Rec Centre Navigation Guide

The first thing you see are Alerts:

Alerts

October 5th, 2021

The Rec Centre has consolidated existing policies governing usage of facilities into the following 2 documents:

- Rec Centre Facility Usage Policy
- Rec Centre Amenity Usage Policy

Please read these policies carefully before visiting the Rec Centre.

The second section are Classes / Programs:

Classes / Programs

- Review this list for classes of interest, note weekday and start date.
- Scroll down to Rec Centre Calendar below.
- Click on down arrow next to month to select starting month.
- · Click on class you are interested in to see details.

Free Classes

- Arthritis Fitness Fusion Mondays
- Balance and Core Stability Tuesdays
- Bfit Class Tuesdays
- Cardio Mix Wednesdays
- Mindfulness: Wake Up to Wellness Mondays
- Posture Prep Exercise Class Wednesdays
- Stretching and Relaxation Thursdays

\$\$ Required

Active Recovery Classes

- Body Balance Thursdays
 - Session 1 = Sep 16 Oct 21
 - o Session 2 = Oct 28 Dec 2
- Having a Ball Tuesdays
 - Session 1 = Sep 14 Oct 19
 - o Session 2 = Oct 26 Nov 30, no class Nov 10 & 17

Issues with Mobility and Balance (Parkinson's, MS, Stroke)

- \bullet T.I.M.E Together in Movement and Exercise $\,$ Mon & Wed
 - Session 1 = Sep 13 Oct 18, no class Oct 11
 - o Session 2 = Oct 20 Nov 29, no class Nov 10 & 17

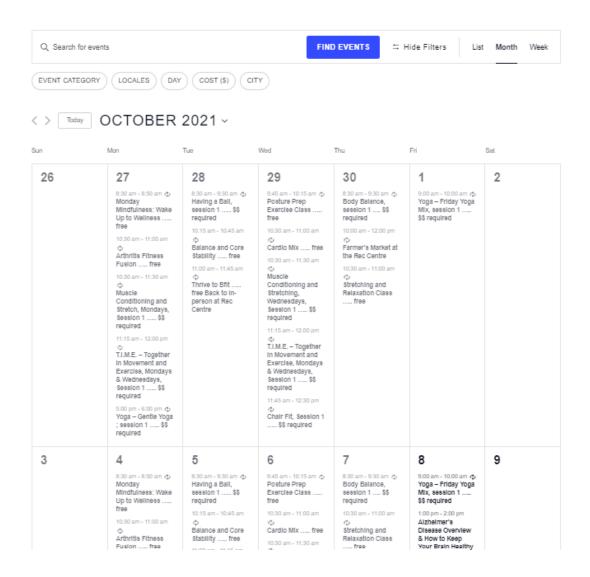
- The Classes / Programs section lists classes and seminars / workshops that have been scheduled, as well as any new ones added to the schedule.
- This is a listing only, as all details are posted in the Rec Centre Calendar section below.

Below this section is the Calendar of Events.

All scheduled activities, whether in person or via Zoom, are in the Calendar. Just click on the activity for details.

Calendar of Events

- . Default Calendar view covers all activities and events.
- You can narrow view by clicking one of the buttons on the Filter Bar, such as Event Category, then selecting the specific Category you want to see. When done, click on the "X" at the top right of the chosen Category to return to standard view.



The last section is an accordion folder with various information and links:

lacktriangle	Address, Hours, Contacts & Operations
\blacksquare	Registration Information
\blacksquare	Resident Organized Activities
\blacksquare	Seminar Presentations
\blacksquare	Swimming Pool
±	Tennis
\blacksquare	Active Aging Week
\blacksquare	Resources
lacktriangle	Medical Emergency Forms