



Join the Seven Oaks Men's Club

First Class On **Saturday June 28th at 11 a.m.**

Cindy Klassen Recreation Complex Pool

999 Sargent Ave.

Learn to swim

Learn Safety water

Canoeing and more.....

Register with José or Shane



• **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.