

HOPE & AREA RECREATION CENTRE

FALL 2024 DROP-IN SCHEDULE

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



CARDIO ROOM & WEIGHT ROOM						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 6:00 am - 8:30 pm	Open Gym 8:00 am - 8:30 pm	Open Gym 6:00 am - 8:30 pm	Open Gym 8:00 am - 8:30 pm	Open Gym 6:00 am - 8:30 pm	Open Gym 10:00 am - 8:30 pm	Open Gym 10:00 am - 5:30 pm
Teen Gym (13+) 3:30 pm - 5:30 pm		Teen Gym (13+) 3:30 pm - 5:30 pm		Teen Gym (13+) 3:30 pm - 5:30 pm	Teen Gym (13+) 1:00 pm - 4:00 pm	

AQUATICS						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public Swim 6:30 am - 8:00 pm	Public Swim 12:00 pm - 8:00 pm	Public Swim 6:30 am - 8:00 pm	Public Swim 12:00 pm - 8:00 pm	Public Swim 6:30 am - 8:00 pm	Public Swim 12:00 pm - 8:00 pm	Public Swim 12:00 pm - 5:00 pm
Lane Swim 6:30 am - 10:30 am	Lane Swim 6:00 pm - 8:00 pm	Lane Swim 6:30 am - 10:30 am	Lane Swim 6:00 pm - 8:00 pm	Lane Swim 6:30 am - 10:30 am	Lane Swim 6:00 pm - 8:00 pm	
Blended Aquafit 1:30 pm - 2:30 pm		Blended Aquafit 1:30 pm - 2:30 pm		Blended Aquafit 1:30 pm - 2:30 pm		

FITNESS CLASSES						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Gold 9:15 am - 10:00 am	Yoga Lite 9:00 am - 10:00 am	*Smooth Karate 9:00 am - 10:00 am		Yoga Lite 9:00 am - 10:00 am		
Forever Fit 10:30 am - 11:30 am	Seated Zumba 10:30 am - 11:15 am	Forever Fit 10:30 am - 11:30 am	Seated Zumba 10:30 am - 11:15 am	Forever Fit 10:30 am - 11:30 am		
Fitness Express 12:00 pm - 1:00 pm	Strength & Core 12:00 pm - 12:45 pm	Fitness Express 12:00 pm - 1:00 pm	Strength & Core 12:00 pm - 12:45 pm	Fitness Express 12:00 pm - 1:00 pm		
Spin 5:30 pm - 6:30 pm	Zumba 5:30 pm - 6:30 pm	Cardio Kickboxing 5:30 pm - 6:30 pm	Spin Express 5:45 pm - 6:30 pm			
TRX 7:00 pm - 8:00 pm	Flow Yoga 7:00 pm - 8:00 pm	TRX 7:00 pm - 8:00 pm	Slow Yoga 7:00 pm - 8:00 pm			

*Smooth Karate starting October 16th - December 4th 2024

ARENA						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Skate 9:00 am - 10:00 am		Adult Skate 9:00 am - 10:00 am		Adult Skate 9:00 am - 10:00 am		
Parent & Tot Skate 10:00 am - 11:00 am	Adult Shinny 10:00 am - 11:15 am	Parent & Tot Skate 10:00 am - 11:00 am		Parent & Tot Skate 10:00 am - 11:00 am		
			Adult Shinny 12:15 pm - 1:30 pm			
	Youth Hockey 2:30 pm - 3:30 pm (7-13 yrs)		Public Skate 1:45 pm - 3:30 pm	Student Hockey 3:00 pm - 4:15 pm (14-18 yrs)	Public Skate 2:00 pm - 3:30 pm	Public Skate 2:00 pm - 3:30 pm
	45+ Hockey 8:15 pm - 9:30 pm	Public Skate 5:45 pm - 7:00 pm		Family Hockey 4:30 pm - 5:30 pm		

No public skate:

Oct 26-27 / Nov 9-10, 23-24 / Dec 7-8, 25-26 / Jan 1, 11-12, 31 / Feb 1 / Mar 7-8

No casual hockey/shinny:

Oct 14, 25 / Nov 8, 11, 22 / Dec 6, 25-26 / Jan 1, 10, 31 / Feb 17 / Mar 7

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, 55+ Hockey, and programs that require pre-registration.

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 \$4.50 (1/2 price)

Last Hour Gym or Swim \$3.25

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 illness 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	\$17.50	\$33.25	\$15.75	\$36.00	\$63.75	\$118.25
Youth (7 - 13 yrs)	\$3.75	\$31.50	\$58.75	\$36.00	\$80.50	\$144.25	\$265.25
Student (14 - 18 yrs)	\$4.00	\$33.25	\$62.75	\$38.75	\$86.00	\$153.50	\$283.75
Student All Inclusive Pass (16 yrs +)	–	–	–	\$57.25	\$127.50	\$220.00	\$394.50
Adult (19 - 54 yrs)	\$5.00	\$42.50	\$79.50	\$50.75	\$115.50	\$211.00	\$400.00
Adult All Inclusive Pass	–	–	–	\$69.25	\$157.00	\$278.00	\$511.00
Senior (55 yrs +)	\$4.50	\$38.00	\$71.25	\$45.25	\$100.75	\$162.50	\$302.25
Senior All Inclusive Pass	–	–	–	\$63.75	\$142.25	\$229.25	\$413.00
Senior (80 yrs +)	Free Admission – includes access to aquatic centre, fitness centre, public skate, and aquafit.						
Family**	\$9.00	\$77.50	\$147.00	\$102.50	\$231.00	\$412.00	\$807.50
Other Charges	Drop-in Fitness Classes	Skate Rental	Helmet Rental	Casual Hockey (floor & ice)	55+ Drop-in Hockey	Locker Rental (monthly)	Shower
	\$5.00	\$3.00	\$2.25	\$3.00	\$10.00	\$3.00	\$2.25
*5 year expiry on 10 & 20 Pass							
**Family rate includes up to 5 people. Maximum of 2 adults, minimum of 1 child under 18 years old (additional child \$1.00 each).							