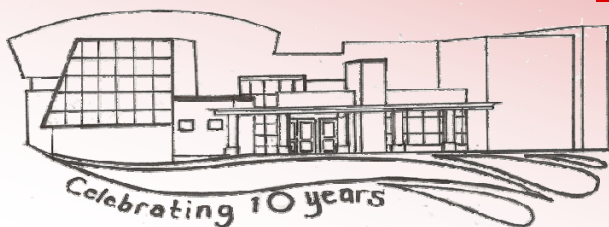


John Rhodes Community Centre Newsletter



Special points of interest:

- Summer lessons still lots of openings!
- Fall lesson registration begins Sept. 18 at 7:30am
- SSMAC registration
- Gym Club fall registration open
- Pool closed Sept. 4-24 for maintenance

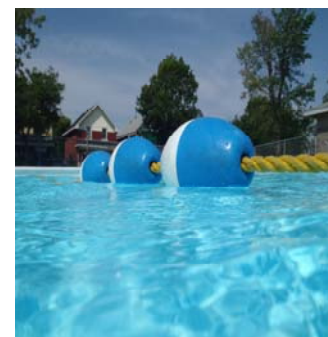
John Rhodes Pool

As we enter into the last month of summer it's not too late to sign-up for August swim lessons. The sessions left offer swim instruction, lifesaving courses, and summer camps. Check out our Olympic camp and Survival camp which will be sure to keep the kids busy and having fun!

Fall lesson registration will start on Saturday September 18 at 7:30am. Please note that the pool will be closed for maintenance and repairs September 4-24 so there will be no swims during this time.

Continuing in the fall will be our two new programs Powerfit and Baby & Me Fit as well as Aquabics. These programs provide fun and different ways everyone can exercise in the pool. Check the schedule for specific dates. Also, come and get a workout at the V.E. Greco pool during their new outdoor lane swims Mon/Wed/Fri 12-1pm. Or bring the family by to Greco and Manzo pools open daily from 1-7pm.

Current schedules and detailed information about what is happening at the pool can always be found on the city website: www.city.sault-ste-marie.on.ca.



Outdoor Pools Both open 1-7pm daily

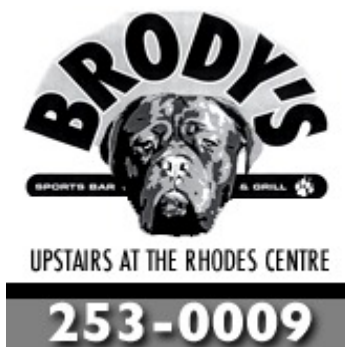
V.E. Greco
Lane Swims Mon/Wed/Fri
12-1pm

Peter G. Manzo

FREE Admission!

John Rhodes Pro Shop

John Rhodes Pro Shop is having a Hockey Clearance Sale! Skates, sticks, equipment and apparel are priced as much as 75% off. In association with Soo Source for Sports, we are also proud to offer the latest from Bauer, Easton and Reebok. As always, we offer the best skate sharpening in town!



Pool Closed for Swims September 4-23rd

(Pool canteen open for registration starting Sept. 18th)



32 Years of swimming excellence

Sault Ste Marie Aquatic Club is committed to promote, foster, teach and perpetuate good sportsmanship and the art and sport of swimming as well as encourages training for competition, self-development, leadership, sportsmanship and recreation in the field of amateur swimming.

SSMAC is holding
**Registration at the John Rhodes Pool
On Saturday September 18 at 9:00am**

For more information or pre-registration
Contact the registrar at
ssmac.registrar@gmail.com

Visit the website www.ssmac.com
for more information about the club

Football

Steelers & Sabercats

Congratulations to both Sault Steelers and Sabercats for a great season! Check online for playoff schedules.

www.saultsteelers.ca and
www.superior-emergserv.com/sabercats. Good luck!



Sault Ste. Marie Gymnastics Club

The summer Gym and Swim Day Camps at the Sault Ste. Marie Gymnastics club have been a huge success! Children have participated in gym activities, swimming lessons, crafts, day trips and more. With summer only having just begun there is still time to become a part of this fun filled experience! Full day and half day programs are available. While at the SSM Gymnastics club you will be coached by a team of energetic, skilled and dedicated coaches. So boys and girls please come out and join us at the coolest place in town for a summer adventure you'll be happy to tell all your friends about!!! Fall registration has also begun and spaces are starting to fill up quickly. Call 254-2259 for more information or to register come in and see between 12 p.m. and 6:00 p.m. Information is also available by visiting www.ssmgc.ca.



Triathlon

The St. Joseph Island Triathlon will be taking place August 14th on the island. Many participants have been in the pool training for the big day, and pool staff from the John Rhodes will participate in lifeguarding the event.

Northern Storm Aquatic Club (NSAC)

JOIN THE SAULT'S FASTEST GROWING SWIM TEAM!!

Jump in and join the smiles and success of our STORM! NSAC offers exceptional coaching and technique-focused training for both pre-competitive and competitive swimmers. **FREE SWIMMER ASSESSMENT** and **FREE TRIAL SESSIONS!** All swimmers age 7+ (AquaQuest level 4 minimum) are welcome to join the NSAC Family *where smiles and swimming excellence go hand in hand.*

CIRCLE THE 18TH ON YOUR CALENDAR!!



2 CONVENIENT REGISTRATION DATES at the John Rhodes Swimming Pool:

Wednesday, August 18th – 3:00-7:00 pm

Saturday, September 18th – 10:00-3:00 pm

Email for more information: northernstormac@hotmail.com

LOWER FEES - NO FUNDRAISING MINIMUMS - ALL LEVELS, ALL SPEEDS

-- YOU'RE ONE OF US!