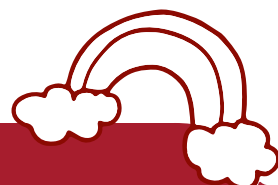


Brockville

# Family funDay



To enjoy free Family Day access, please check in at our Member Services desk upon entry. Photo ID is required.



Free. Open to all.

February 16

8 am – 2 pm

## Group Fitness

9–9:30am: Intro to Cycle  
10–10:30am: Intro to Karate  
10:45–11:15am: Intro to Yoga



## Turf Area

10:30–11am: Turf Time  
11:15–11:45am: Work Hard, Eat Well



## Lap Pool

8am–9am: Lane Swim (6 lanes)  
9am–10am: Public Swim, Lane Swim (4 lanes)  
10am–1:30pm: Public Swim, Lane Swim (2 lanes)

## Wading Pool

9am–1:30pm: Open Swim

## Daycare

9am–11am: Crafts

