



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

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 required.

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	\$4.50
Active 10	Visit		\$24.00	\$34.00	\$50.00	\$36.00
Active 30	Day		\$27.00	\$38.25	\$56.25	\$40.00
Active 90	Day		\$81.00	\$114.75	\$168.75	\$121.00
Active Infinity	Annual		\$237.00 \$19.80/mth	\$336.80 \$28.06/mth	\$495.00 \$41.25/mth	\$378.00 \$29.75/mth

ADMISSION PRICES INCLUDE TAXES

MAY HYACK SWIM MEET
May 17 - 19, 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
FITNESS CENTRE 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 & 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
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 - 8:45am		
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	8:30 am - 8:25 pm	8:00 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		
Public Swim (All Ages) Parent & Tot Playtime pricing available 8:30 - 11:30 am Sunday - Thursday	8:30 am - 1:00 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	8:30 am - 3:30 pm Deep end closed 8:30 - 11:30 am 1:00 - 3:30 pm 8:30 - 9:55 pm Slide open 8:30 - 9:00 pm	8:30 am - 1:00 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	8:30 am - 3:30 pm Deep end closed 8:30 - 11:30 am 1:00 - 3:30 pm 8:30 - 9:55 pm Slide open 8:30 - 9:00 pm	10:30 am - 3:30 pm Deep end closed 10:30 - 11:30 am 1:00 - 3:30 pm 8:30 - 9:55 pm Slide open 8:30 - 9:00 pm	11:30 am - 8:25 pm Slide open 11:30 am - 4:00 pm	8:00 am - 8:25 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 9:15 - 9:55 pm 10M platform open Deep end closed 8:30 - 9:15 pm	3:30 - 8:30 pm	4:30 - 6:30 pm 8:30 - 9:55 pm 9:15 - 9:55 pm 10M platform open Deep end closed 8:30 - 9:15 pm	3:30 - 8:30 pm	3:30 - 8:30 pm	8:30 - 11:30 am	8:30 - 9:55 pm 10M platform open
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 PLEASE NOTE: 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 - 11:15 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		
Shallow Aquafit	5:45 - 6:30 pm		5:45 - 6:30 pm				
Zumba Aquafit		8:30 - 9:15 pm		8:30 - 9:15 pm			
Schedule subject to change on statutory holidays			Hyack Swim Meet, May 17 - 19, 2019. Schedule changes in effect, please watch for upcoming schedule updates.				

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