



PARKS
RECREATION
& CULTURE

2025 SUMMER ACTIVITY GUIDE

guide current from July 1 - August 31



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REGISTRATION DAY

Telephone and online registration begins **Tuesday, May 20th** at 7:00am



Frank Jameson Community Centre

810 6th Avenue, Ladysmith B.C.

Hours of Operation:
(subject to change)

Reception Office

Monday-Friday 6:00am-9:00pm
Saturday 8:00am-6:00pm
Sunday 9:00am-4:00pm

Fitness Centre

Monday-Friday 6:00am-9:00pm
Saturday 8:00am-6:00pm
Sunday 8:00am-4:00pm

Aquatic Centre

See page 8 for pool schedule

Schedule Changes:

CLOSED:
Canada Day, July 1
August Long Weekend, August 2-4
Staff Training, August 18
Labour Day Weekend, Aug 30 - Sep 1



ANNUAL FACILITY MAINTENANCE CLOSURE August 16th - September 7th

Heads up Ladysmith!
Planning is underway and the entire FJCC may be closed **for up to 3 weeks at the end of summer** for essential **annual maintenance and upgrades**. This helps us keep the space safe, clean, and ready for your year-round enjoyment!

Watch for a special info guide coming soon with:

- Exact closure dates
- Alternative activities and locations
- Helpful tips to stay active during the break

Thanks for your patience and support!



INFO / REGISTRATION **250.245.6424**

follow us



/ladysmithPRC *subscribe*



ladysmith.ca

prc@ladysmith.ca

Admission & Registration Information

Admissions

Below admission rates allow access to the following programs at the Frank Jameson Community Centre:

- Drop-In Aquatic Visits
- Drop-In Aquatic Fitness Programs
- Fitness Centre visits
- Drop-in Fitness Programs
- Drop-in Sports Programs

During your visit to the FJCC, we invite you to attend multiple programs while you are here!

Purchase a pass and save over single admission

Admission Rates (including GST)							
	Tot (under 3 yrs)	Child (3-12yrs)	Youth (13-18yrs)	Adult (19-59yrs)	Senior (60-79yrs)	80+	Family (Parent(s) or guardian(s) with dependent children aged 18 & under)
Single Admission	FREE	\$3.43	\$4.84	\$6.78	\$4.84	FREE	\$13.03
10x Pass		\$29.05	\$41.45	\$57.31	\$41.45		\$110.10
1-Month Membership		\$30.87	\$49.09	\$59.98	\$49.09		\$115.22
12-Month Membership			\$475.55	\$582.10	\$475.55		\$1118.36

PLEASE NOTE:

- 10x passes are non-transferable, non-refundable and do not expire.
- Monthly passes are non-transferable and non-refundable. No 'holds' permitted for 1 month passes. 12 month passes can be placed on 'hold' for a minimum of two weeks two times per pass. A scheduled monthly payment plan is available for 12 month passes with a valid Visa or Mastercard.

Registrations



REGISTRATION DAY

Telephone and online registration begins
Tuesday, May 20th at 7:00am



Full payment is required at time of registration. All registrations are processed on a first-come, first-served basis. Sadly, excellent programs are sometimes cancelled when people wait until the last minute to register. We need to make decisions three to five days prior to the start date of our programs to allow for proper preparation. **Please register early to avoid disappointment.**

Cancellations

Programs are subject to cancellation due to insufficient registration or changes in facility operation. If this occurs, a full refund will be issued. The refund will be issued based on the method of payment. In the event that a program or an individual class is cancelled, every attempt will be made to have the class or program rescheduled.

Refunds

REGISTERED PROGRAMS	
Seven or more days before course begins	No cost to withdraw \$5 refund processing fee
Six days or less before course begins	No withdrawals/No refunds
MEDICAL WITHDRAWALS	
In case of extended illness or injury, where a person is unable to complete their program, a prorated refund or credit may be granted. A \$5 processing fee will be applied to any approved refund or credit. Classes missed due to sickness, vacation, or other reasons will not be refunded or credited. *Less program supply fees if applicable.	

how to REGISTER

Online Registration:

Visit www.reccowichan.ca to register and view your transaction online. Available 24/7 with a valid credit card.

Telephone:

Call 250.245.6424 during office hours and use your Visa or Mastercard. Full payment is required at time of registration. See page 1 for reception hours.

In Person:

Visit the Frank Jameson Community Centre at 810-6th Ave., Ladysmith during office hours. Payment is accepted by cash, cheque, credit or debit card. Phone 250.245.6424 to confirm hours or see page 1 for reception hours.



Leisure Access Program

What is the Leisure Access Program?

The Town of Ladysmith, Department of Parks, Recreation & Culture provide a fee subsidy to Ladysmith, CVRD Area G & H residents who are in financial need. The subsidy enhances access to recreation and is available for admissions and program registration in Ladysmith. Proof of income and residency is required to determine the eligibility for the program.

Who Can Apply?

To be eligible for assistance, applicants must be residents of Ladysmith, CVRD Area G & H and have a total household income below Stats Canada low-income cutoffs. Proof of financial status must be provided.

How do I apply?

Applications can be found on our website or a physical copy can be requested by contacting the Frank Jameson Community Centre. Include with your application the documentation required, see application for details.

What can the Leisure Access Program be used for?

The program includes a 50-percent reduction in cost for most programs four times per year (one per season) and 50-percent discount on facility admissions.

Camps

Schools Out Days

ADVENTURE ZONE DAY CAMP SUMMER EDITION

for children ages 6 to 12
Campers must have completed kindergarten

PLAY, CREATE and EXPLORE
with ADVENTURE ZONE
DAYCAMP this summer!

Each week will be full of crafts,
sports, swimming, games and
new friendships. Our passionate,
experienced summer leaders create
a fun and safe environment, fostering
positive relationships and self-worth,
all while having a blast!



Camp runs from 9:00am - 3:00pm

Week 1	Monday - Friday, July 7 - 11	97233	\$200/5 days
Week 2	Monday - Friday, July 14 - 18	97234	\$200/5 days
Week 3	Monday - Friday, July 21 - 25	97235	\$200/5 days
Week 4	Monday - Friday, July 28 - August 1	97236	\$200/5 days
Week 5	Tuesday - Friday, August 5 - 8	97237	\$160/4 days
Week 6	Monday - Friday, August 11 - 15	97239	\$200/5 days
Week 7*	Monday - Friday, August 18 - 22	97240	\$200/5 days

*Due to annual maintenance at FJCC, Week 7 will be held at Transfer Beach

To allow for proper preparation
and leader/child ratio, only
weekly registrations are
available.



