



Garrison Petawawa

Community Access Card

Healthy Living and Fitness Schedule Summer 2018

Let your **CAC Membership** help you reach your health and life-style goals. All of the services listed are included in your membership.

Schedule in effect

25 Jun to 31 August 2018

Please note, you will need to present your CAC card to gain access at no cost.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 am –10 pm Casual Facility Use DDH	9 am –10 pm Casual Facility Use DDH	9 am –10 pm Casual Facility Use DDH	9 am –10 pm Casual Facility Use DDH	9 am –10 pm Casual Facility Use DDH	9 am –10 pm Casual Facility Use DDH	9 am –10 pm Casual Facility Use DDH	9 am –10 pm Casual Facility Use DDH
10 am –7:00 pm Splash Pad 50 Regalbuto Ave	10 am –7:00 pm Splash Pad 50 Regalbuto Ave	10 am –7:00 pm Splash Pad 50 Regalbuto Ave	10 am –7:00 pm Splash Pad 50 Regalbuto Ave	10 am –7:00 pm Splash Pad 50 Regalbuto Ave	10 am –7:00 pm Splash Pad 50 Regalbuto Ave	10 am –7:00 pm Splash Pad 50 Regalbuto Ave	10 am –7:00 pm Splash Pad 50 Regalbuto Ave
12:00-5:00 pm Black Bear Beach	12:00-5:00 pm Black Bear Beach	12:00-5:00 pm Black Bear Beach	12:00-5:00 pm Black Bear Beach	12:00-5:00 pm Black Bear Beach	12:00-5:00 pm Black Bear Beach	12:00-5:00 pm Black Bear Beach	12:00-5:00 pm Black Bear Beach
Let DFIT.CA be your personal online trainer Register with your CF1 Card	9:00-9:55 am Leisure Swim DDH Pool	9:05-9:55 am Aqua Fitness Class DDH Pool	9:05-9:55 am Aqua Fitness Class DDH Pool	9:05-9:55 am Aqua Fitness Class DDH Pool	9:05-9:55 am Aqua Fitness Class DDH Pool	9:00-9:55 am Leisure Swim DDH Pool	Supervised Play is not available for aerobic classes during the summer schedule
	10:00-10:55 am Lane and Parent & Tot Swim DDH Pool	12:00-6:00 pm Casual Facility Use AFC	10:00-10:55 am Lane and Parent & Tot Swim DDH Pool	12:00-6:00 pm Casual Facility Use AFC	10:00-10:55 am Lane and Parent & Tot Swim DDH Pool	12:00-6:00 pm Casual Facility Use AFC	
REC PLEX , 30 Festubert Blvd, Bldg S-117, 613-687-2932 DDH DUNDONALD HALL, 57 Festubert Blvd, Bldg P-118, 613-687-4500 AFC ARMY FITNESS CENTER 3 Festubert Blvd, Bldg Q-103 613-687-5511 ex 7974	12:00-6:00 pm Casual Facility Use AFC	6:00-7:00 pm Boot Camp Class AFC	12:00-6:00 pm Casual Facility Use AFC	6:00-7:00 pm Boot Camp Class Army Fitness Centre	12:00-6:00 pm Casual Facility Use AFC	<div style="border: 2px solid blue; padding: 5px;"> Black Bear Beach and Splash Pad open 01 July– 03 Sept 2018 Pool closed from 07 Aug 2018 </div>	
	7:15-8:15 pm Spin Class DDH Spin Room	7:00-7:55 pm Family Swim DDH Wading Pool	7:15-8:15 pm Spin Class DDH Spin Room	7:00-7:55 pm Family Swim DDH Pool	7:00-7:55 pm Open Swim DDH Pool		
	7:00-7:55 pm Open Swim DDH Pool	7:00-8:00 pm Zumba (10+) Rec Plex	7:00-7:55 pm Open Swim DDH Pool	7:00-8:00 pm Zumba Class (10+) Rec Plex	8:00-8:55 pm Lane Swim DDH Pool		
	8:00-8:55 pm Lane Swim DDH Pool	7:00-8:00pm Yoga Class (10+) Rec Plex	8:00-8:55 pm Lane Swim DDH Pool	8:00-8:55pm Aqua Fitness (10+) DDH Pool	9:00-9:55 pm Leisure Swim DDH Pool		
	9:00-9:55 pm Leisure Swim DDH Pool	8:00-8:55pm Aqua Fitness (10+) DDH Pool	9:00-9:55 pm Leisure Swim DDH Pool	9:00-9:55 pm Lane Swim DDH Pool			
		9:00-9:55 pm Lane Swim DDH Pool					Non CAC Participation If there is available space, non CAC individuals may participate for a fee. DDH use—\$6 per person Class Fees—\$10 per person