

# Summer Aquatic Schedule June 30-Aug 22

CLOSED AUG 4 AND AUG 25-SEP 7.

POOL  
CLOSED  
SAT. & SUN.

\*One lane is available during Morning & Noon Hour AquaFit.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30-8:00am	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
8:00-8:50am	Lane Swim	*AquaZumba	Lane Swim	*AquaFit	Lane Swim
9:00-9:50am	Closed for Lessons and Courses				
10:00am-12:00pm	RECOPE	Public Swim (2 Lanes)	RECOPE	Public Swim (2 Lanes)	RECOPE
12:05-1:00pm	*AquaFit (2 Lanes)	Lane Swim (4 Lanes)	*AquaFit (2 Lanes)	Lane Swim (4 Lanes)	*AquaFit (2 Lanes)
1:00-3:00pm	Public Swim (2 Lanes)	Closed for Courses	Lane Swim (6 Lanes)	Closed for Courses	Public Swim (2 Lanes)
3:15-5:30pm	Closed for Lessons and Courses				
5:45-7:30pm	Public Swim (2 Lanes)				

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.)

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

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



*Summer fun themed  
public swim*

will be running

**July & Aug 6:30-7:30pm**

Tarzan Tuesday's and Freeze Friday's

## Fitness Centre Schedule: Mar 31-Aug 24

**CLOSED APR 18-21, MAY 19, JULY 1, AUG 4.  
ANNUAL MAINTENANCE CLOSURE AUG 25-SEPT 7.**

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

### 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.