The best way to play™

Our Daycamps are a step above.
We have HIGH FIVE trained staff.

HIGH FIVE is the standard in BC for those who manage and/or
lead sport and recreation programs for children aged 6-12 years.
The HIGH FIVE system is designed to specifically support the
safety, well-being and healthy development of children in sport
and recreation settings.

HIGH FIVE holds true to the following five **Principles of healthy child development**
that the research indicates are essential for quality programs.

★ **A Caring Adult** ★ **Friends** ★ **Play** ★ **Mastery** ★ **Participation**

Not every organization offers the **HIGH FIVE** standard of quality. We are proud to offer it here.
The result?
Better programs, more engaged staff and happier kids.

Commitment to Quality

- Our programs promote **positive experiences** by caring leaders
- Our programs **foster friendships**
- Our programs present **opportunities for play**
- Our programs teach **skill development and mastery**
- Our programs **encourage participation**
- Our programs **welcome diversity and uniqueness**
- Our programs **protect participants** in a safe and secure environment
- Our programs matter to the **CAF community**

Camps

Specialty Camps

World Cup Soccer Camp

This professionally developed program includes skills, drills, mini games, and fun competition for young soccer players wanting to learn new tricks and play the game of soccer. Please remember your water bottle and appropriate clothing for rain and shine! Camp includes a World Cup T-shirt!

Instructor: Brett Hyslop

Forrest Field Turf

Monday - Friday, August 18 - 22

6-9 yrs

9:00am-12:00pm

\$135/5 days

97229

10-12yrs

9:00am-12:00pm

\$135/5 days

97230



NEW

Youth Bloom Garden Explorers Camp (7-13yrs)

Join us for a fun-filled week of nature, discovery, and hands-on learning at Garden Explorers Summer Camp! Campers will dig into gardening basics, explore local plants and insects, and get their hands dirty with exciting outdoor activities. Each child will plant their own flower pot to take home and harvest fresh produce straight from the garden—tasting the fruits (and veggies!) of their labor along the way. It's the perfect mix of adventure, education, and outdoor fun.

Davis Rd School, 444 Parkhill Terrace

Monday - Friday, July 28 - August 1

9:00am-1:00pm

\$200/5 sessions

98110



NEW

Youth Bloom Kids Cooking Camp (11-16yrs)

Join us for a fun and hands-on culinary adventure at our Youth Bloom Cooking Camp! Designed for aspiring young chefs ages 11-16, this camp offers a safe and engaging environment to learn essential cooking skills, explore different flavors and gain confidence in the kitchen. Campers will prepare delicious recipes and discover the joy of creating meals from scratch. No experience needed—just a passion for food and creativity!

Aggie Hall

Monday - Friday, July 14 - 18

9:30am-1:00pm

\$200/5 days

97955



Aquatics

Junior Lifeguard Camp (8-13yrs)

Make a splash this summer at our Junior Lifeguard Camp! Designed for kids who love the water and want to learn lifesaving skills, this action-packed camp at the FJCC blends fun with fitness. Campers will dive into swimming drills, rescue techniques, teamwork games, and safety challenges - all led by certified Lifesaving Instructors. It's the perfect mix of learning, leadership, and laughter. Whether they're future lifeguards or just love the pool, kids will leave with confidence, new friends, and awesome memories!

Prerequisite: 8 years of age / swim 25 m / tread water for 1 minute.

FJCC Pool

Monday - Friday, July 14 - 18

9:30am-2:00pm

\$250/5 days

96576

Tuesday - Friday, August 5 - 8

9:30am-2:00pm

\$200/4 days

96577



Dance

Intro to Hip Hop Dance Camp

In this introductory week long Hip Hop camp (daily classes) your young dancer will learn basic hip hop grooves and techniques. The class will focus on high energy movement, musicality, and choreography all while dancing to great hip hop beats! Clean running shoes or bare feet required. No experience necessary!

Instructor: Rhythm Dance Instructors

FJCC Fitness Studio

Monday - Friday, July 7 - 11

3-4 yrs

3:00-3:30pm

\$60/5 days

97298

5-7 yrs

3:40-4:25pm

\$60/5 days

97299

8-10 yrs

4:30-5:15pm

\$60/5 days

97300



Computer / Science / Technology

Check out this exciting daycamp program offering from LITTLUNIVERSE! Camps will be held at Davis Road School - 444 Parkhill Terrace, Ladysmith

Video Game Design and Science: 2D Platformer Edition! (9-14yrs)

Come and join our LITTLUNIVERSE for an exciting week of programming and science! Using Gamemaker, participants will create their very own 2D Platformer game! Take the game home at the end of the week! Every day campers will take home at least one of their science experiments! There will be a variety of fun indoor and outdoor activities! We will have game consoles, air hockey, foosball, arts and crafts, board games, and MORE! Participants will get their own LITTLUNIVERSE camp t-shirt!

Tuesday - Friday, August 5 - 8

9:00am-4:00pm

\$350/4 days

97224

Minecraft Modding - PVP Edition (8-12yrs)

Woah, did you just take out the Ender Dragon with one hit? Quick put on your OP armor! Knock back your opponent so far they won't know what hit them! But watch out if they come back at you with Dragon Fire! Participants will transform the way they experience the game by learning how to mod by creating different custom objects designed to improve your chances in PvP! Using blockly coding they will program and test each mod they create thus adding a new level of gameplay to their Minecraft experience.

Tuesday - Friday, August 5 - 8

5:00-6:30pm

\$125/4 days

97225

LEGO Robotics & Science - Battlebots Edition! (8-14yrs)

Let's get ready to rumble!!!! Come and join our LITTLUNIVERSE for an exciting week of LEGO, programming and science! With a teammate, dive into the world of engineering using LEGO Education's EV3 Mindstorms Sets and Software! At the end of the week teams will build and program Battlebots for a fun tournament! Every day campers will take home at least one of their science experiments! There will be a variety of fun indoor and outdoor activities! We will have game consoles, air hockey, foosball, arts and crafts, board games, and MORE! Participants will get their own LITTLUNIVERSE camp t-shirt!

