

Summer FITNESS Special

4 months of Length Swimming, Yoga classes, Fitness Centre, Badminton, Tai Chi

Only \$99 – for everything, for everyone!

Regular Fee: Adults (26-59): \$44 per month Seniors (60+): \$34 per month Young Adults (18-25): \$34 per month

The following activities have No Fee and are FREE to members of the community

- **Free Family Swim** – A fun swimming environment where parents bring their children
Note: There must be one adult in the water with all children under 11 years of age.
Youth ages 11-17 do not need parents in attendance and may come as individuals or in a group.
This is not Length Swim time. No adults may swim unless accompanied by a child
- **Free Parent and Tot Swim** – Parents go in the water with their children
- **Free Drop In Basketball** – no fees, just lots of fun. BYObasketball



Drop In Badminton: Included for Grange Fitness Members **OR** purchase an Agency membership for \$20 and then purchase a “Drop-in Pass” -- \$40 for 10 visits

	Fitness Centre	Badminton	Yoga	Length Swim	Aqua Fit	FREE Family Swim	FREE Parent & Tot	FREE Drop In Basketball
Monday	Fitness Centre 7 am to 9:30 pm	Drop In Badminton 8 pm to 9:30 pm		Length Swim 7 am to 8:45 am 12 noon to 1:25 pm 6 pm to 7 pm	Aqua Fit 9 to 9:45am			Basketball 3 pm to 4:25 pm
Tuesday	Fitness Centre 7 am to 9:30 pm	Drop In Badminton 5:45 to 9:30 pm	Stretch Yoga 12:15 to 1pm	Length Swim 7 am to 9:45 am 12 noon to 1:25 pm 5:30 to 7 pm			Parent and Tot 11:00-11:40am	Basketball 3 pm to 4:25 pm
Wednesday	Fitness Centre 7 am to 9:30 pm	Drop In Badminton 5:45 to 9:30 pm	Hatha Yoga 7 pm to 7:45 pm	Length Swim 7 am to 8:45 am 12 noon to 1:25 pm 5:30 to 7:00pm	Aqua Fit 9 to 9:45am			Basketball 3 pm to 4:25 pm
Thursday	Fitness Centre 7 am to 9:30 pm			Length Swim 7 am to 9:45 am 12 noon to 1:25pm 6 to 7 pm			Parent and Tot 11:00-11:40am	Basketball 3 pm to 4:25 pm and 6:30 pm to 9 pm
Friday	Fitness Centre 7 am to 7 pm		Stretch Yoga 12:15 to 1 pm	Length Swim 7 am to 8:45 am 12 noon to 1:25pm 5:30 to 6:45 pm	Aqua Fit 9 to 9:45am			Basketball 3 pm to 4:25 pm and 5:30 to 7pm
Saturday	Fitness Centre 8:30 am to 5 pm	Drop In Badminton 8:45 am to 1:30 pm		Length Swim 8:30 am to 9:25am		Rec Swim 1 to 2:30pm		
Sunday	Fitness Centre 8:30 am to 5 pm	Grange Badminton Club 8:45 am to 1:30 Note: No drop in play. There is an additional Club fee for birds		Length Swim 8:30 to 9:25am 2:30 pm to 3:30 pm		Rec Swim 1 to 2:30pm		Basketball 1:30 to 6 pm