

February 1-March 14, 2021

# SWIM + GYM SCHEDULE

## COVID-19 REGULATIONS

- Pre-registration only. No drop-ins allowed.
- Wearing a mask in the facility is required, except while on the pool deck or in the pool. While using the weight room, you must wear a mask when moving between pieces of fitness equipment.
- You can use both the pool and gym during your visit; please book as a swim patron.

VIEW ALL REGULATIONS AT [TERRACE.CA/SWIM](http://TERRACE.CA/SWIM)

## SWIM BLOCK NOTES:

- Public Swim = All ages welcome
- Length Swim = Adults 16+
- Aquafit = Adults 16+ (currently unavailable)

## How to Pre-Register:

By phone: 250-615-3030

Online: [terrace.ca/swim](http://terrace.ca/swim)

NOTE: Any changes in the schedule will be posted at the Terrace & District Aquatic Centre and on the City of Terrace website.



Terrace & District  
Aquatic Centre  
4540 Park Avenue  
Terrace, BC V8G 2N6

### MON

6:30-8:00 am  
Length Swim & Gym Use

8:30-10:00 am  
Length Swim & Gym Use

10:30 am-11:30 am  
Parent & Toddler/Length  
Swim/Gym Use\*

12:00-1:00 pm  
Length Swim & Gym Use

1:30-3:00 pm  
Public Swim & Gym Use

4:00-6:30 pm  
Gym Use Only

7:00-8:00 pm  
Public Swim & Gym Use

### TUES

6:30-8:00 am  
Gym Use Only

8:30-10:00 am  
Length Swim & Gym Use

10:30-11:30 am  
Parent & Toddler/Length  
Swim/Gym Use\*

12:00-1:00 pm  
Length Swim & Gym Use

1:30-3:00 pm  
Public Swim & Gym Use

4:30-6:00 pm  
Public Swim & Gym Use

6:30-8:00 pm  
Length Swim & Gym Use

### WED

6:30-8:00 am  
Length Swim & Gym Use

8:30-10:00 am  
Length Swim & Gym Use

10:30 am-11:30 am  
Parent & Toddler/Length  
Swim/Gym Use\*

12:00-1:00 pm  
Length Swim & Gym Use

1:30-3:00 pm  
Public Swim & Gym Use

4:00-6:30 pm  
Gym Use Only

7:00-8:00 pm  
Public Swim & Gym Use

### THURS

6:30-8:00 am  
Gym Use Only

8:30-10:00 am  
Length Swim & Gym Use

10:30-11:30 am  
Parent & Toddler/Length  
Swim/Gym Use\*

12:00-1:00 pm  
Length Swim & Gym Use

1:30-3:00 pm  
Public Swim & Gym Use

4:30-6:00 pm  
Public Swim & Gym Use

6:30-8:00 pm  
Length Swim & Gym Use

### FRI

6:30-8:00 am  
Length Swim & Gym Use

8:30-10:00 am  
Length Swim & Gym Use

10:30 am-11:30 pm  
Parent & Toddler/Length  
Swim/Gym Use\*

12:00-1:00 pm  
Length Swim & Gym Use

1:30-3:00 pm  
Public Swim & Gym Use

4:00-6:30 pm  
Gym Use Only

7:00-8:30 pm  
Public Swim Only

### SAT

8:00-11:00 am  
Gym Use Only

11:30 am-1:00 pm  
Parent & Toddler/Length  
Swim/Gym Use\*

1:30-3:00 pm  
Public Swim & Gym Use

3:30-5:00 pm  
Public Swim & Gym Use

### SUN

11:30 am-1:00 pm  
Parent & Toddler/Length  
Swim/Gym Use\*

1:30-3:00 pm  
Public Swim & Gym Use

3:30-5:00 pm  
Public Swim & Gym Use

\*During this very busy swim block, parents & toddlers will use the Leisure & Whirl Pools only (maximum 15 swimmers; children must be under 8 years old). Length swimmers will use the Main Pool only.