

MONDAY MARCH 2, 2020

12:00-2:00 PM

COST \$10

# SENIORS SWIM EVENT

**BROCKVILLE YMCA**

**LIGHT LUNCH 12 PM**

**CHAIR FITNESS DEMO 12:15 PM**

**SWIM/SAUNA/HOT TUB 1-2 PM**

Register early! Space is limited

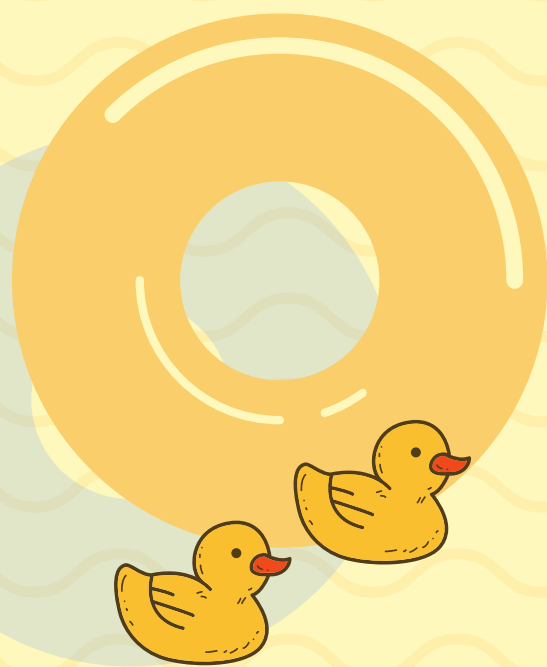
Online: [www.leeds1000islands.ca](http://www.leeds1000islands.ca)

Call: 613-659-2415 ext 217

Email: [seniors@townshipleeds.on.ca](mailto:seniors@townshipleeds.on.ca)

Valid Photo ID is required to participate.

Bring: swimsuit, towel, indoor shoes or flip-flops, lock (optional)



### Bus Pick-up Times:

**Seeleys Bay Retirement Home 10:45 am**

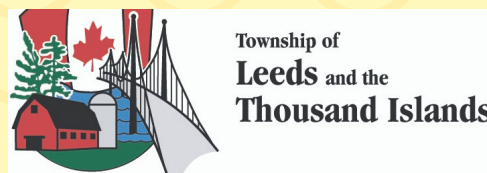
**Lyndhurst Post Office 11 am**

**Fox Run Retirement Home 11 am**

**Lansdowne Library 11:15 am**

**Return Time around 3:30 pm**

\*Accessible bus available



# Canada

Swim Event	Swim Event	Swim Event	Swim Event	Swim Event	Swim Event
613-659-2415	613-659-2415	613-659-2415	613-659-2415	613-659-2415	613-659-2415
ext 217	ext 217	ext 217	ext 217	ext 217	ext 217