



Pool Programs / Programme de piscine

All programs starts on January 10th, 2011 / Les programmes débuteront le 10 janvier 2011

Pool Programs Programme de piscine	Monday Lundi	Tuesday Mardi	Wednesday Mercredi	Thursday Jeudi	Friday Vendredi	Saturday Samedi	Sunday Dimanche
Adult Distance Distance Adulte	6:30am-9:00am 3:00pm-4:00pm	6:30am-9:00am 3:00pm-4:00pm	6:30am-9:00am 3:00pm-4:00pm	6:30am-9:00am 3:00pm-4:00pm	6:30am-9:00am 3:00pm-4:00pm		
Aqua Jogging	9:00am-10:00am	9:00am-10:00am	9:00am-10:00am	9:00am-10:00am	9:00am-10:00am		
Walk, Run and Stretch Marche, Cours et Étire		10:30am-11:30am		10:30am-11:30am			
Aqua Yoga			10:00am-10:30am		10:00am-10:30am		
Adult Swim Nage Adulte	11:30am-1:00pm	11:30am-1:00pm 8:30pm-9:30pm	11:30am-1:00pm	11:30am-1:00pm 8:30pm-9:30pm	11:30am-1:00pm 7:30pm-8:30pm	12:00pm-1:00pm	12:00pm-1:00pm
Swim Lessons Leçon de nage	4:00pm-7:30pm	4:00pm-6:30pm		7:30pm-8:30pm		10:00am-11:00am	10:00am-11:00am
Aqua Aerobics Aérobic Aquatique	10:30am-11:30am 7:30pm-8:30pm		10:30am-11:30am 7:30pm-8:30pm		10:30am-11:30am		
Public Swim Nage publique		6:30pm-7:30pm		6:30pm-7:30pm	6:30pm-7:30pm	1:00pm-4:00pm	1:00pm-4:00pm
Endurance Tek			4:00pm-5:00pm		4:00pm-5:00pm		
Parent & Tot Parent et bambin	11:30am-1:00pm	3:00pm-4:00pm	11:30am-1:00pm	3:00pm-4:00pm	11:30am-1:00pm		
Family Swim Nage de famille			6:30pm-7:30pm				
Swim Team Équipe de Natation			5:00pm-6:30pm		5:00pm-6:30pm		
Rental Times Louez-moi	1:00pm-3:00pm	1:00pm-3:00pm	1:00pm-3:00pm	1:00pm-3:00pm	1:00pm-3:00pm	11:00am-12:00pm 4:00pm-6:00pm	11:00am-12:00pm 4:00pm-6:00pm

Gym and Arena Programs / Programme d'haltérophilie et arène

All programs starts on January 10th, 2011 / Les programmes débuteront le 10 janvier 2011

Pilates will start only on January 18th, 2011 / La classe de Pilates débutera seulement le 18 janvier 2011

Programs Programmes	Monday Lundi	Tuesday Mardi	Wednesday Mercredi	Thursday Jeudi	Friday Vendredi	Saturday Samedi	Sunday Dimanche
Floor Aerobics Aérobic sur plancher		9:00am-10:00am		9:00am-10:00am			
Pilates (Sports Hall of Fame)		11:15am-12:00pm		11:15am-12:00pm			
Bender Ball Methode Méthode de Bender Ball		7:15pm-8:00pm		7:15pm-8:00pm			
Combo Aerobics Aérobic Combiné	4:00pm-5:00pm		4:00pm-5:00pm				
Floor Yoga Yoga sur le plancher	10:15am-11:00am		10:15am-11:00am				
Zumba	9:00am-10:00am 6:30pm-7:30pm		9:00am-10:00am 6:30pm-7:30pm		9:00am-10:00am		
Zumba Gold		10:15am-11:00am		10:15am-11:00am			
ZumbAtomic				4:15pm-4:45pm			
Gym Salle d'haltérophilie	6:30am-9:30pm	6:30am-9:30pm	6:30am-9:30pm	6:30-9:30pm	6:30am-9:00pm	10:00am-5:00pm	10:00am-5:00pm
Walking Program Programme de marche	7:00am-10:00am 1:00pm-4:00pm	7:00am-9:30am 9:30-10:30am Free	7:00am-10:00am 1:00pm-4:00pm	7:00am-10:00am 12-1pm supervised			
Public Skating - S.Falls Patin Libre							2:00pm-3:30pm
Public Skating - Verner Patin Libre		4:00pm-5:30pm			8:00pm-9:30pm	2:00pm-3:30pm	
Shinny Hockey - S.Falls		2:00pm-3:30pm		1:30-3:00pm			
Shinny Hockey - Verner	4:00pm-5:30pm		4:00pm-5:30pm		4:30pm-6:00pm		
Senior & Tots Skating		1:00pm-2:00pm	1:00pm-2:00pm		1:00pm-2:00pm		
Verner Mini-Gym Haltérophilie	7:00am-9:00pm	7:00am-9:00pm	7:00am-9:00pm	7:00am-9:00pm	7:00am-9:00pm	8:00am-12:00pm	
Verner Zumba		6:30pm-7:30pm		6:30pm-7:30pm			

