

# Canada Day

## at the Leisure Centre

### Saturday, June 28

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Leisure Centre 7:30 AM – 5:00 PM

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Fitness Centre 7:30 AM – 12:00 PM

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### Tuesday, July 1

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Leisure Centre 7:30 AM – 12:00 PM

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Fitness Centre 7:30 AM – 12:00 PM

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## Drop-in Programs

### Saturday, June 28

#### Aquatics

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Lane Swim ..... 7:35 AM – 9:30 AM

Family Swim ..... 9:30 AM – 10:30 AM

Aquafit ..... 9:35 AM – 10:25 AM

Leisure Swim ..... 10:30 AM – 12:00 PM

#### Fitness

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Cycle Fit ..... 8:30 AM – 9:20 AM

Boot Camp ..... 8:30 AM – 9:20 AM

Yoga Flow ..... 9:30 AM – 10:20 AM

Cardio Dance ..... 10:30 AM – 11:20 AM

Training room open 7:30 AM – 12:00 PM

### Tuesday, July 1

#### Aquatics

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Lane Swim ..... 7:35 AM – 9:30 AM

Family Swim ..... 9:30 AM – 10:30 AM

Aquafit ..... 9:35 AM – 10:25 AM

Leisure Swim ..... 10:30 AM – 12:00 PM

#### Fitness

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Step & Strength ..... 9:30 AM – 10:20 AM

Yogalates ..... 10:35 AM – 11:25 AM

Training room open 7:30 AM – 12:00 PM

For more information,  
visit [townofws.ca/dropin](http://townofws.ca/dropin)

**Please note the following:**

Registered programming will not be running on Tuesday, July 1.