

# Aquatic Schedule: Mar 30-June 28

\*2 Lanes available during AquaFit and AquaZumba.

**POOL  
CLOSED  
APR 3-6 &  
MAY 18**

Pool & Hot Tub not available  
 Pool & Hot Tub Available

TIME	MON.	TUES.	WED.	THURS.	FRI.
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	Lane Swim (6 Lanes)	Swim Lessons & Lane Swim	Lane Swim	Lane Swim
10:00-11:00am	RECOPE		RECOPE		RECOPE
11:15am-12:00pm		Lane Swim	Lane Swim	Lane Swim	
12:05-12:50pm	AquaFit*	Lane Swim	AquaFit*	Lane Swim	AquaFit*
1:00-2:00pm	Lane Swim	Lane Swim	School Swim Lessons	Lane Swim	Public Swim (until-4:15pm)
2:05-2:55pm	Lane Swim	AquaFit* (2:05-2:50pm)		AquaFit* (2:05-2:50pm)	
3:00-6:30pm	ORCA and Swim Lessons				
6:35-7:40pm	Public Swim				
7:45-9:00pm	Master Swim Club & Lane Swim	Public Swim	Master Swim Club & Lane Swim	AquaFit*	Public Swim

TIME	SAT.	SUN.
9:00-10:30am	ORCA & Masters Swim Club	Swim Lessons
10:45am-12:30pm	Swim Lessons	
12:35-1:55pm	Lane Swim	
2:00-6:30pm	Public Swim	

\*2 lanes available during AquaFit.

No swim lessons Saturday June 27th or Sunday June 28th. Swim lesson times will be replaced with lane swim.

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

## Fitness Centre Schedule: Mar 30-Aug 21

CLOSED APR 3-6, MAY 18, JULY 1, AUG 3. ANNUAL MAINTENANCE CLOSURE AUG 22-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
- 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.

CLOSED  
APR 3-6,  
MAY 18, JULY 1,  
AUG 3, &  
AUG 24- SEP 8

FITNESS CENTRE HOURS

### Fitness Centre Spring Schedule

**MAR 30-JUNE 28**

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

### Summer Schedule

**JUNE 29-AUG 21**

Mon-Fri 6:30am-5:45pm  
Sat & Sun Closed

### 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: Aquatic & Fitness Centre

**Apr 12 Sun 1:00pm-2:30pm \$8.00 17296**  
**Apr 20 Mon 5:00pm-6:30pm \$8.00 17297**

### 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, Mar 24 8:30am-9:30am 17382**  
**Tue, Apr 14 8:30am-9:30am 17383**  
**Tue, May 5 8:30am-9:30am 17384**  
**Tue, Jun 2 8:30am-9:30am 17385**



### 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.