

SPRING BREAK SCHEDULE | TERRACE & DISTRICT AQUATIC CENTRE



March 21- 27, 2026 - Week Two

PROGRAMS	SATURDAY MARCH 21	SUNDAY MARCH 22	MONDAY MARCH 23	TOONIE TUESDAY MARCH 24	WHACKY WEDNESDAY MARCH 25	THURSDAY MARCH 26	FRIDAY MARCH 27
MEMBERS LAPS 16+			6-8am	6-8am	6-8am	6-8am	6-8am
PARENT & TOT	11:30am-1pm	11:30am-1pm	8-9:45am 11:30am-1pm	8-9am 11:30am-1pm	8-9:45am 11:30am-1pm	8-9am 11:30am-1pm	8-9:45am 11:30am-1pm
AQUAFIT				8:30-9am	9-9:45am	8:30-9am	9-9:45am 8-8:45pm
AQUA THERAPY			11-11:45am - 1/2 pool	11-11:45am	11-11:45am	11-11:45am	11-11:45am
LANES 16+	11:30am-1pm	11:30-1pm	8-9am 11:45am-1pm - 1/2 pool 8-9pm	8-9am - 1/2 pool 11:45am-1pm 8-9pm	8-9am 11:45am-1pm 8-9pm	8-9am - 1/2 pool 11:45am-1pm 8-9pm	8-9am 11:45am-1pm 8-9pm
FAMILY SWIM			9:45-11am 1-4pm NEW				
PUBLIC SWIMS	1-4pm	1-4pm	6-8pm	9:15-11am 1-4pm 5:30-8pm	9:45-11am 1-4pm 6:15-8pm	9:45-11am 1-4pm 6:15-8pm	9:45-11am 1-4pm 6:15-8pm
SPECIAL PROGRAMMING	Morning Lanes 8:30-9:30am Public Swim 9:30-11:30am Private Rental 4:15-5:15pm	Private Rental 4:15-5:15pm	LG Training PRIVATE 9am-6:30pm 1/2 Main Pool Rental	Family Lanes 4:15-5:15pm	Blueback Camp 4:15-6pm	Blueback Camp 4:15-6pm	Blueback Camp 4:15-6pm
HOT TUB, SAUNA & GYM USE	8:30am-5:30pm	11:30am-5:30pm	6-8am (Members Only) 8am-9pm	6-8am (Members Only) 8am-9pm	6-8am (Members Only) 8am-9pm	6-8am (Members Only) 8am-9pm	6-8am (Members Only) 8am-9pm

NEW FAMILY SWIMMING (Monday March 23rd) A time set aside for families with young children to enjoy the leisure pool and half the main pool without large crowds. Children 12 and under must be accompanied by a parent or guardian over the age of 16 years.



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

terrace.ca/swim

facebook.com/CityofTerrace

SCHEDULE INFORMATION

Bronze cross – March 16/17 & 26/27th Limited Lane space from 9–3pm

Blueback Spring break swim camp March 25–29

No Aquafit Monday March 23rd 9–9:45am

Monday March 23rd, ½ pool availability 9:00–6:00pm for all programs due to Lifeguard training. Expect emergency training situations and sights and sounds that may be alarming or startling to some. ½ main pool closures, capacity limits on swims and whistle blasts.

Toonie Tuesday

- Entry is only \$2.00
- for public swims only

Whacky Wednesday

- Games during the 1–4pm Public swim

Friday Films – Movie during the 1–4pm public swim (Start time 1:30pm)

POOL & FITNESS CENTRE INFO

Pool Admission

All children 7 years and under must be accompanied by an adult (must be 16 years of age or older) and stay within arms reach of that adult at all times while within the facility.

Maximum of 3 children (under the age of 8) per 1 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+.
- » **Sensory-friendly swim** sessions offer a calm and quiet pool environment. Noise levels are lower, capacity is limited, and calming music may be played. These swims help participants enjoy the pool without the noise and crowds of regular public swim times.
- » **Family Lanes:** Enjoy dedicated lane space for families who want to swim together in a calmer, structured environment. Strokes, play, and practice are all welcome as long as your group remains in your designated lane. Children must be competent swimmers 10 and over. Lap swimmers, rentals, and private coaching are not permitted during this session.