

Drop In Fitness Classes - Effective September 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Lite	9:00am-10:00am		9:00am-10:00am		9:00am-10:00am		
Fitness Express	12:00pm-12:50pm		12:00pm-12:50pm		12:00pm-12:50pm		
Chair Yoga	3:00pm-4:00pm						
Body Blast	5:15pm-6:15pm						
*Get Up & Go		10:00am-11:00am					
Cycle & Core		5:45pm-7:15pm		5:45pm-7:15pm			
Yoga Flow		6:00pm-7:00pm				9:00am-10:00am	
**Zumba Gold		11:15am-12:15pm					
Step & Strength			4:15pm-5:15pm	10:30am-11:30am		10:15am-11:15am	

*Get up & Go starts September 25
 **Zumba Gold starts September 11

Recreation, Culture & 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.

Aquatics Schedule - Opens September 10th

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		6:00pm-7:00pm		6:00pm-7:00pm			
Shallow Aquafit	1:10pm-2:10pm		1:10pm-2:10pm				

*Please note: Lane swimming available on request during slow periods - may not be available during Wacky Wednesdays, special events and busy periods

Gym & Cardio Room

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	

View and Register for Activities Online
 We are very excited to offer you the ability to easily and securely view and register for recreation activities online. Come visit our new online registration page and be active.
www.fvrd/recreation

Ice Arena							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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					
Adult Skate			9:00am-10:00am		9:00am-10:00am		
Parent & Tot Skate			10:00am-11:00am		10:00am-11:00am		
*Public Skate			5:45pm-7:00pm	12:15pm-1:30pm		1:30pm-3:00pm	1:30pm-3:00pm
*Public skate will not be held on the following dates due to tournaments: November 17, 18 December 1, 2, 15, 16							
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	-	-	-	\$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
Super Senior (80+)	Free Admission - includes access to the aquatic centre, gym, arena, Aquafit and Fitness Express programs.						
Family (5 total - max 2 adults, min 1 child)	\$9.00	\$77.50	\$147.00	\$102.50	\$231.00	\$412.00	\$807.50
Daily Specials	Senior Mondays 6:00a-5:00p	Wacky Wednesdays	50% Off Fridays 6:00a-5:00p	1/2 Price Family Sundays	Last Hour Swim/Gym	FACILITY CLOSURES: Sept. 3, Oct. 8, Nov. 11 Dec. 25 & 26	
	\$2.00	\$2.00	50% off Drop In	\$4.50	\$3.25		
Other Charges	Casual Hockey (Floor & Ice)	Drop In Sports	Skate Rental	Helmet Rental	Locker Rental (Month)	55+ Drop In Hockey	
	\$3.00	\$2.00	\$3.00	\$2.25	\$3.00	\$10.00	
Facility Pass General Information	Facility passes include general admission to the aquatic centre, gym, arena and for Aquafit and Fitness Express programs. *Casual Hockey, Adult Shinny, 55+ Hockey and programs that require pre-registration not included in pass price.						
All Inclusive Pass General Information	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). *Casual Hockey, Adult Shinny, 55+ Hockey and programs that require pre-registration not included in pass price.						