

Adult and Youth Programs

Updated February 1, 2019

Everyday
TODAY IS A GOOD DAY TO
WORK-OUT



Get your Grange Fitness Membership today!

- Includes unlimited access to our 25 yard long pool for length swimming with 4 lanes, a fully equipped
- Fitness Centre, Yoga, Belly Dancing and Aqua Fit classes, Tai Chi, Badminton and Basketball
- Adults, only \$44 per month – Youth and Seniors only \$34 per month
- ALL new memberships are 2 for 1 – for the first 3 months

Run, laugh, play – and get Healthy!								Free Community Activities		
	Fitness Centre	Badminton	Yoga	Belly Dance	Length Swim	Endurance Swim	Aqua Fit	Family Swim	Parent & Tot SWIM	Drop In Basketball
Mon	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	NEW Adult Endurance Swim 7-8pm	Aqua Fit 9 to 9:45am			Drop In Basketball 3 pm to 4:15 pm
Tues	Fitness Centre 7 am to 9:30 pm	Tues night Badminton returns in May 2019	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 & Tot SWIM 11:00-11:40am	Drop In Basketball 3 pm to 4:15 pm
Wed	Fitness Centre 7 am to 9:30 pm	Drop In Badminton 5:30 to 9:30 pm	Hatha Yoga 7 pm to 7:45 pm	Belly Dance 5:45 to 6:45 pm	Length Swim 7 am to 8:40 am 12 noon to 1:40 pm 5:30 to 7:00 pm (one lane)		Aqua Fit 9 to 9:45am	Family SWIM 5:30 pm to 7 pm		Drop In Basketball 3 pm to 4:15 pm
Thurs	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				Parent & Tot SWIM 11:00-11:40am	Drop In Basketball 3 pm to 4:15 pm
Fri	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			Drop In Basketball 3 pm to 4:15 pm 5:30 pm to 8:30 pm
Sat	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 1 pm to 2:30 pm (one lane)			Family SWIM 1 to 2:30pm		
Sun	Fitness Centre 8:30 am to 5 pm	Grange Badminton Club 8:45 am to 1:30 Not drop in play. 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



Private and Semi-Private Swim Lessons

Children and adults are welcome to take our private swim lessons offered 7 days a week.
Private Lessons - \$27 per lesson. Semi Private: \$44 per lesson

Children’s Group Red Cross Swim Lessons

Lessons take place during our After School sessions and on Sunday mornings for all levels.



Community Programs *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. 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



Yoga Classes

Yoga classes are a great workout and will change your mind and body. Classes are taught by Yvonne on Tuesday and Friday at 12:15 and by Antonia each Wednesday at 7 pm. Classes are FREE to all Grange Fitness Members or purchase a \$10 guest pass



Belly Dancing Classes every Wednesday from 5:45 pm to 6:45 pm

Belly Dance classes are a fun, dance-filled experience! Classes are FREE to all Grange Fitness Members or purchase a \$10 guest pass



Drop In Badminton:

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.

Times: Saturday 8:45 am to 1:30 pm, Monday 8 pm to 9:30 pm and Wednesday 5:45 pm to 9:30 pm

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

For more information on our Adult and Youth Recreation Programs call 416-598-3444:

- Director of Recreation, Fitness and Facilities - Ted Thompson ext. 230
- Recreation Supervisor - Aquatics - Shauna D’Souza ext. 229

