

September 27–December 19, 2021

# SWIM + GYM SCHEDULE

## How to Pre-Register:

By phone: 250-615-3030

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

### MON

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

**8:00–9:30 am**  
Aquafit / Leisure Swim / Gym Use

**8:30–11:00 am**  
Parent & Tot Swim

**11:30 am–1:00 pm**  
Lane Swim / Leisure Swim / Gym Use

**2:00–3:30 pm**  
Lane Swim / Family Swim / Gym Use

**3:30–6:00 pm**  
Gym Use

**6:30–8:00 pm**  
Public Swim / Gym Use

**8:00–9:30 pm**  
Lane Swim / Gym Use

### TUES

**6:00–9:00 am**  
Lane Swim / Leisure Swim / Gym Use

**9:00–11:30 am**  
Gym Use

**10:00–11:30 am**  
Parent & Tot / Lane Swim

**11:30 am–1:00 pm**  
Lane Swim / Leisure Swim / Gym Use

**2:00–3:30 pm**  
Lane Swim / Family Swim / Gym Use

**3:30–6:00 pm**  
Gym Use

**6:30–8:00 pm**  
Public Swim / Gym Use

**8:00–9:30 pm**  
Public Swim / Gym Use

### WED

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

**8:00–9:30 am**  
Aquafit / Leisure Swim / Gym Use

**8:30–11:00 am**  
Parent & Tot Swim

**11:30 am–1:00 pm**  
Lane Swim / Leisure Swim / Gym Use

**2:00–3:30 pm**  
Lane Swim / Family Swim / Gym Use

**3:30–6:00 pm**  
Gym Use

**6:30–8:00 pm**  
Public Swim / Gym Use

**8:00–9:30 pm**  
Lane Swim / Gym Use

### THURS

**6:00–9:00 am**  
Lane Swim / Leisure Swim / Gym Use

**9:00–11:30 am**  
Gym Use

**10:00–11:30 am**  
Parent & Tot / Lane Swim

**11:30 am–1:00 pm**  
Lane Swim / Leisure Swim / Gym Use

**2:00–3:30 pm**  
Lane Swim / Family Swim / Gym Use

**3:30–6:00 pm**  
Gym Use

**6:30–8:00 pm**  
Public Swim / Gym Use

**8:00–9:30 pm**  
Public Swim / Gym Use

### FRI

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

**8:00–9:30 am**  
Aquafit / Leisure Swim / Gym Use

**8:30–11:00 am**  
Parent & Tot Swim

**11:30 am–1:00 pm**  
Lane Swim / Leisure Swim / Gym Use

**2:00–3:30 pm**  
Lane Swim / Family Swim / Gym Use

**3:30–6:00 pm**  
Gym Use

**5:00–6:30 pm**  
Public Swim / Gym Use

**6:30–8:00 pm**  
Public Swim / Gym Use

**8:00–9:30 pm**  
Lane Swim / Gym Use

### SAT

**9:30–11:30 am**  
Public Swim / Gym Use

**12:00–1:30 pm**  
Lane Swim / Leisure Swim / Gym Use

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

**3:30–5:30 pm**  
Public Swim / Gym Use

### SUN

**9:30–11:30 am**  
Public Swim / Gym Use

**12:00–1:30 pm**  
Lane Swim / Leisure Swim / Gym Use

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

**3:30–5:30 pm**  
Public Swim / Gym Use

## SWIM BLOCK NOTES:

- Public Swim: All ages welcome
- Lane Swim: Ages 16+ in Main Pool & Whirl Pool only
- Family Swim: Families welcome
- Leisure Swim: Ages 16+ in Leisure Pool & Whirl Pool only
- Parent & Tot: Leisure & Whirl Pools only (children must be under 8 years)
- Aquafit: Ages 16+; classes held 8:15–9:00 am Mon/Wed/Fri
- Gym Use: Vaccine Card required for ages 12+

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