Monday - Friday, August 11 - 15

9:00am-4:00pm

\$415/5 days

97228



Youth & Adult Programs



Summer YoUth Zone





Ages 10-16yrs **6:00-8:00pm**

Join our awesome youth team for some summer fun. Bring your friends!

Fridays @ FJCC	Wednesdays @ Transfer Beach	Other location
June 6 CHILL ZONE	July 2 BASKETBALL	August 6 FRISBEE GOLF @ Parallel Disc Golf <small>*Meet @ Forrest Field Turf*</small>
June 13 POOL SHARKS	July 9 PAINT NIGHT	
June 18 GYM SPORTS	July 16 BEACH VOLLEYBALL	
★ ★	July 23 BACKYARD GAMES	
★ ★	July 30 TIE DYE	



Follow us @ladysmithprc for all the details! 

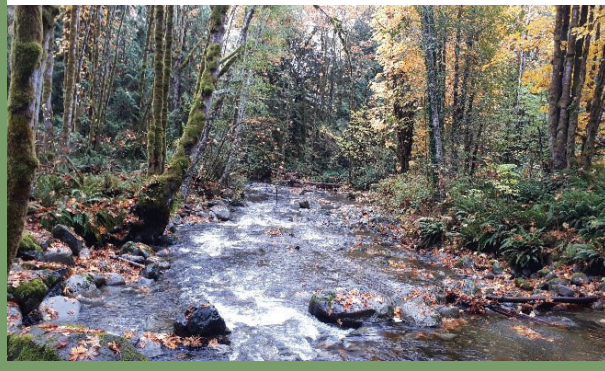


Friends of Holland Creek

Ladysmith, British Columbia

Friends of Holland Creek Society
We are working to protect the biodiversity of Holland Creek and are looking for members.

 /friendsofhollandcreek
 hollandcreekinvasives@gmail.com



Dance

Summer Fun Square Dances (16yrs+)
Experienced square dancers and graduates of square dance lessons are welcome to join these fun afternoons hosted by the Wheel Arounds Square Dance Group. Feel free to bring a lunch and socialize before dancing kicks off at 1:00pm.
FJCC Fitness Studio
Tuesday, July 15
12:30-3:00pm \$10/1 session **98030**
Tuesday, August 12
12:30-3:00pm \$10/1 session **98031**





LaFF Family Resource Program
A drop-in program held at Aggie Hall (1110-1st Ave, Ladysmith) for children ages 0-6yrs old and their caregivers (parents, grandparents, relatives, caregivers, etc.). Cosponsored by the Town of Ladysmith with generous support from the Province of BC, United Way CNVI and others. Minimum suggested donation of \$4 per family or a 6 punch LaFF Pass for minimum suggested donation of \$20. LDCU/LHCA sponsored passes available - talk to staff.
LaFF Outside
A drop-in program for children ages 0-6yrs and their caregivers (parents, grandparents, relatives, caregiver, etc.) Come for a morning of play, creativity, exploration, community, connectedness, access LaFF's clothing exchange and food pantry and so much more!
Tuesdays, Wednesdays, & Thursdays July - August
9:30am-12:00pm Aggie Hall's Nature Play Space
LaFF Mornings at Aggie Hall
Drop-in program runs September-June, 9:30am-12:00pm, Aggie Hall, for children ages 0-6yrs and their adults. Check LaFF website for list of programming days.


LaFF'ternoons at Aggie Hall
A drop-in program for parents/caregivers and children UP TO 1 year of age or pre-walking. At this time, older siblings are asked to not attend this program, please make other arrangements. An opportunity to circle up and build community and connection for yourself / your littles and access LaFF's clothing exchange and food pantry.
Wednesdays 12:15-1:45pm
For program and schedule updates, check the LaFF website or connect with them directly.
Website: www.familyandfriends.ca
Email: laffexecutivedirector@shaw.ca Mail: Box 1830, Ladysmith, B.C. V9G 1B4
Phone: 250.210.0870 Aggie Hall: 1110-1st Ave, Ladysmith

 **Skip the LINE**  **Register ONLINE!** 

Register for programs offered through Ladysmith Parks, Recreation and Culture in the comfort of your own home by following these easy steps!

STEP 1

Visit www.reccowichan.ca and click **SIGN IN AND REGISTER NOW**



register here

Sign in and Register Now!

STEP 2

Login

If you have registered for a class or membership with us before, you should already have an email in our system. Click **FORGOT PASSWORD?** Enter your email address and a temporary password will be sent to you. If you do not have an email in our system, click **SIGNUP**.

STEP 3

Click  **Program Registration**

to view and register for courses. Use the **red course code** in the keyword search box to look for specific programs

Keyword [Reset](#)

STEP 4

Click **REGISTER**

Follow prompts until check-out.

To add more programs to your shopping cart, click **BOOK ANOTHER EVENT**



Child Safety Education - Red Cross Stay Safe! - Ladysmith
Once, 15/03/2025 from 09:30 AM - 04:30 PM

[Modify Booking](#)

Swimming Lessons

Parent & Tot (for parents & children up to 3 years of age)



Parent & Tot 1 - JELLYFISH (4-12 months)
Jellyfish provides an orientation to water for infants and their parent/caregiver. Parents/caregivers will learn how to swim safely with their infant in the pool through instruction of holds and supports. Infants will be introduced to getting their face wet, blowing bubbles and floating with the help of their caregiver.

Monday-Friday July 21 - August 1 9:30-10:00am 96541 10x30min/\$75



Parent & Tot 2 - GOLDFISH (12-24 months)
Goldfish teaches toddlers how to play in the water safely! They'll learn how to enter and exit the water with help from their parent/caregiver and will play games to encourage them to get their face wet and blow bubbles in the water. Toddlers will also develop floating and kicking skills with the support of their parent/caregiver.

Monday-Friday July 21 - August 1 9:30-10:00am 96542 10x30min/\$75



Parent & Tot 3 - SEAHORSE (24-36 months)
Seahorse teaches toddlers how to safely enter the water wearing a PFD. They'll develop underwater skills such as submersion and opening their eyes underwater. 'Starfish' floats, 'pencil' floats and kicking skills are taught using songs and games.

