



Dr. Harold S Trefry Memorial Centre

Is excited to offer

YMCA Swim/Gym and Social Program

for Algoma residents between Thessalon and Echo Bay

\$50 for 4 week session block

The program will be held on Monday's

(YMCA day pass for program, social snack and bus ride to/from the YMCA)

Choose your preferred program:

- Joints in Motion exercise program (11:15am - 12:00pm)
- Aquafit class from (12:15pm - 1:00pm)
- Fitness Centre

During your time before or after your program you can enjoy a snack/social and the pool, whirlpool and sauna are also available to use at your leisure.

First Session

March 6

March 13

March 20

March 27

Second Session

April 3

April 17

April 25

May 1

Third Session

May 8

May 15

May 29

June 5

Participants must register and pre-pay before each round.

Participants need to be good on their feet and are required to have two vaccinations against COVID-19.

People who are interested can call the Trefry Centre at 705-246-0036 between 8:30am and 4:00pm.