

HOPE & AREA RECREATION CENTRE

SPRING 2026 DROP-IN SCHEDULE



April - June

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 9:00am-10:00am		Aquafit 9:00am-10:00am		Aquafit 1:30pm - 2:30pm	

FITNESS				
Monday	Tuesday	Wednesday	Thursday	Friday
TRX 6:15am - 7:00am		Spin Express 6:15am - 7:00am		
Zumba Gold 9:30 am - 10:15 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
Spin Fusion 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	Cardio Combo 12:00 pm - 12:45 pm
Chair Yoga 1:30pm - 2:15pm		Chair Yoga 1:30pm - 2:15pm		
Spin 5:30 pm - 6:30 pm	Zumba 5:30 pm - 6:30 pm	20-20-20 5:30pm - 6:30pm	Spin Express 5:45 pm- 6:30 pm	
TRX 7:00 pm - 8:00 pm	Strong 7:00 pm - 8:00 pm	TRX 7:00 pm - 8:00 pm	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

NEW RATES & FEES CHANGES
STARTING 2026!

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