

## **2019 Winter Adult (16 years & over) Programming**

Please note there will be no classes Family week February 16<sup>th</sup> -23<sup>rd</sup>, and Easter week April 19<sup>th</sup> -26<sup>th</sup>.

The 100-metre indoor walking track is open to the public at a very reasonable cost.

Track hours are: Monday-Friday 5:30 am-1:00 pm & 3:00 pm-8:30 pm

Saturday - 5:30 am-9:30 am & 12:00 pm-8:00 pm

Sunday- 5:30 am-8:00 pm

Yearly passes are available for purchase

### **Evening Fitness Walk**

An opportunity to use the Arcola Community Centre Track without purchasing a Track Pass

Walk Monday to Thursday January 14 - April 18 from 6:00 pm- 8:30 pm

Cost - \$ 30.00

### **Basketball**

Fun play with no instruction. **No team registrations permitted.** Register for the winter and spring play starting Monday January 14

Monday - 8:00 - 10:00 pm @ WF Ready Gym

Tuesday - 8.00-10.00 pm @ Wascana Plains Gym

Wednesday - 7:00 - 10:00 pm @ St. Gabriel Gym

Thursday - 8:00 - 10:00 pm @ St. Gabriel Gym

Cost- \$ 40.00