

<b>Aquatics Schedule</b>							
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Public Swim	6:30am-8:00pm	12:00pm-8:00pm	6:30am-8:00pm	12:00pm-8:00pm	6:30am-8:00pm	12:00pm-8:00pm	12:00pm-5:00pm
*Lane Swim	6:30am-8:30am	7:00pm-8:00pm	6:30am-8:30am	7:00pm-8:00pm	6:30am-8:30am		
Deep Water Aquafit	9:00am-10:00am	6:00pm-7:00pm	9:00am-10:00am	6:00pm-7:00pm			
Shallow Aquafit	1:10pm-2:10pm		1:10pm-2:10pm				
Lane swimming available on request during slow periods. May not be available during Wacky Wednesdays, special events, and busy periods. Main pool will have limited access Tuesdays and Thursdays from 4:30-6:00pm.							

<b>Gym &amp; Cardio Room</b>							
Open Gym	6:00am-8:30pm	8:00am-8:30pm	6:00am-8:30pm	8:00am-8:30pm	6:00am-8:30pm	10:00am-8:30pm	10:00am-5:30pm
Teen Gym (13-15 yrs)	3:30pm-6:30pm		3:30pm-6:30pm		3:30pm-6:30pm	1:00pm-4:00pm	

<b>Drop In Fitness Classes - Starting January 7, 2019</b>							
Chair Yoga	10:30am-11:30am						
Core and More	5:15pm-6:15pm						
Cycle & Core		5:00pm-6:30pm		5:30pm-7:00pm			
Fitness Express	12:00pm-12:50pm		12:00pm-12:50pm		12:00pm-12:50pm		
Forever Fit - Osteofit				10:00am-11:00am			
Get Up and Go		10:00am-11:00am					
Lunch Hour HIIT				12:00pm-12:50pm			
Body Blast			5:00pm-6:00pm	4:15pm-5:15pm			
Yoga Flow		6:00pm-7:00pm		6:00pm-7:00pm			
Yoga Lite	9:00am-10:00am		9:00am-10:00am		9:00am-10:00am		
Zumba Gold		11:15am-12:15pm					

Recreation, Culture and Airpark Services core fitness programming includes Fitness Express, Aquafit and 3 additional fitness classes per week. All fitness programming above the core commitments are subject to cancellation if weekly class attendance requirements or instructor obligations cannot be met.

\*Body Blast and Lunch Hour HIIT classes starting week of January 14, 2019.

<b>Dry Floor - Effective April 22, 2019</b>							
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Drop In Dodgeball (9-15 Years)			5:30pm-6:30pm				
Drop In Dodgeball (16+)			6:30pm-7:30pm				
Drop In Ball Hockey (7-13 Years)	4:30pm-5:30pm				4:30pm-5:30pm		
Drop In Ball Hockey (14-18 Years)	5:30pm-6:30pm				5:30pm-6:30pm		
Drop In Ball Hockey (18+)	6:30pm-8:30pm				6:30pm-8:30pm		
Drop In Lacrosse (7-13 Years)		5:30pm-6:30pm		5:30pm-6:30pm			
Drop In Lacrosse (14-17 Years)		6:30pm-7:30pm		6:30pm-7:30pm			
Drop In Lacrosse (18+)			7:30pm-8:30pm				
Drop In Pickleball (15+)	6:00pm-8:00pm		10:30am-12:30pm				

Ice Arena - Effective until April 14, 2019							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Skate			9:00am-10:00am		9:00am-10:00am		
Parent & Tot Skate			10:00am-11:00am		10:00am-11:00am		
Adult Shinny		10:30am-11:45am		1:30pm-2:45pm			
Casual Hockey		3:15pm-4:30pm Youth		3:15pm-4:30pm Student	3:15pm-4:30pm Adult		
55+ Drop In Hockey		8:15pm-9:30pm					
*Public Skate			5:45pm-7:00pm	12:15pm-1:30pm		1:30pm-3:00pm	1:30pm-3:00pm
*Please note that public skate will not be held on January 19 & 20, February 2 & 3, 23 & 24, March 9, 16 & 17, 30 & 31 due to tournaments.							
Rates	Drop In	10 Pass	20 Pass	1 Month	3 Month	6 Month	1 Year
Child (4-6 years)	\$2.25	\$17.50	\$33.25	\$15.75	\$36.00	\$63.75	\$118.25
Youth (7-13 years)	\$3.75	\$31.50	\$58.75	\$36.00	\$80.50	\$144.25	\$265.25
Student (14-18 years)	\$4.00	\$33.25	\$62.75	\$38.75	\$86.00	\$153.50	\$283.75
All Inclusive Pass (16+)	-	-	-	\$57.25	\$127.50	\$220.00	\$394.50
Adult (19-54 years)	\$5.00	\$42.50	\$79.50	\$50.75	\$115.50	\$211.00	\$400.00
All Inclusive Pass	-	-	-	\$69.25	\$157.00	\$278.00	\$511.00
Senior (55+ years)	\$4.50	\$38.00	\$71.25	\$45.25	\$100.75	\$162.50	\$302.25
All Inclusive Pass	-	-	-	\$63.75	\$142.25	\$229.25	\$413.00
Senior (80+)	Free admission - includes access to the aquatic centre, gym, arena, Aquafit and Fitness Express programs.						
Family <sup>1</sup> (5 total, max 2 adults, min 1 child)	\$9.00	\$77.50	\$147.00	\$102.50	\$231.00	\$412.00	\$807.50
<b>All Inclusive Pass General Information</b>	The All Inclusive pass is the affordable option for those who need flexibility and variety in their daily fitness routine. This pass includes admission to the aquatic centre, gym, arena, Aquafit and dry land fitness classes (plus a free locker when you purchase a year pass). Attend four dry land fitness classes a month and your All Inclusive pass has paid itself off! *Casual Hockey, Adult Shinny, 55+ Hockey and programs that require pre-registration not included in pass price.						
<b>Facility Pass General Information</b>	Facility passes include general admission to the aquatic centre, gym, arena and for Aquafit and Fitness Express programs. *Casual Hockey, Adult Shinny and 55+ Hockey not included in pass price.						
<b>Daily Specials</b>	Senior Mondays 6:00am-5:00pm	Wacky Wednesdays	50% Off Fridays 6:00am-5:00pm	1/2 Price Family Sundays	Last Hour Swim/Gym	1 Additional Child \$1.00 for Family Drop In	
	\$2.00	\$2.00	50% off Drop In	\$4.50	\$3.25		
<b>Other Charges</b>	Drop In Fitness Classes	Skate Rental	Helmet Rental	Casual Hockey	55+ Drop In Hockey	Locker Rental (Month)	Shower
	\$5.00	\$3.00	\$2.25	\$3.00	\$10.00	\$3.00	\$2.25