

Fitness and Recreation

Updated May 1, 2019



Get your Grange Fitness Membership today! Unlimited access to the fully equipped Fitness Centre, Aqua Fit and Yoga classes, Length Swimming, Badminton, and Tai Chi. Adults, only \$44/month, Youth and Seniors only \$34/ month. ALL new memberships are 2 for 1 – for the first 3 months.



Private \$27 per lesson and Semi-Private Swim Lessons \$44 per lesson

Children’s Group Red Cross Swim 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
- **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.



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 to 1:30 pm. This is not drop in play. There is an additional Club fee for birds.

For more information on our Adult, Youth, Fitness and Aquatic Programs call Ted 416-598-3444 ext. 230

GRANGE FITNESS MEMBERSHIP includes ALL of the following activities PLUS the Community Activities							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 to 7pm	Aqua Fit 9am to 9:45am			Drop In Basketball 3 pm to 4:15 pm
Tues	Fitness Centre 7 am to 9:30 pm	Drop In Badminton 5:30 to 9:30 pm Begins May 21	Stretch Yoga 12:15 pm 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 am to 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 pm to 6:45 pm	Length Swim 7 am to 8:40 am 12 noon to 1:40 pm 5:30 to 7:00 pm	Aqua Fit 9 am 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 am 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		Family Swim 1 pm 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. Additional fee for birds			Length Swim 8:30 to 9:25 am 1 pm to 2:30 pm 2:30 pm to 3:30 pm		Family Swim 1 pm to 2:30 pm		Drop In Basketball 1:30 pm to 6 pm