

Fitness Centre Schedule: Mar 31-Aug 24

CLOSED APR 18-21, MAY 19, JULY 1, AUG 4.

ANNUAL MAINTENANCE CLOSURE AUG 25-SEPT 7.

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
- Stair Master
- 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.

**FACILITY
MAINTENANCE
CLOSURE
APR 18-21 &
AUG 25-SEP 7**

Weight Room Basics

Join this weight room basics class, designed for beginners looking to learn how to use the gym equipment safely and effectively. Your instructor will guide you through proper techniques and show you how to structure a balanced workout routine. Perfect for anyone new to strength training or looking to build confidence in the gym.

Age: 18 yrs +

Location: Summerland Fitness Centre

Apr 13 **Sun** **5:00-6:30pm**
\$16 **15055**

May 25 **Sun** **10:00-11:30am**
\$16 **15447**

Age: 13 - 17 yrs

Location: Summerland Fitness Centre

April 22 **Mon** **1:00 - 1:45pm**
\$9 **15056**

**CLOSED
APR 18-21,
MAY 19, JULY 1,
AUG 4, &
AUG 25-SEP 7**

FITNESS CENTRE HOURS

Fitness Centre Spring Schedule

MAR 31-JUNE 29

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

Summer Schedule

JUNE 30-AUG 24

Mon-Fri 6:30am-7:15pm
Sat & Sun Closed



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.

Spring Aquatic Schedule • Mar 31-June 29

Schedule may vary slightly due to program registration.
Classes will be added or cancelled pending registration.

**POOL
CLOSED
APR 18-21 &
MAY 19**

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30-8:00am	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
8:05-8:50am	Lane Swim	AquaZumba*	Lane Swim	AquaFit *	Lane Swim
9:00-9:50am	Swim Lessons & Lane Swim (3 Lanes)	Swim Lessons & Lane Swim (2 Lanes)	Swim Lessons & Lane Swim (3 Lanes)	Swim Lessons & Lane Swim (2 Lanes)	Lane Swim
10:00am-12:00pm	RECOPE	Swim Lessons & Lane Swim	RECOPE	Swim Lessons & Lane Swim	RECOPE
		Lane Swim 6 Lanes @ 11:00am		Lane Swim 6 Lanes @ 11:00am	
12:05-12:50pm	AquaFit *	Lane Swim	AquaFit *	Lane Swim	AquaFit *
1:00-2:00pm	School Lessons	Lane Swim	School Lessons	Lane Swim	School Lessons
2:05-2:55pm	Lane Swim	AquaFit *	Lane Swim	AquaFit *	Public Swim until 4:15pm
3:00-6:30pm	Swim Lessons & ORCA Swim Club	Public Swim 3:00-4:30pm	Swim Lessons & ORCA Swim Club	Public Swim 3:00-4:30pm	
	Swim Lessons & ORCA Swim Club				
6:35-7:40pm	Public Swim (2 Lanes)				
7:45-9:00pm	Master Swim Club & Lane Swim (1 Lane)	Lane Swim	Master Swim Club & Lane Swim (1 Lane)	Lane Swim	Public Swim (2 Lanes)

	SATURDAY	SUNDAY
9:00-10:30am	ORCA & Masters Swim Club	Swim Lessons
10:45am-12:00pm	Swim Lessons	
12:00-1:55pm	Lane Swim (6 Lanes)	
2:00-3:55pm	Public Swim (2 Lanes)	
4:00-5:00pm	Lane Swim (6 Lanes)	
5:15-6:30pm	Public Swim (2 Lanes)	

2 lanes available during AquaFit.
Reduced Lane Swim during courses see pages 14 and 15 for details.
Last Wednesday of every month Public Swim will be 8:00-9:00pm.

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

Ratio: 1 adult per 3 children.

*A family consists of 2 adults and their own children 0-18 yrs.

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