

## **Welcome & Welcome Back!**

We are glad to see you again after your summer travels and other activities. We are grateful for those who have benefited from the water most of the summer. Let's keep active and involved!

## **Retirement Party**

On May 28<sup>th</sup> we celebrated two of our beloved staff members as they transitioned to a new phase of life. MaryLou Collett has always been part of the Villa pool as her vision, compassion and determination began and sustained the program in the early days. Sheila Gamble's firm directions mixed with warmth and humour have benefited both adults and children for many years. She has been a guiding force. While we miss them, we enjoy their involvement at the pool on a less formal basis and wish them every joy in the future.



## **Saturday am Water Exercises Return**

Mark your calendar for September 19<sup>th</sup> when the Saturday 8:30am start-your-weekend-with-water-exercises start up again.

## **Welcome to New & Returning Staff**

We rejoiced to welcome Alex Hughes to our staff team early this summer. Her degree in kinesiology, her enthusiasm and her eagerness to help in any way have boosted our ability to offer innovative classes.

We continue to be glad to have Karlee Sobczak on staff. She worked on Saturdays for several years and this summer helped in weekday classes. We appreciate her versatility, fresh approach and strong teaching skills for both adults and children.

We look forward to Vickie Rusch's return in late September after a busy summer with her other pools.

## **New Beginnings: Parent & Tot**

Starting in the week of September 13<sup>th</sup>

Tuesdays 11:30am for 3-24 months

Thursdays 9:30am for 3-24 months

Thursdays 11:30am for 12-36 months

Saturdays 9:30am for 3-24 months

Saturdays 10am for 12-36 months

All 30 minute classes run for 12 weeks at a cost of \$77 per parent and child together.

## Children's Swim Class

Thursdays 12 noon for 3-5-year-olds. This 12 week class for children on their own costs \$87.

Please come early the first day to register. Staff will process registrations in the half hour prior to the swim class.

We are not offering as many children's swim classes this fall. We do offer private, semi-private and tri-private swim classes by request—so please ask us!

## Pool Hotline

If you don't see us, call (905-627-3541, extension 2264) and leave a message about the times that work for your child to have a lesson. This hotline works for any pool questions. It gives a message about any pool updates. If you leave a message someone will return your call.

## End Dates for Family Swims

Last Tuesday Family Swim: 11-11:30am, **Sept 8**

Last Wednesday Family Swim: 6-6:45, **Sept 2**

Last Thursday Family Swim: 9:30-10am, **Sept 10**

## New Barre & Band Exercise Class

Since August Michele has offered this new class for all ages and fitness levels at 1pm on Fridays. She instructs in ballet and pilates inspired movements at the rail. Other exercises incorporate resistance bands. These moves elongate and strengthen leg, abdomen and lower back muscles and improve posture, alignment and stability. Try the new challenge!

## For First-Timers

The pool is located at St. Joseph's Villa, 56 Governor's Road in Dundas. Enter from Overfield Road using the third parking entrance at the back. Find the door near the left/west side of the building near the outdoor stairs.

## Water Exercise Class Schedule

	Mon	Tues	Wed	Thu	Fri	Sat
<b>8:30</b>	A	A	A	A	A	G
<b>9:30</b>	G	VG	G	--	G	
<b>10:30</b>	G	G	G	G	G	
<b>12pm</b>	G	MM	G	--	G	
<b>1pm</b>	G	--	--	--	BB	
<b>2pm</b>	--	--	--	--	MM	
<b>7pm</b>	G	A	G*	--	--	

A= Aerobics G=Gentle Exercises

VG=Very Gentle (1/2 hour)

MM=Mindful Movements (Tai Chi, Yoga, Pilates)

BB=Barre & Bands

G\*=Gentle except 1<sup>st</sup> Wed/month=Salsa

**Reminder:** Pool is closed on statutory holidays and Saturdays of holiday weekends. Saturday morning classes break for the summer.