

## Things to do

### Go to a leisure centre



Look for  
a special locker  
for your wallet.

Go to a leisure centre.  
Bring comfortable clothes  
and shoes, a swimsuit  
and a towel.  
Pay the fee.  
Go change in the locker room.



Put your clothes  
in a locker.

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# What can you do at a leisure centre?



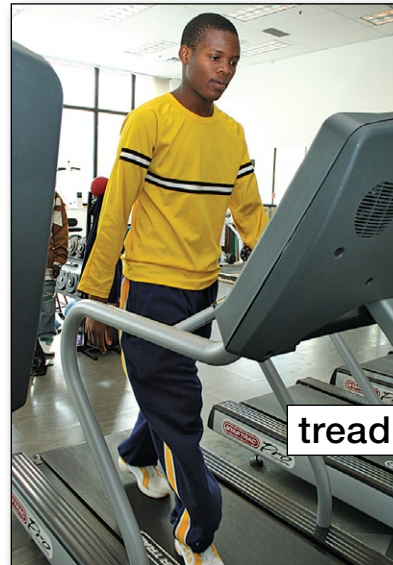
✓ Ride a bike.



✓ Stretch.



✓ Play sports.



✓ Walk or run.

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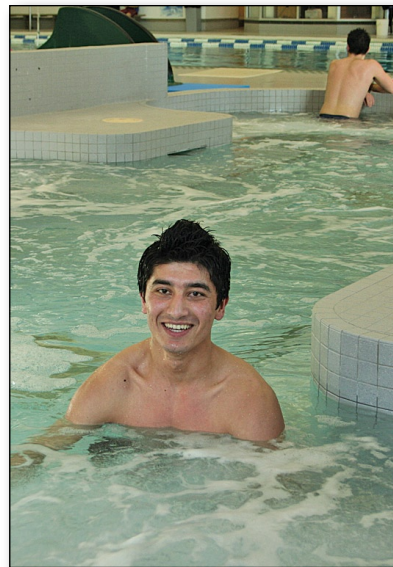
✓ Use weight machines.



✓ Use a stair climber.



✓ Swim in the pool.



✓ Relax in the hot tub.

*Photos: Maureen Day and Bev Burke • A special thanks to MacEwan Centre for Sport and Wellness and all of our volunteers!*