

BENNETTO COMMUNITY CENTRE

450 Hughson Street North

905-546-4944

www.hamilton.ca

JANUARY 2018

What is the most common New Years' Resolution?

TO GET IN SHAPE & LOSE WEIGHT!!

We can help you with that...but we want you to make it part of your *LIFE*...not just a New Years' novelty. So drop in, grab a program, purchase a pass or sign up for one of our many programs!

In the Pool

Lengths: Mon - Fri 12:00-1:00pm, Mon and Wed 8:00-8:45 pm (combined with our Waterfit class) and Sat 1:00-2:55 pm (one lane only)

Waterfit: Mon, Tues, Wed, Fri, 11:05-11:50am Mon, Wed, 8:00-8:45pm

Leisure Swim: 55+: Mon, Tues, Wed, Fri, 10:15-11:00am

Leisure Swim 18+: Thurs, 11:05-11:50am and Sat 12:00am-1:00pm

On Land and In Gym

Are you an adult looking for some fitness or fun?

Come out and try one of our **Cardio-Balance-Strength, 30 Minute Core, 30 Minute Cardio, Pilates or Yoga** classes.

Registration opens December 15th and classes will start the week of January 8th and run for nine weeks.

Get in shape for spring/summer/the nicer weather!

All fitness levels accommodated!

Red Cross Babysitting Course

When: Saturday February 24, 2017

Time: 9:00 – 5:00 pm

Ages: 11-15 years

Cost: \$43.30

Course Code: 00003535



Looking to rent a space for you next event; baby shower, bridal shower, birthday or reunion. Why not try one of our many rooms? Please call and inquire about our low hourly rental fees.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym (13-17yrs) 7:30-8:30pm	Book Mobile 2:30-4:30pm	Open Gym (Parent and Tot) 11:00am- 12:00pm FREE	Book Mobile 6:00-8:00pm	Open Gym (Family) 5:30-6:30pm	Open Gym (Family) 12:00-1:00pm
		Open Gym (18+) 12:00-2:00pm		Open Gym (6-12yrs) 6:30-8:00pm FREE	Open Gym (6-12yrs) 1:15-2:15pm
		Open Gym (13-17yrs) 7:30-8:30pm			Open Gym (13-17yrs) 2:30-3:30pm