2011



2011

Membership Fees Frais de cotisations	Adult Adulte (16 – 59)	Senior Aînés (60 – 74)	Immediate Family Famille Immédiate	Child Enfant (3 – 15)
1 Month Pool / 1 mois piscine	\$40.00	\$28.00	\$59.00	\$27.00
1 Month Gym / 1 mois d'haltérophilie	\$53.00	\$42.00	\$67.00	
1 Month Pool & Gym / 1 mois piscine et d'haltérophilie	\$90.00	\$62.00	\$112.00	
3 Month Pool / 3 mois piscine	\$83.00	\$58.00	\$128.00	\$42.00
3 Month Gym / 3 mois d'haltérophilie	\$111.00	\$84.00	\$165.00	
3 Month Pool & Gym / 3 mois piscine et d'haltérophilie	\$145.00	\$98.00	\$221.00	
6 Month Pool / 6 mois piscine	\$149.00	\$97.00	\$238.00	\$72.00
6 Month Gym / 6 mois d'haltérophilie	\$161.00	\$128.00	\$303.00	
6 Month Pool & Gym / 6 mois piscine et d'haltérophilie	\$231.00	\$163.00	\$409.00	
1 Year Pool / 1 an piscine	\$240.00	\$173.00	\$435.00	\$133.00
1 Year Gym / 1 an d'haltérophilie	\$287.00	\$206.00	\$513.00	
1 Year Pool & Gym / 1 an piscine et d'haltérophilie	\$413.00	\$301.00	\$746.00	
5 Passes (Pool, Gym or Skating) (piscine, haltérophilie ou patin)	\$20.00	\$15.00		\$15.00
Rates per swim / Frais pour baignade	\$4.50	\$3.50	\$12.00	\$3.50
Seniors 75 & over / Aînés 75 et plus Babies 2 and under / Bébé 2 ans et moins	FREE / GRATUIT			
Office Hours Monday to Friday 6:30am–9:00pm Saturday & Sunday 10:00am-5:00pm	Heures d`ouverture lundi au vendredi 6h30-21h00 samedi et dimanche 10h00-17h00			
SWIM LESSONS (10 weeks) Starting on January 24 th , 2011 Registration on January 16 th , 2011 Screening on January 10 th & 11 th , 2011 1 st child non-members \$70.00 members \$55.00 2 nd child non-members \$60.00 members \$45.00 3 rd child non-members \$50.00 members \$35.00	LEÇONS DE NATATION (10 semaines) Débutant le 24 janvier 2011 Inscription le 16 janvier 2011 Sélection sur dossier disponible le 10 et 11 janvier 2011 1 ^{ier} enfant non-membre 70,00\$ membre 55,00\$ 2 ^{ieme} enfant non-membre 60,00\$ membre 45,00\$ 3 ^{ieme} enfant non-membre 50,00\$ membre 35,00\$			
POOL or ICE PARTY \$160.00 includes 1hr in the pool or on ice 20 people, 1 cake, 20 cans of pop or juice & a 2foot pepperoni and cheese pizza Saturdays or Sundays	FÊTE À LA PISCINE ou PATIN 160,00\$ pour 1hr dans la piscine ou sur glace 20 personnes, 1 gâteau, 20 liqueurs ou jus et 1 pizza de 2pieds au pepperoni et fromage Samedi ou Dimanche			

**West Nipissing Recreation Department
Département de Récréation du Nipissing Ouest**

**219 rue O'Hara Street Unit A
Sturgeon Falls, Ontario
P2B 1A2
Tel: 1-705-753-0160**

