

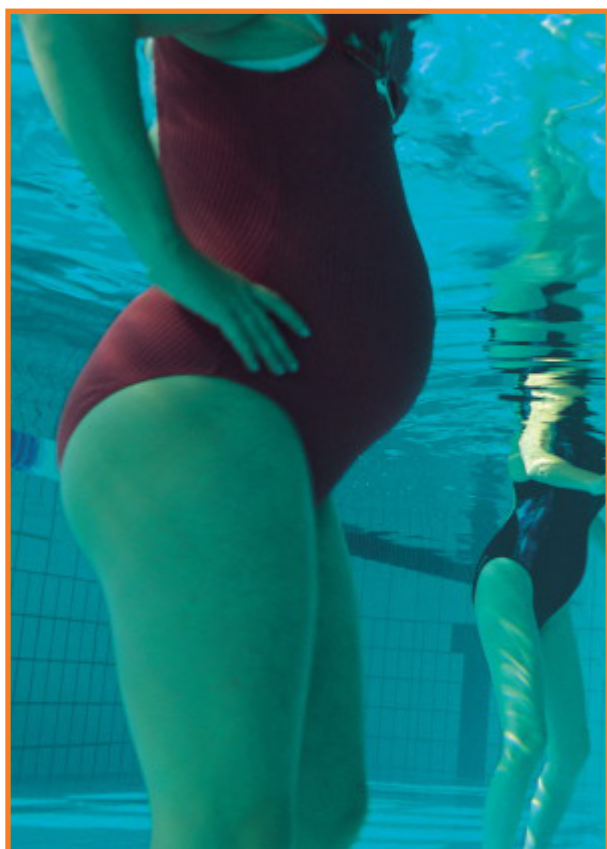
Want to stay healthy during and after pregnancy?

# Pre/Post Natal Aquafit



Regular exercise contributes to a healthy birth and the social setting connects you to other moms.

**Drop-in casually or register to save money!**



- **Saturday mornings**
- **9:10am-9:55am**

- *Registration will be pro-rated so register anytime.*
- *Save \$2/class by registering.*
- *\$10/class drop-in.*
- *Price includes HST.*
- *Par Med X for Pregnancy is needed. Call the front desk for details.*

## **Kensington Pool**

5175 Dumfries Street, (Knight & 37th)  
Vancouver • 604-718-6201

For more information visit [vancouverparks.ca](http://vancouverparks.ca) or call **311**