



Water Walking

**Tuesdays and Thursdays from 5:00 - 6:00pm
Beginning January 5th, 2010**

Water Walking class is geared towards non-swimmers, pre-surgery candidates, post-rehabilitation patients, winter walkers, and those who want to try something different. Water walking will be held during evening lane swimming times. Come in out of the cold and enjoy the benefits of water's buoyancy and resistive qualities.



Cost: Regular Admission or Active Living Pass

For more information call
Sparwood Recreation at 425-0552
or visit our website:
www.sparwood.bc.ca/recreation

