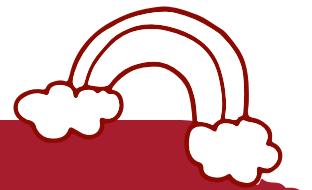
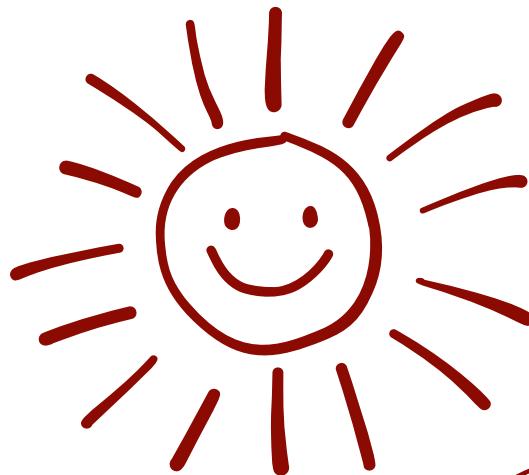


Brockville

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.

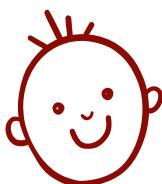
February 16

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