

# Aquafit Drop-in Schedule

## In Effect September 18, 2019

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	STATUTORY HOLIDAY SCHEDULE October 14 & November 11
<b>CANADA GAMES POOL • 65 EAST SIXTH AVENUE • 604.526.4281</b>						
Over 40's Aquafit	1:30 - 2:15 pm		1:30 - 2:15 pm		9:30 - 10:15 pm	
Deep Aquafit	10:30 - 11:20 am 8:30 - 9:20 pm	10:30 - 11:20 am	10:30 - 11:20 am 8:30 - 9:20 pm	10:30 - 11:20 am	10:30 - 11:20 am	Shallow Aquafit: 9:30 - 10:15 am Deep Water Aquafit: 10:30 - 11:20 am
Shallow Aquafit	5:45 - 6:30 pm		5:45 - 6:30 pm			Mid Section Aquafit: 6:45 - 7:30 pm Deep Water Aquafit: 8:30 - 9:20 pm
Zumba Aquafit		8:30 - 9:15 pm		8:30 - 9:15 pm		

### Aquafit Drop-in Fees

Youth (13 - 18 years)	\$4.25
Adult (19 - 64 years)	\$6.25
Senior (65+ years)	\$4.50

SAVE UP TO 45% WITH

# ActivePASS

[newwestcity.ca/activepass](http://newwestcity.ca/activepass)

## PHOTO CONTEST

### Win an Active 90 Pass!

Estimated Value \$168.75

#### How to Enter:

- Share a photo of a New Westminster park space or recreation facility on Facebook, Twitter and Instagram with hashtag **#activenewwest** and tag **@newwestrec**
- Email photos to [activephotos@newwestcity.ca](mailto:activephotos@newwestcity.ca)

[NEWWESTCITY.CA/ACTIVEPHOTOS](http://NEWWESTCITY.CA/ACTIVEPHOTOS)