



☎ 250-475-7600

**COMMONWEALTH PLACE - Waterfit**

*Effective January 2 - June 30, 2012*

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Waterfit</b>	8:00-8:50am 9:00-10:00am	9:00-9:45 am	8:00-8:50am 9:00-10:00am	9:00-9:45 am	8:00-8:50am 9:00-10:00am		10:10-11:10am
<b>Powerfit</b>	7:00-8:00pm		7:00-8:00pm				
<b>Deep Waterfit</b>	9:00-10:00am 10:15-11:15am 8:10-9:10pm	8:15-9:00am 9:45-10:30am	9:00-10:00am 10:15-11:15am 8:10-9:10pm	8:15-9:00am 9:45-10:30am	10:15-11:15am	12:00-1:00pm	
<b>Water Walking</b>	1:00-2:00pm	10:30-11:30am	1:00-2:00pm	10:30-11:30am	12:00-1:00pm		
<b>Deep Water Interval</b>		7:00-8:00pm		7:00-8:00pm			
<b>Baby Waterfit*</b>			11:00-11:45am*				
<b>Aqua Stretch &amp; Strength*</b>		9:30-10:30am*		9:30-10:30am*			
<b>Deep Water Conditioning*</b>		12:30-1:15pm*		12:30-1:15pm*			
<b>Notes &amp; Additional Information</b>	<p>Childminding available Mon - Fri 8:45-11:30am, <b>not available</b> on Stat Holidays.</p> <p><b>Statutory Holidays April 6, April 9 and May 21:</b> Shallow Waterfit offered from 12:00-1:00pm; no other drop-in waterfit offered</p> <p>*Registered class: will accept drop-ins, space permitting, at an additional cost of \$3</p>						