

## 2020 Winter Adult (16 years+) Programming

The 100-metre indoor walking track is open to the public at a very reasonable cost. Yearly passes are available for purchase.

Track hours are:

Monday-Friday 5:30 a.m.-1 p.m. & 3 p.m.-8:30 p.m. Saturday 5:30 a.m.-9:30 a.m. & noon-8 p.m.  
Sunday 5:30 a.m.-8 p.m.

### Basketball

Fun play with no instruction. No team registrations permitted. Register for the winter and spring play starting Mon., Jan. 13

Monday: 8-10 p.m. @ WF Ready Gym

Tuesday: 8-10 p.m. @ Wascana Plains Gym Wednesday: 7-10 p.m. @ St. Gabriel Gym

Thursday: 8-10 p.m. @ St. Gabriel Gym

Cost- \$ 40.00

### Infant/Child First Aid CPR

This class is specially designed for the first-time parent, child caregiver, babysitter, or grandparent. You will learn how to resuscitate an infant and child. The class will also discuss how to treat burns, cuts and scrapes.

Instructor - Nicole Lamontagne

Sat., Apr. 18 from 1- 5 p.m. @ AECC

Cost \$30.00/1 session

### Evening Fitness Walk

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

Walk Monday to Thursday, Jan. 13-Apr. 9 from 6 p.m.-8:30 p.m.

Cost: \$30.00