Monday-Friday July 21 - August 1 9:30-10:00am 96543 10x30min/\$75



Preschool (for children 3-5 years)



Preschool 1 - OCTOPUS **parent participation required**

Octopus is a transitional level which transfers the preschooler to the care of the instructor. Preschoolers will have fun learning to get in and out of the water. They'll learn how to put their face in the water, blow bubbles in the water, and how to float and glide.

Monday-Friday	July 7 - 18	9:30-10:00am	96528	5:00-5:30pm	96529	10x30min/\$75
Monday-Friday	July 21 - August 1	10:00-10:30am	96556	5:00-5:30pm	96557	10x30min/\$75
Monday-Friday	August 5 - 15	9:30-10:00am	96558	5:00-5:30pm	96559	9x30min/\$67.50



Preschool 2 - CRAB

Crab teaches preschoolers how to safely jump into chest-deep water and how to swim wearing a PFD. They'll learn submersion skills and continue to work on floats, glides, and kicking with buoyant objects.

Monday-Friday	July 7 - 18	10:30-11:00am	96536	4:30-5:00pm	96561	10x30min/\$75
Monday-Friday	July 21 - August 1	10:30-11:00am	96563	4:30-5:00pm	96565	10x30min/\$75
Monday-Friday	August 5 - 15	10:30-11:00am	96568	4:30-5:00pm	96569	9x30min/\$67.50



Preschool 3 - ORCA

Orca teaches preschoolers how to enter deep water safely wearing a PFD. They'll learn how to submerge and exhale underwater, retrieve objects underwater, and will continue developing their floating, gliding and kicking skills.

Monday-Friday	July 7 - 18	9:30-10:00am	96537	5:30-6:00pm	96570	10x30min/\$75
Monday-Friday	July 21 - August 1	9:30-10:00am	96571	5:30-6:00pm	96572	10x30min/\$75
Monday-Friday	August 5 - 15	9:30-10:00am	96597	5:30-6:00pm	96599	9x30min/\$67.50



Preschool 4 - SEA LION

Sea Lion teaches deep-water entries and treading water wearing a PFD. Preschoolers will become skilled at retrieving objects from the bottom of the pool in chest-deep water and performing front and side glide. Front crawl wearing a PFD is also introduced.

Monday-Friday	July 7 - 18	10:30-11:00am	96538	4:30-5:00pm	96603	10x30min/\$75
Monday-Friday	July 21 - August 1	10:30-11:00am	96608	4:30-5:00pm	96613	10x30min/\$75
Monday-Friday	August 5 - 15	10:30-11:00am	96617	4:30-5:00pm	96618	9x30min/\$67.50



Preschool 5 - NARWHAL

Narwhal teaches Swim to Survive® skills wearing a PFD. Front crawl and back crawl are introduced as well as interval fitness training. Preschoolers will also learn how to tread water and perform vertical whip kick with a buoyant aid. Once complete, preschoolers can register into Swimmer 2.

Monday-Friday	July 7 - 18	10:30-11:00am	96540	4:30-5:00pm	97537	10x30min/\$75
Monday-Friday	July 21 - August 1	10:30-11:00am	96619	4:30-5:00pm	96620	10x30min/\$75
Monday-Friday	August 5 - 15	10:30-11:00am	96621	4:30-5:00pm	96622	9x30min/\$67.50

Are there any private swimming lessons available?

Ladysmith Parks, Recreation & Culture is pleased to offer private swim lessons for children, teens, and adults who want individual instruction. We are always working on expanding our private lesson opportunities but please note, due to staff availability, there are limited spots available. We have a Private Lesson Interest List where interested participants are called when private lesson time slots become available. To be added to the private lesson interest list, please call 250.245.6424.
\$35 private 30min lesson; \$20 semi-private (per person) 30min lesson

Swimmer (children 5 years +)



Swimmer 1
These beginners will become comfortable jumping into the water with and without a PFD. They'll learn how to open their eyes, exhale and hold their breath underwater. Floats, glides and kicking skills are introduced.

Monday-Friday July 7 - 18	10:00-10:30am	96587	4:30-5:00pm	96588	10x30min/\$75
Monday-Friday July 21 - August 1	10:00-10:30am	96589	4:30-5:00pm	96590	10x30min/\$75
Monday-Friday August 5 - 15	10:00-10:30am	96591	4:30-5:00pm	96592	9x30min/\$67.50



Swimmer 2
These swimmers will jump into deeper water and learn to be comfortable falling sideways into the water wearing a PFD. They'll learn how to tread water, develop kicking skills, and will be introduced to front crawl and back crawl.

Monday-Friday July 7 - 18	9:30-10:00am	96593	5:00-5:30pm	96594	10x30min/\$75
Monday-Friday July 21 - August 1	9:30-10:00am	96595	5:00-5:30pm	96596	10x30min/\$75
Monday-Friday August 5 - 15	9:30-10:00am	96598	5:00-5:30pm	96600	9x30min/\$67.50



Swimmer 3
These swimmers will learn how to dive and will do in-water somersaults and handstands to develop weight-transfer skills. They'll learn Swim to Survive® skills, whip kick on back and will further develop their front crawl and back crawl.

Monday-Friday July 7 - 18	10:00-10:30am	96601	6:00-6:30pm	96602	10x30min/\$75
Monday-Friday July 21 - August 1	10:00-10:30am	96604	6:00-6:30pm	96605	10x30min/\$75
Monday-Friday August 5 - 15	10:00-10:30am	96606	6:00-6:30pm	96607	9x30min/\$67.50



Swimmer 4
These swimmers will become better at diving, treading water, and swimming underwater. They'll learn the Swim to Survive® standard and start to develop breaststroke. Front crawl and back crawl are further developed.

Monday-Friday July 7 - 18	10:30-11:00am	96609	5:00-5:30pm	96611	10x30min/\$75
Monday-Friday July 21 - August 1	10:30-11:00am	96612	5:00-5:30pm	96614	10x30min/\$75
Monday-Friday August 5 - 15	10:30-11:00am	96615	5:00-5:30pm	96616	9x30min/\$67.50



Swimmer 5
These swimmers will master dives & swimming in deep water. They'll further their Swim to Survive® skills & start to develop eggbeater kick. Breaststroke, front crawl, & back crawl are further developed. Interval training & and sprinting drills continue to challenge these swimmers.

