

# COMMUNITY NEWSLETTER

## GENTLE FIT & AQUA FIT

Mondays, Wednesdays & Fridays

Gentle Fit: 8:30 - 9:15 am  
Aqua Fit: 9:30 - 10:30 am

Register @ [sparwood.recdesk.com](http://sparwood.recdesk.com)

## YOGA

*with Karen*

Mondays  
6:30 - 7:30 pm

Register @ [sparwood.recdesk.com](http://sparwood.recdesk.com)



## Community Basketball

GAME ON!

Wednesdays  
8:00 - 9:30 pm

Sparwood Secondary  
School Gym

Age 16+



## Get Climbing!

Climbing is a great sport that challenges the body physically and is a lot of fun. Prior to using our climbing wall everyone must complete a Climbing Wall Orientation.

Visit [sparwood.recdesk.com](http://sparwood.recdesk.com) to register for an orientation.



## Pickleball at the Rec

Tuesdays & Thursdays  
1:00 - 3:00 pm

Fridays  
10:00 - 12:00 pm

Register @ [sparwood.recdesk.com](http://sparwood.recdesk.com)



# WINTER FEST

February 16/17 2024



## Public Swim Times

Monday	10:30 am-12:00 pm
Tuesday	1:15 - 3:00 pm 6:30 - 8:00 pm
Wednesday	10:30 - 12:00 pm
Thursday	1:15 - 3:00 pm 6:30 - 8:00 pm
Friday	10:30 am - 12:00 pm 6:30 - 8:00 pm
Saturday	10:30 am - 12:00 pm 1:30 - 3:00 pm

Free Swim on Wednesdays  
6:30 - 8:00 pm

## Arena Schedule

Parent/ Tot Skating (Under 6)	Wednesday 11:00 - 12:00 pm
Skate and Shoot (16+)	Monday - Friday 12:00 - 1:00 pm
Family Stick & Puck	Friday 1:00 - 2:00 pm
Public Skate	Monday 2:15 - 4:45 pm  Tuesday - Friday 2:15 - 3:15 pm  Friday 7:15 - 8:45 pm  Saturday/Sunday 3:00 - 4:45 pm



## Winter Facility Schedule

The 2024 Winter Facility Schedule is now available at the Sparwood Leisure Center and online at:

[sparwood.recdesk.com](http://sparwood.recdesk.com)

Outdoor Rink open soon!  
Check [sparwood.recdesk.com](http://sparwood.recdesk.com) for updates.

## CHIP & BURN

Rescheduled to  
Saturday January 20, 2024

