

FALL SCHEDULE | TERRACE & DISTRICT AQUATIC CENTRE

September 2–December 21, 2025



PROGRAMS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MEMBERS LAPS 16+		6–8am (3)	6–8am	6–8am (3)	6–8am	6–8am (3)	
BLUEBACKS		6–8am (3) 3:45–5:15pm 8–9pm (2)	3:45–6:15pm	6–8am (3) 3:45–5:15pm 8–9pm (2)	3:45–6:30pm	6–8am (3) 3:45–6:15pm	8:30am–12pm Whole pool
AQUAFIT		9–9:45am	8:30–9am 8–8:45pm	9–9:45am	8:30–9am 8–8:45pm	9–9:45am 8–8:45pm	
PARENT & TOT	11:30–1pm	8–10am 11:30am–1pm	8–9:30am 11:30am–1pm	8–10am 11:30am–1pm	8–9:30am 11:30am–1pm	8–10am 11:30am–1pm	11–1pm
AQUA THERAPY		11–11:45am	11–11:45am	11–11:45am	11–11:45am	11–11:45am	
SCHOOL GROUPS		10–11am 1–2pm	1–2pm	10–11am 1–2pm	1–2pm	10–11am 1–2pm	
SWIM LESSONS		4–6:30pm	9:30–11am 4:30–6:45pm	4–6:30pm	9:30–11am 4:30–6:45pm		
LANES 16+	11:30–1pm	8–8:45am 11:45–1pm 8–9pm	8–9:30am 11:45–1pm 8–9pm	8–8:45am 11:45–1pm 8–9pm	8–9:30am 11:45–1pm 8–9pm	8–8:45am 11:45–1pm 8–9pm	12–1pm
PUBLIC SWIMS	1–4pm	2–3:45pm 6:45–8pm	2–3:45pm 7–8pm	2–3:45pm 6:45–8pm	2–3:45pm 7–8pm	2–3:45pm 6:30–8pm	1–4pm
BIRTHDAY PARTIES	4:15–5:15pm						4:15–5:15pm
HOT TUB, SAUNA & GYM USE	11:30am–5:30pm	6–8am (Members) 8am–9pm	6–8am (Members) 8am–9pm	6–8am (Members) 8am–9pm	6–8am (Members) 8am–9pm	6–8am (Members) 8am–9pm	8:30am–5:30pm



4540 Park Avenue
Terrace, BC V8G 2N6
250-615-3030

 terrace.ca/swim

 facebook.com/CityofTerrace

SCHEDULE INFORMATION

BLUEBACK SWIM CLUB
STARTS UP ON SEPTEMBER 13

STAT Holiday Hours

11:30–4pm

- » **September 1**
- » **September 30**
- » **October 13**
- » **November 11**
- » **November 28**

STAT Programming

- » **Parent & tot and lane swim**
11:30am–1pm
- » **Public Swim**
1–4pm

NID DAY Programming

Afternoon public swim starts at 1pm for all NID days.

- » **September 26**
- » **October 24**
- » **November 28**

Cold Plunge Friday's

- » **8–9pm**
Signed waiver required prior to use, for those 16+

POOL & FITNESS CENTRE INFO

Pool Admission

All children 7 years and under 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 arm's length away from the adult at all times within the facility.

Maximum of 3 children (under the age of 8) per adult.

Fitness Centre Admission

Ages 14+ can use the gym unsupervised.

However, those under age 16 need to have an informed consent form on file that's signed by a parent or legal guardian. Forms available at the front desk.

Youth ages 12 and 13 may only use the gym under the supervision of a parent or legal guardian (limit 1 youth per parent, legal guardian or instructor).

Swim Block Descriptions

- » **Members Laps & Gym Use:** For membership holders only; no cash, debit, drop-ins, or locker rentals.
- » **AquaTherapy** offers pool space for water walking, aqua fit and rehabilitation self-led activities.
- » **Aquafit:** Ages 16+ (Instructor-led).
- » **Parent & Tot:** Leisure pool only; children must be under 8 years of age.
- » **School Groups:** Leisure and main pools closed to public; family changing room closed to public. Hot tub and saunas open to public.
- » **Children's Lessons:** Leisure and Main Pools closed to the public. Hot tub and saunas open to ages 16+.
- » **Lane Swim:** Ages 16+. No water walking or Aquafit permitted
- » **Public Swim:** All ages welcome.
- » **Birthday Parties:** Leisure and Main are for birthday party rental use only, Whirl, Sauna's and gym are open to the public. 16+ for Whirl/sauna's during this time.
- » **Gym Use:** Ages 14+ (12+ with adult supervision).
- » **Hot Tub, Sauna & Gym Use:** Adults only while birthday parties and swimming lessons take place.
- » **Climbing Wall:** Open for use during public swim times.
- » **Cold Plunge Tub:** Ages 16+, Chilled water for recovery, circulation, and muscle relief. For health and safety, use is restricted to guests 16+.