COL UNITY SERVICES CENTRE

## **Aquatic Schedule – Winter 2019**

Aquatic Schedule Whiter 2013						
Tue	Wed	Thu	Fri	Sat	Sun	
Lengths Swim 6:30-8:55am Public Swim (TOT POOL OPEN) 9:00-11:25am *School lessons 9:00-10:00am (as scheduled)					<b>Lengths</b> 10:00-10:55am	
<b>Aquafit</b> 10:00-10:45am	Range of Motion (ROM) 10:00-10:45am	<b>No Aquafit</b> Thursday Mornings	Range of Motion (ROM) 10:00-10:45am	9:00am- 12:55pm	Parent & Tot Swim 10:00-10:55am	
Lengths 11:30am-12:55pm						
Public Swim (TOT POOL OPEN) 1:00-2:55am *School lessons 1:00-3:00pm (as scheduled)					(1 lane only) 11:00am- 2:25pm	
Free Public Swim (TOT POOL OPEN) 3:00-4:55pm	Lessons & Lengths (1 lane only) 3:00-5:25pm	Free Public Swim (TOT POOL OPEN) 3:00-4:55pm	Lessons & Lengths (1 lane only) 3:00-5:25pm	Public Swim <u>(TOT</u> <u>POOL OPEN)</u> 2:00-4:55pm	Public Swim <u>(TOT</u> <u>POOL OPEN)</u> 2:30-4:55pm	
<b>Lengths</b> 5:00-6:25pm					Lengths 5:00-6:25pm	
Public Swim <u>(TOT POOL OPEN)</u> 6:30-7:55pm					Public Swim <u>(TOT POOL OPEN)</u> 6:30-7:55pm	
<b>Lengths</b> (1 lane) 8:00-9:00pm	Lengths (1 lane) 8:00-9:00pm	<b>Lengths</b> (1 lane) 8:00-9:00pm	Public Swim (TOT POOL OPEN) 8:00-9:55pm	Pool Schedule is subject to change. Aquafit classes are not always a scheduled. Select Saturdays 2-4:55pm Inflatable fun: Jan 5, Feb 2, Mar (water inflatable obstacle course		
Adult Lessons 8:00-8:40pm Aquafit 8:00-9:00pm	8:00-8:40pm No Aquafit Wednesday Evenings	<b>Adult Lessons</b> 8:00-8:40pm <b>Aquafit</b> 8:00-9:00pm	Youth Only Free Swim (11-18yrs) 8:00-9:55pm			
<b>Lengths</b> (2 lanes) 9:00-9:55pm	<b>Lengths</b> (2 lanes) 9:00-9:55pm	Lengths (2 lanes) 9:00-9:55pm pool is open only o	First Friday of each month (no lanes, whirlpool or steam room available)	Holiday Hours: Open 1-5pm Lengths & Public Swim Youth swim dates: , Mar 1		
	Len Public Swim *School less Aquafit 10:00-10:45am Len Public Swim (TOT POOL OPEN) 3:00-4:55pm Lengths (1 lane) 8:00-9:00pm Adult Lessons 8:00-8:40pm Aquafit 8:00-9:00pm Lengths (2 lanes)	TueWedLengths Swim 6:30-8:59Public Swim (TOT POOL OPEN) 9 *School lessons 9:00-10:00am (asAquafit 10:00-10:45amRange of Motion (ROM) 10:00-10:45amPublic Swim (TOT POOL OPEN) 1 *School lessons 1:00-3:00pm (asFree Public Swim (TOT POOL OPEN) 3:00-4:55pmLessons & Lengths 5:00-6:25pmPublic Swim (TOT POOL OPEN) (1 lane only) 3:00-4:55pmLengths (1 lane) 8:00-9:00pmLengths (1 lane) 8:00-9:00pmLengths (1 lane) 8:00-9:00pmAdult Lessons 8:00-8:40pmLengths (2 lanes) Vo Aquafit Wednesday EveningsLengths (2 lanes)Lengths (2 lanes)	TueWedThuLengths Swim 6:30-8:55amPublic Swim (TOT POOL OPEN) 9:00-11:25am *School lessons 9:00-10:00am (as scheduled)Aquafit 10:00-10:45amRange of Motion (ROM) 10:00-10:45amNo Aquafit Thursday MorningsAquafit (10:00-10:45amPublic Swim (TOT POOL OPEN) 10:00-10:45amPublic Swim (TOT POOL OPEN) 10:00-10:45amFree Public Swim (TOT POOL OPEN) 1:00-2:55am *School lessons 1:00-3:00pm (as scheduled)Free Public Swim (TOT POOL OPEN) (1 lane only) 3:00-4:55pmPublic Swim (TOT POOL OPEN) (1 lane only) 3:00-4:55pmCengths 5:00-6:25pmLengths 5:00-6:25pmAdult Lessons & 8:00-9:00pmAdult Lessons 8:00-9:00pmB:00-9:00pmAdult Lessons 8:00-9:00pmB:00-9:00pmAdult Lessons 8:00-9:00pmNo Aquafit Wednesday EveningsAquafit 8:00-9:00pmNo Aquafit Wednesday EveningsAquafit 8:00-9:00pmLengths (2 lanes) 9:00-9:00pm	TueWedThuFriLengths Swim 6:30-8:55amPublic Swim (TOT POOL OPEN) *School lessons 9:00-10:00am (as scheduled)Aquafit 10:00-10:45amRange of Motion (ROM) 10:00-10:45amNo Aquafit Thursday MorningsRange of Motion (ROM) 10:00-10:45amAquafit 10:00-10:45amRange of Motion (ROM) 10:00-10:45amRange of Motion (ROM) 10:00-10:45amLengths 11:30am-12:55pmPublic Swim (TOT POOL OPEN) *School lessons 1:00-3:00pm (as scheduled)Free Public Swim (1 lane only) 3:00-4:55pmLengths 5:00-6:25pmPublic Swim (TOT POOL OPEN) (1 lane only) 3:00-4:55pmLengths 1:1ane 8:00-9:00pmAdult Lessons 8:00-9:00pmAdult Lessons 8:00-9:00pmAdult Lessons 8:00-9:00pmAdult Lessons 8:00-9:00pmAdult Lessons 8:00-9:00pmAdult Lessons 9:00-9:55pm9:00-9:55pm9:00-9:55pm9:00-9:55pm9:00-9:55pm9:00-9:55pm9:00-9:55pm	TueWedThuFriSatLengths Swim 6:30-8:55amPublic Swim (TOT POOL OPEN) "School lessons 9:00-10:00am (as scheduled)No Aquafit Thursday MorningsRange of Motion (ROM) 10:00-10:45amLessons & Lengths (1 lane only) 10:00-10:45amLessons & Lengths (1 lane only) 10:00-10:45amSpecial Olympics Sico-1:55pmPublic Swim (TOT POOL OPEN) 10:00-10:45amNo Aquafit Thursday MorningsRange of Motion (ROM) 10:00-10:45amSpecial Olympics 1:00-1:55pmPublic Swim (TOT POOL OPEN) 13:00-4:55pmFree Public Swim (1 lane only) 3:00-4:55pmFree Public Swim (1 lane only) 3:00-4:55pmPublic Swim (TOT POOL OPEN) 3:00-5:25pmPublic Swim (TOT POOL OPEN) 	

