



Have a Healthy Holiday Season

Date: Friday, December 19, 2008

For Immediate Release

VICTORIA, BC — The holiday season is often a time to indulge, but it can also be a time to be active and healthy with friends and family. Residents can wear off turkey dinners by attending one of the many drop-in aquafit and studio fitness classes offered at Victoria's Crystal Pool and Fitness Centre, or by participating in a public swim or skate.

Winter Wonderland Fun Swims

Winter Wonderland Fun Swims, complete with games and prizes, will be held at Crystal Pool and Fitness Centre from 1 p.m. – 3 p.m. on the following dates: December 22 and 23, December 29 and 30. Regular admission rates will apply.

Christmas Break Skates at Save-On-Foods Memorial Centre

Everyone is welcome at the Christmas Break Skates available at the Save-On-Foods Memorial Centre on Monday, December 29, 2008 and Tuesday, December 30, 2008 from 1 p.m. – 2:30 p.m. Regular admission rates will apply. For a holiday skating schedule, visit: www.victoria.ca/arena

Crystal Pool and Fitness Centre Holiday Hours

The Crystal Pool and Fitness Centre will be following these holiday hours:

Wednesday, December 24, 2008, 5:30 a.m. – 2 p.m. (Last admission at 1 p.m.)

Thursday, December 25, 2008 – Closed Christmas Day

Friday, December 26, 2008 – Closed Boxing Day

Saturday, December 27, 2008 – 6 a.m. – 6 p.m.

Sunday December 28, 2008 – 8:30 a.m. – 6 p.m.

Monday, December 29 and Tuesday, December 30, 2008 – 5:30 a.m. – 11 p.m.

Wednesday, December 31, 2008 – 5:30 a.m. – 4 p.m. (Last admission at 3 p.m.)

Thursday, January 1, 2009 – Closed New Year's Day

Friday, January 2, 2009 – 5:30 a.m. – 10 p.m.

Hours of operation will return to normal on Friday, January 2, 2009. For more information, visit: www.victoria.ca and click on *What's New?*

The City of Victoria staff wishes everyone a happy, healthy holiday season.

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For More Information

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