

HOPE & AREA RECREATION CENTRE

FALL 2025 DROP-IN SCHEDULE

September - December



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

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-10:30am	Lane Swim 6:00pm- 8:00pm	Lane Swim 6:30am-10:30am	Lane Swim 6:00pm-8:00pm	Lane Swim 6:30am-10:30am	Lane Swim 6:00pm-8:00pm
*Aquafit begins October 1st	Blended Aquafit *9:00am-10:00am		Blended Aquafit *9:00am-10:00am		Aquafit *9:00am -10:00am & *1:00pm - 2:00pm	

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 12:15pm-1:45pm	Parent & Tot Skate 10:45am-11:45am	
Public Skate 2:00pm-3:30pm		Youth Hockey 2:30pm-3:30pm		Public Skate 2:00pm-3:30pm	*Student OR Family Hockey 4:15pm-5:30pm	Public Skate 2:00pm-3:30pm
		45 + Hockey 8:15pm-9:30pm	Public Skate 5:45pm-7:00pm	45+ Hockey 9:00pm-10:15pm	*Please see dates in guide	

FITNESS CLASSES						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Zumba Gold 9:15 am - 10:00 am	Yoga Lite 9:00 am - 10:00 am			Yoga Lite 9:00am - 10:00am	
	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 10:30am - 11:30am <i>Beginning Oct. 3</i>	
	Rotating Fitness Series 12:00 pm-12:45 pm	Strength & Core 12:00 pm-12:45pm	Full Body Circuit 12:00 pm - 1:00 pm	Strength & Core 12:00 pm-12:45 pm	Rotating Fitness Series 12:00 pm-12:45 pm	
	Chair Yoga 1:30pm - 2:15pm		Functional Strength & Mobility 1:30pm - 2:30pm			
	Spin 5:30 pm - 6:30 pm	Zumba 5:30 pm - 6:30 pm	Flow Yoga 5:30 pm - 6:30 pm	Spin Express 5:45 pm- 6:30 pm		
	TRX 7:00 pm - 8:00 pm <i>Start date TBD</i>		TRX 7:00 pm - 8:00 pm <i>Start date TBD</i>	Yin Yoga 7:00 pm - 8:00 pm		

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

RATES & FEES

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, rentals 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 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	\$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
Adults 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 the aquatic centre, fitness centre, public skate, and aquafit						
Family **	\$9.00	\$77.50	\$147.00	\$102.50	\$231.00	\$412.00	\$807.50

**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	\$5.00	\$3.00	\$2.25	\$3.00	\$10.00	\$3.00	\$2.25