

HOPE & AREA RECREATION CENTRE

SUMMER 2026 DROP-IN SCHEDULE



July - August

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 - 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 1:30pm - 2:30pm | | Aquafit 1:30pm - 2:30pm | |

| FITNESS | | | | |
|----------------------------------|--------------------------------------|--|--------------------------------------|-----------------------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| | | Spin Express 6:15am - 7:00am | | |
| Zumba Gold 9:30am - 10:15am | | | | Yoga Lite 9:00am - 10:00am |
| Forever Fit 10:30am - 11:30am | Seated Zumba 10:30am - 11:15am | Forever Fit 10:30am - 11:30am | Seated Zumba 10:30am - 11:15am | Forever Fit 10:30am - 11:30am |
| Spin Fusion 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 | Zumba 5:30pm - 6:30pm | 20-20-20 5:30pm - 6:30pm | Spin Express 5:45pm - 6:30pm | |
| | | Suspension Training 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 - 5:30pm | | Teen Gym (13+) 3:30pm - 5:30pm | | Teen Gym (13+) 3:30pm - 5:30pm | Teen Gym (13+) 1:00pm - 4:00pm |

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, 55+ 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 |