

Spring Fitness Schedule

April 3 - June 16, 2018

* 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/Transitional Aquafit 7:15 - 8:00 am Shoes must be worn	Deep Aquafit 7:15 - 8:00 am	Shallow/Transitional 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 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 250-489-0225 Cost per 1/2 hr: Child \$22.20 Adult \$24.90

Cranbrook Aquatic Centre

Spring Pool Schedule

April 3 - June 16, 2018



Schedules:

250.426.5050

Phone:

250.489.0220

www.westernfinancialplace.ca

Community Services Office Hours

Monday - Friday • 8:00am - 8:00pm

Saturday & Sunday • 12:00pm -7:00pm

Holiday Closures

Victoria Day: May 21

Pool Shut Down: June 17 - July 7

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 21 Sponsored by **KD Electric**
 May 19 Sponsored by **Silverado Construction**
 June 16 Sponsored by **Canfor**

National Health & Fitness Day



Family Swim 12-1 pm

Public Swim 1-4 pm

Saturday June 2

Get active and take your family swimming!

Beach Party!

July 28
1:00- 4:00pm

Loads of fun for the kids with our indoor beach games all afternoon!

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



Annual Maintenance Shutdown
June 17 to July 7

Spring Pool Schedule

April 3 - June 16, 2018

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 7-8pm, ONLY 1 lane available!						
Public Swim 7-9 pm (2 lanes available)						

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.

Wednesdays from 7-8 pm, ONLY

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.