

PROGRAM HIGHLIGHTS

ADULT SWIMS (15 +years)

Monday, Wednesday and Sunday Evenings

All areas of the pool and fitness areas are dedicated to help adults recharge after a hectic day. Maybe it's a sauna, a soak in the whirlpool, a social game of water volleyball or a session of water aerobics.

DAILY PUBLIC SWIMS

At Canada Games our staff organize non-stop play for daily aquatic adventure. From organizing a giant whirlpool to face painting, kids are never at a loss for something to do! If all the floating equipment and toys don't have them amused, then a wet n' wild tug-o-war certainly will. After all, games is our middle name!

SUPERVISION OF CHILDREN

All children six years of age or under must be supervised by a responsible person (15 years or older) who is in the water and within arms reach of the child at all times.

Parents or guardians of children 7 years or older may be required to remain in the water within arms reach of their children. This may be based on height or swimming ability.

ADULT SAUNA, SWIRL, LENGTHS & FITNESS

Adults can drop in and use our fitness areas all day, every day.*

*During Over 40's sessions the pool, sauna and whirlpool are not available to those under the age of 40.

FAMILY SWIM**

Parks and Recreation is pleased to offer you discounted family swims! Children and youth who are accompanied by adults will pay only \$1.00 per person for pool admission.

2009/10 SCHEDULE REVISIONS

September 8 - 15, 2009

Facility Closure in effect.

December 19, 2009 - January 3, 2010

Christmas schedule in effect.

January 16 & 17, 2010

Hyack Swim Meet. Some swims will be affected. See cashier for details.

March 8 - 12, 2010

Spring Break Special Schedule.

April 2 - 5, 2010

Easter Schedule.

May 21 - 23, 2010

Hyack Swim Meet. All swims will be affected. See cashier for details.

June 24, 2010

New Summer Schedule in effect.
Available for pick-up June 1, 2010

NEW WESTMINSTER PARKS & RECREATION

CANADA GAMES POOL & FITNESS CENTRE

SCHEDULE

EFFECTIVE TO JUNE 24, 2010



Teaching you life skills for your safety, knowledge and enjoyment!



