

**CANADA GAMES POOL
& FITNESS CENTRE**

**SUMMER
SCHEDULE**

**JUNE 24 TO
SEPTEMBER 2, 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	\$121.00	\$357.00 (\$29.75/month)
<i>Includes GST.</i>			

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. See schedule for details. Lane swimming is open to all ages!

The Green Thunder Waterslide and staff supervised games are available during limited times. See the pool 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

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 (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. Class runs 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. Class runs 50 minutes.

SHALLOW AQUA ZUMBA

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

CANADA GAMES POOL AQUATIC & FITNESS SCHEDULE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FITNESS 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
SWIM SCHEDULE							
Sauna & Hot Tub	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
Lanes (50m Lengths)	5:30 - 8:25 am	5:30 - 8:25 am	5:30 - 8:25 am	5:30 - 8:25 am	5:30 - 8:25 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	8:30 am - 9:55 pm	8:00 am - 8:25 pm	8:00 am - 9:55 pm
Over 40's Swim	11:30 am - 12:55 pm		11:30 am - 12:55 pm				
Public Swim (All Ages) Parent & Tot Playtime pricing available 8:00 - 11:30 am Saturday & Sunday	1:00 - 8:25 pm Slide open 1:00 - 3:00 pm	11:30 am - 4:55 pm 8:30 - 9:55 pm Slide open 12:30 - 3:00 pm & 8:30 - 9:00 pm	1:00 - 8:25 pm Slide open 1:00 - 3:00 pm	11:30 am - 4:55 pm 8:30 - 9:55 pm Slide open 12:30 - 3:00 pm & 8:30 - 9:00 pm	11:30 am - 9:55 pm Slide open 12:30 - 3:00 pm	8:00 am - 8:25 pm Slide open 12:30 am - 3:00 pm	8:00 am - 8:25 pm Slide open 12:30 am - 3:00 pm
	Deep end closed 3:15 - 6:30 pm	Deep end closed 11:30 am - 12:30 pm 3:15 - 5:00 pm	Deep end closed 3:15 - 6:30 pm	Deep end closed 11:30 am - 12:30 pm 3:15 - 5:00 pm	Deep end closed 11:30 am - 12:30 pm 3:15 - 6:30 pm	Deep end closed 8:00 - 11:30 am	Deep end closed 8:00 - 11:30 am
Adult Swim (15+ years)	8:30 - 11:25 am 8:30 - 9:55 pm 10M platform open	8:30 - 11:25 am 5:00 - 8:25 pm	8:30 - 11:25 am 8:30 - 9:55 pm 10M platform open	8:30 - 11:25 am 5:00 - 8:25 pm	8:30 - 11:25 am		8:30 - 9:55 pm 10M platform open
Loonie Swim			2:30 - 4:30 pm				11:00 am - 1:00 pm
Swim Lessons	9:00 - 11:25 am	9:00 - 11:25 am 5:00 - 8:25 pm	9:00 - 11:25 am	9:00 - 11:25 am 5:00 - 8:25pm	9:00 - 11:25 am		
AQUAFIT SCHEDULE							
Over 40's Aquafit	11:45 am - 12:30 pm		11:45 am - 12:30 pm				
Middle Section Aquafit (lanes 1 - 3)	7:45 - 8:30 pm		7:45 - 8:30 pm				
Deep Water Aquafit		11:30 am - 12:20 pm		11:30 am - 12:20 pm	11:30 am - 12:20 pm	10:10 - 11:00 am	
Zumba Aquafit						9:15 - 10:00 am	

**Program registrations are available over the phone:
Sunday - Friday 8:30 am - 9:30 pm, Saturday 8:30 am - 8:00 pm.**