



For  
Information  
and forms

Please contact:

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Outreach  
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Or

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Centre  
(519) 434-9114

[www.thirdageoutreach.ca](http://www.thirdageoutreach.ca)

[www.bgclondon.ca](http://www.bgclondon.ca)

## Program Schedule:

Tuesdays &  
Thursdays  
1:00 - 2:00 pm

**Session 1:**  
September 14th

**Session 2:**  
January 2011

**Session 3:**  
March 2011

\*Included in this program is  
a falls prevention/  
community mobility  
seminar



## Cost

*\$25.00 for  
Horton Street  
Members*

*\$35.00 for  
non-members*

## Location:

Wellness Pool  
Horton St.  
Senior Centre,  
Boys' & Girls' Club  
184 Horton Street  
London, ON



*In partnership with  
Third Age Outreach  
& the Horton St.  
Seniors' Centre*

*Made possible  
thanks to the  
Ontario Ministry of  
Health Promotion  
Healthy Communities  
Fund*



**Third Age Outreach  
Program of  
Parkwood Hospital,  
St. Joseph's Health Care  
London in partnership  
with the  
Horton Street  
Seniors' Centre  
is offering a  
water exercise and  
education program**

**This class is for seniors  
with mobility concerns  
who need to exercise in  
a safe, closely  
supervised environment**

**All participants must have  
medical approval from  
their doctor prior  
to starting**



## **Accessible Seniors Aquatic Program (ASAP)**



*A Warm Water  
Exercise and Safety  
Education Program  
for Seniors with  
Decreased Mobility*