

# Spring Break Swim & Fitness Schedule

March 8th - March 14th, 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Program	8-Mar	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	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		
<b>*New*</b> 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

## SEASONS PASSES

	1 MTH	3 MTHS	6 MTH	1 YEAR
Child		\$ 60.00	\$ 97.50	\$ 165.00
Student	\$36.00	\$ 72.00	\$ 117.00	\$ 198.00
Adult	\$60.00	\$ 120.00	\$ 195.00	\$ 330.00
Senior	\$36.00	\$ 72.00	\$ 117.00	\$ 198.00
Family		\$ 240.00	\$ 390.00	\$ 660.00

**\*\*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
Hockey	\$ 45.00
Sun tanning	\$ 16.50

## 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 better**). 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**

**NEW**  
**Wednesday**  
**Night**  
**Aquafit**  
**8-8:50pm**

SCHEDULE IS ONLINE AT [www.terrace.ca](http://www.terrace.ca)  
 Click on Leisure Services Updates6