



Join the **Seven Oaks Men's Club**

Every **Thursday at 5:15 p.m.**

Cindy Klassen Recreation Complex Pool

999 Sargent Ave.

- Learn to swim
- Weights
- Canoeing and more.....

• **REASONS WHY SWIMMING IS SO GOOD FOR YOU**

- It's great for shaping up. Even a gentle swim can burn over 200 Kcal in half an hour and a fast front crawl can burn as many calories as an 8mph run.
- It's great for mental health. Studies have shown swimming improves psychological well being. Female swimmers in particular have been shown to experience significantly less tension, depression and anger after exercising than before.
- Swimming is for all. No matter what your age, weight and physical ability, swimming and water-based activities can provide you with a workout.



FOR MORE INFORMATION CALL

Shane or José at 204-632-1716