

ATTENTION!

CHANGES

DECEMBER 8

10:00 Swimming competition for kids

9:30-15:00 Entry only to the competitors and persons accompanying them

DECEMBER 16 – JANUARY 5

The large pool closed for maintenance

2 h entry to the small pools, relaxation zone, and water playground Rotaļupe for kids and seniors **EUR 4.00**, adults **EUR 8.50**

DECEMBER 16 - 22

Cancelled:

Group workouts and swimming lessons in the large pool

Water aerobics for pregnant ladies on Tuesdays, Thursdays at 9:30 and 16:00

Fitness for seniors on Mondays at 13:00

MOM & BABY on Wednesdays at 13:00

DANCE FITNESS on Mondays, Wednesdays at 17:30

KARDIO & SPĒKS on Mondays, Wednesdays at 18:30

DECEMBER 19

Open till 18:30

Swimming pools, relaxation zone, gym, and fitness hall **open: 7:00-18:30**

DECEMBER 23 – JANUARY 5

Cancelled:

Group workouts in the fitness hall and swimming pools

Swimming lessons