

February 18<sup>th</sup> is  
**Family in motion Day**



[www.swarginmotion.com](http://www.swarginmotion.com)



Connect with your local recreation centre for more details on how to get *in motion*

**Town of LaSalle Vollmer Culture and Recreation Complex**

**Family In Motion Day Free Activities, February 18<sup>th</sup>, 2019**

Free Rec Swimming

1:00p – 1:45p

2:00p – 2:45p

3:00p – 3:45p

4:00p – 4:45p

5:00p – 5:45p

Free Rec Skating

12:00p – 12:50p

1:00p – 1:50p

2:00p – 2:50p

3:00p – 3:50p

