



SPORTS & FITNESS
Sept. 4-10, 2016 / Sept. 11-17, 2016



**\$50
OFF FEES!**

**EWC offers a great deal for Fall Sports
& Fitness weeks!**

Here's your chance to try out some challenging and exciting sports activities, such as Ultimate Frisbee, wall-climbing, swimming, dragon boating, martial arts and even a military-style boot camp.



- Meet people into sports and fitness just like you!
- Your chance to try out some challenging and exciting sports activities!
- This theme week focuses on promoting a healthy, active lifestyle.
- It's an opportunity for you to meet and get some valuable tips from Olympic and world athletes, nutritionists and many other sports and fitness experts.

Be an early bird, register before June 30, 2016 and receive an additional \$25 off the fees*

You could also win a \$100 Rideau Center Gift Certificate, Ottawa's largest shopping mall



***Limited funds**

FOR MORE INFORMATION, CONTACT THE RECRUITING AND TRANSPORTATION DEPARTMENT

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