



# SWIM AND FITNESS SCHEDULE AT TERRACE'S SPORTSPLEX

www.terrace.ca 250-615-3000



## SPRING BREAK FITNESS SCHEDULE: March 8<sup>th</sup> - 12<sup>th</sup>, 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Complete Cardio Mix		Complete Cardio Mix		Complete Cardio Mix
9:00am	Fitness Fusion		Fitness Fusion		Fitness Fusion
5:00pm	Yoga				
6:30pm		Yoga		Yoga	

## SPRING FITNESS SCHEDULE: March 15<sup>th</sup> - June 25<sup>th</sup>, 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Complete Cardio Mix (see note)	All About Muscle (see note) <b>**Bosu Training</b>	Complete Cardio Mix (see note)	All About Muscle (see note)	Complete Cardio Mix (see note)
9:00am	Step		Athletic Land		Strength Circuit
9:15am		Zumba		Zumba	
10:30am		Fit After 50		Fit After 50	
5:00pm	Yoga				
5:15pm			Total Ball Conditioning		
6:30pm	Cardio Blast <b>**Pilates</b>	Yoga	Zumba	Yoga <b>**Pilates</b>	Zumba
7:30pm	<b>**Body Rolling</b>				
8:15pm	<b>**Adult Ballet</b>				

**\*\*These are registration ONLY classes with different start dates.**

**NOTE: Tuesday & Thursday 6am classes start March 23<sup>rd</sup>.**

**\*\*All 6am classes will be held at Uplands School from March 29<sup>th</sup> - April 16<sup>th</sup>, sorry for any inconvenience.**

## SPRING PUBLIC SKATING SCHEDULE: March 8<sup>th</sup> - 28<sup>th</sup>, 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
10:30 - 11:00am	Toonie Parent & Tot Skate		Toonie Parent & Tot Skate		Toonie Parent & Tot Skate	
11:30-1:00pm	Noon Hour Hockey		Noon Hour Hockey		Noon Hour Hockey	
11:45-1:15pm		Adult Laps		Adult Laps		
3:30-5:15pm	Free Skate					Family Skate
3:30 - 5:30pm					Toonie Public Skate	
6:15-7:30pm			Public Skate			

## TERRACE AQUATIC CENTRE SCHEDULE: March 15<sup>th</sup> - June 29<sup>th</sup>, 2010

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

\* Shared pool

### SEASONS PASSES

	1 MTH	3 MTHS	6 MTHS	1 YEAR
Child	\$ 60.00	\$ 172.50	\$ 322.50	\$ 600.00
Student	\$ 72.00	\$ 216.00	\$ 414.00	\$ 840.00
Adult	\$ 120.00	\$ 360.00	\$ 684.00	\$ 1380.00
Senior	\$ 72.00	\$ 216.00	\$ 414.00	\$ 840.00
Family	\$ 240.00	\$ 720.00	\$ 1380.00	\$ 2760.00

\*\* 3 mth, 6 mth, & 1 yr passes do not include fitness classes \*\*

### 10 Punch Cards

Child	\$ 20.00
Student	\$ 24.00
Adult	\$ 40.00
Senior	\$ 24.00
Family	\$ 80.00
Aquafit	\$ 45.00
Sun tanning	\$ 16.50
Hockey	\$ 45.00

### General Admission

Child	\$ 2.50
Student	\$ 3.00
Adult	\$ 5.00
Senior	\$ 3.00
Family	\$ 10.00
Aquafit	\$ 5.50

All children under 7 years of age MUST be accompanied by an adult within the pool area (at least 16 years of age or 14 years of age AND completed Bronze Medallion or higher). Children must be no more than an arms length away from the adult at all times. Maximum of 3 children per adult. Students must be 16 years of age to enter the weight room and use the equipment.

