

**\$8/caregiver**

# Baby & Me

## Aqua Fitness Classes

*Happen on the following dates:*

*April 5th  
May 3rd  
May 10th  
May 17th  
May 24th*

*Maximum of 15 participants per session*

An awesome, cardio and muscle-toning workout with your little one! This program is designed for parents and their infants (3-18 months).

This is a great, low-impact workout that doesn't require getting a babysitter.

Dads are welcome too!

All you need is a bathing suit for you and your baby.

The class is held from  
10:30 ~ 11:00 a.m.

Parents & Babies get hot tub time  
or extra pool time from  
11:00 ~ 11:15 a.m.

*It's a first come, first serve program. For more information on the program, please contact the Kinsmen Aquatic Centre at 204.622.3112.*

