

## THURSDAY JANUARY 5

<b>FITNESS CENTRE</b>	5:30am-10:30pm
<b>Body Blast</b>	9:15-10:15am
<b>Power Cycling</b>	8:30-9:15am
<b>Bootcamp</b>	6:15-7:15pm
<b>Power Cycling &amp; Abs</b>	6:10-6:55pm
<b>Yoga</b>	7:15-8:30pm
<b>PRE-REGISTERED PROGRAMS</b>	
<b>Holiday Happenings</b>	9:00am-4:00pm
<b>SKATING</b>	
<b>Tim Hortons Skate</b>	12:00-2:00pm <b>FREE</b>
<b>SWIMMING</b>	
<b>Aquafit</b>	8:35-9:20am; 7:45-8:30pm
<b>Length Swim</b>	6:30-7:30am; 10:30am-3:00pm; 8:30-10:00pm
<b>Parent &amp; Tot Swim</b>	10:30am-3:00pm

## FRIDAY JANUARY 6

<b>FITNESS CENTRE</b>	5:30am-9:00pm
<b>Power Cycling &amp; Abs</b>	8:30-9:15am
<b>Pilates</b>	9:30-10:30am
<b>Sr Muscle Conditioning</b>	9:30-10:30am
<b>PRE-REGISTERED PROGRAMS</b>	
<b>Holiday Happenings</b>	9:00am-4:00pm
<b>SKATING</b>	
<b>Tim Hortons Skate</b>	12:00-2:00pm <b>FREE</b>
<b>Parent &amp; Child Shinny</b>	4:30-5:45pm
<b>SPORTS</b>	
<b>Youth Basketball</b>	7:30-9:30pm
<b>SWIMMING</b>	
<b>Aquafit</b>	8:35-9:20am
<b>Length Swim</b>	6:30-7:30am; 10:30am-3:00pm
<b>Parent &amp; Tot Swim</b>	10:30am-3:00pm
<b>Rec Swim</b>	7:00-8:30pm

## SATURDAY JANUARY 7

<b>FITNESS CENTRE</b>	7:00am-6:30pm
<b>Power Cycling</b>	9:00-9:45am; 9:50-10:35am
<b>Yoga</b>	10:00-11:00am
<b>SKATING</b>	
<b>Indoor Rec Skate</b>	7:00-9:00pm
<b>Outdoor Rec Skate</b>	1:00-3:30pm
<b>SWIMMING</b>	
<b>Length Swim</b>	7:30-8:30am; 12:05-1:30pm
<b>Parent &amp; Tot Swim</b>	12:05-1:30pm
<b>Rec Swim</b>	1:30-3:30pm

## SUNDAY JANUARY 8

<b>FITNESS CENTRE</b>	7:00am-6:30pm
<b>Power Cycling &amp; Abs</b>	9:15-10:15am
<b>Body Blast</b>	9:15-10:15am
<b>SKATING</b>	
<b>Indoor Rec Skate</b>	2:05-4:00pm
<b>Outdoor Rec Skate</b>	1:00-3:30pm
<b>SPORTS</b>	
<b>Table Tennis</b>	9:00-11:30am
<b>SWIMMING</b>	
<b>Length Swim</b>	7:30-8:30am; 11:05am-1:30pm
<b>Parent &amp; Tot Swim</b>	11:05am-1:30pm
<b>Rec Swim</b>	1:30-3:30pm

