

RECREATION & SPORT

RECREATIONAL SQUASH LEAGUE

Join the new Recreational Squash League. Players will be placed on a team with players of differing ability levels. The focus is on fun and friendly competition. Please note: the registration deadline is each Monday on the first week of play.

Dates	Day	Time	Member	Non-Member
Jan 6-Feb 10 Mar 2-Apr 6 Apr 27-Jun 1	Friday	5:15-8:00pm	Included	6/\$30

INSTANT SQUASH

Squash BC's Instant Squash 3 week program. Registration includes a rule book. Equipment is available to purchase for an extra fee.

Dates	Day	Time	Member	Non-Member
Jan 10-Jan 24 Apr 24-May 8	Tuesday	7:30-9:00 pm	3/\$25	3/\$45

VOLLEYBALL LEAGUE – BEGINNER/INTERMEDIATE

Improve your skills and game. Play in our league and have fun without heavy competition.

Dates	Day	Time	Member	Non-Member
Jan 5-Apr 19	Thursday	6:30-8:25 pm	Included	15/\$82.50

Y WALK AND RUN CLINIC

This clinic is geared for competitive walkers and runners of all abilities. Join experienced leaders while you build your endurance and technique. We will prepare and encourage you to participate in a variety of run and walk events around Victoria. Clinic Format: 5:30-5:45pm clinic discussion (various run and walk topics), 5:45-7:15pm group walk or run session (progressively increasing time and distance).

Dates	Day	Time	Member	Non-Member
Jan 9-Jun 18	Monday	5:30-7:15 pm	Included	23/\$85

REGISTRATION

DEC 5 FOR JAN 3-FEB 26, JAN 30 FOR FEB 27-APR 22, MAR 26 FOR APR 23-JUNE 17

**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