

**ADULT SKATING - WESTPORT ARENA
2009-2010 SEASON
AGE 45 +**



If you enjoy easy exercise and meeting old and new friends, be sure to come to the Westport Community Centre at 37 Spring Street every Friday from 9:00 a.m. – 11:00 a.m. beginning Friday, September 11.

Of all the types of exercise you have ever done, skating definitely does not feel like exercise, and it's a great cardio workout to boot!

By skating purely for the pleasure of it, you will get to know a group of people you might otherwise never have met.

You really don't think about anything but skating while you're skating, so it provides a wonderful breather any time of the day.....
and it gets you moving!!

All you need is your skates and a warm jacket – no hockey sticks please.

Admission is \$2.00 per session.

Music and friends provided free of charge!

FOR FURTHER INFORMATION, CONTACT

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