**WEIGHT ROOM, WHIRLPOOL AND SAUNAS OPEN:**

**MONDAY TO FRIDAY:**

**6:30AM- 10 PM**

**SATURDAY: 11:30 AM - 4:30 PM**

**SUNDAY: 12:30 PM - 8:00PM**

## AQUATIC CENTRE PROGRAMMING

### MARCH

March is Red Cross Month –  
 o Poster Contest – details at the front desk  
 o Take a CPR course (or recert) and receive a Red Cross CPR keychain barrier device  
 27th – full CPR-C course, 9:00 – 3:00  
 29th – CPR-C recert, 5:00 – 9:00 pm  
 8 – 12 Legendary Water Fight – Aquatic Centre Staff against the General Public!  
 8 – 12 Aquatic Emergency Care, 9:00 – 4:00  
 8 – 12 Tips n' Techniques Clinic 5:00 – 6:30 pm  
 10th Blood Pressure Clinic  
 15 – 26 Red Cross Adult Swimming Lessons (Monday – Thursday, 5:30 – 6:30 pm)  
 15 – 26 Red Cross Sport Modules (Monday – Friday, 5:30 – 6:30)  
 • NEW! – Starting March 3 – Aquafit, Wednesdays 8:00 – 9:00 pm  
 • NEW! – Starting March 1 – Senior's Swim, Mon / Wed / Fri 11:00 – 11:30 am

### APRIL

Celebrate National Frog Month!!  
 17th Standard First Aid, 9:00 – 5:30 (CPR next day)  
 18th CPR – C, full course, 9:00 am – 3:30 pm (separate or combined with SFA)  
 19th CPR-C recert, 5:00 – 8:00 pm

### MAY

Physical Fitness & Sports Month  
 7, 8, 9 & 28, 29, 30 Assistant Water Safety Instructor (AWSI)  
 9th Mother's Day Swim – watch for a special event just for MOM  
 12th International Nurses Day – Nurses – attend an aquafit class for free  
 13th PFD day – lots of special events  
 15th Standard First Aid (CPR next day), 9:00 – 5:30  
 16th CPR-C full course (separate or combined with SFA), 9:00 – 3:30  
 17th CPR-C Recert, 5:30 – 8:30 pm  
 22 – 28 Safe Boating Week – contests, events and lots of safe boating information

### JUNE

National Senior's Month – stay tuned for our 2nd Annual Celebration of Seniors  
 5th Water Safety Instructor (WSI) Recert Clinic  
 6 – 12 Water Safety Week – lots of events, contests, draws and information  
 19th Standard First Aid (CPR next day), 9:00 – 5:30  
 20th CPR-C, (separate or combined with SFA), 9:00 – 3:30  
 20th Father's Day Swim – watch for a special event just for DAD  
 21st CPR-C recert 5:30 – 8:30 pm

## SPRING BREAK SWIM & FITNESS SCHEDULE: March 8<sup>th</sup> - 14<sup>th</sup>, 2010

	Monday 8-Mar	Tuesday 9-Mar	Wednesday 10-Mar	Thursday 11-Mar	Friday 12-Mar	Saturday 13-Mar	Sunday 14-Mar
Building Opens to the Public	6:20am	6:20am	6:20am	6:20am	6:20am	11:30am	12:30pm
Early Bird Swim	7:30-9:00am	6:30-9:00am*	7:30-9:00am	6:30-9:00am*	7:30-9:00am		
Stretch & Tone		8:00-8:45am*		8:00-8:45am*			
Aquafit	9:00-9:50am	8:00-8:50pm	9:00-9:50am 8:00-8:50pm	8:00-8:50pm	9:00-9:50am		
Healthy Hearts	10:00-10:50am		10:00-10:50am		10:00-10:50am		
*New* Senior's Lane Swim	11:00-11:30am		11:00-11:30am		11:00-11:30am		
Noon Hour Lengths	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	12:30-3:00pm*
Family Swim Toddler Pool Only	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	12:30-2:00pm
Family Swim		5:30-6:30pm		5:30-6:30pm		1:00-2:00pm	2:00-3:00pm*
Everyone Welcome Swim	1:00-5:00pm 6:30-8:00pm	1:00-5:00pm 6:30-8:00pm	1:00-5:00pm 6:30-8:00pm	1:00-5:00pm 6:30-8:00pm	1:00-5:00pm 6:30-8:00pm	2:00-4:30pm	3:00-5:00pm 6:00-8:00pm
Adult Only Lengths	8:00-9:00pm*	8:00-9:00pm*	8:00-9:00pm*	8:00-9:00pm*	8:00-9:00pm*		6:00-8:00pm*
Free Teen Swim					9:00-11:00pm		
Private Rentals	5:00-6:00pm 8:00-9:00pm*		5:00-6:00pm 8:00-9:00pm*			4:30-5:30pm	5:00-6:00pm

