



Richardson Recreation & Wellness Centre

Swan Valley Credit Union Aquatic Centre

1424 1st Ave. North - www.swanvalleyrec.ca - 204-734-4119



Aquasize

Classes: Monday to Friday - go to: www.swanvalleyrec.ca for schedule



Refreshing chest deep water workout the puts little or no strain on your ankles, knees, hips, and back. Everyone is welcome

