

Sports Centre schedule in effect to MAY 31, 2010							
POOL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Length swim minimum 2 lanes except 1 lane only Mon-Thu 10 am-12 pm	7-9 am 10 am-1:15 pm 6-9 pm	7 am-1 pm	7-9 am 10 am-1:15 pm 6-9 pm	7 am-1 pm	7-9 am 10 am-1:15 pm	<p>Reduced Schedule will be in effect Dec 19, 2009- Jan 3, 2010 (see page 8) & Spring Break Mar 6-14, 2010</p> <p>Children under the age of seven must be accompanied in the water and within arms reach at all times by a guardian 16 years or older.</p> <p>The Sports Centre pool, sauna & hot tub are closed Saturdays, Sundays & statutory holidays.</p> <p><i>Our facilities are fragrance free.</i></p>	
Swim fit (16 & Over) (coached swim workout)		8-9 pm		8-9 pm			
16 & over length swim		8-9 pm		8-9 pm			
16 & over swim	8:15-9 pm		8:15-9 pm				
Everyone welcome swim		6-8 pm		6-8 pm	10 am-1:15 pm		
Tot swim - 6 & under (main pool NOT available)	3-6 pm	3-6 pm	3-6 pm	3-6 pm	3-7 pm		
Aquatic rehab swim	11:30 am-1 pm		11:30 am-1 pm				
50 & better aquafit & swim	1:15-3 pm		1:15-3 pm		1:15-3 pm		
Drop in water fitness classes	Shallow 9-10 am Deep 7:15-8:15 pm		Shallow 9-10 am Deep 7:15-8:15 pm		Shallow 9-10 am		
Sauna & hot tub	7 am-9 pm	7 am-9 pm	7 am-9 pm	7 am-9 pm	7 am-7 pm		

Facility schedules are subject to change. For further information please call 250-334-9622.

WELLNESS CENTRE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wellness centre (Ages 16+)	7 am-9 pm	7 am-9 pm	7 am-9 pm	7 am-9 pm	7 a.m-7 p.m	8 am-2 pm	8 am-2 pm
Supervised wellness centre times (Fitness Staff available. 12-15 yr olds permitted.)	12-2 pm 3:30-8 pm	3:30-8 pm	12-2 pm 3:30-8 pm	3:30-8 pm	12-2 pm	8 am-2 pm	8 am-2 pm
The wellness centre is closed statutory holidays.							

Welcome to the Wellness Centre!

The facility includes a fully equipped weight room with cardio and weight training equipment:

- abdominal
- active/passive machine
- barbells
- bicep curl
- dumbbells
- elliptical trainer
- equalizer
- functional trainer
- leg curl
- leg extension
- leg press
- power rack
- orbital trainer (REX)
- recumbent bike
- rowing machine
- seated row
- stair climber
- treadmills & upright bikes

Don't forget to check the Sports Centre swimming pool schedule when coming to the wellness centre - your wellness centre drop-in fee also includes the use of the swimming pool, hot tub and sauna during public drop-in times.

Free Orientations (approximately 20-30 minutes long)

Let us show you around! Free orientations of the wellness centre are available during supervised times. No charge – just show up and our fitness staff will give you a tour and explain how to use the equipment.