

Chronic Pain Management Land & Pool Mix!

Wednesdays
Sept. 14 - Nov. 30

Classroom: 9:00 - 10:15 am
Pool: 10:30 - 11:00 am
\$62/12 classes



Esquimalt Parks
& Recreation

Esquimalt Recreation Centre
527 Fraser St.
250.412.8500/412-8510
www.esquimalt.ca



@EsquimaltRec

esquimalt.ca/recreation

 **ESQUIMALT**
PARKS + RECREATION