





Skating & FREE Swimming
on **Family Day Monday**
sponsored by
Paul Dewar, MP
New Democrat
Ottawa Centre

Family Day Weekend

Feb. 13 - 15, 2010

HOLIDAY SCHEDULE

WHAT'S ON & WHAT'S NOT?

	SATURDAY 7:30am -9pm	SUNDAY 7:30am – 7:30pm	MONDAY 8am – 4:30pm
IN THE POOL	2-3pm Open 3-4pm Family 7:30-8:30pm Open No swim lessons	2-3pm Open 3-4pm Family No swim lessons	12-1pm Adult/ Disabled 1-2:30pm Open 2:30-4pm Family FREE Admissions sponsored by Paul Dewar No aquafitness No swim lessons
FITNESS CENTRE	7:30 am – 9pm	7:30 am – 7:30pm	8am – 4:30pm
FITNESS CLASSES	Group Fitness: 8am Low Sculpt 9am Boot Camp No Specialty classes	Group Fitness: 8am Strength Mix 9am Low Impact No Specialty classes	Group Fitness: 8:30am: Low Fusion 9:30am Yoga for All <i>Open to Everyone!</i> <i>(Regular group fitness fees apply)</i> No Specialty classes
RECREATION PROGRAMS	No Classes  Birthday Parties are on!!	No Classes  Birthday Parties are on!!	No Classes Skating outdoors & Free Swimming on Monday sponsored by Paul Dewar (see "In the Pool" info for details)