

Aquatic Schedule – Fall 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lengths Swim 6:30-8:55am					Lessons & Lengths (1 lane only) 9:00am-12:55pm	Lengths 10:00-10:55am Parent & Tot Swim 10:00-10:55am
Public Swim (TOT POOL OPEN) 9:00-11:25am *School lessons 9:00-10:00am (as scheduled)						
Range of Motion (ROM) 10:00-10:45am	Aquafit 10:00-10:45am	Range of Motion (ROM) 10:00-10:45am	Aquafit 10:00-10:45am	Range of Motion (ROM) 10:00-10:45am		
Lengths 11:30am-12:55pm					Special Olympics 1:00-1:55pm (main pool closed)	Lessons & Lengths (1 lane only) 11:00am-2:25pm
Public Swim (TOT POOL OPEN) 1:00-2:55am *School lessons 1:00-3:00pm (as scheduled)						
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	Free Public Swim (TOT POOL OPEN) 3:00-4:55pm	Lessons & Lengths (1 lane only) 3:00-5:25pm	Public Swim (TOT POOL OPEN) 2:00-4:55pm	Public Swim (TOT POOL OPEN) 2:30-4:55pm
Lengths 5:00-6:25pm					Lengths 5:00-6:25pm	
Public Swim (TOT POOL OPEN) 6:30-7:55pm					Public Swim (TOT POOL OPEN) 6:30-7:55pm	
Lengths (1 lane) 8:00-9:00pm Adult Lessons 8:00-8:40pm Aquafit 8:00-9:00pm Lengths (2 lanes) 9:00-9:55pm	Lengths (1 lane) 8:00-9:00pm Adult Lessons 8:00-8:40pm No Aquafit <i>Tuesday Evenings</i> Lengths (2 lanes) 9:00-9:55pm	Lengths (1 lane) 8:00-9:00pm Adult Lessons 8:00-8:40pm Aquafit 8:00-9:00pm Lengths (2 lanes) 9:00-9:55pm	Lengths (1 lane) 8:00-9:00pm Adult Lessons 8:00-8:40pm Aquafit 8:00-9:00pm Lengths (2 lanes) 9:00-9:55pm	Public Swim (TOT POOL OPEN) 8:00-9:55pm Youth Only Free Swim (11-18yrs) 8:00-9:55pm First Friday of each month (no lanes, whirlpool or steam room available)	Pool Schedule is subject to change. Aquafit classes are subject instructor availability Select Saturdays 2-4:55pm Inflatable fun: Sept 7, Oct 5, Nov 2, Dec 7 (water inflatable obstacle course) Holiday Hours: Open 1-5pm Lengths & Public Swim Youth swim dates: Sept 6, Oct 4, Nov 1, Dec 6	

***** The parent and tot pool is open only during public Swim. *****

Fitness Centre Schedule – Fall 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 Oct 15- Dec 31, 2019

***Note: Rink CLOSED for maintenance until Oct 14 (dates subject to change)**

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 <i>No session Dec 24, 31</i>	Adult Stick & Puck 3:15-4:45pm <i>No session Dec 25</i>	Parent & Tot FREE Skate 11:00-11:45am <i>No session Dec 26</i> Youth FREE Skate 3:15-4:30pm <i>No session Dec 26</i> *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 Public Skate 1:30 – 3:00pm	Women’s Hockey 10:30-11:45am *Family Fun Hockey 12:00-1:30pm Public Skate 1:45-3:15pm Power Skating Lessons 3:30—5:15pm *Adult Co-ed Hockey 9:30-11:00pm

* Helmets are strongly recommended for all public sessions. Helmets are mandatory for all participants of Family Fun Hockey. Adult Hockey Programs require full equipment. Participants must sign waiver at the beginning of each session.

** Thursday evening hockey is \$10/session and Sunday evening hockey is \$15/session. There are no drop-in goalie spaces available. Goalies must contact the program 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.)	\$3.20	\$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

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