

# Swim and Fitness Schedule

February 3 - March 18, 2012

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Swim	6:30-9:30am*	6:30-9:30am*	6:30-9:30am*	6:30-9:30am*	6:30-9:30am*		
Power Fit (Fitness)		6:30-7:20am		6:30-7:20am			
Stretch & Tone		8:00-8:50am*		8:00-8:50am*			
Aquafit (Fitness)	6:00-6:45pm	8:00-8:50pm	6:00-6:45pm	8:00-8:50pm			
Healthy Hearts	9:30-10:20am		9:30-10:20am		9:30-10:20am		
Senior/Rehab Lanes	10:30-11:00am		10:30-11:00am		10:30-11:00am		
Noon Hour Lengths	11:00-1:00pm	11:30-1:00pm	11:00-1:00pm	11:30-1:00pm	11:00-1:00pm	11:30-1:00pm	12:30-2:00pm*
Family Swim <b>Toddler Pool Only</b>	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	9:30-10:30am 1:00-3:00pm	1:00-3:00pm	9:30-10:30am 1:00-3:00pm	1:00-3:00pm		
Family Swim	3:00-4:00pm	3:00-4:00pm 6:45-8:00pm	3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	1:00-2:00pm	2:00- 3:00pm
Children Lessons	4:00- 6:00pm	10:00-11:30 5:00-6:30	4:00-6:00pm	10:00-11:30 5:00-6:30		10:00-11:30	
<b>Everyone Welcome Swim</b>	6:45- 8:00pm		6:45- 8:00pm	6:45- 8:00pm	6:45- 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	<b>Cancelled</b>		<b>NEW</b> 8:00-9:00pm
<b>Teen Swim</b> (13-18yrs)	Starting Fri Feb 3rd				8:00-9:30pm		
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		\$ 64.00	\$ 104.00	\$ 176.00
Student	\$38.40	\$ 76.80	\$ 124.80	\$ 211.20
Adult	\$64.00	\$ 128.00	\$ 208.00	\$ 352.00
Senior	\$38.40	\$ 76.80	\$ 124.80	\$ 211.20
Family		\$ 256.00	\$ 416.00	\$ 704.00

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

## 10 Punch Cards

Child	\$ 22.00
Student	\$ 26.00
Adult	\$ 42.00
Senior	\$ 26.00
Family	\$ 86.00
Aquafit	\$ 48.00

## General Admission

Child	\$ 2.75
Student	\$ 3.25
Adult	\$ 5.25
Senior	\$ 3.25
Family	\$10.75
Aquafit	\$ 6.00

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:**

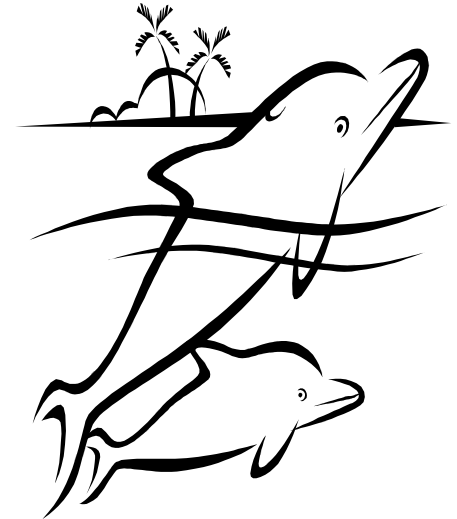
**MONDAY TO THURSDAY:**

**6:30AM- 10 PM**

**SATURDAY: 11:30 AM – 4:30 PM**

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

# TERRACE AQUATIC CENTRE



## WINTER 2012

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

Or find us on the Web at  
[www.terrace.ca](http://www.terrace.ca)

