 – OCT 30, OCT 3 FOR OCT 31 – DEC 18

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