

# Spring-Break Fitness Schedule

## March 19-29, 2018

\* Fitness class schedule is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
Deep Aquafit 7:15 - 8:00 am	Shallow Aquafit 7:15 - 8:00 am <b>Shoes MUST be worn</b>	Deep Aquafit 7:15 - 8:00 am	Shallow Aquafit 7:15 - 8:00 am <b>Shoes MUST be worn</b>	Deep Aquafit 7:15 - 8:00 am
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
	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 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.



### WHY WEAR SHOES?

Aquatic shoes provide the wearer with more stability and traction for an upright stance when moving through the water. They reduce the effects of impact when jumping in shallow water and add resistance in deep and shallow water, thereby further helping build strength.

**What kind of shoes can you wear?** Old trainers (as long as they are clean!), surf walkers, sport sandals, or specific shoes made for aquatic fitness. Ask any of our aquafit instructors where to buy these types of shoes, they will be happy to assist you.

### Spring Break Hours

Weekdays 2-4:30pm • Fridays 2-9:30pm  
Sat & Sun 2-8:30pm



# Cranbrook Aquatic Centre SPRING BREAK Pool Schedule March 19-29th, 2018



**Schedules:** 250.426.5050  
**Phone:** 250.489.0220  
**Fax:** 250.489.6154  
[www.westernfinancialplace.ca](http://www.westernfinancialplace.ca)

### Community Services Office Hours

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

# COMMUNITY SPONSORED FREE FAMILY SWIM\*

3<sup>rd</sup> Saturday of each month  
12:00 pm - 1:00 pm



## March 17<sup>th</sup> Swim

Sponsored by: *High Country Sportswear*

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

# Spring! SWIMMING LESSONS

Enroll in Spring Swimming lesson and be ready for a fun safe summer! Choose from Saturday Lessons, Monday & Wednesdays or Tuesdays & Thursdays.

**Set #1 April 9– May 10**

**Set #2 May 14– June 14**



Call Community Services for more details.

# Spring Break Escape!

Fun-filled active camp for kids! A world of creativity and adventure games, crafts, sports, swimming, skating and fun all day long! Ages 5—12 years old.

**Mon-Fri 9am-4pm**

March 19-23rd \$198.00/per week

March 26-29th \$158.00/per week



## Spring-Break Pool Schedule

**March 19-29, 2018**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Laps • 6:30 am - 9:00 am (3-4 lanes available)						Special Pricing for Families on Sundays! \$11.65
Lessons/Limited Use • 9:00 am - 12:00 pm (1 lane available)						
Lunch Time Laps • 12:00 noon - 1:00 pm (3-4 lanes available)					Family Swim 12–1 pm (2 lanes)	
Public Swim • 1:00 - 4:00pm (2 lanes available)					Public Swim • 1:00 - 8:00 pm (2 lanes available)	
Lessons/Limited Use • 4:00 - 6:00 pm (2 lane available)						
Family Swim • 6:00 - 7:00 pm (2 lane available)						
Public Swim • 7:00 - 9:00 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.*

**Lessons/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. There is no public swimming during swim lessons.

**Lane Swimming** A 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 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.

**Sunday Swimming** Every Sunday families can swim for a special rate of \$11.65.

## 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	\$54.30	\$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. All prices include GST.