

AQUAFITNESS FOR SENIORS AND ADULTS

SUMMER 2018



Tuesday, June 26 to August 7	Wednesday, June 27 to August 8	Thursday, June 28 to August 9
Aquafitness for adults 8:30 to 9:25 a.m.	AquadePTH for adults 7:05 to 8 p.m.	Aquafitness for adults 8:30 to 9:25 a.m.
Aquafitness for seniors 60 + 9:30 to 10:25 a.m.		Aquafitness for seniors 60 + 9:30 to 10:25 a.m.

SWIMMING CLASS FOR JUNIOR AND PRESCHOOL LEVELS

A few places are still available for junior and preschool levels on Saturdays and Sundays (8 classes) from July 7th to August 26th.

Cost per session	Residents				Non residents			
	Adult	Senior	Presch.	Junior	Adult	Senior	Presch.	Junior
1 class per week	\$40	\$30	\$40	\$60	\$50	\$40	\$55	\$70
2 classes per week	\$65	\$50	rebate for 2 nd and 3 rd child		\$80	\$65		

Registration : At the Community Centre (1301 Rue du Bois) during regular opening until June 1st or online at ville.saint-lazare.qc.ca/en/enligne. Places are limited. A minimum number of registrations is required.

Location : pool at parc nature les Forestiers-de-Saint-Lazare (2800 Chemin Lotbinière)

Information

450-424-8000, ext. 287 - lesforestiers.ville.saint-lazare.qc.ca/en/natation