Monday-Friday July 7 - 18	5:30-6:15pm	96623	10x45min/\$85
Monday-Friday July 21 - August 1	5:30-6:15pm	96624	10x45min/\$85
Monday-Friday August 5 - 15	5:30-6:15pm	96625	9x45min/\$76.50



Swimmer 6
These swimmers will become proficient at deep water skills including stride entries and compact jumps. They'll develop lifesaving kicks such as eggbeater and scissor kick. Breaststroke, front crawl, and back crawl are further developed. Head-up swims, interval training and a 300m workout develop strength and endurance.

Monday-Friday July 7 - 18	5:30-6:15pm	96626	10x45min/\$85
Monday-Friday July 21 - August 1	5:30-6:15pm	96627	10x45min/\$85
Monday-Friday August 5 - 15	5:30-6:15pm	96629	9x45min/\$76.50

Does your child love swimming?
Are they between the ages of 8- 12?
Check out Junior Lifeguard Camp on page 4!

Advanced Aquatics



Bronze Star (10-12yrs)
Bronze Star develops swimming proficiency, lifesaving skills, and personal fitness. Swimmers who have completed Swimmer 9 (Star Patrol) will refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for lifesaving training in Bronze Medallion and provides a fun introduction to Lifesaving Sport.
Prerequisite - recommended candidates can swim 100 meters of front crawl, back crawl and breaststroke and have completed Swimmer 9 Star Patrol but not required.

Monday-Friday July 28 - August 1	2:00-4:00pm	96573	\$125/5 sessions
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Bronze Medallion (13yrs+)
Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a prerequisite for Assistant Lifeguard training in Bronze Cross.
Prerequisite: 13yrs by the last day of the course or proof of Bronze Star award.

Monday-Friday July 7 - 11	12:00-5:30pm	96574	\$185/5 sessions
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Bronze Cross (13yrs+)
The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.
Prerequisite: Bronze Medallion

Monday-Friday August 11 - 15	12:00-5:30pm	96575	\$185/5 sessions
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Lifesaving Instructor Short Course (15yrs+)
The Lifesaving Instructor & Examiner (Short Course) prepares Lifesaving Society Swim Instructors to teach and evaluate the Society's lifesaving programs.
Prerequisite: Swim Instructor (full course only).
Saturday & Sunday, July 26 & 27
9:30am-6:00pm \$250/2 sessions 96586

how to REGISTER

ONLINE: Visit www.reccowichan.ca and log in. On the schedule page, search for specific programs using the course code.

TELEPHONE: Call 250.245.6424 Please have the course code ready to ensure fast & correct registration.

REGISTRATION OPENS MAY 20th @ 7:00am

Aquatic Centre Information

The Aquatic area at the Frank Jameson Community Centre features a large and a smaller, warmer pool, perfect for everyone. Bring the whole family for a swim or stop by for a soak in the hot tub after a workout.

Children under 7 years must be accompanied in water and within arms reach of parent or person 19 years plus (2 children/1 adult).

The Aquatic Centre will be CLOSED from August 16 to September 7 for annual maintenance

The Aquatic Area features:

- 4-lane, 25 metre pool
- Diving board, basketball hoops, rope swing and climbing wall
- Three slides for all levels of bravery
- Accessibility lift, aquatic wheelchairs, removable stairs and water run-way
- Therapy teach pool accessible by ramp with a shallow depth of zero sloping to 1.25 metres
- Hot Tub
- Dry sauna

Aquatic Schedule (effective July 2 - August 15)

Come take a dip in the pool with these ‘drop-in’ activities. Ladysmith Parks, Recreation & Culture offers a variety of drop-in aquatic visits and aquatic fitness programs ALL INCLUDED WITH A DROP-IN ADMISSION, PUNCH PASS OR MONTHLY PASS! With a variety of classes and times, there’s something for everyone!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Bird Lengths 6:00-8:15am <i>Hot Tub/Sauna available</i>		Early Bird Lengths 6:00-8:15am <i>Hot Tub/Sauna available</i>		Early Bird Lengths 6:00-8:15am <i>Hot Tub/Sauna available</i>	
Aqua HIIT 8:30-9:30am		Aqua DEEP 8:30-9:30am		Aqua HIIT 8:30-9:30am	
Parent & Tot Swim 8:30-9:30am <i>Hot Tub available</i>		Parent & Tot Swim 8:30-9:30am <i>Hot Tub available</i>		Parent & Tot Swim 8:30-9:30am <i>Hot Tub available</i>	
Aqua LITE 11:00-11:45am	Swim & Shape Up 11:00am-12:00pm <i>Hot Tub/Sauna available</i>	Aqua LITE 11:00-11:45am	Swim & Shape Up 11:00am-12:00pm <i>Hot Tub/Sauna available</i>	Aqua DEEP 11:00-11:45am	
Therapy Swim 11:00am-12:00pm <i>Hot Tub available</i>	Therapy Swim 11:00am-12:00pm	Therapy Swim 11:00am-12:00pm <i>Hot Tub available</i>	Therapy Swim 11:00am-12:00pm	Therapy Swim 11:00am-12:00pm <i>Hot Tub available</i>	
Noon Lengths / Parent & Tot / Therapy Swim 12:00-1:00pm <i>Hot Tub/Sauna available</i>	Noon Lengths / Parent & Tot / Therapy Swim 12:00-1:00pm <i>Hot Tub/Sauna available</i>	Noon Lengths / Parent & Tot / Therapy Swim 12:00-1:00pm <i>Hot Tub/Sauna available</i>	Noon Lengths / Parent & Tot / Therapy Swim 12:00-1:00pm <i>Hot Tub/Sauna available</i>	Noon Lengths / Parent & Tot / Therapy Swim 12:00-1:00pm <i>Hot Tub/Sauna available</i>	
Everyone Welcome Swim 1:00-2:00pm <i>Hot Tub/Sauna available</i>	Everyone Welcome Swim 1:00-2:00pm <i>Hot Tub/Sauna available</i>	Everyone Welcome Swim 1:00-2:00pm <i>Hot Tub/Sauna available</i>	Everyone Welcome Swim 1:00-2:00pm <i>Hot Tub/Sauna available</i>	Everyone Welcome Swim 1:00-2:00pm <i>Hot Tub/Sauna available</i>	
					SUNDAY
Everyone Welcome Swim 6:30-7:30pm <i>Hot Tub/Sauna available</i>	Everyone Welcome Swim 6:30-7:30pm <i>Hot Tub/Sauna available</i>	Everyone Welcome Swim 6:30-7:30pm <i>Hot Tub/Sauna available</i>	Everyone Welcome Swim 6:30-7:30pm <i>Hot Tub/Sauna available</i>	Everyone Welcome Swim 6:30-7:30pm <i>Hot Tub/Sauna available</i>	Everyone Welcome Swim 1:30-3:30pm <i>Hot Tub/Sauna available</i>

PLEASE NOTE:

Sauna is not available during aquatic fitness programs

Children 7yrs+ can attend unaccompanied, children under 7yrs must be accompanied by an adult 19yrs+ (2 children/1 adult).