NEW WESTMINSTER
Parks, Culture & Recreation

65 East 6th Avenue, New Westminster, B.C.
Phone: 604-526-4281 • www.nwpr.bc.ca

CANADA GAMES POOL & FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Ctr. Only 6:00 - 6:30 am Early Bird 6:30 - 8:30 am *Adult: Sauna, Swirl, Lengths & Fitness Ctr. 8:30 - 11:30 am ✓ (Deep Water Aquacizes 10:30 - 11:15 am) Parent & Tot Playtime 8:45 - 11:30 am Noon Swim 11:30 am - 12:55 pm Adult Fitness Centre Only 1:00 - 2:30 pm Over 40's Swim 1:00 - 2:30 pm	Fitness Ctr. Only 6:00 - 6:30 am Early Bird 6:30 - 8:30 am *Adult: Sauna, Swirl, Lengths & Fitness Ctr. 8:30 - 11:30 am Noon Swim 11:30 am - 12:55 pm *Adult: Sauna, Swirl, Lengths & Fitness Ctr. 1:00 - 8:30 pm Public Swim 8:30 - 9:55 pm ✓ <i>Shallow end closes 8:30 - 9:15 pm for Aquacizes</i>	Fitness Ctr. Only 6:00 - 6:30 am Early Bird 6:30 - 8:30 am *Adult: Sauna, Swirl, Lengths & Fitness Ctr. 8:30 - 11:30 am ✓ (Deep Water Aquacizes 10:30 - 11:15 am) Parent & Tot Playtime 8:45 - 11:30 am Noon Swim 11:30 am - 12:55 pm Adult Fitness Centre Only 1:00 - 2:30 pm Over 40's Swim 1:00 - 2:30 pm	Fitness Ctr. Only 6:00 - 6:30 am Early Bird 6:30 - 8:30 am *Adult: Sauna, Swirl, Lengths & Fitness Ctr. 8:30 - 11:30 am Noon Swim 11:30 am - 12:55 pm *Adult: Sauna, Swirl, Lengths & Fitness Ctr. 1:00 - 8:30 pm Public Swim 8:30 - 9:55 pm ✓ <i>Shallow end closes 8:30 - 9:15 pm for Aquacizes</i>	Fitness Ctr. Only 6:00 - 6:30 am Early Bird 6:30 - 9:00 am Adult Fitness Centre Only 9:00 - 10:30 am *Adult: Sauna, Swirl, Lengths & Fitness Ctr. 10:30 - 11:30 am ✓ (Deep Water Aquacizes 10:30 - 11:15 am) Noon Swim 11:30 - 12:55 pm *Adult: Sauna, Swirl, Lengths & Fitness Ctr. 1:00 - 8:30 pm Public Swim 8:30 - 10:25 pm ✓ <i>Shallow end closes 8:30 - 9:15 pm for Aquacizes</i>	Adult: Fitness Ctr. Only 8:15 - 8:45 am *Adult: Sauna, Swirl, Lengths & Fitness Ctr. 8:45 am - 1:00 pm *Adult: Sauna, Swirl, Lengths & Fitness Ctr. 8:45 - 11:00 am Parent & Tot Playtime 8:45 - 11:00 am FAMILYSWIM** 11:00 am - 1:00 pm <i>(Slide opens at 12:30 pm)</i>	Adult: Fitness Ctr. Only 8:15 - 8:45 am *Adult: Sauna, Swirl, Lengths & Fitness Ctr. 8:45 - 11:00 am Parent & Tot Playtime 8:45 - 11:00 am FAMILYSWIM** 11:00 am - 1:00 pm <i>(Slide opens at 12:30 pm)</i>
Public Swim 2:30 - 4:25 pm Adult: Sauna, Swirl, Lengths & Fitness Ctr. 4:30 - 6:30 pm ✓ (Aquacizes 5:30 - 6:15 pm) Public Swim 6:30 - 8:25 pm Adult Swim 8:30 - 9:55 pm <i>deep end closes 8:30 - 9:15 pm for Deep Water Aquacizes</i> ✓	*Adult: Sauna, Swirl, Lengths & Fitness Ctr. 1:00 - 8:30 pm Public Swim 8:30 - 9:55 pm ✓	Public Swim 2:30 - 4:25 pm Adult: Sauna, Swirl, Lengths & Fitness Ctr. 4:30 - 6:30 pm ✓ (Aquacizes 5:30 - 6:15 pm) Public Swim 6:30 - 8:25 pm Adult Swim 8:30 - 9:55 pm <i>deep end closes 8:30 - 9:15 pm for Deep Water Aquacizes</i> ✓	*Adult: Sauna, Swirl, Lengths & Fitness Ctr. 1:00 - 8:30 pm Public Swim 8:30 - 9:55 pm ✓ <i>Shallow end closes 8:30 - 9:15 pm for Aquacizes</i>	*Adult: Sauna, Swirl, Lengths & Fitness Ctr. 1:00 - 8:30 pm Public Swim 8:30 - 10:25 pm ✓ <i>Shallow end closes 8:30 - 9:15 pm for Aquacizes</i>	★ ★ ★ ★ ★ ★ ★ ★ ★ ★ Drop in Anytime! Public Swim 1:00-8:25 ★ ★ ★ ★ ★ ★ ★ ★ ★ ★	Drop in Anytime! Public Swim 1:00-8:25 ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ Adult Swim 8:30 - 9:55 pm <i>deep end closes at 9:30 pm</i>

★ THE WATER SLIDE IS OPEN DURING THE SHADED SESSIONS - Slide closes half an hour before end of swim.
 The Canada Games Pool Fitness Centre is open during all swim times, seven days a week, for all your fitness needs!

Schedule is effective until June 24, 2010 • Visit our website at www.nwpr.bc.ca
 For more session information, please drop in or call Canada Games at 604-526-4281.

FITNESS CENTRE

Our first rate, fully equipped weight area is open all day. Specialists are available from 1:00 p.m. until closing daily to get you started on a customized program or to help you adjust your current training schedule at no extra charge.

LENGTHS SWIMMERS

Drop in virtually anytime and enjoy the convenience of 4 - 8 lanes set up for your use. Kickboards, hand paddles and pullbuoys are available to enhance your workout! Check the schedule for sessions with age restrictions.

✓ AQUACIZES (15+ years)

For 12 sessions each week, our certified instructors lead shallow and deep water aquatic fitness classes. Each class provides an excellent alternative for muscle conditioning, burning fat and a great cardiovascular workout. All this is included in your regular admission price. See our schedule for details and we'll see you in the pool!

SWIM ADMISSIONS

Child	FREE	3 years and under (4 - 12 yrs)
Youth	\$2.70	or 10 for \$21.60 (13 - 18 yrs)
Adult	\$3.75	or 10 for \$30.00 (19 - 65 yrs)
	\$5.50	or 10 for \$44.00 or 40 for \$154.00
Senior	\$2.70	or 10 for \$21.60 (65+ yrs)
Monthly Pass for Early Bird/Noon Swims	\$42.65	
Three Month Early Bird/Noon Swim	\$111.15	

Ask about our \$28.60 Family Pack
Unlimited Swim/Fitness Centre Pass
One Month \$52.50 • 3 month Pass \$139.25
 Admissions include G.S.T.