

Winter Fitness Schedule

January 6 - March 14, 2019

* 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	Deep Water Running 7:15 - 8:00 am	Shallow Aquafit 7:15 - 8:00 am	Deep Aquafit 7:15 - 8:00 am
Shallow Aquafit 8:15 - 9:00 am	Shoes are recommended for all fitness classes.			Shallow Aquafit 8:15 - 9:00 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	

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

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 "Functional Fitness" Using a variety of equipment, participate in exercises designed to aid the aging population in improving function and completing their daily living activities. The class is held in shallow and transitional to deep water. Alternatively, you may choose your own activities in the deep end or wave pool, or relax in the hot tub, sauna, or steam room, or swim laps

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

Birthday Parties at the Pool

- Bring your own food and cake to celebrate!
- Book our private room for your party time, during Public swimming hours with access to the Aquatic Centre



Cranbrook Aquatic Centre



Pool Schedule



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Schedules  **250.426.5050**
Phone: **250.489.0220**
Fax: **250.489.6154**

www.westernfinancialplace.ca
www.cranbrook.ca

Community Services Hours

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

BC Family Day • February 18th
 Swim at Western Financial Place

FREE **FAMILY** SWIM

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

Sponsored by:

January 19 Gerick Sports
 February 16 Days Inn
 March 16 High Country Sports
 April 20 Silverado Construction



FAMILY DAY SWIM

February 18
 Swim 1-4 pm



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



POLAR BEARS & PENGUINS SWIM

January 27th , 1-3 pm
 Special Event Pricing!

Movie Nights at the Pool!

7-9 pm

February 8th—Small Foot
 March 8th—Teen Titans G0!



Special event prices apply.



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

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) <i>No slide</i>					Pool Open at 12:00pm	Every Sunday families can swim for \$11.65
Adult Laps & Lessons 9:00 am-12 pm						
Family Swim 12-1 pm (3-4 lanes) <i>No slide</i>				Family Swim 12-1 pm	Family Swim 12-1 pm (2 lanes)	
Public Swim 1-3 pm			Public Swim 1-9 pm (2 lanes)		Public Swim 1-8 pm (2 lanes)	
Adult Laps & Lessons 3-6 pm <i>No Public Swim</i>						
Family Swim 6-7 pm <i>No Slide</i>						
Wednesdays from 7-8 pm, Only 1 lane available						
Public Swim 7-9 pm						

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.

*Sometimes unforeseen events may lead to some facilities or features being closed.

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 main pool, leisure pool, hot tub, steam room, and sauna. Other water features will be open and running periodically throughout the swim as well, including the bubble pit, rain drop, rope swing and slide.

Family Swim. A time set aside for families with young children to enjoy the warm and shallow water of the wave pool without the 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 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.