

# HOPE & AREA RECREATION CENTRE

## Spring 2024 DROP-IN SCHEDULE



\*NEW Starting May 7th, 2024

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

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

FITNESS CLASSES						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Zumba Gold</b> 9:15 am - 10:00 am	<b>Yoga Lite</b> 9:00 am - 10:00 am	<b>Zumba Gold</b> 9:15 am - 10:00 am		<b>Yoga Lite</b> 9:00 am - 10:00 am		
<b>Forever Fit</b> 10:30 am - 11:30 am	<b>Seated Zumba</b> 10:30 am - 11:15 am	<b>Forever Fit</b> 10:30 am - 11:30 am	<b>Seated Zumba</b> 10:30 am - 11:15 am	<b>Forever Fit</b> 10:30 am - 11:30 am	<b>Slow Yoga</b> 10:15 am - 11:15 am	
<b>Fitness Express</b> 12:00 pm - 1:00 pm	<b>Strength &amp; Core</b> 12:00 pm - 12:45 pm	<b>Fitness Express</b> 12:00 pm - 1:00 pm	<b>Strength &amp; Core</b> 12:00 pm - 12:45 pm	<b>*Fitness Express</b> 12:00 pm - 1:00 pm		
	<b>*Smooth Karate</b> 4:00 pm - 5:00 pm		<b>*Smooth Karate</b> 4:00 pm - 5:00 pm			
	<b>Zumba</b> 5:30 pm - 6:30 pm		<b>Spin Express</b> 5:15 pm - 6:00 pm			
<b>TRX</b> 6:30 pm - 7:30 pm	<b>Flow Yoga</b> 6:45 pm - 7:45 pm	<b>TRX</b> 6:30 pm - 7:30 pm	<b>Power Yoga</b> 6:30 pm - 7:30 pm			

**\*\*Blended Aquafit Fridays starting May 10th**

**\*Smooth Karate Tuesdays & Thursdays starting May 7**

**\*Fitness Express Fridays starting May 10<sup>th</sup>**

**Schedule is subject to change without notice**

## 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
<b>Child</b> (4 - 6 yrs)	\$2.25	\$17.50	\$33.25	\$15.75	\$36.00	\$63.75	\$118.25
<b>Youth</b> (7 - 13 yrs)	\$3.75	\$31.50	\$58.75	\$36.00	\$80.50	\$144.25	\$265.25
<b>Student</b> (14 - 18 yrs)	\$4.00	\$33.25	\$62.75	\$38.75	\$86.00	\$153.50	\$283.75
<b>Student All Inclusive Pass</b> (16 yrs +)	–	–	–	\$57.25	\$127.50	\$220.00	\$394.50
<b>Adult</b> (19 - 54 yrs)	\$5.00	\$42.50	\$79.50	\$50.75	\$115.50	\$211.00	\$400.00
<b>Adult All Inclusive Pass</b>	–	–	–	\$69.25	\$157.00	\$278.00	\$511.00
<b>Senior</b> (55 yrs +)	\$4.50	\$38.00	\$71.25	\$45.25	\$100.75	\$162.50	\$302.25
<b>Senior All Inclusive Pass</b>	–	–	–	\$63.75	\$142.25	\$229.25	\$413.00
<b>Senior</b> (80 yrs +)	<b>Free Admission</b> – includes access to aquatic centre, fitness centre, public skate, and aquafit.						
<b>Family**</b>	\$9.00	\$77.50	\$147.00	\$102.50	\$231.00	\$412.00	\$807.50
<b>Other Charges</b>	<b>Drop-in Fitness Classes</b>	<b>Skate Rental</b>	<b>Helmet Rental</b>	<b>Casual Hockey (floor &amp; ice)</b>	<b>55+ Drop-in Hockey</b>	<b>Locker Rental (monthly)</b>	<b>Shower</b>
	\$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).