

HOPE & AREA RECREATION CENTRE

Spring 2023 DROP-IN SCHEDULE

Effective April 1 - June 30



CARDIO ROOM & WEIGHT ROOM						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 8:30 am - 8:30 pm	Open Gym 8:30 am - 8:30 pm	Open Gym 8:30 am - 8:30 pm	Open Gym 8:30 am - 8:30 pm	Open Gym 8:30 am - 8:30 pm	Open Gym 10:00 am - 8:30 pm	Open Gym 10:00 am - 5:30 pm
Teen Gym (13-15yrs) 3:30 pm - 6:30 pm		Teen Gym (13-15yrs) 3:30 pm - 6:30 pm		Teen Gym (13-15yrs) 3:30 pm - 6:30 pm	Teen Gym (13-15yrs) 1:00 pm - 4:00 pm	Teen Gym (13-15yrs) 3:30 pm - 5:30 pm

AQUATICS						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public Swim 10:00 am - 6:00 pm	Public Swim 12:00 pm - 8:00 pm	Public Swim 10:00 am - 6:00 pm	Public Swim 12:00 pm - 8:00 pm	Public Swim 10:00 am - 8:00 pm	Public Swim 12:00 pm - 7:30 pm	
Lane Swim 10:00 am - 12:00 pm		Lane Swim 10:00 am - 12:00 pm		Lane Swim 10:00 am - 12:00 pm		
Blended Aquafit 1:30 pm - 2:30 pm	Lane Swim 6:00 pm - 8:00 pm	Blended Aquafit 1:30 pm - 2:30 pm	Lane Swim 6:00 pm - 8:00 pm	Blended Aquafit 1:30 pm - 2:30 pm	Lane Swim 6:00 pm - 7:30 pm	

FITNESS CLASSES						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Gold 9:45 am - 10:30 am	Yoga Lite 9:15 am - 10:15 am	Zumba Gold 9:45 am - 10:30 am		Yoga Lite 9:15 am - 10:15 am		
Forever Fit 10:45 am - 11:45 am		Forever Fit 10:45 am - 11:45 am	TRX Lite 10:45 am - 11:45 am	Forever Fit 10:45 am - 11:45 am		
Fitness Express 12:00 pm - 1:00 pm	Cardio Sculpt 12:00 pm - 1:00 pm	Fitness Express 12:00 pm - 1:00 pm		Fitness Express 12:00 pm - 1:00 pm		
Spin Fusion 4:45 pm - 5:45 pm	Hoop Dance Fitness 4:15 pm - 5:15 pm	TRX Functional Training 5:15 pm - 6:15 pm	Spin 5:15 pm - 6:15 pm			
TRX Functional Training 6:30 pm - 7:30 pm	Zumba 5:30 pm - 6:30 pm	TRX Functional Training 6:30 pm - 7:30 pm	Yoga Flow 6:30 pm - 7:30 pm			

ARENA DRY FLOOR						STARTS APR 15
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Pickleball 10:30 am - 12:30 pm				
	Youth Floor Hockey 4:30 pm - 5:30 pm		Youth Lacrosse 4:30 pm - 5:30 pm			
	Student Floor Hockey 5:30 pm - 6:30 pm		Student Lacrosse 5:30 pm - 6:30 pm			
Pickleball 6:00 pm - 8:00 pm	Adult Floor Hockey 6:30 pm - 8:30 pm	Pickleball 6:00 pm - 8:00 pm	Adult Lacrosse 6:30 pm - 8:30 pm	Open Floor 6:00 pm - 8:00 pm		

Schedule is subject to change

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.

PASS EXPIRY

Effective December 31, 2022, passes that are more than 5 years old will no longer be accepted.

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).							