

Pool Schedule

Please note: The whirlpool is open. Steam room and Dry Saunas are closed.

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	The parent and tot pool is open only during the Public Swims.	
55+ Swim 9:00-11:30am	55+ Swim 9:00-11:30am	Aquafit 9:00-10:00am 55+ Swim 10:00-11:30am	55+ Swim 9:00-11:30am	55+ Swim 9:00-11:30am		
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		
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	Lessons 4:00-6:30pm	Lengths* 4:00-6:30pm	Lessons 4:00-6:30pm	FREE Family/ Youth Swim** 6:00-8:00pm		
Public Swim 6:30-7:30pm Aquafit 7:30-8:30pm Lengths* 8:30-9:00pm	Public Swim 6:30-8:00pm Lengths* 8:00-9:00pm	Public Swim 6:30-8:00pm Lengths* 8:00-9:00pm	Public Swim 6:30-8:00pm 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

Family Swim Dates: Jan 7, 21, Feb 4, 18, Mar 4, 18 Youth Swim Dates: Jan 14, 28, Feb 11, 25, Mar 11, 25

Fitness Centre Schedule

Pre-register on line (up to 3 days in advance) vanrec.ca Drop-in: only 2 spaces guaranteed, first-come first-served.	
Mon-Fri 7:00-8:15am 8:30-9:45am 10:00-11:15am 11:45am-1:00pm 1:15-2:30pm* 2:45-4:00pm* 4:15-5:30pm 6:00-7:15pm 7:30-8:45pm	Sat-Sun 8:00-9:15am 9:30-10:45am 11:00am-12:15pm 12:45-2:00pm 2:15-3:30pm 3:45-5:00pm 5:15-6:45pm

* On Jan 25 & 27 these times are unavailable due to scheduled VSB appointments.

FEES

	Single Admission	10 Visits	1 month Flexipass	3 months Flexipass	12 months Flexipass
Adult	\$6.99	\$60.14	\$53.84	\$145.38	\$465.21
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

Flexipasses and 10-visit passes are accepted for online session registration and facility drop-ins.

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 Open Dance* 12:15-1:45pm Adult Hockey* 3:15-4:45pm	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 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

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

***Adult Dance 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.