

Aquatic Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public Swim	6:30am-8:00pm	12:00pm-8:00pm	6:30am-8:00pm	12:00pm-8:00pm	6:30am-8:00pm	12:00pm-8:00pm	12:00pm-5:00pm
*Lane Swim	6:30am-8:30am	7:00pm-8:00pm	6:30am-8:30am	7:00pm-8:00pm	6:30am-8:30am		
Deep Water Aquafit	9:00am-10:00am	6:00pm-7:00pm	9:00am-10:00am	6:00pm-7:00pm	9:00am-10:00am		
Shallow Aquafit			1:10pm-2:10pm		1:10pm-2:10pm		

Lane swimming available on request during slow periods. May not be available during Wacky Wednesdays, special events, and busy periods.

Gym & Cardio Room							
Open Gym	6:00am-8:30pm	8:00am-8:30pm	6:00am-8:30pm	8:00am-8:30pm	6:00am-8:30pm	10:00am-8:30pm	10:00am-5:30pm
Teen Gym (13-15 yrs)	3:30pm-6:30pm		3:30pm-6:30pm		3:30pm-6:30pm	1:00pm-4:00pm	

Drop In Fitness Classes - Effective May 6, 2019							
Yoga Lite	9:00am-10:00am		9:00am-10:00am		9:00am-10:00am		
Chair Yoga	10:30am-11:30am						
Fitness Express	12:00pm-12:50pm		12:00pm-12:50pm		12:00pm-12:50pm		
Core and More	5:15pm-6:15pm						
Get Up and Go		10:00am-11:00am					
Cycle & Core		5:00pm-6:30pm					
Yoga Flow		6:00pm-7:00pm		6:00pm-7:00pm			
Forever Fit - Osteofit			NEW DATE & TIME 10:30am-11:30am				

Recreation, Culture and Airpark Services core fitness programming includes Fitness Express, Aquafit and 3 additional fitness classes per week. All fitness programming above the core commitments are subject to cancellation if weekly class attendance requirements or instructor obligations cannot be met.

Arena Dry Floor - Effective April 22, 2019							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drop In Dodgeball (9-15 yrs)			5:30pm-6:30pm				
Drop In Dodgeball (16+)			6:30pm-7:30pm				
Drop In Ball Hockey (7-13 yrs)	4:30pm-5:30pm				4:30pm-5:30pm		
Drop In Ball Hockey (14-18 yrs)	5:30pm-6:30pm				5:30pm-6:30pm		
Drop In Ball Hockey (18+)	6:30pm-8:30pm				6:30pm-8:30pm		
Drop In Lacrosse (7-13 yrs)		5:30pm-6:30pm		5:30pm-6:30pm			
Drop In Lacrosse (14-17 yrs)		6:30pm-7:30pm		6:30pm-7:30pm			
Drop In Lacrosse (18+)			7:30pm-8:30pm				
Drop In Pickleball (15+)	6:00pm-9:00pm Silver Creek School		10:30am-12:30pm				

Ice Arena							
Ice has been removed for the season. Will be available starting August 18, 2019.							
Rates	Drop In	10 Pass	20 Pass	1 Month	3 Month	6 Month	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
All Inclusive Pass (16+)	-	-	-	\$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
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
All Inclusive Pass	-	-	-	\$63.75	\$142.25	\$229.25	\$413.00
Senior (80+)	Free admission - includes access to the aquatic centre, gym, arena, Aquafit and Fitness Express programs.						
Family ¹ (5 total, max 2 adults, min 1 child)	\$9.00	\$77.50	\$147.00	\$102.50	\$231.00	\$412.00	\$807.50
All Inclusive Pass General Information	The All Inclusive pass includes general admission to the aquatic centre, gym, arena, Aquafit and drop in fitness classes (plus a free locker with a one year pass). Passes do not include casual hockey, adult shinny, 55+ hockey and any programs that require pre-registration.						
Facility Pass General Information	Facility passes include general admission to the aquatic centre, gym, arena and the Aquafit and Fitness Express programs. Passes do not include casual hockey, adult shinny, 55+ hockey and any programs that require pre-registration.						
Pass Suspension & Withdrawal Policy	<p>Pass holders unable to access the facility for an extended period of time due to a medical condition may apply to withdrawal or suspend their pass two times per annum. Pass holders relocating outside the service area may request to withdrawal a six month or one year pass. Once approved, suspensions/withdrawals will commence from the date of receipt of request.</p> <p>A 20% administration fee will be charged for a withdrawal within 72 hours of a program start date. Once a program has begun, a pro-rated refund minus the administration fee will be applied. Call us if you have any questions.</p>						
Daily Specials	Senior Mondays 6:00am-5:00pm	Wacky Wednesdays	50% Off Fridays 6:00am-5:00pm	1/2 Price Family Sundays	Last Hour Swim/Gym	¹ Additional Child \$1.00 for Family Drop In	
	\$2.00	\$2.00	50% off Drop In	\$4.50	\$3.25		
Other Charges	Drop In Fitness Classes	Skate Rental	Helmet Rental	Casual Hockey	55+ Drop In Hockey	Locker Rental (Month)	Shower
	\$5.00	\$3.00	\$2.25	\$3.00	\$10.00	\$3.00	\$2.25