



FEB 20 – MAY 15 2018
12 WEEK FITNESS CHALLENGE

Selkirk Community Pool

We have joined the Selkirk Biz to give you another option to exercise. The Selkirk Community Pool has been open since 1976, we have recently had facility updates, North facing windows, spacious change rooms and a variety of Aquatic programming. We are open during Spring Break for your workout convenience. Participate in low impact exercise options to help you build strength, endurance and cardio at your own speed. Our friendly staff and patrons can help answer your questions.

Show your Fitness Challenge membership and receive a 1-time free drop in, purchase a membership and receive 25 % off all Adult Aquatic Memberships for the duration of the challenge.

Come check out what we have to offer.



ADULT FITNESS PROGRAMS

LEARN TO SWIM

TUE /THUR 7:30PM
MUST PRE-REGISTER

AQUAFIT

EARLY RISE TUE THUR 6:00AM
MON/ FRI 9:00 AM
WED 4:00PM
SAT MORNING 11:00AM
EVENING DATES TO FOLLOW

LAP SWIM

MON-FRI 7:00-8:45 AM
TUE/THUR 4:00-5:00PM
MON – THUR 7:30-8:30PM
SAT NOON – 1:00PM

**OUR KNOWLEDGEABLE STAFF
ARE HERE TO OFFER YOU
SUPPORT TO HELP YOU
REACH YOUR PERSONAL
GOALS.**

SELKIRK COMMUNITY POOL

221 Mercy Street
Selkirk MB

[www.selkirkcommunitypool.
weebly.com](http://www.selkirkcommunitypool.weebly.com)

204 785 7310 for updated
program information.