

The Town of Kirkland Lake has received funding for a Seniors in Motion Program



Do you meet the following criteria?

- 55 years of age or over
OR
- Live with a multigenerational family
- New to Kirkland Lake
OR
- Do not currently participate in programs at the Joe Mavrincac Community Complex

WE WANT TO HEAR FROM YOU!

Ontario 

Let us know if you would be interested in any of the following:

- Aquafitness Classes
- Arthritic Classes
- Stretching/Yoga Classes
- Strength Fitness Instruction
- Swim Lessons/Stroke Improvement
- Lifeguard Training
- Recreational/Lap Swimming
- Urban Poling Instruction
- Cross Country Ski Lessons

