



## Join Us for Family Day at Crystal Pool and Fitness Centre

Date: Friday, January 27, 2017

For Immediate Release

VICTORIA, BC — Come and enjoy some splash and WIBIT fun with your family at the Crystal Pool and Fitness Centre on BC Family Day on Monday, February 13. Facility hours are 10 a.m. – 4 p.m., with FREE admission after 1 p.m.

The morning family swim is ideal for some quieter swimming time in the shallow end of the main pool as well as the two small pools. Features open include the small pool spray creatures, basketball net and small slides.

The FREE Family Fun Swim at 1 p.m. will feature all the extra fun features! Have a parent-kid race on the WIBIT obstacle course, take a cruise down the waterslide or swing on the Tarzan rope. Try a fitness class or squeeze in a workout in the weight room or cardio area. Youth 13+ come workout with your family. A personal trainer will be on hand to challenge parents and youth with exercises to get the whole family fit.

### Highlights of the Day:

- 10:00 a.m.-1:00 p.m. - Family Swim
- 11:00 a.m.-12:00 p.m. Waterfit - Shallow H2O Aquafit
- 12:00 p.m.-1:00 p.m. Body Sculpt Fitness Class
- 1:00 p.m.- 4:00 p.m. - Free Family Fun Swim



For schedule information, visit: [www.victoria.ca/crystalpool](http://www.victoria.ca/crystalpool)

The City of Victoria acknowledges the financial support of the Province of British Columbia.

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Please consider this announcement for your community calendar or events listings.

### For More Information:

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