Pool is cleared 5 minutes BEFORE end time

SHUT DOWN POOL PARTY

AUGUST 14 / 6:30 - 8:30 PM

\$5.25 admission **96566**

Follow us @ladysmithprc for all the details!



Watch for POP-UP Pool Parties

Thursdays this Summer!

A different theme every week!

6:30 - 7:30pm



Drop-In Aquatic Visits

Enjoy our wonderful pool during a drop-in aquatic visit. Drop-in when it's convenient for you! ALL INCLUDED WITH A DROP-IN ADMISSION, PUNCH PASS OR MONTHLY PASS!

Length Swims

Kick start your day with some early morning laps or get your kilometer of lengths in at lunch during our length swims. There will be four lanes; casual, slow, medium and fast. Please pick the lane most appropriate for your swim speed.
Monday/Wednesday/Friday 6:00-8:15am
Monday - Friday 12:00-1:00pm

Swim and Shape Up

With two lanes available for lane swimming, and a self-directed workout posted on the chalkboard, this is a great time to work out in the pool at your own pace.
Tuesday/Thursday 11:00am-12:00pm

Parent and Tot Swim

Do you have a tiny human who needs to burn off energy in the morning or before their afternoon nap? We have just the thing to make that happen while having fun in the pool! The Parent and Tot swim is geared towards children not yet school aged and their caregiver.
Monday/Wednesday/Friday 8:30-9:30am
Monday - Friday 12:00-1:00pm



Therapy Swim

If you need the warmth of the Therapy Teach Pool to loosen up your muscles, decrease the gravity on your joints, to work on pre or post-surgery exercises or just to get in some unassisted walking with the support of the water then the Ladysmith Therapy Swim is for you.
Please note: if you require assistance to and from the change room or in and out of the pool, you will be required to have an aid with you to assist you.
Monday - Friday 11:00am-12:00pm
Monday - Friday 12:00-1:00pm

Everyone Welcome Swim

A great time to enjoy the main pool and the therapy pool, diving board, climbing wall and slides. No length swimming during this time.
Sunday 1:30-3:30pm
Monday- Friday 1:00-2:00pm
Monday- Friday 6:30-7:30pm
Saturday 1:30-3:30pm

Drop-In Aquatic Fitness Programs

Welcome to Aquatic Fitness at Ladysmith Parks, Recreation & Culture! These instructor led fitness classes are designed to give you a full workout without a full commitment. Drop-in when it's convenient for you! ALL INCLUDED WITH A DROP-IN ADMISSION, PUNCH PASS OR MONTHLY PASS!

Each class will include a warm-up to get participants ready for the workout, cardio, strength, cooldown and a stretch to refresh participants for the rest of their day. It is recommended for all classes that participants have comfort in deep water.

Aqua LITE

An ideal class for those motivated to relieve joint stiffness, improve mobility, and develop strength, balance and posture.
Mondays 11:00-11:45am
Wednesdays 11:00-11:45am



Aqua DEEP

A class that will give participants a great cardio workout and tone muscles with no impact on their joints. Buoyancy belts are recommended during this class.
Wednesdays 8:30-9:30am
Fridays 11:00-11:45am



Aqua HIIT

A high energy water workout that may include both shallow and/or deep water.
Mondays 8:30-9:30am
Fridays 8:30-9:30am



Aquatic Class Intensity Levels

The intensity levels are used as a guideline. Each individual may choose to work at their own pace. Warm up is an important component of your workout PLEASE SHOW UP ON TIME FOR CLASS.



LOW - beginner level, new to fitness, low impact, mild cardio intensity, gentle strength training for joints. Great for those returning to fitness post injury or surgery. Great for prenatal moms and active ages.



MODERATE - intermediate fitness level, possibility of jumping and turning with more dynamic movement. Good body mechanics. Good cardio base. Variety of equipment used. Some compound muscle movements may be introduced. Some modifications may be given.



HIGH - Advanced fitness levels. Working out of your comfort zone to approximately 90% of maximum heart rate. Full range of motion around joints is ideal. Injury free. Variety of equipment used. Lots of compound muscle movements. Coordination and agility are also used in this type of class.



LADYSMITH
CELEBRATES

CANADA DAY

JULY 1, 2025 TRANSFER BEACH PARK

Watch for more information about activities planned



Fitness Centre Information

New to fitness? Want to improve your fitness level or recovering from an injury? The Fitness Centre at the Frank Jameson Community Centre allows you to work towards your fitness goals with a variety of cardio and strength equipment. Check with your health care practitioner before starting an exercise program if you are new to exercise or returning after an absence.

Please note: Personal trainers, kinesiologists, and physiotherapists not employed or authorized by the Town of Ladysmith may not train clients within the Fitness Centre.

The Fitness Centre features:

- 3000 sq ft of cardio, strength training, and free-weight equipment
- 14 pieces of cardio equipment, including treadmills, elliptical trainers, stationary and recumbent bikes, stair climbers and rowing machine
- Stability, bosu and medicine balls, wobble boards, fit tubes, and TRX suspension
- Free weights ranging from 2 - 100lbs
- Wheelchair accessible
- Free Wi-Fi

ANNUAL FACILITY MAINTENANCE CLOSURE August 16th - September 7th

Heads up Ladysmith!

Planning is underway and the entire FJCC may be closed for up to 3 weeks at the end of summer for essential annual maintenance and upgrades. This helps us keep the space safe, clean, and ready for your year-round enjoyment!

Watch for a special info guide coming soon with:

- Exact closure dates
- Alternative activities and locations
- Helpful tips to stay active during the break

Thanks for your patience and support!