\*Shared Pool

## TERRACE AQUATIC CENTRE Spring 2010 Swim Lesson Schedule 250-615-3030

Program	Mon & Wed Mar 29 - Apr 28	Tue & Thu Mar 30 - Apr 29	Mon & Wed May 17-Jun 16	Tue & Thu May 18-Jun 17	Saturday April 10-Jun 19
	No class Apr 5 Easter Monday		No class May 24th Victoria Day		No class May 22 Victoria Day Weekend

Parent Participation	9 classes	9 classes			
Starfish (6mths-18mths)	6:00pm-13801	11:00am-13913	6:00pm-13869	11:00am-13920	11:00am-13984
Duck (18mths-36mths)	6:00pm-13802	11:00am-13914	6:00pm-13870	11:00am-13921	11:00am-13985

Preschool 3-5 years					
Sea Turtle	4:00pm-13790	10:30am-13909 5:00pm-13792	4:00pm-13832	10:30am-13916 5:00pm-13873	10:00am-13973
Salamander	4:30pm-13794	10:00am-13904 5:30pm-13796	4:30pm-13846	10:00am-13915 5:30pm-13879	10:00am-13977
Sunfish	5:30pm-13795	11:00am-13912 5:30pm-13806	5:30pm-13847	11:00am-13919 5:30pm-13880	11:00am-13986
Crocodile	4:30pm-13803	10:30am-13910 5:00pm-13804	4:30pm-13854	10:30am-13917 6:00pm-13885	10:00am-13979
Whale	4:30pm-13812	10:30am-13911 5:00pm-13813	4:30pm-13855	10:30am-13918 6:00pm-13894	10:30am-13983

Swim Kids					
Swim Kids 1	5:30pm-13807	5:30pm-13808	5:30pm-13868	5:00pm-13874	10:30am-13980
Swim Kids 2	4:00pm-13798 6:00pm-13799	6:00pm-13800	4:00pm-13838 6:00pm-13841	6:30pm-13902	10:00am-13978
Swim Kids 3	4:00pm-13809 5:30pm-13810	6:00pm-13811	4:00pm-13844 5:30pm-13845	6:30pm-13903	10:30am-13981
Swim Kids 4	4:30pm-13817	5:00pm-13818	4:30pm-13856	5:00pm-13875	11:00am-13987
Swim Kids 5	5:00pm-13814	6:30pm-13815	5:00pm-13862	5:30pm-13881	11:00am-13988
Swim Kids 6*		5:30pm-13819	5:00pm-13867		
Swim Kids 7*	5:45pm-13822			6:00pm-13899	
Swim Kids 8*	5:45pm-13823			6:00pm-13900	
Swim Kids 9*		6:15pm-13820	5:45pm-13871		
Swim Kids 10*		6:15pm-13821	5:45pm-13872		
Canadian Swim Patrol	4:45pm-13816				
Bronze Star				5:00pm-13876	
Adult Lessons		10:00am-13908		10:00am-13907	

\* Indicates swim lessons are 45 minutes long

Swim Lesson Fees:	30 minutes	\$45.00	45 minutes*	\$55.00
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Find this schedule online at [www.terrace.ca](http://www.terrace.ca)