

**Terrace Aquatic Centre**  
**September 26, 2011 – December 18, 2011**

**TERRACE AQUATIC CENTRE**

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Swim	6:30-9:30 am*	6:30-9:30 am*	6:30-9:30 am*	6:30-9:30 am*	6:30-9:30 am*		
Power Fit		6:30-7:20 am*		6:30-7:20 am*			
Stretch & Tone		8:00-8:50 am*		8:00-8:50 am*			
Aquafit (Fitness)	6:00-6:45 pm*	8:00 -8:50pm*	6:00-6:45 pm*	8:00 -8:50pm*			
Healthy Hearts	9:30-10:20 am		9:30-10:20 am		9:30-10:20 am		
Senior and Rehab Lanes	10:30-11:00 am		10:30-11:00 am		10:30-11:00 am		
School Groups	1:00-3:00 pm	9:30-10:30 am 1:00-3:00 pm	1:00-3:00 pm	9:30-10:30 am 1:00-3:00 pm	1:00-3:00 pm		
Noon Hour Lengths	11:00-1:00 pm	11:30-1:00 pm	11:00-1:00 pm	11:30-1:00 pm	11:00-1:00 pm	11:30-1:00 pm	12:30-2:00pm*
Family Swim Toddler Pool only	11:30-1:00 pm	11:30-1:00 pm	11:30-1:00 pm	11:30-1:00 pm	11:30-1:00 pm	11:30-1:00 pm	
Family Swim	3:00-4:00 pm	3:00-4:00 pm 6:45-8:00 pm	3:00-4:00 pm	3:00-4:00 pm	3:00-4:00 pm	1:00-2:00 pm	2:00-3:00 pm*
Children Lessons	4:00-6:00 pm	10:30-11:30 am 5:00-6:30 pm	4:00-6:00 pm	10:30-11:30 am 5:00-6:30 pm		10:00-11:30 am	
Everyone Welcome Swim	6:45 - 8:00 pm		6:45 - 8:00 pm	6:45 - 8:00 pm	6:45 - 8:00 pm	2:00-4:30 pm	3:00-5:00pm 6:00-8:00pm*
Adult Only Lengths	9:00-10:00 pm	9:00-10:00 pm	9:00-10:00 pm	9:00-10:00 pm	8:00-9:00pm		6:00-8:00pm*
Free Teen Swim					9:00-11:00pm		
Private Rentals		*Shared Pool				4:30-5:30pm	5:00-6:00pm

**FALL 2011  
Swim & Fitness  
Schedule**



	SEASONS PASSES			
	1MTH	3MTH	6MTH	1YEAR
Child		\$64.00	\$104.00	\$176.00
Student/Senior	\$38.40	\$76.80	\$124.80	\$211.20
Adult	\$64.00	\$128.00	\$208.00	\$352.00
Family		\$256.00	\$416.00	\$704.00
<i>**3mth, 6mth, &amp; 1 yr passes do not include fitness classes**</i>				
<u>10 Punch Card</u>		<u>General Admission</u>		
Child	\$22.00	Child	\$2.75	
Student/Senior	\$26.00	Student/Senior	\$3.25	
Adult	\$42.00	Adult	\$5.25	
Family	\$86.00	Family	\$10.75	
Fitness	\$48.00	Fitness	\$6.00	
Tanning	\$17.44			

All children under 7 years of age **MUST** be accompanied by an adult within the pool area (at least 16 yrs. or 14 yrs. **and completed** Bronze Medallion or higher).

Children must be no more than an arm's length away from the adult at all times. Maximum of 3 children per adult.

**GYM, HOT TUB and SAUNA'S OPEN:**

Monday –Friday: 6:30am-9:00pm

Saturday: 11:30am-4:30pm

Sunday: 12:30pm-8:00pm

**\*\*Students must be 16 yrs. to enter the gym and use the equipment\*\***

**EVERYONE  
ACTIVE  
EVERYDAY**

**Phone: 250.615.3030**