### FEES: Recreational Activities (plus HST where applicable)

	YOUTH under 18 years	ADULT 18 years+	OLDER ADULT 60 years+	GROUP*	PARENT & CHILD 6-12 years
<b>RECREATIONAL SWIM FEES</b>					
Single (tax included)	\$2.25	\$4.75	\$3.25	\$9.50	
Book: 10 passes	\$20.40	\$37.70	\$26.40	\$74.90	
Pass: 50 visits	\$89.00	\$166.40	\$115.50	\$331.50	
Pass: 1 year	\$130.15	\$242.80	\$135.67	\$485.06	
<b>RECREATIONAL SPORTS FEES</b>					
Bowling	\$4.00	\$4.94	n/a	\$8.07	
Sports	\$15.00**	\$4.79	n/a	n/a	
Water Polo	\$2.25	\$4.11	\$2.86	\$8.44	
<b>SKATING &amp; SHINNY HOCKEY</b>					
<b>SKATE:</b>					
Single (tax included)	\$2.25	\$4.75	\$3.25	\$9.50	
Book of 10 passes	\$20.00	\$37.19	\$25.94	\$74.38	
Season Pass (1 year)	\$50.39	\$91.64	\$61.99	\$112.36	
<b>SHINNY HOCKEY:</b>					
Single	\$7.75	\$10.02	n/a	n/a	\$13.98
Book of 10 passes	\$55.80	\$78.90	n/a	n/a	\$105.20
<b>LEGEND</b>					
* Maximum 5 persons living at the same address    ** Annual Children's & Youth Membership    ⚡ \$4.50 fee for each additional child					
<b>AQUAFITNESS FEES</b>					
	14 years+	Older Adult			
Single	\$7.65	\$3.43			
10 passes	\$67.50	\$31.50			
25 visits	\$158.50	\$74.25			
1 year (Resident)	\$335.98	\$125.22			

## Supervised Outdoor Skating Rinks

JANUARY - MARCH 2012 • Weather Permitting

### Chancellor Community Centre:

Mon/Wed/Fri..... 6:00 - 8:00pm  
Saturday/Sunday ..... 1:00 - 3:30pm

### Dufferin Clark Community Centre:

Mon/Wed/Fri ..... 6:00 - 8:00pm  
Saturday/Sunday ..... 1:00 - 3:30pm

### Father E. Bulfon Community Centre:

Saturday/Sunday ..... 1:00 - 3:00pm

### Garnet A. Williams Community Centre:

Mon/Wed/Fri ..... 6:00 - 8:00pm  
Saturday/Sunday ..... 1:00 - 3:30pm

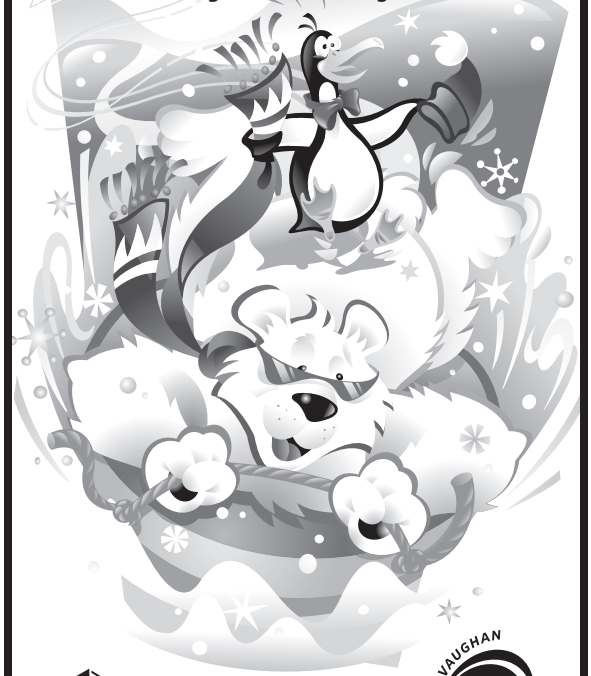
*Unsupervised shinny hockey available at all other times.*



# Recreational Activities

**GARNET A. WILLIAMS**  
Community Centre  
905.832.8552

**Saturday, December 24, 2011  
to Sunday, January 8, 2012**



CS10560 RNov 11

## SATURDAY DECEMBER 24

<b>FITNESS CENTRE</b>	7:00am-1:00pm
<b>Power Cycling</b>	9:00-9:45am
<b>Yoga</b>	10:00-11:00am
<b>SWIMMING:</b>	
<b>Length Swim</b>	7:30-10:30am
<b>Parent &amp; Tot Swim</b>	7:30-10:30am
<b>Rec Swim</b>	10:30am-12:30pm

## SUNDAY DECEMBER 25 - CLOSED

## MONDAY DECEMBER 26

<b>FITNESS CENTRE</b>	7:00am-3:00pm
<b>Power Cycling &amp; Abs</b>	8:30-9:15am
<b>Bootcamp</b>	9:20-10:20am
<b>Gentle Yoga-Fit</b>	10:30-11:30am
<b>PRE-REGISTERED PROGRAMS</b>	
<b>Holiday Happenings</b>	9:00am-4:00pm
<b>SKATING</b>	
<b>Tim Hortons Skate</b>	12:00-2:00pm <b>FREE</b>
<b>Indoor Rec Skate</b>	6:30-8:00pm
<b>SWIMMING</b>	
<b>Length Swim</b>	7:00-9:20am; 1:30-2:30pm
<b>Parent &amp; Tot Swim</b>	1:30-2:30pm
<b>Recreational Swim</b>	10:30am-1:30pm

