

Mooretown Sports Complex wants to get you moving

If you want to maintain your health, keep moving! That's the latest advice from physicians and fitness experts alike. Let the Mooretown Sports Complex get you moving with a wide variety of fitness methods.

Spring Into Fitness

Join Fitness Kick Boxing, Muscle Mix, or Water Aerobics any time. The cost is \$6 per class (\$5 per senior) or \$45 per 10 visit pass. Spin classes are also available. Join any time.

Summer Swim Lesson Session

The summer session of swim lessons will soon get underway. Don't miss this chance to learn to swim or to hone your swimming skills. Register now.

Summer Day Camp

Summer day camp for children ages 5 - 12 will begin on July 4 from 8:30 a.m. to 4:30 p.m. weekdays. (Early drop off and late pickup will be available). Fees are \$27 per day, \$110 per week, or \$861 per summer.

Sports Camps

For the young sports enthusiasts in the house, sports camps for children ages 7 - 14 will be offered from 9 a.m. to 4 p.m. weekdays with early drop off and late pickup available. Camps will be held as follows: Golf - July 4-8; 18-22; Aug. 8-12; Sports Combo - July 11-15; July 25-29; Aug. 15-19; Track & Field - Aug. 2-5. Fee will be \$110 per week.

Red Cross Babysitting Course

Children ages 11 and up can learn the skills needed to become a good babysitter on Monday, June 6 (PA day) from 8:30 a.m. to 4:30 p.m. The cost will be \$50 per child.

Canadian Safety Council Home Alone course

Children ages 10 and over can learn how to be safe when left at home alone on Monday, June 6 (PA day) from 8:30 a.m. to 4:30 p.m. The cost is \$50 per child.

Tick and Lyme Disease Awareness seminar

A tick and Lyme disease awareness seminar will be held on Wednesday, May 11 at 1 p.m. at the Mooretown Sports Complex. This seminar is presented by Lambton Public Health. Please call to register. See contact information below.

Become a Lifeguard or Swim Instructor

Call for more information to learn about the path to becoming a lifeguard or swim instructor.

NEW! In-line public skating.

Don't mind the weather. You can in-line skate at the Mooretown Sports Complex on Sundays until June 19.

FREE indoor/outdoor walking exercise program

The West Lambton CHC sponsored walking exercise program is held every Monday and Wednesday morning from 9 a.m. to 10 a.m.

CMHA Ride Don't Hide event coming

The Canadian Mental Health Association *Ride Don't Hide* event is coming to the Mooretown Sports Complex on Sunday, June 26. The CMHA rides will be hosted in six provinces in 35 communities with the aim of engaging over 8,000 participants and raising \$1.5 million. To register or for more information, go online to: www.ridedonthide.com See page 7 for more poster.

For more information or to register for any of these programs, contact the Moore-town Sports Complex at 519-867-2651.