

## Mooretown Sports Complex

*We have some exciting news at the Mooretown Sports Complex – we have joined the world of Social Media with our very own Facebook account! Please like us on Facebook – our goal is to keep our users and participants up to date on what is happening in our facility! From registration times, program schedules to last minute cancellations we hope that this will help us keep you informed!*

*Also – we have a NEW look...check out our NEW Brochure this Spring 2019 session – if you haven't received one or have missed it you can find them at our front reception desk or on our website!*

### **Spinning Classes – NEW PRICE!!**

Join the certified spinning instructors for a great workout that improves cardiovascular endurance, muscular strength and power!

Join any time for a 10-week session for \$10 per class or buy a 10 pass admission for \$50. Morning Spin classes are held on Tuesdays or Thursdays from 7:00-7:45 am. If you're a beginner, there are classes designed for you on Tuesday Evenings from 7:15 p.m to 8:00 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 5:00-6:00 pm or Friday from 9:00 – 10:00 am.

### **Spring 2019 Swim Lesson Session**

Spring Session of swim lessons has just begun! It may not be too late to register, give us a call as some openings are still available! CALL NOW 519-867-2651!!

### **Become a Lifeguard or Swim Instructor!**

Call for more information to learn about the path to become a lifeguard or swim instructor!

We are running Spring 2019 Courses!!!!

### **Start thinking...Summer Camp! (Call for more information)**

Junior and Senior Summer Camp have a high focus on physical literacy and we incorporate fun into keeping the kids' active and moving all summer long!!!!

July 2 – August 30, 2019

8:30 am – 4:30 pm

(Early drop off / Late pick up available - \$20.00/week/child)

Cost: \$30.00/Day, \$125.00/week, \$950.00/Summer

(Family Rates Available)

### **POUND!!!**

"POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums."

Classes are on Thursday evenings 6:00-7:00 pm!

Cost is \$7/class, or \$5.50/class/senior, \$55/10 visit pass or \$275/year for full fitness centre membership.

### **Youth POUND!! ~NEW~**

Ages 10-15yrs – Registration required!

Thursdays 5:00pm – 5:45pm

\$55.00 / 10 weeks - Call today for more information!!!! 519-867-2651

### **Generation POUND!! ~NEW~**

Ages 5 - 9yrs – Registration required!

Thursdays 4:00 pm - 4:45 pm

\$55.00 / 10 weeks - Call today for more information!!!! 519-867-2651

### **Red Cross Babysitting Course**

This course is offered on the PA day Friday, June 7<sup>th</sup>, 2019 from 8:30 am – 4:30 pm and is designed for youth 11 years and up who want to become a babysitter.

The Babysitting Course covers the responsibilities of a babysitter, safety tips for children of all ages, basic childcare skills and what to do in case of an emergency.

The cost for the program including the manual is \$60.00 per child.

### **In-line Public Skating!**

April 21<sup>st</sup> to June 16<sup>th</sup>, 2019

### **Golf Season is Returning!**

Come & enjoy the beautifully manicured greens at St. Clair Parkway Golf Course. Watch for opening day announcements at [www.stclairparkwaygolf.com](http://www.stclairparkwaygolf.com).

### **Shibashi – FREE!**

This West Lambton CHC sponsored **Shibashi** program is a gentle, beautiful and flowing exercise routine that is both a joy to do and deeply relaxing.

Wednesday mornings from 10:15 am – 11:15 am

Begins April 10, 2019 (6-week program)

Call 519-344-3017 ext. 237 for more information!

### **Canadian Mental Health Association – Ride Don't Hide!**

Join Ride Don't Hide June 23<sup>rd</sup> at the Moore Sports Complex!

Ride Don't Hide is a community bike ride hosted by the [Canadian Mental Health Association](http://www.cmha.ca) (CMHA), with the goal **to raise awareness and help break the stigma surrounding mental health while raising essential funds to support mental health programs**. CMHA's Ride Don't Hide is an annual fundraising bike ride held in six provinces in 31 communities. Supported by the fundraising efforts of more than 7000 riders, Ride Don't Hide will raise funds for essential programs and services in communities, workplaces, and schools – programs that change lives.

To register or for more information go to [www.ridedonthide.com](http://www.ridedonthide.com)

**For more information or to register for any of the programs contact the Mooretown Sports Complex at 519-867-2651 or email at [info@stclairtownship.ca](mailto:info@stclairtownship.ca)**