

Free or Discounted Activities!

By showing your Participant Card, you can attend the following activities during the Wellness Challenge!

- ♦ **Free Programs at the Stockade Mondays - Fridays:**
 - **Walking for Wellness** Mon-Fri 8:30 am-12:00 & Mon & Wed 1:00-3:30 pm
 - **Forever in Motion** Mon & Wed 2:30-3:15 pm & Tues & Thurs 9:00-9:45 am
 - **Tots Play** Mon-Fri 8:30 am-12:00 & Mon & Wed 1:00-3:30 pm
 - **City Fit** Wed 1:30 - 2:15
 - **Adults at Play** Tues 10:00 am - 12:00 pm
 - **Chair Yoga** Thurs 11:00 am - 11:45 am
 - **Drop-in Pickleball** Mon & Wed 12:00 - 1:00 pm
- ♦ **Social Bowl** Mon 6:00 - 9:00 pm & Thurs 9:00 am - noon \$2/game & \$2/shoes
- ♦ **Aquatic Centre** Toonie for each of the following per person:
 - **Mondays** – 7:00 - 7:45 pm Deep water fitness or Lane swim 7:00 - 8:30
 - **Tuesdays** – 7:00 - 8:30 pm Public Swim
 - **Wednesdays** – 7:00 - 7:45 pm Shallow water fitness or Lane swim 7:00 - 8:30
 - **Thursday** – 7:00 - 8:30 pm Public Swim

**Thank you to Social Bowl
for partnering with the
Wellness Challenge!**



For more information, contact Val at 778-1676
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