

Drop In Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Lite	9:00am-10:00am		9:00am-10:00am		9:00am-10:00am		
Fit X	12:00pm-12:50pm		12:00pm-12:50pm		12:00pm-12:50pm		
Core & Stretch				4:15pm-5:15pm			
Zumba Gold*		4:15pm-5:15pm					
Body Blast	4:15pm-5:15pm		4:15pm-5:15pm			9:30am-10:30am	
Cycle		5:45pm-6:45pm					
Yoga Flow		6:00pm-7:00pm		6:00pm-7:00pm			

*Commencing Tuesday, July 3.

Recreation, Culture & Airpark Services core fitness programming includes Fit X, 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. Please call 604-869-2304 for the most recent schedule.

Aquatics Schedule

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		9:00am-10:00am		9:00am-10:00am		
Shallow Aquafit	1:10pm-2:10pm		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

Dan Sharrers Aquatic Centre will be closed for maintenance commencing Monday, August 13 and will re-open at 6:00am on Monday, September 10.

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	

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). 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.

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 and 55+ Hockey not included in pass price.

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

Dry Floor - Effective until July 31							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drop In Dodgeball 9-15 years old			5:30pm-6:30pm				
Drop In Dodgeball 16 years old			6:30pm-7:30pm				
Drop In Ball Hockey 14-17 years old	5:30pm-6:30pm				5:30pm-6:30pm		
Drop In Ball Hockey 18 years and up	6:30pm-8:30pm				6:30pm-8:30pm		
Drop In Roller & Inline Skating						1:00pm-3:00pm	1:00pm-3:00pm
Open Dry Floor		5:30pm-7:30pm		5:30pm-7:30pm			
Drop In Lacrosse 18 years old and up			7:30pm-8:30pm				
Drop In Pickleball	10:30am-12:30pm		10:30am-12:30pm		10:30am-12:30pm		
Please note there will be no dry floor access on May 22, May 26 and July 14-July 24.							
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	-	-	-	-	-	-
Family (max 2 adults - 5 total)	\$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: July 1 & August 6	
	\$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	
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