

Town's best-selling memberships are on land, water and ice

Take a look at some of the Town's best-selling memberships!

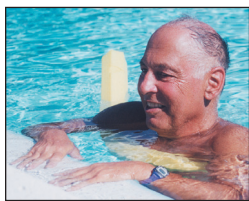
Sweat and Swim

The Sweat and Swim monthly pass offers flexibility and choice! This pass allows you the benefit of attending unlimited recreational swimming and daytime adult aqua fitness classes (Diaper Fit excluded) and can be purchased for the duration of your choice. Sweat and Swim memberships can be purchased at the

Swimming is the great calorie burner

Swimming, whether in a program format or as a recreational pastime, gives you a great fitness results with less impact.

If you build swimming into your regular routine, you can expect to increase endurance, muscle strength and cardiovascular fitness. Swimming can also be a great cross-training or alternate workout to your normal fitness regime.



Swimming is a great calorie burner at a rate of about three calories a mile per pound of bodyweight. Swimming can also be a very rewarding experience through social interaction, friendly competition and enjoying the company of others with similar interests.

Civic Centre or Gellert Community Centre during hours of operation or at Acton Indoor Pool during scheduled recreational swims.

Sweat and Swim Power Pass

The Sweat and Swim Power Pass monthly or yearly membership offers all the benefits of the Sweat and Swim pass PLUS unlimited access to Power Zone Fitness Centre! You'll never become bored of your fitness routine with this membership offer. Swim when you want, weight train when you like.

Recreational Swim Passes

Enjoy unlimited recreational swims by purchasing a monthly or yearly Recreational Swim Pass for the location of your choice. The Town offers passes for adults, youth and passes for the entire family!

Skating Pass

Enjoy winter activities from September right through to March while keeping in shape indoors! The skating pass offers fun for all ages and is a great way to keep the family busy during those long winter months. With the purchase of a skating pass, you can enjoy admission to any Town of Halton Hills recreational Family, Public, Parent & Tot, and Adult Skating session, as well as any Parent & Tot Shiny session at any Halton Hills arena.

For information on the Town's memberships or for information on programs and services offered, call our Recreation and Parks Department at 905-873-2601 ext 2275.

Town hosts free seniors events

June is Seniors' Month in Ontario, and to celebrate the Town of Halton Hills is hosting a three-day event dedicated to education, active living and social engagement for older adults.

From recreational swims to Tai Chi or a Coffee and Tea with the Mayor, the Town provides something for all! Come out, enjoy Seniors Days and try something new— or just enjoy the refreshments and special giveaways. There are plenty of programs available to keep



you, your friends and your family busy, and best of all, they are FREE from June 12-14! The Town invites all residents 55 years of age and over to participate in these programs beginning June 12 through to June 14, at both Acton Indoor Pool and the Gellert Community Centre.

Seniors are also invited to visit Active Living displays at the Acton and Georgetown Seniors' Centres or at the Gellert Community Centre to find out more about what the Town has to offer including program fee and aquatic membership subsidies for seniors receiving the Guaranteed Income Supplement.

The following is a schedule of events:

Acton Indoor Pool

Tuesday, June 12

55+ Free Swim— 9-10 a.m.

Thursday, June 14

55+ Free Swim— 9-10 a.m. (Swim sponsored by Ruth Bowes, sales representative, Royal LePage Meadowtown, Brokerage)

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Gellert Community Centre

Tuesday, June 12

Coffee & Tea with Mayor Rick Bonnette— 9:30 -10:30 a.m.

55+ Free Swim— 10:45-11:45 a.m.

Line dancing— 11 a.m. to 12 p.m.

Scottish Dancing— 1-3 p.m.

Wednesday, June 13

Coffee with Recreation & Parks Staff— 9:30 a.m.

Water Walk & Arthritis Swim— 10-10:45 a.m.

Low Impact Fitness Class— 10-11 a.m.

Taoist Tai Chi— 11 a.m. to 12 p.m.

55+ Free Swim— 1-2 p.m.

Pilates— 1-2 p.m.

Thursday, June 14

Coffee with Dennis Perlin, Town of Halton Hills Chief Administrative Officer of the Town of Halton Hills— 9:30 a.m.

Sweat & Sizzle Medium Impact— 10:15-11:15 a.m.

55+ Sponsored Free Swim— 9-10 a.m.

Drum Circle with John Sadowski— 1-2 p.m.

For more information on Seniors Week or Recreation & Parks programs, call 905-873-2601 ext. 2275.



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