

July 19–August 29, 2021

# SWIM + GYM SCHEDULE

## MON

**6:30–8:00 am**  
Length Swim/Leisure  
Swim/Gym Use

**8:00–10:00 am**  
Length Swim/Family  
Swim/Gym Use

**10:00–11:30 am**  
Whirl Pool & Gym Use

**12:00–1:00 pm**  
Length Swim/Leisure  
Swim/Gym Use

**1:00–3:00 pm**  
Public Swim & Gym Use

**3:30–5:30 pm**  
Whirl Pool & Gym Use

**6:00–8:00 pm**  
Public Swim & Gym Use

## TUES

**6:30–8:00 am**  
Length Swim/Leisure  
Swim/Gym Use

**8:00–10:00 am**  
Aquafit/Leisure Swim/  
Gym Use

**10:00–11:30 am**  
Whirl Pool & Gym Use

**12:00–1:00 pm**  
Length Swim/Leisure  
Swim/Gym Use

**1:00–3:00 pm**  
Public Swim & Gym Use

**3:30–5:30 pm**  
Whirl Pool & Gym Use

**6:00–8:00 pm**  
Public Swim & Gym Use

## WED

**6:30–8:00 am**  
Length Swim/Leisure  
Swim/Gym Use

**8:00–10:00 am**  
Length Swim/Family  
Swim/Gym Use

**10:00–11:30 am**  
Whirl Pool & Gym Use

**12:00–1:00 pm**  
Length Swim/Leisure  
Swim/Gym Use

**1:00–3:00 pm**  
Public Swim & Gym Use

**3:30–5:30 pm**  
Whirl Pool & Gym Use

**6:00–8:00 pm**  
Public Swim & Gym Use

## THURS

**6:30–8:00 am**  
Length Swim/Leisure  
Swim/Gym Use

**8:00–10:00 am**  
Aquafit/Leisure Swim/  
Gym Use

**10:00–11:30 am**  
Whirl Pool & Gym Use

**12:00–1:00 pm**  
Length Swim/Leisure  
Swim/Gym Use

**1:00–3:00 pm**  
Public Swim & Gym Use

**3:30–5:30 pm**  
Whirl Pool & Gym Use

**6:00–8:00 pm**  
Public Swim & Gym Use

## FRI

**6:30–8:00 am**  
Length Swim/Leisure  
Swim/Gym Use

**8:00–10:00 am**  
Length Swim/Family  
Swim/Gym Use

**10:00–11:30 pm**  
Whirl Pool & Gym Use

**12:00–1:00 pm**  
Length Swim/Leisure  
Swim/Gym Use

**1:00–3:00 pm**  
Public Swim & Gym Use

**3:30–5:30 pm**  
Whirl Pool & Gym Use

**6:00–8:00 pm**  
Public Swim & Gym Use

## SAT

**8:30–10:00 am**  
Length Swim/Family  
Swim/Gym Use

**10:00–11:30 am**  
Length Swim/Family  
Swim/Gym Use

**12:00–1:30 pm**  
Public Swim & Gym Use

**1:30–3:00 pm**  
Public Swim & Gym Use

**3:30–5:00 pm**  
Public Swim & Gym Use

## SUN

**8:30–10:00 am**  
Length Swim/Family  
Swim/Gym Use

**10:00–11:30 am**  
Length Swim/Family  
Swim/Gym Use

**12:00–1:30 pm**  
Public Swim & Gym Use

**1:30–3:00 pm**  
Public Swim & Gym Use

**3:30–5:00 pm**  
Public Swim & Gym Use

### SWIM BLOCK NOTES:

- Public Swim: All ages welcome
- Length Swim: Ages 16+ in Main Pool & Whirl Pool only
- Leisure Swim: Ages 16+ in Leisure Pool & Whirl Pool only
- Family Swim: Leisure & Whirl Pools only (children must be under 8 years old)
- Aquafit: Ages 16+; class runs 8:45–9:30 am Tues/Thurs

### 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