

SPORTS REGISTRATION PROCEDURES

- You may register yourself and a friend in adult sports program.
- Registered players have 15 minutes to arrive after the start time. After that time, the space will be sold to drop-ins.
- Drop-in sign up begins 30 minutes prior to program start.
- Drop-in spaces (if available) will be sold 15 minutes after the start of the program. Sorry no warm-up play before this time.
- Each night game will be arranged by the players.
- Co-ed teams are organized when possible. 18+ years.



Volleyball

Ages: 18+ years

Games and teams and referees will be arranged by the players. Co-ed team will be organized when possible. Drop-ins \$5.00, space permitting. No classes on statutory holidays.

43003.401FC \$54/12 sessions
M Sep 26-Dec 19 7:30 pm-9:30 pm
Instructor: Instructor No

Basketball - Adult 3 on 3

Ages: 18+ years

Each night games will be arranged by the players. Drop-ins \$5.00, if space is available. No classes on statutory holidays.

43008.401FC \$67.50/15 sessions
W Sep 21-Dec 28 7:30 pm-9:30 pm
Instructor: Instructor No

Indoor Soccer - Futsal

Ages: 18+ years

Join some friends for this indoor soccer game played with a smaller and heavier ball to promote control and skill development. Drop-in \$5.00, space permitting. No classes on statutory holidays.

43015.401FC \$67.50/15 sessions
Th Sep 22-Dec 29 7:30 pm-9:30 pm

AEROBICS

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Morning Fit 9:15 am-10:15 am	Zoomerfit 9:15 am-10:15 am	Core Control 9:15 am-10:15 am	Zoomerfit 9:15 am-10:15 am	Morning Fit 9:15 am-10:15 am	Zoomerfit 9:15 am-10:15 am
Salsa Fit 11:30 am-12:30 pm	No classes on Statutory Holidays.				

Morning Fit	A balanced workout emphasizing cardiovascular health, step & low impact conditioning, resistance training, stretching and body alignment.
Zoomerfit	Moderate cardio, free weights, and gentle stretching for the zesty, zippy, pre/present/post boomer in you.
Core Control	Functional fitness & body alignment using your own body's resistance and a variety of equipment. (No cardio).
Salsa Fit	Combining Latin beats with aerobic fitness, Salsa Fit will engage you in the joy of dance, exercise and music! Learn Salsa



AEROBICS PASSES & FEES ADULT . . SENIOR/YOUTH

Drop-in	\$4.75	\$3.50
Book of 10 tickets	\$42.75	\$31.50
3 month	\$119.75	\$88.25
6 month	\$205.25	\$151.25
12 month	\$342.00	\$252.00