



## Morning Walking for Wellness

Monday - Friday

8:30 am - 10:30 am

Stockade - Kinetic Park

\$1/day or \$4/week

Begins September 28

All dates except:

October 12, 23, 26, 27, Nov. 11

## Walking at the I plex

Monday - Friday

8:00 am - 4:30 pm

\$1/day or \$4/week

Enjoy walking the  
concourse and stairs!

Begins October 1

All dates except:

Oct. 12 and Nov. 11

Following provincial health guidelines, we ask that you DO NOT attend these programs if:

- You have any symptoms of Covid-19
- Have been exposed to someone with Covid-19
- Have returned from international travel in the past 14 days.
- Once entering the Stockade and I plex we ask that you use hand sanitizer, follow directional arrows to hang up your belongings, and maintain physical distancing of 6 feet apart from other participants.

**Facilities are only available for walking when there is no other rental or booked event. Somedays the Walking for Wellness program may be in the Palliser.**

Visit [www.swiftcurrent.ca/play](http://www.swiftcurrent.ca/play)  
event calendar for any changes