

Spring Fitness Schedule

April 1 - June 18, 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 seeking 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 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 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.

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 participants.

Private Swimming Lessons

Each 30 minute private lesson is structured to meet your needs for time and skills requirements. Private lessons are for people who:

- learn better one-on-one
- Need to master a few skills to advance to the next level
- Need to prepare for a Leadership or Lifeguard course
- To book a lesson or for information call 250-489-0224 Cost per 1/2 hr: Child \$22.20 Adult \$24.90

Cranbrook Aquatic Centre

Spring Pool Schedule

April 1–June 18, 2017



Schedules 250.426.5050
Phone: 250.489.0220
Fax: 250.489.6154
www.westernfinancialplace.ca

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 Closures

Good Friday - April 14

Easter Monday - April 17

Victoria Day • May 22

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

April 15 Sponsored by Silverado Construction

May 20 Sponsored by KD Electric

June 17 Sponsored by Smith Alliance



Spring Pool Schedule

April 1 - June 18, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Laps 6:30-9:00 am (3-4 lanes available) <i>No waves or slide</i>						Every Sunday families can swim for \$11.65
Adult Laps & Lessons 9:00 am-12 pm (2 lanes available)						
Lunchtime Laps 12-1 pm (3-4 lanes available) <i>No waves or slide</i>			Family Swim 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)						
Family Swim 6-7 pm (1 lane available)						
Wednesdays from 7-8 pm, ONLY 1 lane available!						
Public Swim 7-9 pm (2 lanes available)						

National Health & Fitness Day Family Swim 12-1 pm

Public SWIM 1-4 pm

Saturday June 3

Get active and take your family swimming!



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

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.

Adult Laps and Lessons Both pools are shared with organized instructional programs. We will have at least two lanes of the main pool available to the public for laps. There is full access to the hot tub, steam room and sauna. The waves and waterslide are not available due to aquatic programs. There is no public swimming during swim lessons.

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.

Swim Admissions

	Single	10 Visit	1 Month Pass	6 Month Pass	12Month
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	\$54.30	\$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.

POOL

Good Friday, April 14th
Easter Monday - April 17th

CLOSED

Victoria Day • Monday, May 22

Pool Area

CLOSED

For Maintenance

Annual Maintenance
Shutdown
June 19 to July 2