

Best For Less Programs (January-February)

Speakwell Conversation Club Wednesdays 7-8:30pm FREE

Practice your English in small and informal group discussions with Canadian volunteers. An ideal program for immigrants, refugees and international students to meet new people and learn about other cultures. Call 250-475-5407 for details.

Gordon Head Lawn Bowling Club

Pearkes \$2.50 weight room work out

Mon to Fri
6:00 am - 7:30 am
1:00 pm - 3:30 pm

Pearkes \$2.50 skate

Monday and Wednesday
3:10-4:10pm

Saanich Commonwealth Place \$2.50 Swims

Adult Swim

Mon-Fri 5:30-7:30am and 9-10pm

13 years+

Fri 9:00-10:00pm

Family Swim

Sat 4:30-6pm

Senior's

Thursday All Day (must show BC Gold Card or Driver's Licence)

Gordon Head \$2.50 Swims

Adult Swim

Tue & Thu 9:30-10:30pm

Everyone Welcome

Mon, Wed, Fri 2:30-3:30

Tue & Thu 7:30-8:30pm

Family Swim

Sat 11:00am-noon

Sun 10:00am-noon

Coast Capital Free Swim

Friday, Feb 12 2010 7-8:30pm Gordon Head Recreation Centre

Kindergym

Fridays

3:30-4:30pm

FREE

Cedar Hill Recreation Centre

Free Swim Lessons for Children and Adults

These classes will be taught by students in the water safety instructor course. You will learn about water safety & basic swimming skills.

Sign up at the front desk starting Feb 2nd at 8:30am.

Please note you can only register those people on your account only

For more information please call 475-7110

For registration please call 250-475-7100

Gordon Head Pool

March 8-12 3-5pm

Aquatic Assistance Program

Are you between the ages of 13 and 19 and interested in becoming a lifeguard and/or swim instructor? If you would like to register for these courses and require financial assistance this program is available to you. Pick up an application package at your local pool today or call the Aquatic Programmer at Commonwealth Place at 250-475-7608 or Gordon Head at 250-475-7110.