HOPE & AREA RECREATION CENTRE

FALL 2026 DROP-IN SCHEDULE

September - December

Schedules are subject to change without notice, contact facility to confirm.

Fraser Valley Regional District

AQUATICS						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
Public Swim 12:00pm - 5:00pm	Public Swim 6:30am - 8:00pm	Public Swim 12:00pm - 8:00pm	Public Swim 6:30am - 8:00pm	Public Swim 12:00pm - 8:00pm	Public Swim 6:30am - 8:00pm	Public Swim 12:00pm - 8:00pm
	Lane Swim 6:30am - 8:30am	Lane Swim 6:00pm - 8:00pm	Lane Swim 6:30am - 8:30am	Lane Swim 6:00pm - 8:00pm	Lane Swim 6:30am - 8:30am	Lane Swim 6:00pm - 8:00pm
	Aquafit 9:00am - 10:00am		Aquafit 9:00am - 10:00am		Aquafit 9:00am - 10:00am	

*Please note Aquafit will resume Sept. 14th. This is subject to change.

ARENA						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
	Adult Skate 9:00am-10:00am		Adult Skate 9:00am-10:00am		Adult Skate 9:45am-10:45am	
	Parent & Tot Skate 10:00am-11:00am	Adult Shinny 1:00pm-2:15pm	Parent & Tot Skate 10:00am-11:00am	Adult Shinny 2:15pm - 3:30pm	Parent & Tot Skate 10:45am-11:45am	
Public Skate 2:00pm - 3:30pm		Family Casual Hockey 4:30pm-5:45pm	Public Skate 5:45pm-7:00pm			Public Skate 2:00pm - 3:30pm
			45+ Hockey 7:15pm-8:30pm			

FITNESS				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
		Spin Express 6:15am - 7:00am		
		Flow Yoga 9:00am - 10:00am		Yoga Lite 9:00am - 10:00am
Forever Fit 10:30am - 11:30am		Forever Fit 10:30am - 11:30am	Seated Dance Fitness 10:30am - 11:15am	Forever Fit 10:30am - 11:30am
HIIT 12:00pm - 12:45pm	Strength & Core 12:00pm - 12:45pm	Full Body Circuit 12:00pm - 1:00pm	Strength & Core 12:00pm - 12:45pm	Cardio Combo 12:00pm - 12:45pm
Chair Yoga 1:30pm - 2:15pm		Chair Yoga 1:30pm - 2:15pm		
Spin 5:30pm - 6:30pm	Suspension Training 5:30pm - 6:30pm		Spin Express 5:45pm - 6:30pm	
	Hatha/Vinyasa Yoga 7:00pm - 8:00pm		Yin Yoga 7:00pm - 8:00pm	

CARDIO & WEIGHT ROOM						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
Open Gym 10:00am - 5:30pm	Open Gym 6:00am - 8:30pm	Open Gym 8:00am - 8:30pm	Open Gym 6:00am - 8:30pm	Open Gym 8:00am - 8:30pm	Open Gym 6:00am - 8:30pm	Open Gym 10:00am - 8:30pm
		Teen Gym (13+) 3:30pm - 5:00pm		Teen Gym (13+) 3:30pm - 5:00pm		

RATES & FEES

DAILY SPECIALS

Daily specials include admission to the aquatic centre, fitness centre, public skate, and aquafit.

Senior Mondays	$2.00 until 5:00 pm
Wacky Wednesdays	$2.00
50% off Fridays	On single drop-ins until 5:00 pm
Family Sundays	$6.00 (1/2 price)
Last Hour Gym or Swim	$3.25

DROP-IN RATES & PASSES

Drop-in Rates & Facility Pass*

Includes general admission to the aquatic centre, fitness centre, public skate, and aquafit.

All Inclusive Pass*

All the benefits of the Facility Pass plus drop-in fitness classes.

*Passes DO NOT include Casual Hockey, Adult Shinny, 45+ Hockey, rentals and programs that require pre-registration

PASS EXTENSION & SUSPENSION POLICY

Pass extensions or suspensions are not permitted on passes due to statutory holidays or facility closures. Annual and 6 month pass holders with a medical issue or relocating outside the service area may request a refund for the remaining balance of their pass.

RATES & FEES

	Drop In	10 Pass*	20 Pass*	1 Month	3 Months	6 Months	1 Year
Child (4 - 6 yrs)	$2.25	$20.00	$35.00	$20.00	$45.00	$70.00	$120.00
Youth (7 - 13 yrs)	$3.75	$35.00	$58.75	$36.00	$80.50	$147.00	$265.25
Student (14 - 18 yrs)	$4.50	$40.00	$64.00	$42.00	$90.00	$157.00	$285.00
Student All Inclusive Pass (16+ yrs)	-	-	-	$57.25	$127.50	$220.00	$394.50
Adult (19 - 54 yrs)	$6.00	$50.00	$90.00	$55.00	$125.00	$225.00	$415.00
Adults All Inclusive Pass	-	-	-	$72.00	$157.00	$278.00	$511.00
Senior (55+ yrs)	$4.50	$45.00	$73.00	$48.00	$106.00	$165.00	$305.00
Senior All Inclusive Pass	-	-	-	$66.00	$142.25	$229.25	$413.00
Senior (80+ yrs)	**Free Admission** - Includes access to the aquatic centre, fitness centre, public skate, and aquafit						
Family **	$12.00	$90.00	$160.00	$110.00	$240.00	$425.00	$825.00

**Family rate includes up to 5 people. Maximum of 2 adults, minimum of 1 child under 18 years old (additional child $1.00 each).

	Fitness Classes	Skate Rental	Helmet Rental	Casual Hockey	55+ Hockey	Monthly Locker Rental	Shower
Other Charges	$6.00	$3.00	$2.50	$4.50	$10.00	$3.00	$2.50