

TERRACE AQUATIC CENTRE

Swim and Fitness Schedule

January 5 - March 8, 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)	9:00-9:45am	8:00-8:45PM	9:00-9:45am	8:00-8:45PM	9:00-9:45am		
Healthy Hearts	10:00-10:45am		10:00-10:45am		10:00-10:45am		
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	3:30- 6:30pm	10:00-11:30 5:00-7:00	3:30-6:30pm	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	\$ 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
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

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WINTER 2010

**For More Information
Please Call
(250) 615-3030**

**Or find us on the Web
www.terrace.ca**

Updated Leisure Services Schedules Online: www.terrace.ca