

Winter Fitness Schedule

January 9 - March 17, 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 Water Running 6:15 - 7:00 pm	Deep Aquafit 6:15 - 7:00 pm	Deep Water Running 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.

Birthday Parties at the Pool

Book your birthday or group party & receive:

- CJ Express Kids' Pack: Fries, drink & your choice of either a hamburger, hot dog or chicken strips
- Pool Swimming Admission: During Public swimming hours with access to the wave pool & waterslide.



ALL FOR ONLY: \$9.50/child (incl. tax) 12 yrs and under

Private swimming lessons

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

Winter Pool Schedule

January 9 - March 17, 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

Family Day • February 13
Skate & Swim at Western Financial Place

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:

January 21 Days Inn Cranbrook

February 18 CanFor

March 18 High Country Sportswear

If you are interested in sponsoring a Community Swim contact Joan MacKinnon: 250-489-0225 or jmackinnon@cranbrook.ca.

Winter Pool Schedule

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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						
Lunchtime Laps 12-1 pm (3-4 lanes available) <i>No waves or slide</i>				Family Swim 12-1 pm (2 lanes avail.)	Family Swim 12-1 pm (2 lanes available)	
Public Swim 1-3 pm (2 lanes available)				Public Swim 1-9 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)						

FAMILY DAY SKATE & SWIM

Monday, February 13

Skate 1-3 pm

Swim 1-4 pm

Children must be accompanied by a parent or guardian over the age of 16 years. Special event prices may apply.

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 Swim Lessons. 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 is not accessible for public use. We will have at least one lane of the main pool available to the public for laps, plus full use of the hot tub, steam room and sauna. The waves and waterslide are not available. There is no public swimming at this time.

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.

POLAR BEARS & PENGUINS SWIM

Sunday, January 22nd 1-3 pm

Special Event Pricing!



Special swim rate during every Kootenay Ice home game!

Hockey Games

SPECIAL EVENT PRICES

\$4.65 adults • \$3.45 youth & seniors

\$2.30 kids • \$11.65 families

Grade 5 passes are not valid during any 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	\$54.30	\$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.