Aquatic Schedule Jan 2-Mar 16

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	AquaFit*	Lane Swim	AquaFit*	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)	Swim Lessons & Lane Swim (2 Lanes)	
10:00am- 12:00pm	RECOPE	Swim Lessons & Lane Swim (2 Lanes)	RECOPE	Swim Lessons & Lane Swim (2 Lanes)	RECOPE	
12:05-12:50pm	AquaFit*	Lane Swim	AquaFit*	Lane Swim	AquaFit*	
1:00-1:50pm	School	Lane Swim	School	Lane Swim		
1:50-2:55pm	Lessons	AquaFit* (2:05-2:50pm)	Lessons	AquaFit* (2:05-2:50pm)	Public Swim (until 4:15pm)	
3:00-6:30pm	Swim Lessons and Orca Swim Club Orca Swim Club (4:30-6:00pm)					
6:35-7:35pm	Public Swim** (2 Lanes)					
7:45-9:00pm	Master Swim Club & Lane Swim (1 Lane)	AquaFit & Lane Swim	Master Swim Club & Lane Swim (1 Lane)	AquaFit & Lane Swim	Public Swim (2 Lanes)	

TIME	SAT.	SUN.		
9:00-10:30am	Orca & Masters Swim Club	Swim Lessons		
10:45-12:30pm				
12:30-1:55pm	Lane Swim (6 Lanes)			
2:00-3:55pm	Public Sw	vim (2 Lanes)		
4:00- 5:00pm	Lane Swi	i m (6 Lanes)		
5:15-6:30pm	Public Sw	rim (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.)

^{*} 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: Jan 2-Mar 28

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. FITNESS CENTRE HOURS

Fitness Centre

Mon - Fri 6:30am-8:45pm Sat & Sun 9:00am-6:15pm CLOSED FEB 17

See page 6 for full holiday schedule.

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.

Location: Summerland Fitness Centre

YOUTH SESSION

Ages 13-18 years

Jan 13 Mon 14341 2:00-3:00pm \$12

ADULT SESSION



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.