Filless Centre Schedule – Willer 2019								
Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
6:30am – 9:55pm	6:30am – 9:55pm	6:30am – 9:55pm	6:30am – 9:55pm	Seniors Only 9:00-10:00am 6:30am – 9:55pm	Women's Only 9:00-12:00pm 12:00pm – 7:55pm	TGD2S Only 8:00-10:00am 10:00am - 7:55pm		
Free Sessions with Britannia Membership – Tuesday & Friday 10:00am - 12:00pm								

## Arena Schedule Jan 8-April 1, 2019

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Skate Rentals \$3.17 Skate Sharpening \$6.51	Learn to Skate Lessons 6:00-8:00pm Adult Skate 8:15-9:30pm	Adult Stick & Puck 3:15-4:45pm	Parent & Tot FREE Skate 11:00-11:45am Youth FREE Skate 3:15-4:30pm *Adult Co-ed Hockey 11:15pm-12:45am	Adult Stick & Puck 12:00pm – 1:30pm Adult & Senior FREE Skate 1:45-3:00pm Children FREE Skate 3:15-4:30pm Public Skate 7:45 = 9:15pm	Learn to Skate Lessons 10:00am-1:15pm No session Mar 16 <b>Public Skate</b> 1:30 – 3:00pm No session Mar 16	Women's Hockey 10:30-11:45am *Family Fun Hockey 12:00-1:30pm No session Mar 17 Public Skate 1:45-3:15pm No session Mar 17 Power Skating Lessons 3:30-4:30pm
				7:45 – 9:15pm		No session Mar 17 *Adult Co-ed Hocke 9:30-11:00pm
0,		public sessions. Helmets nt. Participants must sign	, ,		ockey.	No session f *Adult Co-ed

supervisors. Sign-up occurs at the rink 1 ½ hours before the start of the session. Strip tickets are not valid during these sessions.

Pool, Rink & Fitness Centre Rates (Including GST)							
	Single Admission	10 Visits	1 Month Flexipass	3 Months Flexipass	12 Months Flexipass	Britannia Membership	
Adult	\$6.41	\$52.08	\$49.47	\$133.35	\$427.33	\$3.00	
Youth (13-18 yrs.)	\$4.58	\$36.46	\$34.63	\$93.35	\$299.13	\$1.00	
Child (6-12yrs.)	\$3.22	\$26.04	\$24.74	\$66.68	\$213.66	\$1.00	
Senior (55+ yrs.)	\$4.58	\$36.46	\$34.63	\$93.35	\$299.13	\$1.00	
Family: 2 adults of the same household and their children under 19 years of age. Minimum of \$6.44							

## Pool Pink & Eitness Centre Pates (Including GST)

Leisure Access Cards: Fitness Centre Admission Rate is 50% off adult admission and Flexipass (monthly passes).

## Fitness Centre Schedule – Winter 2019