

# FALL SCHEDULE | TERRACE & DISTRICT AQUATIC CENTRE

September 2–December 21, 2025



| PROGRAMS                 | SUNDAY         | MONDAY                                | TUESDAY                        | WEDNESDAY                             | THURSDAY                       | FRIDAY                         | SATURDAY                  |
|--------------------------|----------------|---------------------------------------|--------------------------------|---------------------------------------|--------------------------------|--------------------------------|---------------------------|
| MEMBERS LAPS 16+         |                | 6–8am (3)                             | 6–8am                          | 6–8am (3)                             | 6–8am                          | 6–8am (3)                      |                           |
| BLUEBACKS                |                | 6–8am (3)<br>3:45–5:15pm<br>8–9pm (2) | 3:45–6:15pm                    | 6–8am (3)<br>3:45–5:15pm<br>8–9pm (2) | 3:45–6:30pm                    | 6–8am (3)<br>3:45–6:15pm       | 8:30am–12pm<br>Whole pool |
| AQUAFIT                  |                | 9–9:45am                              | 8:30–9am<br>8–8:45pm           | 9–9:45am                              | 8:30–9am<br>8–8:45pm           | 9–9:45am<br>8–8:45pm           |                           |
| PARENT & TOT             | 11:30–1pm      | 8–10am<br>11:30am–1pm                 | 8–9:30am<br>11:30am–1pm        | 8–10am<br>11:30am–1pm                 | 8–9:30am<br>11:30am–1pm        | 8–10am<br>11:30am–1pm          | 11–1pm                    |
| AQUA THERAPY             |                | 11–11:45am                            | 11–11:45am                     | 11–11:45am                            | 11–11:45am                     | 11–11:45am                     |                           |
| SCHOOL GROUPS            |                | 10–11am<br>1–2pm                      | 1–2pm                          | 10–11am<br>1–2pm                      | 1–2pm                          | 10–11am<br>1–2pm               |                           |
| SWIM LESSONS             |                | 4–6:30pm                              | 9:30–11am<br>4:30–6:45pm       | 4–6:30pm                              | 9:30–11am<br>4:30–6:45pm       |                                |                           |
| LANES 16+                | 11:30–1pm      | 8–8:45am<br>11:45–1pm<br>8–9pm        | 8–9:30am<br>11:45–1pm<br>8–9pm | 8–8:45am<br>11:45–1pm<br>8–9pm        | 8–9:30am<br>11:45–1pm<br>8–9pm | 8–8:45am<br>11:45–1pm<br>8–9pm | 12–1pm                    |
| PUBLIC SWIMS             | 1–4pm          | 2–3:45pm<br>6:45–8pm                  | 2–3:45pm<br>7–8pm              | 2–3:45pm<br>6:45–8pm                  | 2–3:45pm<br>7–8pm              | 2–3:45pm<br>6:30–8pm           | 1–4pm                     |
| BIRTHDAY PARTIES         | 4:15–5:15pm    |                                       |                                |                                       |                                |                                | 4:15–5:15pm               |
| HOT TUB, SAUNA & GYM USE | 11:30am–5:30pm | 6–8am (Members)<br>8am–9pm            | 6–8am (Members)<br>8am–9pm     | 6–8am (Members)<br>8am–9pm            | 6–8am (Members)<br>8am–9pm     | 6–8am (Members)<br>8am–9pm     | 8:30am–5:30pm             |



4540 Park Avenue  
Terrace, BC V8G 2N6  
250-615-3030

 [terrace.ca/swim](https://terrace.ca/swim)

 [facebook.com/CityofTerrace](https://facebook.com/CityofTerrace)

# SCHEDULE INFORMATION

BLUEBACK SWIM CLUB  
STARTS UP ON SEPTEMBER 13

## STAT Holiday Hours

11:30–4pm

- » **September 1**
- » **September 30**
- » **October 13**
- » **November 11**
- » **November 28**

## STAT Programming

- » **Parent & tot and lane swim**  
11:30am–1pm
- » **Public Swim**  
1–4pm

## NID DAY Programming

Afternoon public swim starts at 1pm for all NID days.

- » **September 26**
- » **October 24**
- » **November 28**

## Cold Plunge Friday's

- » **7–8am & 8–9pm**  
Signed waiver required prior to use, for those 16+

## POOL & FITNESS CENTRE INFO

### Pool Admission

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 within the facility.

Maximum of 3 children (under the age of 8) per adult.

### Fitness Centre Admission

Ages 14+ can use the gym unsupervised.

However, those under age 16 need to have an informed consent form on file that's signed by a parent or legal guardian. Forms available at the front desk.

Youth ages 12 and 13 may only use the gym under the supervision of a parent or legal guardian (limit 1 youth per parent, legal guardian or instructor).

## Swim Block Descriptions

- » **Members Laps & Gym Use:** For membership holders only; no cash, debit, drop-ins, or locker rentals.
- » **AquaTherapy** offers pool space for water walking, aqua fit and rehabilitation self-led activities.
- » **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+. No water walking or Aquafit permitted
- » **Public Swim:** All ages welcome.
- » **Birthday Parties:** Leisure and Main are for birthday party rental use only, Whirl, Sauna's and gym are open to the public. 16+ for Whirl/sauna's during this time.
- » **Gym Use:** Ages 14+ (12+ with adult supervision).
- » **Hot Tub, Sauna & Gym Use:** Adults only while birthday parties and swimming lessons take place.
- » **Climbing Wall:** Open for use during public swim times.
- » **Cold Plunge Tub:** Ages 16+, Chilled water for recovery, circulation, and muscle relief. For health and safety, use is restricted to guests 16+.