

# Aquatic Schedule: Sep 8 to 19

CLOSED SEP 30, OCT 13 & NOV 11 \*2 lanes available during Aquafit/Zumba.

■ Pool & Hot Tub not available  
■ Pool & Hot Tub Available

TIME	MON.	TUES.	WED.	THURS.	FRI.
6:30-8:00am	Lane Swim & ORCA	Lane Swim	Lane Swim & ORCA	Lane Swim	Lane Swim & ORCA
8:00-9:00am	Lane Swim	AquaZumba* (8:05-8:50)	Lane Swim	AquaFit* (8:05-8:50)	Lane Swim
9:00-9:50am	Swim Lessons & Lane Swim (2 Lanes)	Swim Lessons & Lane Swim (2 Lanes)	Swim Lessons & Lane Swim (2 Lanes)	Swim Lessons & Lane Swim (2 Lanes)	Lane Swim
10:00am-12:00pm	RECOPE	Swim Lessons & Lane Swim (2 Lanes)	RECOPE	Swim Lessons & Lane Swim (2 Lanes)	RECOPE
12:05-1:00pm	AquaFit*	Lane Swim	AquaFit*	Lane Swim	AquaFit*
1:00-2:00pm	School Lessons	School Lessons	School Lessons	School Lessons	Lane Swim
2:00-2:55pm		AquaFit* (2:05-2:50pm) Parent & Tot		AquaFit*	Swim Club
3:00-6:30pm	Lessons & ORCA Swim Club				
6:35-7:35pm	Public Swim (2 Lanes)				
7:45-9:00pm	Master Swim Club (1 Lane)	Public Swim (2 Lanes)	Master Swim Club (1 Lane)	Public Swim (Sep 11-25) AquaFit* (Starts Oct 2)	Public Swim (2 Lanes)

TIME	SAT.	SUN.
9:00-10:30am	ORCA Swim Club & Masters (9:00-10:30am)	Swim Lessons
10:45am-12:15pm	Swim Lessons	
12:30-1:55pm	Lane Swim	
2:00-6:30pm	Public Swim (2 Lanes)	

Pool will be closed Sunday Sept 14th from 12:15pm - 6:30pm for staff training

All children under the age of 7 regardless of swimming ability and children 7-10 years of age who cannot swim a width of the pool must be accompanied by an adult (16 years of age or older.)

\* A family consists of 2 adults and their own children 0-18 years. All prices include tax.\*

ADMISSION	DROP-IN	10 PASS	1-MONTH PASS	3-MONTH PASS	6-MONTH PASS	1-YEAR PASS
Preschool 3-5 years	\$1.25	\$11.25	\$12.50	\$31.88	\$52.50	\$97.50
Child 6-12 years	\$3.25	\$29.25	\$32.50	\$82.88	\$136.50	\$253.50
Teen 13-18 years	\$4.25	\$38.25	\$42.50	\$108.38	\$178.50	\$331.50
Adult 19-64 years	\$5.25	\$47.25	\$52.50	\$133.88	\$220.50	\$409.50
Senior 65+ years	\$4.25	\$38.25	\$42.50	\$108.38	\$178.50	\$331.50
Family*	\$13.00	\$117.00	\$130.00	\$331.50	\$546.00	\$1,014.00
AquaFit/Zumba	\$6.50	\$55.00	N/A	N/A	N/A	N/A

## Fitness Centre Schedule: Sep 8-Dec 21

CLOSED SEP 30, OCT 14 & NOV 11.

Health Club memberships includes full access to the Fitness Centre and access to our 25m pool, hot tub and sauna when available. Last entry into the pool or fitness room is 30 minutes before closure. The Fitness Centre at the Summerland Aquatic Centre features an extensive variety of cardio and weight equipment.

Our equipment includes:

- Free Weights & Kettlebells
- Treadmills
- Stationary/Recumbent/Spin Bikes
- Ellipticals
- Rowing Machine

We provide a safe and pleasant atmosphere for our members and guests. Whether you want to increase your overall fitness, lose weight or train for that upcoming race, we have the equipment to assist you.

### FITNESS CENTRE HOURS

#### Fitness Centre Fall Schedule

SEP 8-DEC 23

Mon-Fri 6:30am-8:45pm  
Sat & Sun 9:00am-6:15pm

See page 22 for full holiday schedule.

CLOSED  
DEC 25, 26 &  
JAN 1.

## Weight Room Orientations

Join Courtney for this one-time intro to weight training. Learn proper use of our machines and get yourself started on a basic weight training plan.

Age: 13 yrs +

Instructor: Courtney

Location: Summerland Aquatic & Fitness Centre

Cost \$8 per Orientation

Mon, Sep 8	5:00pm-6:30pm	15873
Mon, Oct 6	5:00pm-6:30pm	15874
Mon, Nov 3	5:00pm-6:30pm	15875
Mon, Dec 8	5:00pm-6:30pm	15876

## Senior Weight Room Orientation

Join Andi, our expert older adult trainer in the Summerland Fitness room to learn the basics. This class will introduce you to proper use of our machines and the basics of getting started on your weight training journey.

Age: 65 yrs +

Instructor: Andi

Location: Summerland Aquatic & Fitness Centre

Cost \$8 per Orientation

Tue, Sep 9	8:30am-9:30am	15867
Tue, Oct 7	8:30am-9:30am	15868
Tue, Nov 4	8:30am-9:30am	15869
Tue, Dec 2	8:30am-9:30am	15870



## FEES – HEALTH CLUB – POOL & FITNESS CENTRE

ADMISSION	DROP-IN	10 PASS	1-MONTH PASS	3-MONTH PASS	6-MONTH PASS	1-YEAR PASS
Teen 13-18 years	\$5.50	\$49.50	\$55.00	\$140.25	\$ 231.00	\$429.00
Adult 19-64 years	\$7.25	\$62.25	\$72.50	\$184.88	\$304.50	\$565.50
Senior 65+ years	\$5.50	\$49.50	\$55.00	\$140.25	\$231.00	\$429.00
Family (13+)*	\$17.00	\$153.00	\$170.00	\$433.50	\$714.00	\$1,326.00

\*A family consists of 2 adults and their own children 13-18 years. All prices include GST.

CLOSED  
SEP 30, OCT 13  
& NOV 11