

FIT IT IN

**SUNDAY,
SEPT. 12TH, 2010
1 P.M. - 4 P.M.
Vollmer Complex**

JOIN THE FUN... come prepared
for your family to swim,
skate and play soccer!

Vollmer Complex in Lasalle
2121 Laurier Parkway

For more details visit:
www.workingtowardwellness.ca



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Event Schedule

Join in: Climbing Wall, Frisbee, Ladder Golf, Bean Bag Toss, Bouncy Castle, OMHA Mini-Rink. Bring in gently used sports equipment to exchange.

Swim**	Skate	Dutch Touch Soccer	Naturopathic Doctor Demonstration	Kids' Martial Arts Demonstration	Fools For Health Skit	Hockey Coach Presentation
Pool	CAW Gary Parent Rink	Beside the Rock Wall	Community Room	Community Room		Community Room
Swim 1 1:00-1:55	Join the skate with some of our Windsor Spitfires & LaSalle Vipers	1:00 -foot skills 1:15 -marbles 1:30 -scrimmage 1:45 -ghost 2:00 -scrimmage 2:15 -pele tag 2:30 -scrimmage 2:45 -Gatorade game 3:00 -scrimmage 3:15 -ghost 3:30 -pele tag 3:45 -scrimmage	Natural Solutions for Improving Sleep Dr. Janice Davie	Kids' Martial Arts Maximum Fitness Centre	Community Room	
Swim 2 2:10-3:00	2:00 - 4:00		2:15-2:50	3:05-3:25	1:30-1:45	Sleep and the Young Athlete
					2:50-3:05	Perry Wilson, Viper's Assistant Coach, Can-Fit-Pro Certified trainer
					Near Food Court Entracne	3:40-4:00

**Children swimming under the age of 7 MUST have an adult, 16 years of age or older within an arms reach.

NOTE: Please be aware that the outdoor recreation area at the Vollmer Complex is 100% smoke-free. The entrance to the complex at Laurier and Malden is currently under construction.