



AQUA AEROBICS



NEW
 Sat 9-10 am
 Advanced Circuit
 Aqua Aerobics
 (No instructor just
 stations.
 \$5.25 per
 workout

Aqua Aerobic classes are an on going program with the exception of stat holidays. Classes are 1 hour long. Cost is \$11 per class, \$90 +hst for a 10 class pass or \$407 +hst for a one year membership

	Monday	Tuesday	Wednesday	Thursday	Friday
Beginner		8:30 AM			
Shallow - Low Intensity	10:30 AM*	2:30 PM*			10:30 AM
Shallow - Med/High Intensity	8:30 AM		8:30 AM		8:30 AM
	8:00 PM			8:00 PM	
Deep Water	8:30 AM		8:30 AM		8:30 AM
Advance - Circuit				8:30 AM	



Vanastra Rec Centre 519-482-3544

* No classes July & August
 ** Time changes to 7-8 pm July & Aug.

GENTLE FIT

Joint pain or stiffness?
 This pool program includes stretching, flexing and moving through the water to strengthen muscles, and improve your mobility and balance. Everyone is welcome.

Mondays, Wednesdays & Fridays
 11:30 am - 12:00 noon

No classes on stat holidays.
 All adult specialty classes are 30 minutes.

Cost is \$6.25 per class or \$53 for 10 classes +hst
At the Vanastra Rec Centre
519-482-3544

Aquatic REHAB

This class is designed for anyone who has had knee or hip surgery. This post surgery aquatic program will help to regain range of motion, stretch tight muscles and strengthen weak muscles.

519~482~3544

4 week sessions
 2 x per week

Monday & Wednesday
 1:00 - 1:45 pm
 \$76 +hst

July & August Tuesdays & Thursdays from 11-12



HURON EAST POOL RULES ADMISSION STANDARDS

- Children under the age of 10 who are non swimmers must be supervised by an adult/care giver
- Care giver must be a minimum age of 12.
- Children under the age of 10 who are able to demonstrate comfort in the water and pass facility swim test maybe admitted to the swimming pool unaccompanied.
- Children under the age of 6 must be accompanied by an adult/care giver with a maximum of 2 children per adult/care giver
- No persons infected with a communicable disease or having open sores shall enter the pool.
- No person shall pollute the water in any manner spitting, spouting water, blowing nose in pool or on deck.
- Maximum # of Bathers -Vanastra 100; Brussels 80.
- Young children are not permitted in the deep end with a life jacket unless accompanied by an adult. Water wings are not permitted in the deep end.
- Family is defined as living under the same roof or dependants claimed on your annual taxes.



When your child is near the water, you need to be near your child.

Indoor Canoe / Kayak Course

Come try kayaking or canoeing in the comforts of your local community pool. Nervous about being upside down or capsizing? Where better then the controlled environment of a 84' degree pool. You will learn the paddling techniques and rescue practice with our lifeguards and experienced Instructor at your side to help. Whether you are a first time paddler or a beginner what better place to practice your skills in preparation for the season ahead. -- No experience required.

Wednesdays from 7:45-8:45 pm at Vanastra Rec Centre
4-1 hour sessions from Feb. 1 - 22 for only \$77 +hst
Includes: Kayak rental, safety equipment, experienced kayak leader, lifeguards and pool time.




Canoe
November 16-30
3 - 1 Hr. Sessions
\$60 +hst

Contact: VRC 519-482-3544 OR Timbers Outfitters 519-600-2267



Water Running

Oct. 4 - May 23 \$41 for 4 classes
Tuesday's from 6-7 pm



519-482-3544

Vanastra Rec Centre

This program is great for cross training, seasonal runners or injured runners. Program is designed to teach you how to use the water as an alternate method of land running. Get a great cardio workout.

Must commit to 4 classes



Mens Fitness

VRC
519-482-3544

Thursdays from 1-1:45 pm
\$8.25 per class or 10 for \$68
 ~ Nov 3 - Apr 27 ~ ^{+hst}

This class is designed for the off season active man. Golf course all closed up, mother nature is interfering with the enjoyment of outdoor activities. Bring your active lifestyle inside and introduce yourself to aquatic training. This is a no music, no choreography, no dance type of class. You will go through a series of circuits to strengthen muscles, challenge balance and coordination, improve cardiovascular and agility. **FIRST CLASS IS FREE!**

Aquatic Personal Training

A COOL Way To Get In Shape!

Vanastra Rec Centre ~ 519-482-3544

A personal Trainer will design an individualized exercise program specific to your needs or requirements. Individuals needs may be based on health needs, interests and desired goals. An individualized program maybe for the following weight management, strength and endurance training, flexibility, cardiovascular, athletic conditioning or for special populations or medical conditions.

Personal Training is subject to available pool and trainer time. Can be 1 on 1 or up to maximum of 4 people. Call to inquire. 4 - 1 Hr sessions. \$192 +hst

At Vanastra Rec Centre 519-482-3544

Aqua FIT

SEPT. - JUNE
Mon 9:30 – 10:00 am
\$68 - 10 Classes
\$8 Drop In
JULY - AUGUST
10:30 - 11:00

This is a swimming workout. Challenge yourself with a variety of drills and exercises to tone muscles, raise heart rate, improve swim skills.




ADULT SWIM LESSONS

This program offers swimming and fitness skill instruction for adults. Lessons will be designed to meet the needs of the individual.

SEPT - JUNE
Monday 10-10:30 am Wednesday 9:30-10 am
\$68 - 10 Classes \$8 - Drop in
JULY - AUGUST Mondays 11-11:30 am



LOOKING FOR STORAGE

BP RENTALS

- DRY STORAGE TRAILERS
- MOVING & STORAGE

BP RENTALS CALL 519-527-0753




Thursdays 9:30-10:15 am
\$8.25 per class
or 10 for \$68
Starting Oct 6 - April 27

This exercise program combines music, movement, play, bonding & exercise. This is for toddlers 6 mos. - 2 yrs. The parent will spend quality time engaging in a total body exercise program.