Registered Fitness Programs

Spin Classes

3 C's (16yrs+)

Circuit, Cycle & Core...in no particular order. This class is sure to challenge you beyond your fitness boundaries! This class is great for healthy beginners looking for the right kick-start or for fitness fanatics looking to add variety into your workouts. This 60 min class is sure to energize your cardio system, sculpt your muscles and harden your core! Limited spots available, register early to secure your spot in this fun, friendly, high octane class!

FJCC Fitness Studio

Mondays, July 7 - August 11

6:00-7:00pm \$35/5 sessions

Thursdays, July 3 - August 14

6:00-7:00pm \$49/7 sessions

\$8 drop-in (space permitting)



5 class pass

96381

97306

Rise and Ride (16yrs+)

Wake up with the sun and join us for an early indoor ride. It's a great way to get in a vigorous workout and a feel good way to begin your day. Spin up and over hills, enjoy sprints & intervals while listening to motivating music. Participants modify their own cycling resistance and pace.

FJCC Fitness Studio

Wednesdays, July 2 - August 13

6:30-7:15am \$49/7 sessions

\$8 drop-in (space permitting)



5 class pass

96389

Saturday Spin (16yrs+)

Spin into your weekend with the motivation of great music, fun cycling drills and creative instructors. You will feel successful after this 45 minute heart pumping sweat session.

FJCC Fitness Studio

Saturdays, July 5 - August 16

9:15-10:00am \$42/6 sessions

\$8 drop-in (space permitting)



5 class pass

96383

Dance

Adult Cardio Hip-Hop (16yrs+)

In this high energy hip hop class you will learn basic hip hop grooves and techniques while getting a great cardio workout. The class will focus on high energy movement, musicality, and choreography all while dancing to great hip hop beats! Clean running shoes required and no experience necessary.

FJCC Fitness Studio

Thursdays, July 3 - August 14

10:30-11:30am \$60/6 sessions

98025



Wondering what the heart icons mean?
See page 11 for more information
on Fitness Class Intensity Levels.

Zumba

Zumba Dance (16yrs+)

Zumba Dance is a Latin inspired dance class, using modern music and easy dance steps, that compliment the music. You'll forget you're sweating as you sing along. Low and high energy versions will be shown for most music – you pick your level. The class includes; a warm-up, a cardio section, some core work and a cool down/stretch.

FJCC Fitness Studio

Thursdays, July 3 - August 14

4:30-5:30pm \$70/7 sessions

\$12 drop-in (space permitting)



97152



how to REGISTER



ONLINE: Visit www.reccowichan.ca and log in. On the schedule page, search for specific programs using the course code.

TELEPHONE: Call 250.245.6424 Please have the course code ready to ensure fast & correct registration.

REGISTRATION OPENS MAY 20th @ 7:00am

INFO / REGISTRATION 250.245.6424

ladysmith.ca

Registered Fitness Programs

General Fitness

Strong on Sundays (16yrs+)

Prep your muscles for the week ahead so you feel powerful enough to take on the world. Challenge your body's strength using a variety of equipment and compound muscle movements. This class is primarily strength based with a hint of cardio.

FJCC Fitness Studio

Sundays, July 6 - August 10

10:00-11:00am \$42/6 sessions

\$8 drop-in (space permitting)



5 class pass

97150

20/20/20 (16yrs+)

In this total body sweat session you can expect approximately 20 minutes of cardio, 20 minutes of strength and 20 minutes of core. The result is a fun, uplifting, full-body workout with lots of options.

FJCC Fitness Studio

Tuesdays, July 8 - August 12

9:00-10:00am \$42/6 sessions

\$8 drop-in (space permitting)



5 class pass

96386



Kickboxing (16yrs+)

This class will keep you on your toes! Join Amy for a class that combines cardio kickboxing, bag training, pad and glove work with a partner and strength training to give you a total body workout. This high energy class will push you to reach new levels of fitness training. Challenge yourself to train your body like you've never done before! Come try something new!

FJCC Gymnasium

Wednesdays, July 2 - August 6

5:30-6:30pm \$42/6 sessions

\$8 drop-in (space permitting)



5 class pass

96376

Strength & Stability LITE (16yrs+)

This 60-minute resistance class is a lighter version to our classic Strength & Stability program. Same great instructors teaching the same great class at a beginner to intermediate level. This class will also include mobility movements.

FJCC Fitness Studio

Wednesdays, July 2 - August 13

10:30-11:30am \$49/7 sessions

\$8 drop-in (space permitting)



5 class pass

96391

Strength & Stability (16yrs+)

Skip the cardio and join us for an hour of power in this total body Strength and Stability conditioning class. A variety of equipment, including your own bodyweight will be utilized to sculpt, tone and develop muscles. This class will have an emphasis on safe and proper form. Exercise choices will be based on functional movement patterns.

FJCC Fitness Studio

Thursdays, July 3 - August 14

9:00-10:00am \$49/7 sessions

\$8 drop-in (space permitting)



5 class pass

96392

Afraid of Commitment?

Purchase a **5 class pass**!!

A 5 class pass is designed to allow patrons to easily drop-in to empty spots in REGISTERED FITNESS PROGRAMS.

The pass expires after 3 months and DOES NOT include classes taught by contract instructors. \$35 plus GST

Work It Circuit (16yrs+)

In this class, things will always be interesting as you move from station to station using a variety of equipment, alternating between resistance and cardio intervals and moving your body through an endless variety of exercises. This class is a full body workout that will make you sweat, have your heart-rate elevated and leave you feeling satisfied with the WORK you put into IT!

FJCC Gymnasium

Tuesdays, July 8 - August 12

6:00-7:00pm \$42/6 sessions

\$8 drop-in (space permitting)



5 class pass

96385

NEW

Step & Strength (16yrs+)

In this class, you'll get a high-intensity, full-body strength workout built around the step platform. Expect cardio intervals, as well as resistance training. This class will challenge and push your endurance, coordination, and power.

FJCC Fitness Studio

Wednesdays, July 2 - August 13

7:00-8:00pm \$49/7 sessions

\$8 drop-in (space permitting)



5 class pass

97311



Yoga

Pop-Up Yoga Nidra (16yrs+)

Exhaustion and busyness have become badges of honour. What we think of as relaxing is, in fact, sensory diversion. For absolute relaxation, one must remain aware. This is true relaxation that Yoga Nidra can offer. Yoga Nidra is the ultimate practice of non-doing. The benefits of this ancient practice are innumerable: stress reduction, increased creativity, increased compassion, increased focus and productivity, improved health, banish stress, and freedom from tension.

