

Pool Schedule

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

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lengths* 6:30-9:00am	Lengths* 6:30-9:00am	Lengths* 6:30-9:00am	Lengths* 6:30-9:00am	Lengths* 6:30-9:00am	<div style="border: 2px solid orange; padding: 5px;"> + Main pool & tot pool are CLOSED to the public during lessons. </div>	
Public Swim (Tot Pool Closed) 9:00-11:30am	Public Swim (Tot Pool Closed) 9:00-11:30am <div style="border: 1px solid blue; padding: 2px;"> Tot Pool Open 10:30am-1:00pm </div>	Aquafit 9:00-10:00am Public Swim (Tot Pool Closed) 10:00-11:30am	Public Swim (Tot Pool Closed) 9:00-11:30am <div style="border: 1px solid blue; padding: 2px;"> Tot Pool Open 10:30am-1:00pm </div>	Public Swim (Tot Pool Closed) 10:00-11:30am		
Lengths* 11:30am-1:00pm	Lengths* 11:30am-1:00pm	Lengths* 11:30am-1:00pm	Lengths* 11:30am-1:00pm	Lengths* 11:30am-1:00pm	Lessons + 11:00-1:30pm	Lessons + 10:00-1:30pm
Public Swim 1:00-4:00pm	Public Swim 1:00-2:30pm FREE Swim 2:30-4:00pm	Public Swim 1:00-4:00pm	Public Swim 1:00-4:00pm	Public Swim 1:00-6:00pm	Public Swim 1:30-6:00pm	Public Swim 1:30-6:00pm
Lessons + - 4:00-6:30pm						
Public Swim 6:30-7:30pm	Public Swim 6:30-8:00pm	Public Swim 6:30-8:00pm	Public Swim 6:30-8:00pm	FREE Family/ Youth Swim** 6:00-8:00pm	Lengths* 6:00-7:00pm	Lengths* 6:00-7:00pm
Aquafit 7:30-8:30pm						
Lengths* 8:30-9:00pm	Lengths* 8:00-9:00pm	Lengths* 8:00-9:00pm	Lengths* 8:00-9:00pm	Lengths* 8:00-9:00pm	*At least two lanes will be available during Lengths sessions.	

****Alternating FREE Family & Youth Swims - Fridays 6:00-8:00pm - No public access to pool, hot tub, steam room at this time.**

Family Swim Dates: Oct 28, Nov 25, Dec 9 **Youth Swim Dates:** Oct 21, Nov 4, 18, Dec 9

Fitness Centre Schedule

Mon-Fri	Sat	Sun
7:00am-9:00pm	Women's Only 8:00-10:00am 10:00am-7:00pm	55+ 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.		

Fri Nov 11 - Pool & Fitness Centre open 1:00-5:00pm.

FEES	Single Admission	10 Visits	1 month Flexipass	3 months Flexipass	12 months Flexipass
	Adult	\$6.99	\$60.14	\$53.84	\$145.38
Youth (13-18 yrs)	\$4.89	\$42.11	\$37.70	\$101.77	\$325.65
Child (6-12 yrs)	\$3.50	\$30.07	\$26.92	\$72.69	\$232.61
Senior (55+ yrs)	\$4.89	\$42.11	\$37.70	\$101.77	\$325.65

Family: 2 adults of the same household and their children under 19 years of age. Minimum \$6.99
Leisure Access Cards: Fitness Centre Admission Rate is 50% off Adult drop-in and Flexipasses

Ice Rink Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Skate Rentals \$3.53 Skate Sharpening \$7.25	Learn to Skate Lessons 6:00-8:00pm Adult Skate 8:15-9:30pm	Adult Figure Skating* 12:15-1:45pm Adult Stick, Puck & Ring* 3:15-4:30pm	Parent & Tot FREE Skate 11:00-11:45am Youth FREE Skate 3:15-4:30pm	Adult Stick & Puck* 12:00-1:30pm Adult & Senior FREE Skate 1:45-3:00pm Children FREE Skate 3:15-4:30pm Public Skate 8:00-9:30pm	Learn to Skate Lessons 10:00am-1:15pm Public Skate 1:30-3:00pm	Women's Hockey* 10:45am-12:00pm Family Fun Hockey 12:15-1:30pm Public Skate 1:45-3:15pm Power Skating Lessons 3:30-4:30pm

Helmets are strongly recommended for all public sessions. Helmets are mandatory for all participants of Family Fun Hockey.

***Adult Skate and Hockey Programs** must pre-register for sessions. No drop-ins. Registration opens at noon, 3 days prior to each session. Visit vanrec.ca to register online, or by phone at 604-718-5800 (1) or 604-718-5831.