

Walkerton Centennial Pool Programs 2010

Waver Riders Swim Club

Swim to improve your Personal Best in fitness & endurance in 2010.

Come out Tuesdays & Thursdays from 4:00pm-5:00pm to enhance your swim level, improve your strokes, increase endurance & have fun!

This program runs for 10 weeks starting June 15th - August 19th
\$85.00

Call Brockton Parks & Recreation to register
519-881-0625

Water Aerobics

Don't be afraid to get your feet wet!
Aerobics in the pool = no impact on your limbs!

You are in waist deep water and don't need to know how to swim to participate

Tuesday & Thursday evenings
8:30pm - 9:00pm

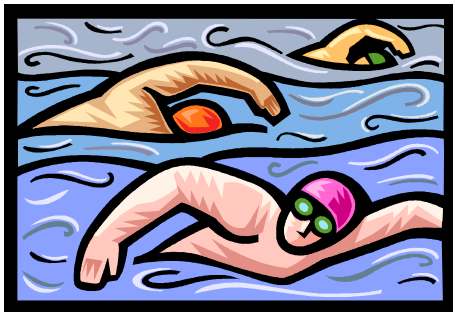
\$3.00 per session or use your seasons pass



Water Sports

Water Sports Night
Wednesdays 8:30-9:30

\$3.00 per session or use your seasons pass



Water Walking

Increase range of motion, improve strength & stamina.

The buoyancy of the water supports your limbs allowing you to exercise without aggravating painful toes, ankles, knees & hips.

Enjoy the ease of movement in the water Tuesdays & Thursdays
12:00pm - 1:00pm

\$3.00 per session or use your seasons pass



Tots Twoonie Swim

This is a special swim for Parents & Tots. Admission is only \$2.00 or use your seasons pass - children under 3 are free!

Tuesdays and Thursdays
5:00pm - 5:30pm

