



June 2017

Leaside Recreation

REC DESK TEL: 416-421-2971

HOURS OF OPERATION

Gym Hours: 5am - 12am
Pool, Hot Tub and Sauna
Hours: 10am – 9:45pm

POOL/HOT TUB RULES

- Must be 16 years of age or older to swim in the pool without adult supervision - At 8pm, it is adult swim time (18+ years of age, No children) -All tenants **MUST** shower before entering the spa/pool.
- Absolutely **NO** non-standard swimwear in the pool. Swimwear **MUST** be LYCRA material!

GYM RULES

- Must be 18+ of age to use gym
 - 30 minutes per machine
 - Only workout wear allowed
 - Tenants **MUST** clean machines after use

REMINDER:

HOT TUB DRAINED

MONDAY, THURSDAY
& SATURDAY AT 9PM

PERSONAL TRAINING

PPL has teamed up with Trainers On Site who provides a team of certified personal trainers who will come to your home or condo gym in order to help you get in the best shape of your life you ever thought possible in least amount of time.

Since 2008, they have been offering their 30 - 60 minute on-site fitness coaching and class instruction throughout the GTA.

Contact them for a free fitness assessment, 1.888.269.1867 or info@trainersonsite.com or for more information please ask the recreation attendant.



AQUAFIT CLASSES

Join us in the pool for Aquafit Classes with Raymond! You will learn that you can actually sweat in the pool and get a good workout!

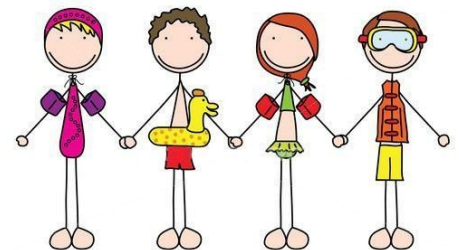
WHEN: Tuesday Evenings

TIME: 8-9pm

COST: \$50 for 10 classes

PLEASE SEE YOUR REC. STAFF TO REGISTER.

DROP IN AVAILABLE



Swimming Lessons are on Saturdays from 11AM-7PM

PLEASE SEE YOUR REC STAFF TO REGISTER.





June 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	1	2	3
4 SWIM LESSONS	5	6 AQUAFIT 8PM-9PM	7	8	9	10
11 SWIM LESSONS	12	13 AQUAFIT 8PM-9PM	14	15	16	17
18 SWIM LESSONS	19	20 AQUAFIT 8PM-9PM	21	22	23	24
25 SWIM LESSONS	26	27 AQUAFIT 8PM-9PM	28	29	30	

