

# Grange Fitness

Join **Grange Fitness** and get 7 days a week access to

- a 25 yard long pool for length swimming with 4 lanes
- a fully equipped Fitness Centre
- Yoga and Aqua Fit classes
- Badminton
- Tai Chi

**Fees:** Adults (26-59): \$44 / month Seniors (60+): \$34 / month Young Adults (18-25): \$34 / month



## Grange Fitness – another reason to join today!

- New members, joining with another new member, pay 1/2 price for the first 3 months
- Which means that Youth ages 18 to 25 pay only \$17 /month for the first three months and Adults only \$22 / month for the first three months



- Drop in Badminton is included for all Grange Fitness Members
- **OR** purchase an Agency membership for \$20 and a “Drop-in Pass” -- \$40 for 10 visits

### Drop In Badminton is:

- Monday from 8 pm to 9:30 pm
- Tuesday and Wednesday from 5:45 pm to 9:30 pm
- Saturday from 8:45 am to 1:30 pm

### Grange Badminton Club

- Sundays 8:45 am to 1:30 pm **This is not drop in play.**
- There is an additional Club fee for birds



### NEW ... Adult Endurance Swim

- A water-workout designed to enhance both your fitness and your swimming goals
  - Mondays from 7 pm to 8 pm and Thursday from 1:45 pm to 2:30 pm
  - Included for all Grange Fitness Members
- OR** purchase an Agency membership for \$20 and a “Drop-in Pass” -- \$40 for 10 visits



### Yoga Classes

- Yoga classes are a great workout, and will change your mind and body
- Classes are held Tues and Friday at 12:15 and Wed at 7 pm



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

### Family Swim

- Wednesday 5:30 pm to 7 pm and Saturday & Sunday from 1 pm to 2:30 pm.
  - 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 10-17 do not need parents in attendance and may come as individuals or in a group.

### Parent and Tot Swim

- Tuesday and Thursday 11 am to 11:40 am
- Parents go in the water with their children

### Drop In Basketball

- For youth ages 14 to 21
- Lots of gym times – see schedule for full listing
- No fees, just lots of fun. BYOBasketball



### Private and Group Red Cross Swim classes

We have limited space in our Red Cross Swim lessons in both Private and Group classes for the fall.  
For information contact Shauna D’Souza, Recreation Supervisor, Aquatics at 416-598-3444 ext. 229.



**NEW....** We are offering *advanced Swim Lessons*

for those looking to go forward with their swimming.

For information contact Shauna D'Souza, Recreation Supervisor, Aquatics.



**After School Program**

- The Fall classes ARE FULL FOR ALL AGES.
- Registration for the Winter Term begins on Saturday Dec 8<sup>th</sup> from 9 am to 12 noon (Parents arrive earlier as it is first come, first served)

**For more information on our Recreation and Fitness Programs call 416-598-3444:**

- Director of Recreation and Facilities - Ted Thompson ext. 230
- Children's Program Coordinator - Farhia Hashi ext. 228
- Recreation Supervisor - Aquatics - Shauna D'Souza ext. 229
- Admin Support - Renee Qi ext. 227

## Grange Fitness Fall Activity Schedule - effective September 4, to December 21, 2018

**Grange Fitness Membership** gives you unlimited access to the activities listed below.

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

**Two for One Memberships:** If you are a new member, joining with another new member, fees are 1/2 price for the first 3 months

	Fitness Centre	Badminton	Yoga Class	Length Swim	Endurance Swim	Aqua Fit	FREE Family Swim	FREE Parent & Tot SWIM	FREE Drop In Basketball
<b>Monday</b>	Fitness Centre 7 am to 9:30 pm	Drop In Badminton 8 pm to 9:30 pm		Length Swim 7 am to 8:40 am 12 noon to 1:40pm 6 pm to 7pm	Adult Endurance Swim 7-8pm	Aqua Fit 9 to 9:45am Deep End Aqua Fit 10-10:45am			Drop In Basketball 2 pm to 4:20 pm
<b>Tuesday</b>	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 9:40 am 12 noon to 1:40 pm 5:30 to 7 pm				Parent and Tot SWIM 11:00-11:40am	Drop In Basketball 3 pm to 4:20 pm
<b>Wednesday</b>	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 8:40 am 12 noon to 1:40 pm 5:30 to 7:00 pm		Aqua Fit 9 to 9:45am Deep End Aqua Fit 1:45-2:30pm	Family SWIM 5 pm to 7 pm		Drop In Basketball 3 pm to 4:20 pm
<b>Thursday</b>	Fitness Centre 7 am to 9:30 pm			Length Swim 7 am to 9:40 am 12 noon to 1:40 pm 6 to 7 pm	Adult Endurance Swim 1:45-2:30pm			Parent and Tot SWIM 11:00-11:40am	Drop In Basketball 3 pm to 4:20 pm
<b>Friday</b>	Fitness Centre 7 am to 7 pm		Stretch Yoga 12:15 to 1 pm	Length Swim 7 am to 8:40 am 12 noon to 1:40pm 5:30 to 7:00 pm		Aqua Fit 9 to 9:45am Deep End Aqua Fit 10-10:45am			Drop In Basketball 3 pm to 4:20 pm 5:30 pm to 7 pm
<b>Saturday</b>	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			Family SWIM 1 to 2:30pm		
<b>Sunday</b>	Fitness Centre 8:30 am to 5 pm	<b>Grange Badminton Club</b> 8:45 am to 1:30 <b>Note: No drop in play.</b> There is an additional Club fee for birds		Length Swim 8:30 to 9:25 am 2:30 pm to 3:30 pm			Family SWIM 1 to 2:30pm		Drop In Basketball 1:30 pm to 6 pm