## TUESDAY DECEMBER 27

<b>FITNESS CENTRE</b>	5:30am-10:30pm
<b>Body Blast</b>	9:15-10:15am
<b>Sr Muscle Conditioning</b>	10:30-11:30am
<b>Power Cycling &amp; Abs</b>	11:45am-12:30pm; 6:10-6:55pm
<b>Zumba</b>	6:10-6:55pm
<b>Yoga</b>	7:00-8:15pm
<b>PRE-REGISTERED PROGRAMS</b>	
<b>Holiday Happenings</b>	9:00am-4:00pm
<b>SKATING</b>	
<b>Indoor Rec Skate</b>	12:00-2:00pm
<b>Adult Shinny Hockey</b>	4:15-5:45pm

## TUESDAY DECEMBER 27

<b>SPORTS</b>	
<b>Adult Table Tennis</b>	7:30-10:00pm (Competitive)
<b>SWIMMING</b>	
<b>Aquafit</b>	8:35am-9:20am
<b>Length Swim</b>	6:30-7:30am; 10:30am-3:00pm; 9:00-10:00pm
<b>Parent &amp; Tot Swim</b>	10:30am-3:00pm
<b>Rec Swim</b>	7:45-9:00pm

## WEDNESDAY DECEMBER 28

<b>FITNESS CENTRE</b>	5:30am-10:30pm
<b>Power Cycling &amp; Abs</b>	8:30-9:15am; 9:20-10:05am
<b>Zumba</b>	9:30-10:30am
<b>Quick Spin</b>	5:30-6:00pm
<b>Power Cycling</b>	6:15-7:00pm
<b>Body Blast</b>	7:15-8:15pm
<b>PRE-REGISTERED PROGRAMS</b>	
<b>Holiday Happenings</b>	9:00am-4:00pm
<b>SKATING</b>	
<b>Tim Hortons Skate</b>	12:00-2:00pm <b>FREE</b>
<b>SPORTS</b>	
<b>Adult Volleyball</b>	8:30-10:30pm
<b>SWIMMING</b>	
<b>Aquafit</b>	8:35-9:20am
<b>Length Swim</b>	6:30-7:30am; 10:30am-3:00pm; 9:00-10:00pm
<b>Parent &amp; Tot Swim</b>	10:30am-3:00pm
<b>Rec Swim</b>	7:45-9:00pm

## THURSDAY DECEMBER 29

<b>FITNESS CENTRE</b>	5:30am-10:30pm
<b>Body Blast</b>	9:15-10:15am
<b>Power Cycling</b>	8:30-9:15am
<b>Bootcamp</b>	6:15-7:15pm
<b>Power Cycling &amp; Abs</b>	6:10-6:55pm
<b>Yoga</b>	7:15-8:30pm
<b>PRE-REGISTERED PROGRAMS</b>	
<b>Holiday Happenings</b>	9:00am-4:00pm
<b>SKATING</b>	
<b>Indoor Rec Skate</b>	12:00-2:00pm
<b>SWIMMING</b>	
<b>Aquafit</b>	8:35-9:20am; 7:45-8:30pm
<b>LengthSwim</b>	6:30-7:30am; 10:30am-3:00pm; 8:30-10:00pm
<b>Parent &amp; Tot Swim</b>	10:30am-3:00pm

## FRIDAY DECEMBER 30

<b>FITNESS CENTRE</b>	5:30am-9:00pm
<b>Power Cycling &amp; Abs</b>	8:30-9:15am
<b>Pilates</b>	9:30-10:30am
<b>Sr Muscle Conditioning</b>	9:30-10:30am
<b>PRE-REGISTERED PROGRAMS</b>	
<b>Holiday Happenings</b>	9:00am-4:00pm
<b>SKATING</b>	
<b>Tim Hortons Skate</b>	12:00-2:00pm <b>FREE</b>
<b>Parent &amp; Child Shinny</b>	4:30-5:45pm
<b>SPORTS</b>	
<b>Youth Basketball</b>	7:30-9:30pm
<b>SWIMMING</b>	
<b>Aquafit</b>	8:35-9:20am
<b>Length Swim</b>	6:30-7:30am; 10:30am-3:00pm
<b>Parent &amp; Tot Swim</b>	10:30am-3:00pm
<b>Rec Swim</b>	7:00-8:30pm

