

CANADA GAMES POOL  
& FITNESS CENTRE

# SCHEDULE

EFFECTIVE OCTOBER 8  
TO DECEMBER 21, 2018



## Supervision of Children

All Children 6 years of age and under must be within arm's reach of a person 15+ years at all times. Supervision ratio is maximum two children per person.

## Public Swim (All Ages)

Lane Swimming, diving boards, deep end and deck amenities are available during this time.

### NEW: Lane swimming is open to all ages!

The Green Thunder Waterslide and staff supervised games are available during limited times. See pool schedule for more details.

## Adult Swim (15+ years)

This swim is open to those 15 years and older. Lane swimming, diving boards (during non-swim lesson and Aquafit times) and deck amenities are available during this time.

## Over 40's Swim

Offers a shallow Aquafit class, lane swimming, deep end and all pool deck amenities in a quiet setting. Fitness areas open to those 15 years and older.

## Aquafit Classes

These classes are for all fitness levels and are a great way to minimize joint stress while exercising, Try our variety of water workouts lead by a certified instructor.

### SHALLOW WATER AQUAFIT

A low impact workout for all fitness levels.

### DEEP WATER AQUAFIT

Use of a floatation belt gives a zero impact environment while suspended in water. Ability to swim in deep water is strongly recommended.

### AQUA ZUMBA

A low impact, high energy workout with upbeat music for all fitness levels. Done in shallow.

## CANADA GAMES POOL & FITNESS CENTRE DROP-IN FEES

Pass Options		Child 3 yrs & under	Child 4 - 12 yrs	Youth 13 - 18 yrs	Adult 19 - 64 yrs	Senior 65+ yrs
Active 1	Visit	Free	\$3.00	\$4.25	\$6.25	\$3.75
Active 10	Visit		\$24.00	\$34.00	\$50.00	\$30.00
Active 30	Day		\$27.00	\$38.25	\$56.25	\$33.75
Active 90	Day		\$81.00	\$114.75	\$168.75	\$101.25
Active Infinity	Annual		\$237.00 \$19.80/mth	\$336.80 \$28.06/mth	\$495.00 \$41.25/mth	\$378.00 \$31.56/mth

ADMISSION PRICES INCLUDE TAXES

## JANUARY HYACK SWIM MEET

January 12 & 13, 2019.



NEW WESTMINSTER  
Parks & Recreation

65 East Sixth Avenue, New Westminister  
Phone: 604.526.4281 • www.newwestcity.ca

# CANADA GAMES POOL AQUATIC & FITNESS SCHEDULE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>FITNESS SCHEDULE</b>							
<b>All Fitness Areas</b>	5:30 am - 9:55 pm	5:30 am - 9:55 pm	5:30 am - 9:55 pm	5:30 am - 9:55 pm	5:30 am - 10:25 pm	8:00 am - 8:25 pm	8:00 am - 9:55 pm
<b>SWIM SCHEDULE</b>							
<b>Sauna &amp; Hot Tub</b>	5:30 am - 9:55 pm	5:30 am - 9:55 pm	5:30 am - 9:55 pm	5:30 am - 9:55 pm	5:30 am - 10:25 pm	8:00 am - 8:25 pm	8:00 am - 9:55 pm
<b>Lanes (50m Lengths)</b>	5:30 - 8:30 am	5:30 - 8:30 am	5:30 - 8:30 am	5:30 - 8:30 am	5:30 - 8:45am		
<b>Lanes (25m Lengths)</b>	8:30 am - 9:55 pm	8:30 am - 9:55 pm	8:30 am - 9:55 pm	8:30 am - 9:55 pm	8:45 am - 10:25 pm	8:30 am - 8:25 pm	8:00 am - 9:55 pm
<b>Parent &amp; Tot Playtime</b>	8:30 - 11:30 am	8:30 - 11:30 am 1:00 - 3:00 pm	8:30 - 11:30 am	8:30 - 11:30 am 1:00 - 3:00 pm	1:00 - 3:00 pm		8:30 - 11:00 am
<b>Over 40's Swim</b>	1:00 - 2:30 pm		1:00 - 2:30 pm		9:00 - 10:30 am		
<b>Public Swim</b>	11:30 am - 1:00 pm 2:30 - 4:25 pm 6:30 - 8:25 pm Slide open 7:00 - 8:00 pm	11:30 am - 1:00 pm 8:30 - 9:55 pm Slide open 8:30 - 9:00 pm	11:30 am - 1:00 pm 2:30 - 4:25 pm 6:30 - 8:25 pm Slide open 7:00 - 8:00 pm	11:30 am - 1:00 pm 8:30 - 9:55 pm Slide open 8:30 - 9:00 pm	11:30 am - 1:00 pm 8:30 - 10:25 pm Slide open 8:30 - 9:30 pm	1:00 - 8:25 pm Slide open 1:00 - 3:00 pm & 6:30 - 7:30 pm	1:00 - 8:25 pm Slide open 1:00 - 3:00 pm & 6:30 - 7:30 pm
<b>Adult Swim (15+ years)</b>	8:30 - 11:30 am 4:30 - 6:30 pm 8:30 - 9:55 pm 10m platform open 9:15 - 9:55 pm	8:30 - 11:30 am 1:00 - 8:30 pm	8:30 - 11:30 am 4:30 - 6:30 pm 8:30 - 9:55 pm 10m platform open 9:15 - 9:55 pm	8:30 - 11:30 am 1:00 - 8:30 pm	10:30 - 11:30 am 1:00 - 8:30 pm	8:00 am - 1:00 pm	8:00 - 11:00 am 8:30 - 9:55 pm 10m platform open 8:30 - 9:55 pm
<b>Loonie Swim &amp; Gym</b>			2:30 - 4:30 pm				11:00 am - 1:00 pm
<b>Swim Lessons</b>		9:00 - 11:30 am 3:30 - 8:30 pm		9:00 - 11:30 am 3:30 - 8:30 pm	3:30 - 8:30 pm	8:30 am - 12:00 pm	
<b>AQUAFIT SCHEDULE</b>							
<b>Over 40's Aquafit</b>	1:30 - 2:15 pm		1:30 - 2:15 pm		9:30 - 10:15 am		
<b>Deep Water Aquafit</b>	10:30 - 11:15 am 8:30 - 9:15 pm	10:30 - 11:15 am	10:30 - 11:15 am 8:30 - 9:15 pm	10:30 - 11:15 am	10:30 - 11:15 am		
<b>Shallow Aquafit</b>	5:45 - 6:30 pm		5:45 - 6:30 pm				
<b>Zumba Aquafit</b>		8:30 - 9:15 pm		8:30 - 9:15 pm			