

# Spring Try-it Schedule

**APRIL 29 - JUNE 28, 2024**

**Each season we offer new opportunities for you to enjoy at a "Try-It!" rate.  
Admission Fee: \$2.00 per session.**

<b>AQUATICS (All Ages)</b>				
<b>Effective May 14 - June 28, 2024</b>				
Public Swim (Lane Pool, Leisure Pool, Sauna, Steam Room & Hot Tubs)	Tuesday	10:30 am - 12:00 pm	təməsewtx™ Aquatic & Community Centre	604.777.5100
	Wednesday	10:30 am - 12:00 pm		
Shallow Aquafit	Wednesday	10:30 - 11:15 am		
<b>FITNESS CENTRES (open to participants 13+ years)*</b>				
Queensborough Fitness Centre	Monday	5:00 - 7:00 pm	Queensborough Community Centre	604.525.7388
	Saturday	1:00 - 3:00 pm		
təməsewtx™ Fitness Centre	Wednesday	10:30 am - 12:00 pm	təməsewtx™ Aquatic & Community Centre	604.777.5100
	Sunday	7:00 - 8:30 pm		
<b>GROUP FITNESS CLASSES (open to participants 13+ years)*</b>				
Lift & Sculpt	Tuesday	6:30 - 7:30 pm	Century House	604.519.1066
Zumba	Friday	6:15 - 7:00 pm		
Stretch	Friday	7:15 - 8:00 pm		
Yoga & Core	Wednesday	7:00 - 8:00 pm	Queensborough Community Centre	604.525.7388
Cardio Kickbox	Thursday	6:00 - 7:00 pm		
Power Yoga	Monday	6:30 - 7:30 pm	təməsewtx™ Aquatic & Community Centre	604.777.5100
Gentle Yoga & Meditation	Thursday	5:15 - 6:15 pm		
Pilates	Saturday	9:45 - 10:45 am		
Rotating Fitness Class	Friday	8:30 - 9:30 am		
<b>GENERAL INTEREST</b>				
Wake Up, Get Moving	Monday - Thurs- day	8:00 - 8:45 am	Queensborough Community Centre	604.525.7388
<b>GYMNASTICS &amp; TRAMPOLINE</b>				
Gymnastics Motoring Munchkins	Friday	12:00 - 2:00 pm	Queen's Park Sportsplex	604.777.5121
Gymnastics Youth & Adult	Wednesday	8:00 - 9:30 pm		
<b>SPORTS (16+ years)</b>				
Ball Hockey	Saturday	2:15 - 3:45 pm	Queensborough Community Centre	604.525.7388
Basketball	Monday	11:30 am - 2:00 pm	təməsewtx™ Aquatic & Community Centre	604.777.5100
	Friday	8:30 - 11:00 am		
Indoor Soccer	Friday	8:30 - 11:00 am		
Youth Volleyball	Sunday	5:00 - 6:30 pm		
*13+ years (adult supervision required for 13 & 14 years)				