FJCC Fitness Studio

Saturday, July 12

2:30-4:00pm \$16/1 session

97212

Saturday, August 16

2:30-4:00pm \$16/1 session

97213



Fitness Class Intensity Levels

The intensity levels are used as a guideline. Each individual may choose to work at their own pace. Warm up is an important component of your workout. PLEASE SHOW UP ON TIME FOR CLASS with additional time to check in with instructor to ensure your program choice is right for you.



RESTORATIVE - restorative fitness, no impact. May require medical clearance. Perhaps the use of a mobility aid, health issues to consider.



GENTLE - beginner level, very low impact, low cardio intensity, rehabilitative fitness, some classes may require medical clearance. Perhaps the use of a mobility aid, health issues to consider



LOW - beginner level, new to fitness, low impact, mild cardio intensity, gentle strength training for joints. Great for those returning to fitness post injury or surgery. Great for prenatal moms and active agers.



MODERATE - intermediate fitness level, possibility of jumping and turning with more dynamic movement. Good body mechanics. Good cardio base. Variety of equipment used. Some compound muscle movements may be introduced. Some modifications may be given.



HIGH - Advanced fitness levels. Working out of your comfort zone to approximately 90% of maximum heart rate. Full range of motion around joints is ideal. Injury free. Variety of equipment used. Lots of compound muscle movements. Coordination and agility are also used in this type of class.

Gentle-Fit (16yrs+)

Gentle Fit features range of motion exercises that help loosen up joints that are stiff from inactivity. It focuses on safe, functional exercises that will make your activities of daily living seem easier. Increase your confidence with the balance component of this class that will also aid in fall prevention. No drop-in permitted.

FJCC Program Room

Thursdays, July 3 - August 14

10:30-11:30am \$49/7 sessions

96393



Get Active (16yrs+)

Being more active is good for your health! Join a community of older adults for a total-body workout appropriate for active agers. Get Active classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance all while having friendly fun and being social.

FJCC Fitness Studio

Mondays, July 7 - August 11

12:00-1:00pm \$35/5 sessions

\$8 drop-in (space permitting)

5 class pass

96378



INFO / REGISTRATION 250.245.6424

ladysmith.ca

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prc@ladysmith.ca

Drop-In Fitness & Sport Programs

ANNUAL MAINTENANCE SHUTDOWN
August 16th - September 7th
Plans are underway to offer **OUTDOOR FITNESS PROGRAMS** during shutdown - Watch for more details!

Drop-In Fitness & Sport Schedule (effective Jul 2 - Aug 15)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Intermediate Pickleball 6:30-8:30am	Beginner Pickleball 6:30-8:00am	Advanced Pickleball 6:30-8:30am		
Cardio Circuit 9:00-10:00am		Cardio Circuit 9:00-10:00am		Cardio Circuit 9:00-10:00am	Everyone Welcome Pickleball 10:30am-12:00pm
Fitness Lite 10:30-11:30am				Fitness Lite 10:30-11:30am	
Everyone Welcome Pickleball 12:30-2:30pm	Everyone Welcome Pickleball 12:30-2:30pm	Everyone Welcome Pickleball 12:30-2:30pm	Everyone Welcome Pickleball 12:30-2:30pm		SUNDAY
				Indoor Soccer 1:00-3:00pm	Everyone Welcome Pickleball 9:30-11:30am
Badminton 5:30-7:30pm	Indoor Soccer 7:00-8:30pm		Badminton 5:30-7:30pm		

Schedule is subject to change. See page 1 for specific stat holiday closures. For up-to-date information, visit www.ladysmith.ca/programs

Drop-In Sports Programs (13yrs+)

With no commitment to league play, it's easy to drop-in whenever it's convenient and join like-minded sport enthusiasts. ALL INCLUDED WITH A DROP-IN ADMISSION, PUNCH PASS OR MONTHLY PASS! Please pay drop-in admission prior to entering gym, participants must be present at time of admission purchase, space is limited, we operate on a first-come, first-served basis, schedule is subject to change without notice.

Drop-In Sports

Keep active on the courts with your favourite sport! Bring your friends or make some new ones during these great opportunities to play in a recreational environment. All skill levels welcome!

Badminton

Mondays and Thursdays 5:30-7:30pm

Indoor Soccer

Tuesdays 7:00-8:30pm
Fridays 1:00-3:00pm

Pickleball

A tennis-like game played on a badminton court using a perforated, slow moving ball and a smooth paddle.

Beginner Pickleball

Wednesdays 6:30-8:00am

Intermediate Pickleball (self rated score of 2.75-3.75)

Tuesdays 6:30-8:30am

Advanced Pickleball (self rated score of 3.75-5.0)

Thursdays 6:30-8:30am

Everyone Welcome Pickleball

Sundays 9:30-11:30am

Monday - Thursday 12:30-2:30pm

Saturdays 10:30am-12:00pm



The intention of our programs is to create an inclusive environment where participants can learn new skills, meet friends, be active, share their sport with others and play together regardless of skill level. At this facility, recreational programs are NOT about winning, competitive, or aggressive play. For more information on competitive or league play, please inquire at our front desk for private rental space.



Drop-In Fitness Programs (16yrs+)

These instructor led fitness classes are designed to give you a full workout without a full commitment. Drop-in when it's convenient for you! ALL INCLUDED WITH A DROP-IN ADMISSION, PUNCH PASS OR MONTHLY PASS! Please note: Late arrivals will not be permitted to fitness programs - please arrive on time.

Cardio Circuit

A 'do-it-all' high intensity circuit style class that will get your heart pumping and muscles strong! Challenge your body's ability using a variety of equipment and compound muscle movements. This is a high intensity class, if you have mobility issues or injuries you should see your doctor or speak with the instructor prior to participation.

FJCC Gymnasium
Monday/Wednesday/Friday 9:00-10:00am

Fitness Lite

Low to moderate impact and fun; 30-20-10! Get your groove on with 30 minutes cardio - 20 minutes to focus on form with safe strength, balance and core exercises - 10 minutes to relax and stretch out your muscles! This class is ideal for those who want a solid workout without high impact and intensity.

FJCC Upper Hall
Monday/Friday 10:30-11:30am



Wondering what the heart icons mean?
See page 11 for more information
on Fitness Class Intensity Levels.

