

SPORTS

SPORTS REGISTRATION PROCEDURES

- You may register yourself and one friend.
- Registered players have 15 minutes to arrive after the start time. Then 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.
 43003.101FC \$72/16 sessions
 M Jan 9-Apr 30 7:30 pm-9:30 pm

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.
 43008.101FC \$76.5/17 sessions
 W Jan 4-Apr 25 7:30 pm-9:30 pm

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.
 43015.101FC \$76.5/17 sessions
 Th Jan 5-Apr 26 7:30 pm-9:30 pm

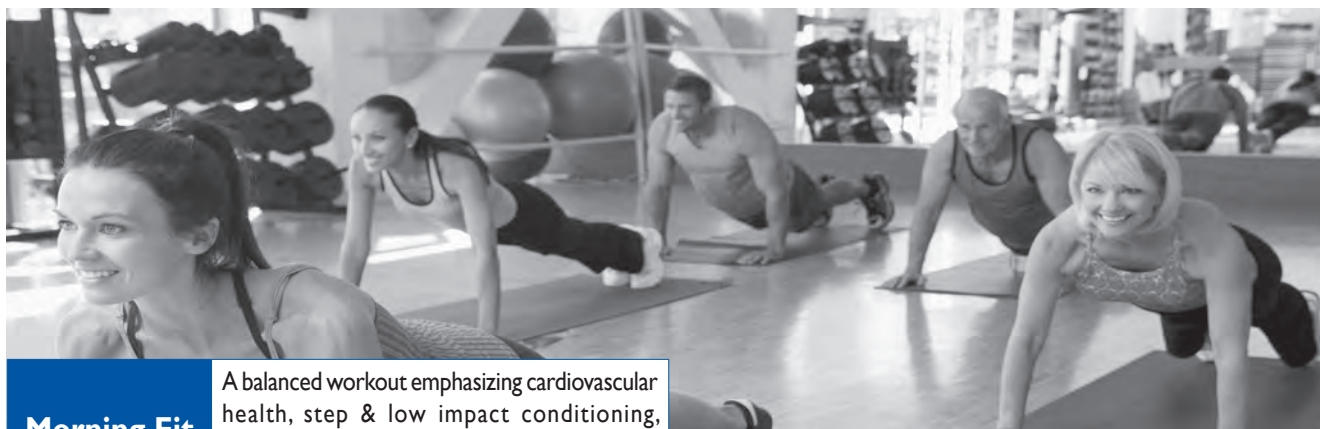
Soccer - Golden Boot for Women

Learn the basic skills of the most popular game in the world through games and scrimmages. Practice and play with no-bounce balls that develop great technique and skills while allowing all to develop and learn team play.
 43010.101FC \$152 /12 sess
 Tu Jan 10-Mar 27 11:30 am-1:00 pm
Instructor: Golden Boot Soccer

AEROBICS

No classes on Statutory Holidays.

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Morning Fit	Zoomerfit	Core Control	Zoomerfit	Morning Fit	Zoomerfit
9:15 am-10:15 am	9:15 am-10:15 am	9:15 am-10:15 am	9:15 am-10:15 am	9:15 am-10:15 am	9:15 am-10:15 am



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).

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

Registration begins Tuesday, December 13th at 9:00am

604-257-8195