

Did you know that people who exercise have ...

- * Healthier weight.
 - * Lower blood pressure, more muscle strength and flexibility.
 - * Healthier heart and lungs.
 - * Less chance of heart disease.
 - * More energy.
 - * Less chance of injury.
- ...and you'll feel great!

NOTE:

The City of Winnipeg has changed their fitness passes to include members photo.

What you need to do: **(Between September 19 and October 1)**

1. Go to any City of Winnipeg Pool, or Peguis Trail Health & Fitness Centre, Fort Rouge Leisure Centre, or Freight House Gym.
2. Ask to have your picture taken for their new membership card. (You will need to provide ID with your address on it.)
3. Your picture will be taken and the membership card will be mailed directly to your home address approximately **one** week later.
4. You can still use the facilities with no physical pass after October 1.

PASSES WILL ONLY BE EFFECTIVE OCTOBER 1, 2007

DEADLINE FOR
REGISTRATION IS
FRIDAY,
**SEPTEMBER 14,
2007**



PLEASE NOTE LATE APPLICATIONS WILL NOT BE ACCEPTED, DON'T MISS THIS GREAT OPPORTUNITY TO ENROLL!!!



WINNIPEG SCHOOL DIVISION
INVESTING IN THE FUTURE

In cooperation with

**THE CITY OF WINNIPEG
COMMUNITY SERVICES
DEPARTMENT**

... HAVE A

FITNESS

**OPPORTUNITY JUST
FOR YOU!**

**(Winnipeg School Division
Retirees/Substitutes may
also participate)**

CITY OF WINNIPEG

ADULT PASSES

(Prices include GST)

WSD Rate

PASS A: \$ 124.00

SIX MONTH FACILITY:

(Includes the use of the swimming pool, weight room, running/walking track, whirlpool and sauna)

WSD Rate

PASS B: \$ 203.00

ONE YEAR FACILITY:

(Includes the use of the swimming pool, weight room, running/walking track, whirlpool and sauna)

WSD Rate

PASS C: \$ 169.00

SIX MONTH ACTIVE LIVING COMBO:

(Allow participants to make use of both the facility amenities as well as any DROP IN PROGRAMS/CLASSES)

DROP IN PROGRAMS are denoted in the Leisure Guide with an asterisk* next to them.

WSD Rate

PASS D: \$ 330.00

ONE YEAR ACTIVE LIVING COMBO:

(Allow participants to make use of both the facility amenities as well as any DROP IN PROGRAMS/CLASSES)

DROP IN PROGRAMS are denoted in the Leisure Guide with an asterisk* next to them.

**LOCATIONS FOR
PASSES A, B, C, D**

- * Pan Am Pool (25 Poseidon Bay) 986-5890
- * Margaret Grant Pool (685 Dalhousie Drive) 986-6883
- * Bonivital Pool (1215 Archibald St) 986-6802
- * Cindy Klassen Recreation Complex 986-3923 (999 Sargent Ave)
- * Sherbrook Pool (381 Sherbrook St) 986-5926
- * St. James-Assiniboia Centennial Pool (644 Parkdale St) 986-6705
- * St. James Civic Centre (2055 Ness Ave) 986-4638
- * Seven Oaks Pool (444 Adsum Drive) 986-6521
- * North End Centennial Pool (90 Sinclair St) 986-6529
- * Eldon Ross Pool (1887 Pacific Ave) 986-6990
- * Elmwood/Kildonan Centennial Pool (909 Concordia Ave) 986-6650
- * Freight House (200 Isabel St)
- * Peguis Trail Health and Fitness Centre (1400 Rothesay St) 986-8195
- * Transcona Kinsman Centennial Pool (1101 Wabasha St) 986-6660
- * Fort Rouge Leisure Centre (625 Osborne St) 986-4928

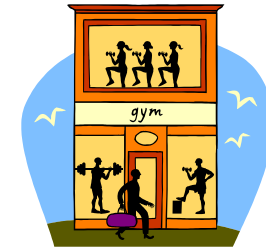


ACTIVE LIVING COMBO PASS

(PASS C & D)

Drop in classes available at:

- * Peguis Trail Health & Fitness Centre
- * Cindy Klassen Recreation Complex
- * Pan Am Pool
- * Margaret Grant Pool
- * Bonivital Pool
- * St. James Centennial
- * St. James Civic Centre
- * Fort Rouge Leisure Centre
- * Various Community Schools



DROP IN PROGRAMS/CLASSES are denoted in the Leisure Guide with an asterisk * next to them.

(See current Leisure Guide or
winnipeg.ca/cms/leisure/guide.stm)

* A \$10.00 fee is added to each pass sold to be used for upgrades, maintenance and purchasing of equipment. This fee is included in prices quoted.

Membership forms are available from your Department/School office or the Wellness Section.