

## Aquatic Schedule – as of Oct 21 (Pool Schedule is subject to change.)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Lengths</b> 6:30-9:00am	<b>Lengths</b> 6:30-9:00am	<b>Lengths</b> 6:30-9:00am	<b>Lengths</b> 6:30-9:00am	<b>Lengths</b> 6:30-9:00am		
<b>55+ Swim</b> 9:00-11:00am	<b>55+ Swim</b> 9:00-11:00am	<b>Aquafit</b> 9:00-10:00am <b>55+ Swim</b> 10:00-11:00am	<b>55+ Swim</b> 9:00-11:00am	<b>55+ Swim</b> 9:00-11:00am		
<b>Deep Clean - 11:00-11:30am</b> No public access to facility at this time.					<b>Lessons</b> 11:00am-1:00pm	<b>Lessons</b> 10:00am-1:00pm
<b>Lengths</b> 11:30am-1:00pm	<b>Lengths</b> 11:30am-1:00pm	<b>Lengths</b> 11:30am-1:00pm	<b>Lengths</b> 11:30am-1:00pm	<b>Lengths</b> 11:30am-1:00pm	<b>Deep Clean - 1:00-1:30pm</b> No public access to facility.	
<b>Public Swim</b> 1:00-3:30pm	<b>Public Swim</b> 1:00-2:30pm <b>FREE Swim</b> 2:30-3:30pm	<b>Public Swim</b> 1:00-3:30pm	<b>Public Swim</b> 1:00-3:30pm	<b>Public Swim</b> 1:00-3:30pm	<b>Public Swim</b> 1:30-7:00pm	<b>Public Swim</b> 1:30-7:00pm
<b>Deep Clean - 3:30-4:00pm</b> No public access to facility at this time.						
<b>Lessons</b> 4:00-6:30pm	<b>Lessons</b> 4:00-6:30pm	<b>Lessons</b> 4:00-6:30pm	<b>Lessons</b> 4:00-6:30pm	<b>Public Swim</b> 4:00-6:00pm	<b>**Alternating FREE Family &amp; Youth Swims</b>  Family Swim Dates: Oct 22, Nov 5, 19, Dec 3, 17  Youth Swim Dates: Oct 15, 29, Nov 12, 26, Dec 10	
<b>Aquafit</b> 6:30-7:30pm	<b>Public Swim</b> 6:30-8:00pm	<b>Public Swim</b> 6:30-8:00pm	<b>Public Swim</b> 6:30-8:00pm	<b>FREE Family/ Youth Swim**</b> 6:00-8:00pm		
<b>Public Swim</b> 7:30-9:00pm	<b>Lengths</b> 8:00-9:00pm	<b>Lengths</b> 8:00-9:00pm	<b>Lengths</b> 8:00-9:00pm	<b>Lengths</b> 8:00-9:00pm		

The parent and tot pool is open only during the Public Swims.

Please note: The whirlpool, steam room and dry saunas are now open!

### Holiday Hours

#### Nov 11 Remembrance Day

##### Fitness Centre

1:00-5:00pm

##### Pool

**Public Swim**  
1:00-5:00pm

## Fitness Centre Schedule

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:00am – 9:00pm	7:00am – 9:00pm	7:00am – 9:00pm	7:00am – 9:00pm	7:00am – 9:00pm	Women’s Only 8:00-10:00am  10:00am – 7:00pm	Seniors Only 8:00-10:00am  10:00am - 7:00pm
Wristbands must be worn while working out in the Fitness Centre. Thank you for your cooperation.						

## Rink Schedule – Sept 25-Dec 19

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;"> <b>Skate Rentals</b> \$3.36                 </div> <div style="border: 1px solid black; padding: 2px;"> <b>Skate Sharpening</b> \$6.91                 </div>	<b>Learn to Skate Lessons</b> 6:00-8:00pm  <b>Adult Skate</b> 8:15-9:30pm	<b>Adult Open Dance*</b> 12:15-1:45pm  <b>Adult Hockey*</b> 3:15-4:45pm	<b>Parent &amp; Tot FREE Skate</b> 11:00-11:45am  <b>Youth FREE Skate</b> 3:15-4:30pm	<b>Adult Stick &amp; Puck*</b> 12:00pm – 1:30pm  <b>Adult &amp; Senior FREE Skate</b> 1:45-3:00pm  <b>Children FREE Skate</b> 3:15-4:30pm  <b>Public Skate</b> 7:45-9:15pm	<b>Learn to Skate Lessons</b> 10:00am-1:15pm  <b>Public Skate</b> 1:30-3:00pm	<b>Women’s Hockey*</b> 10:30-11:45am  <b>Family Fun Hockey</b> 12:00-1:30pm  <b>Public Skate</b> 1:45-3:15pm  <b>Power Skating Lessons</b> 3:30-5:15pm
Helmets are strongly recommended for all public sessions. Helmets are mandatory for all participants of Family Fun Hockey. * <b>Adult Dance and Hockey Programs</b> must pre-register online for sessions. Registration opens at noon, 3 days prior to each session. Visit <a href="http://vanrec.ca">vanrec.ca</a> to register online, or by phone at 604-718-5800 (1) or 604-718-5831.						

## Pool, Rink & Fitness Centre Rates (Including GST)

	Single Admission	10 Visits	1 Month Flexipass	3 Months Flexipass	12 Months Flexipass
Adult	\$6.66	\$55.92	\$51.46	\$138.95	\$444.62
Youth (13-18 yrs.)	\$4.66	\$39.14	\$36.03	\$97.26	\$311.24
Child (6-12yrs.)	\$3.33	\$27.96	\$25.74	\$69.48	\$222.32
Senior (55+ yrs.)	\$4.66	\$39.14	\$36.03	\$97.26	\$311.24
<b>Family:</b> 2 adults of the same household and their children under 19 years of age. Minimum of \$6.66 <b>Leisure Access Cards:</b> Fitness Centre Admission Rate is 50% off adult admission and Flexipass (monthly passes).					