

SPRING SCHEDULE | TERRACE & DISTRICT AQUATIC CENTRE

March 30–June 26, 2026



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



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

terrace.ca/swim

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SCHEDULE INFORMATION

STAT Holiday Hours

- 11:30-4pm
» **April 3**
» **April 6**
» **May 18**

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.
» **April 24**
» **May 15**

BLUEBACK MEET SCHEDULES

MINI MEET - April 11th, Parent & Tot swim
pushed to 12pm start.

REGIONAL SWIM MEET PUBLIC ACCESS INFORMATION: June 5-7

Pool deck closed to the public Friday's at
3:30pm, re-opening to regular schedule
Monday's. Closed Friday, Saturday & Sunday.

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+.