

Adult and Youth Recreation

Updated April 2, 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

Grange Fitness Includes ALL of the following activities PLUS the free activities for community							FREE Community Programs		
	Fitness Centre	Badminton	Yoga	Belly Dance	Length 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 5:30 pm to 7pm	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 5:30 pm to 7:00 pm			Parent & Tot Swim 11:00-11:40am	Drop In Basketball 3 pm to 4:15 pm 5:30 to 9:00 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 1 pm to 2:30 pm (one lane) 2:30 pm to 3:30 pm		Family Swim 1 to 2:30 pm		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 AND Aquatic Programs call 416-598-3444:

- Director of Recreation, Fitness and Facilities - Ted Thompson ext. 230

