

How do you want to have fun this winter?

Recreation & Parks

Offers a number of recreational activities for having fun and keeping you energized!



Membership has its Benefits!

More Choice,
More Convenience,
More Value.

Recreational Swimming!

Youth, Adult & Family memberships available for a period of 1 month or year. Only Gellert memberships are valid at all pools.

Fees vary according to membership type.

Sweat & Swim!

Enjoy unlimited recreational swimming at all pools
PLUS Mon to Fri Daytime ADULT Aqua Fitness classes held at the Gellert and Acton pools. (Diaper Fit excluded)
\$45.86/month.

Holiday Special!

Purchase before January 7, 2007 and receive a **5% discount** on Sweat & Swims memberships! To be eligible, Sweat & Swims must be for a period of 6 mths or more.

Sweat & Swim Power!

All the benefits of Sweat & Swim
PLUS unlimited access to The Power Zone Fitness Centre.
\$68.36/month

Recreational Skating!

Youth, Adult & Family memberships available for a period of 3 or 6 months. Memberships do not apply to Adult or Ladies Shinny, Figure Skating Pick Up ice time or the Stick, Puck and Skating program. **Fees vary according to membership type.**

Preschool (0 to 5 yrs)

Preschoolers can discover new talents, burn off energy and make friends!

Parent & Tot Swimming Lessons • Gym & Swim • Tot Learn to Skate • Dash Sports • Preschool Playshop • Kinder Fun • Saturday Fun Club • Kindermusik • Creative Dance • Kinder Dance

Infant/Child First Aid & CPR Training

Be a prepared parent! Learn simple tips and techniques for managing the first few minutes of a medical emergency.

Saturday, February 10, 2007 at Mold-Masters SportsPlex. Only \$20.67

Children (6 to 12 yrs)

Unleash your child's inner artist!

Art Adventures • Theatregames Improv • Hip Hop Dance

Give them a sporting chance!

Swimming Lessons • Slam Dunk Basketball • Spike Volleyball.

Pools - not just for swimming anymore!

• **Water Sports** underwater hockey, basketball, water polo and more for 9 to 12 year olds! Also available for 13 to 15 year olds.

Friday Night Youth Dances

at the Gellert Community Centre For Grades 6, 7 & 8

1st Friday of every month from January to March

\$6 for regular dances
\$12 for special Much Music Video Dance in March!

Youth (13 to 15 years)

Looking for fun things to do and new friends to meet?

Basketball • Volleyball • Girls Night Out • Friday Night Youth Swim at the Gellert

Ski Trip to Blue Mountain Ski Resort

a cool way to spend a P.A. day.
Friday February 2, 8:30 am to 10 pm. Bus pick up & drop off at either Acton Community Centre or Mold-Masters SportsPlex.
Only \$55! Skis and snowboards can be rented for an additional fee.
Call **905-873-2601, ext. 2276** to reserve your spot!

Gain experience for that first job!

- **Babysitting Course** covers how to handle emergency situations and the principles behind child behaviour management. Participants must be 12 years old by the last class.
- **Advanced Lifesaving** The first step to becoming a lifeguard or swimming instructor! Bronze Star up to National Lifesaving training.

Volunteering is another valuable way to develop lifelong skills

• **Leadership Development Program** focuses on developing skills needed for becoming a successful future camp leader. Participants must be able to commit to the March Break week of training and 2 weeks of summer camp placement. Must also be 14 years of age by December 31, 2007. - For more information about volunteering with Recreation & Parks, please contact the Volunteer Coordinator at 905-873-2601, ext 2259.

Active Living for Adults!

Generate your own heat this winter Choose a fitness program that fits your schedule – daytime and evening programs available in both Acton and Georgetown.

Raise that heartbeat! Aqua Fit • Cardio Mix • Diaper Fit • Deep Water • Gentle/ Pre-natal Aqua Fit • Step • Ballroom • Latin Dance • Water Walking • Running H2O

Tone that body!

Pilates Levels 1 & 2 • Pilates-on-the-Ball • Tai Chi • Total Conditioning • Yoga • Women in Weights.

Childcare available during select classes for **Only \$3.50**, or take advantage of preschool programs offered so you can workout while your child plays!

Volunteer Training

Adult training opportunities aimed at personal growth and volunteerism.

- **Coaching for Character** Suitable for all sports - learn how to provide children with a positive and balanced perspective on playing sports and the important impact coaches have on their young players.
- **Building Media Buzz** Non-profit groups learn how to attract positive publicity and develop media relations just like the pros do, even on a limited budget.
- **So you're on an Executive Board...Now What?** Learn how to be a good volunteer board member for your sports, cultural or community services organization. Topics include board etiquette, minute-taking, board responsibilities and more!