

**CANADA GAMES POOL
& FITNESS CENTRE**

SCHEDULE

**Effective September 18
to December 20, 2019**



Canada Games Pool & Fitness Centre Drop-in Fees

Child (0 - 3 yrs)	Free
(4 - 12 yrs)	\$3.00
Youth (13 - 18 yrs)	\$4.25
Adult (19 - 64 yrs)	\$6.25
Senior (65+ yrs)	\$4.50

Active 10	Active 30	Active 90	Active 365
10 Visits	Day	Day	Day
SAVE 20%	SAVE 25%	SAVE 25%	SAVE 45%
\$24.00	\$27.00	\$81.00	\$237.60 (\$19.80/month)
\$34.00	\$38.25	\$114.75	\$336.80 (\$28.06/month)
\$50.00	\$56.25	\$168.75	\$495.00 (\$41.25/month)
\$36.00	\$40.00	\$120.00	\$357.00 (\$29.75/month)

Includes GST.

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. Deep end may be closed during part of this swim.

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

Adult Swim (15+ years)

This swim is open to those 15 years and older. Lane swimming, hot tub, sauna and deck amenities are available during this time.

Over 40's Swim

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

Aquafit Classes (15+ years)

Certified instructors lead our water aquatic fitness classes.

SHALLOW WATER AQUAFIT & MIDDLE SECTION AQUAFIT (Lanes 1 - 3)

A low impact workout for all fitness levels. 45 minutes.

DEEP WATER AQUAFIT

Use of a floatation belt gives a zero impact environment while suspended in water. Ability to swim in deep water. 50 minutes.

SHALLOW AQUA ZUMBA

A low impact, high energy workout with upbeat music for all fitness levels. 45 minutes.

CANADA GAMES POOL AQUATIC & FITNESS SCHEDULE

Stat Holiday
Schedule

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	October 14 & November 11
WEIGHT ROOM SCHEDULE								
All Fitness Areas	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 - 9:55 pm	8:00 am - 8:25 pm	8:00 am - 9:55 pm	8:00 am - 9:55 pm
SWIM SCHEDULE								
Sauna & Swirl	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 - 9:55 pm	8:00 am - 8:25 pm	8:00 am - 9:55 pm	5:30 - 9:55 am
Lanes (50m Lengths)	5:30 - 8:30 am	5:30 - 8:30 am	5:30 - 8:30 am	5:30 - 8:30 am	5:30 - 8:45 am			5:30 - 8:30 am
Lanes (25m Lengths)	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 - 9:55 pm	8:00 am - 8:25 pm	8:00 am - 9:55 pm	8:30 am - 9:55 pm
Over 40's Swim (40+ years)	1:00 - 2:30 pm		1:00 - 2:30 pm		9:00 - 10:30 am			Cancelled
Public Swim (All Ages) Parent & Tot Playtime pricing available 8:30 - 11:30 am Sunday - Thursday	8:30 am - 12:55 pm	8:30 am - 3:25 pm	8:30 am - 12:55 pm	8:30 am - 3:25 pm	10:30 am - 3:25 pm	11:30 am - 8:25 pm Slide open 11:30 am - 4:00 pm	8:00 am - 8:25 pm	8:30 am - 8:25 pm
	Deep end closed 8:30 - 11:30 am 2:30 - 4:25 pm 6:30 - 8:25 pm Slide open 7:00 - 8:00 pm	Deep end closed 8:30 - 11:30 am 1:00 - 3:25 pm 8:30 - 9:55 pm Slide open 8:30 - 9:00 pm	Deep end closed 8:30 - 11:30 am 2:30 - 4:25 pm 6:30 - 8:25 pm Slide open 7:00 - 8:00 pm	Deep end closed 8:30 - 11:30 am 1:00 - 3:25 pm 8:30 - 9:55 pm Slide open 8:30 - 9:00 pm	Deep end closed 10:30 - 11:30 am 1:00 - 3:25 pm 8:30 - 9:55 pm Slide open 8:30 - 9:00 pm		Deep end closed 10:30 - 11:30 am 1:00 - 3:25 pm 8:30 - 9:55 pm Slide open 8:30 - 9:00 pm	Deep end closed 8:00 - 11:30 am Slide open 11:30 am - 4:00 pm
Adult Swim (15+ years)	4:30 - 6:30 pm 8:30 - 9:55 pm	3:30 - 8:30 pm	4:30 - 6:30 pm 8:30 - 9:55 pm	3:30 - 8:30 pm	3:30 - 8:30 pm	8:30 - 11:30 am	8:30 - 9:55 pm 10M platform open	8:30 - 9:55 pm 10M platform open
	9:25 - 9:55 pm 10M platform open Deep end closed 8:30 - 9:20 pm		9:25 - 9:55 pm 10M platform open Deep end closed 8:30 - 9:20 pm					
Loonie Swim & Gym			2:30 - 4:30 pm				11:00 am - 1:00 pm	
Swim Lessons		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 - 11:30 am		
AQUAFIT SCHEDULE								
Over 40's Aquafit	1:30 - 2:15 pm		1:30 - 2:15 pm		9:30 - 10:15 am	LANE INFORMATION: Monday - Friday, 5:30 - 6:30 am Minimum 3 lanes available Monday - Friday, 6:30 - 8:30 am Minimum 4 lanes available Monday - Sunday, 8:30 am - Close Minimum 4 lanes available		
Deep Water 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			10:30 - 11:20 am 8:30 - 9:20 pm
Shallow Aquafit	5:45 - 6:30 pm		5:45 - 6:30 pm					9:30 - 10:15 am
Mid Section Aquafit								6:45 - 7:30 pm
Zumba Aquafit		8:30 - 9:15 pm		8:30 - 9:15 pm				

As we are a multi use facility, lane space may vary due to swimming lessons, drop-in programs and advanced aquatic courses