

Schedule in effect from March 30–June 30, 2024

TERRACE & DISTRICT AQUATIC CENTRE

Terrace & District Aquatic Centre | 4540 Park Avenue | Terrace, BC V8G 2N6 | 250-615-3030 | terrace.ca/swim

PROGRAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEMBERS-ONLY LAPS	6:00–9:00 am	6:00–9:00 am	6:00–9:00 am	6:00–9:00 am	6:00–9:00 am		
BLUEBACKS	6:15–8:00 am (3 lanes) 3:45–5:15 pm 8:00–9:00 pm (2 lanes)	3:45–6:15 pm	6:15–8:00 am (3 lanes) 3:45–6:15 pm 8:00–9:00 pm (2 lanes)	3:45–6:15 pm	3:45–6:15 pm	8:30 am–12:00 pm (whole pool)	
AQUAFIT	9:15–10:00 am	8:00–8:45 pm	9:15–10:00 am	8:00–8:45 pm	9:15–10:00 am		
PARENT & TOT SWIM	8:30–10:00 am 11:30 am–1:00 pm	11:30 am–1:00 pm 3:15–4:15 pm	8:30–10:00 am 11:30 am–1:00 pm	11:30 am–1:00 pm 3:15–4:15 pm	8:30–10:00 am 11:30 am–1:00 pm 3:45–6:00 pm	11:00 am–1:00 pm	11:00 am–1:00 pm
SCHOOL GROUPS	10:15–11:15 am 1:00–2:00 pm	1:00–2:00 pm	10:15–11:15 am 1:00–2:00 pm	1:00–2:00 pm	10:15–11:15 am 1:00–2:00 pm		
CHILDREN'S LESSONS	4:00–6:45 pm	9:30–11:00 am 4:30–6:45 pm	4:00–6:45 pm	9:30–11:00 am 4:30–6:45 pm			
LANE SWIM	11:30 am–1:00 pm 8:00–9:00 pm	11:30 am–1:00 pm	11:30 am–1:00 pm 8:00–9:00 pm	11:30 am–1:00 pm	11:30 am–1:00 pm 8:00–9:00 pm	12:00–1:00 pm	11:00 am–1:00 pm
PUBLIC SWIM	2:00–3:45 pm 6:45–8:00 pm	2:00–3:45 pm 7:00–8:00 pm	2:00–3:45 pm 6:45–8:00 pm	2:00–3:45 pm 7:00–8:00 pm	2:00–3:45 pm 6:30–8:00 pm	1:00–4:15 pm	1:00–4:15 pm
BIRTHDAY PARTIES						1:00–3:00 pm 4:30–5:30 pm	1:00–3:00 pm 4:30–5:30 pm
LANE RENTALS					8:00–9:00 pm		
FITNESS CENTRE / HOT TUB / SAUNAS	6:00–9:00 am (members only) 9:00 am–9:00 pm	6:00–9:00 am (members only) 9:00 am–9:00 pm	6:00–9:00 am (members only) 9:00 am–9:00 pm	6:00–9:00 am (members only) 9:00 am–9:00 pm	6:00–9:00 am (members only) 9:00 am–9:00 pm	8:30 am–5:30 pm	11:00 am–5:30 pm

Swim Block Descriptions

- **Members-Only Laps & Gym Use:** For membership holders only; no cash, debit, drop-ins, or locker rentals.
- **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+.
- **Public Swim:** All ages welcome.
- **Gym Use:** Ages 14+ (12+ with adult supervision).
- **Hot Tub, Sauna, and Fitness Centre Use:** Adults only while birthday parties and swimming lessons take place.

Schedule Changes and Program Notes

- **Mindfulness in the Water with Joelle:** Tuesdays from 11:00–11:30 am
- **Mini Swim Meet:** April 13 (morning only)
 - » Parent & Tot Swim will run from 12:00 noon to 1:00 pm.

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

2024 Prices

	Drop-In	10-Visit Pass (Swim or Skate)	1-Month Pass - TDAC Only	1-Month Combo Pass (Swim and Skate)	3-Month Pass - TDAC Only	6-Month Pass - TDAC Only	1-Year Pass - TDAC Only	Fitness Pass - Drop-in	Fitness Pass - 10-Visit Pass	Fitness Pass - 1-Month Pass	Fitness Pass - 3-Month Pass
Child	\$3.05	\$27.45	\$30.50	\$33.05	\$77.78	\$146.40	\$274.50	n/a	n/a	n/a	n/a
Youth/Senior	\$3.90	\$35.10	\$39.00	\$44.85	\$99.45	\$187.20	\$351.00	\$5.00	\$45.00	\$50.00	\$127.50
Adult	\$6.30	\$56.70	\$63.00	\$72.45	\$160.65	\$302.40	\$567.00	\$7.00	\$63.00	\$70.00	\$178.50
Family	\$12.90	\$116.10	\$129.00	n/a	\$328.95	\$619.20	\$1,161.00	n/a	n/a	n/a	n/a
All the above options include the use of the swimming pools and fitness centre (age dependent). 10-Visit Passes can be used for either swimming or skating.								Fitness Pass includes fitness classes at the Sportsplex and Aquafit at the TDAC.			

Group Definitions

Child	3 to 12 years of age; under 3 years of age is no charge
Youth	13 to 18 years of age
Adult	19 to 59 years of age
Senior	60 years of age or older
Family	Up to 2 adults and up to 3 children

Private Rentals

- Lanes, main pool, and conference room available for rental
- Hourly or daily rentals available during regular hours or outside of regular hours
- Discounts available for non-profit groups

For a full list of fees, visit terrace.ca/2024-fees.

General Facility Information

Admission Policy

All children 7 years and under MUST be accompanied by an adult within the pool area (at least 16 years of age or 14 years of age AND completed Bronze Medallion or better). Children must be no more than arm's length away from the adult at all times. Maximum of 3 children (under the age of 7) per adult.

Gym

You must be 14+ to use the gym unsupervised. Those 12-13 may use the gym under the supervision of a parent, legal guardian, or instructor (limit 1 youth 12-13 per parent or legal guardian). Those under age 16 need to have an informed consent form on file that's signed by a parent or legal guardian. New participants can pick one up at the front desk.

Find a full list of facility rules at terrace.ca/swim.

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