

# SUMMER SCHEDULE | TERRACE & DISTRICT AQUATIC CENTRE

July 28–August 31st, 2025



PROGRAMS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MEMBERS LAPS 16+		6:30–8:00am	6:30–8:00am	6:30–8:00am	6:30–8:00am	6:30–8:00am	
AQUAFIT		9:00–9:45am	8:30–9:00am 8:00–8:45pm ½ pool	9:00–9:45am	8:30–9:00am 8:00–8:45pm ½ pool	9:00–9:45am 8:00–8:45pm ½ pool	
PARENT & TOT	11:30–1:00pm	8:00–10:00am 11:30am–1:00pm	8:00–10:00am 11:30am–1:00pm	8:00–10:00am 11:30am–1:00pm	8:00–10:00am 11:30am–1:00pm	8:00–10:00am 11:30am–1:00pm	11:30–1:00pm
MORNING LESSONS		10:00–11:30am	10:00–11:30am	10:00–11:30am	10:00–11:30am	10:00–11:30am	
AQUA THERAPY		11:00–11:45am	11:00–11:45am	11:00–11:45am	11:00–11:45am	11:00–11:45am	
LANES 16+	11:30–1:00pm	8:00–8:45am 11:45–1:00pm 8:00–9:00pm	8:00–10:00am ½ pool 11:45–1:00pm 8:00–9:00pm ½ pool	8:00–8:45am 11:45–1:00pm 8:00–9:00pm	8:00–10:00am ½ pool 11:45–1:00pm 8:00–9:00pm ½ pool	8:00–8:45am 11:45–1:00pm 8:00–9:00pm ½ pool	11:30–1:00pm
PUBLIC SWIMS JULY 28TH –AUG 1ST	1:00–4:00pm	1:00–4:30pm 5:30–8:00pm	1:00–4:30pm 5:30–8:00pm	1:00–4:30pm 5:30–8:00pm	1:00–4:30pm 5:30–8:00pm	1:00–4:30pm 5:30–8:00pm	10:00–11:30am 1:00–4:00pm
PUBLIC SWIMS AUG 2ND – 31ST	1:00–4:00pm	1:00–4:00pm 6:15–8:00pm	1:30–4:00pm 6:15–8:00pm	1:00–4:00pm 6:15–8:00pm	1:30–4:00pm 6:15–8:00pm	1:00–4:00pm 6:15–8:00pm	10:00–11:30am 1:00–4:00pm
AFTERNOON LESSONS		4:00–6:00pm	4:00–6:00pm	4:00–6:00pm	4:00–6:00pm	4:00–6:00pm	
PRIVATE RENTALS	4:15–5:15pm						4:15–5:15pm
HOT TUB, SAUNA & GYM USE	11:30am–5:30pm	6:30–8:00am (Members) 8:00am–9:00pm	6:30–8:00am (Members) 8:00am–9:00pm	6:30–8:00am (Members) 8:00am–9:00pm	6:30–8:00am (Members) 8:00am–9:00pm	6:30–8:00am (Members) 8:00am–9:00pm	10:00am–5:30pm



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

 [terrace.ca/swim](https://terrace.ca/swim)

 [facebook.com/CityofTerrace](https://facebook.com/CityofTerrace)

## SCHEDULE INFO

### STAT Holiday Hours

#### » Aug 4th B.C Day STAT,

Hours of operation:  
11:30–4:00pm

11:30–1 Lane swim  
16+/parent & tot

1–4pm Public swim

#### » Aug 2nd, 2025

No scheduled Saturday  
morning public swim  
10:00–11:30am due to  
Riverboat day's parade.

### Summer lesson sets

#### » Aug 5th to Aug 15th

10:00 – 11:30am & 4:00–6:00pm Mon–Friday

#### » Aug 18th – Aug 29th

10:00 – 11:30am & 4:00–6:00pm Mon–Friday

## 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.
- » **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.