

### Pool Schedule

Schedule subject to change without notice.

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

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	The parent and tot pool is open only during the Public Swims.	
<b>55+ Swim</b> 9:00-11:30am	<b>55+ Swim</b> 9:00-11:30am	<b>Aquafit</b> 9:00-10:00am <b>55+ Swim</b> 10:00-11:30am	<b>55+ Swim</b> 9:00-11:30am	<b>55+ Swim</b> 9:00-11:30am		
<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>Public Swim</b> 1:00-4:00pm	<b>Public Swim</b> 1:00-2:30pm <b>FREE Swim</b> 2:30-4:00pm	<b>Public Swim</b> 1:00-4:00pm	<b>Public Swim</b> 1:00-4:00pm	<b>Public Swim</b> 1:00-6:00pm	<b>Public Swim</b> 1:30-6:00pm	<b>Public Swim</b> 1:30-6:00pm
<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> 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>Lengths*</b> 8:00-9:00pm	*At least two lanes will be available during Lengths sessions.	
<b>Aquafit</b> 7:30-8:30pm	<b>Lengths*</b> 8:00-9:00pm	<b>Lengths*</b> 8:00-9:00pm	<b>Lengths*</b> 8:00-9:00pm			
<b>Lengths*</b> 8:30-9:00pm						

\*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

**Notice:**  
 In accordance with the new Provincial Health Order, the Fitness Centre will be closed from December 23 - January 18 or until further notice.

<b>FEES</b>	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

### Ice Rink Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Skate Rentals</b> \$3.53  <b>Skate Sharpening</b> \$7.25	<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> 12:00-1:30pm  <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.

\***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](http://vanrec.ca) to register online, or by phone at 604-718-5800 (1) or 604-718-5831.