

# *Aquacize*

## *Morning & Evening*



**Aerobic exercise in the Pool!** Swimming skills are not necessary as participants are never totally submerged.

Babies 4-24 months old are welcome to participate with care giver, bring your own floatable.

Child care is available starting September from 9:00-11:00 am Mon, Wed, & Fri.; as long as attendance is maintained. \$3.50 for the first child, \$2.00 for each additional child of the same family. Minimum age 2 years.

Drop in fees: Adult-\$4.50, Senior/youth-\$3.50  
or punch card, or fitness pass

**Ladies only Morning: Mon, Wed, & Fridays (Starts Sept. 8)**

*10:00-11:00 am*

**Evenings: Tues. & Thurs. (Starts Sept. 7)**

*8:00—9:00 pm*



For more information please contact  
Canadian University College Physical Education Center  
at 782-2822

