

Terrace & District Aquatic Centre Schedule

Effective January 6 to March 15

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness Centre	6:00am – 8:00pm	6:00am – 8:00pm	6:00am – 8:00pm	6:00am – 8:00pm	6:00am – 8:00pm	11:00am – 4:00pm	11:00am – 4:00pm
Members Only Morning Laps	6:00am – 9:00am*	6:00am – 9:00am*	6:00am – 9:00am*	6:00am – 9:00am*	6:00am – 9:00am*		
High Intensity Aquafit		7:00am – 7:45am*		7:00am – 7:45am*			
Shallow Water Aquafit	9:15am – 10:00am		9:15am – 10:00am		9:15am – 10:00am		
Deep Water Aquafit		9:15am – 10:00am		9:15am – 10:00am			
School Groups	10:00am – 10:45am 1:00pm – 2:45pm	1:00pm – 2:45pm	10:00am – 10:45am 1:00pm – 2:45pm	1:00pm – 2:45pm	10:00am – 10:45am 1:00pm – 2:45pm		
Leisure & Little Ones	11:00am – 1:00pm	11:30am – 1:00pm	11:00am – 1:00pm	11:30am – 1:00pm	11:00am – 1:00pm	11:00am – 1:00pm	11:00am – 1:00pm
Lunch Laps	11:00am – 1:00pm	11:30am – 1:00pm	11:00am – 1:00pm	11:30am – 1:00pm	11:00am – 1:00pm	11:00am – 1:00pm	11:00am – 1:00pm
Swim Club	7:00am – 8:00am* 4:00pm – 6:30pm*	4:00pm – 8:00pm*	7:00am – 8:00am* 4:00pm – 6:30pm*	4:00pm – 8:00pm*	7:00am – 8:00am* 4:00pm – 5:30pm		
Swimming Lessons	4:00pm – 5:30pm	10:00am – 11:30am 5:00pm – 6:30pm	4:00pm – 5:30pm	10:00am – 11:30am 5:00pm – 6:30pm			
Fun Swim	5:30pm – 7:00pm*	6:30pm – 8:00pm*	5:30pm – 7:00pm*	6:30pm – 8:00pm*		1:00pm – 4:00pm	1:00pm – 4:00pm
Evening Laps (16+ yrs)	7:00pm – 8:00pm*	7:00pm – 8:00pm*	7:00pm – 8:00pm*	7:00pm – 8:00pm*	7:00pm – 8:00pm		
Free Fun Swim					5:30pm – 7:00pm		

*Shared Pool

Free Fun Swim for Family Day February 17 from 11:00am – 1:00pm & 2:00pm – 4:00pm

**Subject to Change

Non-Instructional Day Swim January 31 from 1:00pm – 4:00pm

Pool space in the Main Pool and Leisure Pool will be limited to the public during School Groups, Swim Club practices, and Swimming Lessons

Activity Descriptions

Members Only Morning Laps: Main pool is set up for those who want to swim lengths; lanes are designated for swimming at various paces. For membership holders only, no cash, debit, drop-ins, or locker rentals at this time

Leisure & Little Ones: A special time for children 7 years and younger accompanied by a caregiver to use the leisure pool

Fun Swim: Bring your family and friends for a fun time. The lazy river, spray features, diving board, hot pool and saunas available. 1 lane available for lengths

Evening Laps: An opportunity for individuals to exercise or just relax. Main pool is set up and designated for patrons 16+ years to swim lengths

Terrace & District Aquatic Centre

	Drop-In	10 Visit Membership	1 Month Membership	3 Month Membership	6 Month Membership	1 Year Membership
Child	\$2.75	\$22.00		\$60.00	\$97.50	\$165.00
Student	\$3.25	\$26.00	\$38.40	\$72.00	\$117.00	\$198.00
Adult	\$5.25	\$42.00	\$64.00	\$120.00	\$195.00	\$330.00
Senior	\$3.25	\$26.00	\$38.40	\$72.00	\$117.00	\$198.00
Family	\$10.75	\$86.00		\$240.00	\$390.00	\$660.00

Group Definitions

Child	2 to 14 years of age, under 2 years of age is no charge
Student	15 to 18 years of age or those who are 19+ and in full time attendance at a college or university
Adult	19 to 64 years of age
Senior	65 years of age or older
Family	Mother, Father, or Guardians and their minor children. Foster children or other dependent minor children living in the family home are included in a family (this includes common-law couples and their children)

Aquafit Descriptions

High Intensity Aquafit: *Come join us for a high intensity cardio session!*

Shallow Water Aquafit: *Come join us for a low impact work out! Classes take place in the shallow water, with a focus on building strength using water resistance*

Deep Water Aquafit: *Come join us for a low impact work out and cardio session! These classes take place in deep water, using floatation belts to provide support*

Admission Policy: *All children 7 years and under must be accompanied by a caregiver 16+ years old, or 14 years old AND have completed the Bronze Medallion or higher. Children must be no more than an arm's length away from the caregiver at all times. Maximum of 3 children per caregiver. Wrist bands will be given to children who are 7 years of age and under*

Fitness Centre: *Patrons must be 16+ years of age to use the fitness centre unsupervised. Patrons 13-15 years of age may use fitness centre under supervision of parent, legal guardian or instructor*

Terrace & District Aquatic Centre • 4540 Park Avenue, Terrace, BC
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