

Fall Fitness Schedule

September 5 - December 22, 2017

* Fitness classes are subject to change based on pool rentals and instructor availability.

Monday	Tuesday	Wednesday	Thursday	Friday
Deep Aquafit 7:15 - 8:00 am	Shallow Aquafit 7:15 - 8:00 am Shoes MUST be worn	Deep Water Running 7:15 - 8:00 am	Shallow Aquafit 7:15 - 8:00 am Shoes MUST be worn	Deep Aquafit 7:15 - 8:00 am
Shallow Transitional Aquafit 8:15 - 9:00 am Shoes Recommended		Deep Aquafit 8:15 - 9:00 am		Shallow Transitional Aquafit 8:15 - 9:00 am Shoes Recommended
Senior Swim & Functional Fitness 11:15 - 12:00 noon	Joint Mobility 11:15 - 12:00 noon	Senior Swim & Functional Fitness 11:15 - 12:00 noon	Joint Mobility 11:15 - 12:00 noon	Senior Swim & Functional Fitness 11:15 - 12:00 noon
Shoes MUST be worn for all of the 11:15 classes				
	Deep Aquafit 6:15 - 7:00 pm		Deep Aquafit 6:15 - 7:00 pm	

Joint Mobility Helps to relieve pain, maintain or increase range of motion, strengthen weak muscles and improve circulation. This class is for those seeking injury rehabilitation, arthritis joint therapy or those wishing to improve their strength and range of motion.

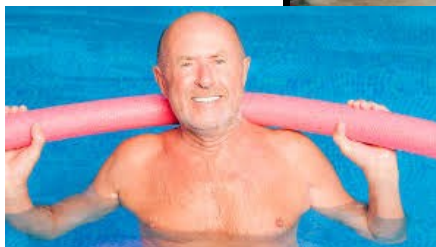
Senior "Fun"ctional Fitness Using a variety of equipment, participate in exercises designed to aid the aging population in improving function and completing their daily living activities. You may choose to swim laps, participate in the class, relax in the hot tub, sauna or steam room, or choose your own activities in the deep end or wave pool.

Shallow/Transitional Aquafit Shallow water aquafit has the benefit of providing excellent cardio, strength and flexibility training. The option to work at a transitional depth (neck deep with or without a buoyancy belt), provides participants who experience lower body joint issues, to participate and improve in all weight bearing activities. Suitable for everyone.

Deep Aquafit Deep-water training provides a unique and open environment free from gravity and impact. Classes will incorporate cardiovascular and muscle conditioning exercises. This is a challenging workout for both skilled and unskilled aquatic fitness participants.

Deep Water Running

This training uses the protection and multi-dimensional resistance of water fitness. Intervals of cardiovascular conditioning through water running will be integrated into flexibility and muscular strengthening sets. We need to stretch the tight muscles and strengthen the weak muscles which water exercise naturally does. Water running allows a high intensity work out without impact.



Cranbrook Aquatic Centre

Fall Pool Schedule

September 3– December 23, 2017



Schedules 250.426.5050
Phone: 250.489.0220
Fax: 250.489.6154

www.cranbrook.ca

Unit #3 1777 2nd St. N.,
Cranbrook, BC V1C 7G9

Leisure Services Office Hours

Monday - Friday • 8:00am - 8:00pm
Saturday & Sunday • 12:00pm - 7:00pm

Holiday Hours
CLOSED

September 4 • October 9 • November 11

Special Events

FREE **FAMILY** SWIM

Children must be accompanied by a parent or guardian over the age of 16 years.

3rd Saturday of each month • 12-1 pm
Sponsored by

September 16 Hospital Employees Union
September 30 Cupe Local 2090 (BONUS)
October 21 Denham Ford
November 18 Fraternal Order of Eagles
December 17 Cupe Local 2090



Fall Pool Schedule

September 3- December 23, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Laps 6:30-9 am (3-4 lanes available) <i>No waves or slide</i>						Every Sunday families swim for \$11.65
Adult Laps & Limited Use 9 am-12 pm (1 lane available)						
Laps 12-1 pm (3-4 lanes available) <i>No waves or slide</i>				Family Swim 12-1 pm	Family Swim or Group Rentals 12-1 pm	Family Swim 12-1 pm
Public Swim 1-3 pm (2 lanes available)				Public Swim 1-9 pm (2 lanes available)	Public Swim 1-8 pm (2 lanes available)	Public Swim 1-8 pm (2 lanes available)
Adult Laps & Lessons 3-6 pm (1 lane available) <i>No Public Swimming</i>						
Family Swim 6-7 pm (2 lanes available)						
Wednesdays from 7-8 pm, ONLY 1 lane available! Public Swim 7-9 pm (2 lanes available)						

MOVIE NIGHTS AT THE POOL

Every Friday in **November** 7-9 pm
 Nov 3 Sherk
 Nov 10 Shrek 2
 Nov 17 Sherk the third
 Nov 24 Sherk Forever After



HOWL-O-WEEN

Saturday
OCTOBER 28 1-3pm
 Pumpkins grinning ear to ear,



Children under the age of 7 **MUST** be accompanied by a responsible person 16 years or older and **MUST** be within arms reach (even if a child is wearing a lifejacket) at all times.

Laps and Limited Use. Some facilities will be open but both pools will be shared with organized instructional programs. Priority for space will be given to our instructional programs therefore most of the facility will not be accessible for public use. We will have at least one lane of the main pool available to the public for laps. Full use of the hot tub, steam room and sauna. The waves and waterslide are not available due to aquatic programs. Adult swim rates apply. (In force during all swim lesson times.) There is no public swimming during Lesson times.

Lane Swimming. At least one lap lane will be available during all facility open hours.

Public Swim. All facilities will be open including the diving board, sauna, steam room, hot tub, wave pool, bubble pit, raindrop, rope swing and slide. There will usually be a minimum of two lanes open for lane swimming.

Family Swim. A time set aside for families with young children to enjoy the warm and shallow water of the wave pool without the waves and large crowds. Children must be accompanied by a parent or guardian over the age of 16 years.

KOOTENAY ICE

Special swim rate during every Kootenay Ice home game!
 Special rates start 1 hour before game time.



SPECIAL EVENT PRICES

\$4.65 adults • \$3.45 youth & seniors
 \$2.30 kids • \$11.65 families

Grade 5 passes are not valid during special events

Swim Admissions

	Single	10 Visit	1 Month Pass	6 Month Pass	12Month Pass
Infants (0-2yrs)	N/A	N/A	N/A	N/A	N/A
Child (3-12 yrs)	\$3.50	\$32.00	\$39.10	\$166.55	\$273.90
Youth (13-18yrs)	\$4.65	\$41.90	\$51.25	\$204.85	\$345.15
Senior (60+yrs)	\$4.65	\$41.90	\$51.25	\$218.05	\$370.35
Adult (19+yrs)	\$6.05	\$54.35	\$66.25	\$281.55	\$465.60
Family* (Immediate Only)	\$14.75	\$133.05	\$162.95	\$668.40	\$821.75

* Family means at least one adult AND one or more children residing in the same household. All prices include GST.