

Does Winter have you down? Are you ready for bright sunny days? Battle the Winter BLUES with us at the Mooretown Sports Complex – Come boost your endorphins by exercising with us! Enjoy all this and much more with a Fitness Centre membership at a tax-included cost of just \$255 per year (\$243 for seniors). Daily, monthly, three month, and six month rates are also available and there are no initiation fees to pay. Or you could get that vacation time feeling while luxuriating in our 86°F pool, soaking in the soothing hot tub, or relaxing in the sauna. Come check us out TODAY!

### **March Break Day Camp - March 12 – 16<sup>th</sup>, 2018!**

Children ages 5-12 are invited to participate in the March Break Day Camp. The camp includes swimming, skating, crafts and games. The program will operate from 8:30 a.m. to 4:30 p.m. with an early drop-off at 7:30 a.m. and late pickup by 5:30 p.m. available for an extra fee. The program costs \$27 per child per day or \$110 for the week!

We hope to see you here for this exciting week full of fun and adventure!

### **NLS Course – March Break Crash Course!!!**

Join us during March Break this year to become a certified Lifeguard! You must be 16 years of age by March 16, 2018, hold a Bronze Cross certification, and a Standard First Aid Certification in order to participate in this 1 week NLS course!

**Dates:** Monday March 12 – 16<sup>th</sup>, 2018

**Time:** 9:00am – 7:00pm (everyday)

**Cost:** \$244.75 (all course fees included)

**Spinning classes are offered here!** Join our certified spinning instructors for a great workout to improve your cardiovascular endurance, muscular strength, and power. Join any time for a 12 week session for \$10 per class or buy a 10 pass admission for \$80. Morning Spin classes are held on Tuesdays or Thursdays from 7:00-7:45am. If you're a beginner, there are classes designed for you on Tuesday Evenings from 7:15 p.m. to 8 p.m. If you're looking for strength training combined with a spin workout, come to the Bikes & Bells class on Monday or Wednesday evenings from 5:00-6:00pm or Friday from 9:00 – 10:00am.

**Muscle Mix group fitness classes.** You can join the Muscle Mix group fitness class any time. These classes include kettlebell training that will build lean muscles, improve strength and power in your upper body, core and lower body, and increase coordination, joint mobility, and overall endurance. Classes are held Tuesday or Thursday from 9:0-10:00am or Wednesday from 6:00-7:00pm. The cost is \$45 for a 10 visit pass, or is included in the full fitness centre membership.

### **Shallow & Deep Water Aerobics**

Enjoy and experience the rejuvenating power of the water! Programs include a variety of exercises that target posture, muscular endurance, strength, cardiovascular, flexibility and balance. Shallow water classes are Mon., Wed., Fri. 10 – 11 am, Tues., Thurs. 8 – 9 pm. Deep water classes are Mon., Wed. 8 – 9 pm. Cost is \$6/class, \$5/class/senior \$45/10 visit pass or \$205/year or \$195/year/senior or included in full \$255.00 fitness centre membership.

**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.

**Public Skate**

Sundays 1 – 2:15 pm –Cost is \$2.25/child, \$3.25/adult, and \$6.50/family.

*Cancelled Public Skates: February 25<sup>th</sup>, 2018*

*Last Day of Public Skate: March 25<sup>th</sup>*

***Coming Soon – Spring 2018 Brochure!***

The Winter2018 brochure for the Mooretown Sports Complex can be found online at: [www.stclairtownshipcommunityservices.ca](http://www.stclairtownshipcommunityservices.ca). If you missed registration, don't worry because openings are still available. Call now at 519-867-2651 to register or get more information.