

# Specialty Programs

## Ages 13 - 17



### Specialty Skate

Ladner Leisure Centre  
Sat - Nov 3 – Dec 15  
4:50-5:15pm #191161  
6 Sessions

### Specialty Swim

Sungod/Ladner Leisure Centre  
Mon (pm) Jan 7-Mar 10, 2008  
10 sessions  
Winskill Aquatic & Fitness Centre  
Sun (am) Jan 13 – Mar 16, 2008  
10 sessions

### Specialty Fitness

Sungod  
Specialized for individuals with disabilities unable  
to participate in regular fitness classes  
Coming in 2008

### Specialty Horseback Riding

Sat  
Sat - Jan 26-Mar 1 – 4-5pm #194488  
Tue - Jan 29-Mar 4 – 7-8pm #194489  
6 sessions

Relaxed and fun environment. All the basics will be taught in a safe & easy to learn fashion on kind reliable horses.

To register please call  
604.952.3000  
OR  
[deltareg.corp.delta.bc.ca](http://deltareg.corp.delta.bc.ca)

For information on other services and/or events,  
please visit our website [www.deltarec.ca](http://www.deltarec.ca)



Recreation For All