## SATURDAY DECEMBER 31

<b>FITNESS CENTRE</b>	5:30am-1:00pm
<b>Power Cycling</b>	9:00-9:45am
<b>Yoga Fit</b>	10:00-11:00am
<b>SWIMMING</b>	
<b>Length</b>	7:30-10:30am
<b>Parent &amp; Tot Swim</b>	7:30-10:30am
<b>Rec Swim</b>	10:30am-12:30pm

## SUNDAY JANUARY 1 - CLOSED

## MONDAY JANUARY 2

<b>FITNESS CENTRE</b>	5:30am-10:30pm
<b>Power Cycling</b>	6:00-7:00am; 5:30-6:15pm
<b>Power Cycling &amp; Abs</b>	8:30-9:15am
<b>Bootcamp</b>	9:20-10:20am
<b>Gentle Yoga</b>	10:30-11:30am
<b>Ball Body Buster</b>	6:20-7:20pm
<b>Pilates</b>	7:30-8:30pm
<b>PRE-REGISTERED PROGRAMS</b>	
<b>Holiday Happenings</b>	9:00am-4:00pm
<b>SKATING</b>	
<b>Indoor Rec Skate</b>	12:00-2:00pm; 6:30-8:00pm
<b>Outdoor Rec Skate</b>	6:00-8:00pm
<b>SWIMMING</b>	
<b>Aquafit</b>	8:35-9:20am; 7:45-8:30pm
<b>Length Swim</b>	6:30-7:30am; 10:30am-3:00pm; 8:30-10:00pm
<b>Parent &amp; Tot Swim</b>	10:30am-3:00pm

## TUESDAY JANUARY 3

<b>FITNESS CENTRE</b>	5:30am-10:30pm
<b>Body Blast</b>	9:15-10:15am
<b>Sr Muscle Conditioning</b>	10:30am-11:30am
<b>Power Cycling &amp; Abs</b>	11:45am-12:30pm; 6:10-6:55pm
<b>Zumba</b>	6:10-6:55 pm
<b>Yoga</b>	7:00-8:15pm
<b>PRE-REGISTERED PROGRAMS</b>	
<b>Holiday Happenings</b>	9:00am-4:00pm
<b>SKATING</b>	
<b>Tim Hortons Skate</b>	12:00-2:00pm <b>FREE</b>
<b>Adult Shinny Hockey</b>	4:15-5:45pm
<b>SPORTS</b>	
<b>Adult Table Tennis</b>	7:30-10:00pm (competitive)
<b>SWIMMING</b>	
<b>Aquafit</b>	8:35-9:20am
<b>Length Swim</b>	6:30-7:30am; 10:30-3:00pm; 9:00-10:00pm
<b>Parent &amp; Tot Swim</b>	10:30am-3:00pm
<b>Rec Swim</b>	7:45-9:00pm

## WEDNESDAY JANUARY 4

<b>FITNESS CENTRE</b>	5:30am-10:30pm
<b>Power Cycling &amp; Abs</b>	8:30-9:15am; 9:20-10:05am
<b>Zumba</b>	9:30-10:30am
<b>Quick Spin</b>	5:30-6:00pm
<b>Power Cycling</b>	6:15-7:00pm
<b>Body Blast</b>	7:15-8:15
<b>PRE-REGISTERED PROGRAMS</b>	
<b>Holiday Happenings</b>	9:00am-4:00pm
<b>SKATING</b>	
<b>Indoor Rec Skate</b>	12:00-2:00pm
<b>Outdoor Rec Skate</b>	6:00-8:00pm
<b>SPORTS</b>	
<b>Adult Volleyball</b>	8:30-10:30pm
<b>SWIMMING</b>	
<b>Aquafit</b>	8:35-9:20am
<b>Length Swim</b>	6:30-7:30am; 10:30am-3:00pm; 9:00-10:00pm
<b>Parent &amp; Tot Swim</b>	10:30am-3:00pm
<b>Rec Swim</b>	7:45-9:00pm