

Canada Games Pool Christmas Schedule 2009 - 2010

Saturday, December 19

8:15-8:45 Fitness Centre ONLY
8:45-1:00 Adult Sauna, Swirl, Lengths & Fitness Centre
1:00-8:25 Public Swim
(Slide open 1:00 - 4:30 pm & 6:30 - 8:00 pm)



Sunday, December 20

8:15-8:45 Fitness Centre ONLY
8:45-11:00 Adult Sauna, Swirl, Lengths & Fitness Centre
8:45-11:00 Parent & Tot Playtime
11:00-1:00 Family Swim**
1:00-8:25 Public Swim
(Slide open 1:00 - 4:30 pm & 6:30 - 8:00 pm)
8:30-9:55 Adult Swim

Monday, December 21

6:00-6:30 Fitness Centre ONLY
6:30-8:30 Early Bird
8:30-11:30 Adult Sauna, Swirl, Lengths & Fitness Centre
8:45-11:30 Parent & Tot Playtime
11:30-12:55 Noon Swim
1:00-4:25 Public Swim
4:30-6:30 Adult Sauna, Swirl, Lengths & Fitness Centre
6:30-8:25 Public Swim
8:30-9:55 Adult Swim

Tuesday, December 22

6:00-6:30 Fitness Centre ONLY
6:30-8:30 Early Bird
8:30-11:30 Adult Sauna, Swirl, Lengths & Fitness Centre
11:30-12:55 Noon Swim
1:00-3:55 Public Swim
4:00-6:30 Adult Sauna, Swirl, Lengths & Fitness Centre
6:30-9:55 Public Swim
(Slide open 7:00 - 9:00 pm)

Wednesday, December 23

6:00-6:30 Fitness Centre ONLY
6:30-8:30 Early Bird
8:30-11:30 Adult Sauna, Swirl, Lengths & Fitness Centre
8:45-11:30 Parent & Tot Playtime
11:30-12:55 Noon Swim
1:00-4:25 Public Swim
4:30-6:30 Adult Sauna, Swirl, Lengths & Fitness Centre
6:30-8:25 Public Swim
8:30-9:55 Adult Swim

Thursday, December 24

6:00-6:30 Fitness Centre ONLY
6:30-8:30 Early Bird
8:30-10:30 Adult Sauna, Swirl, Lengths & Fitness Centre
10:30-2:25 Public Swim
(Slide open 11:00 - 2:00 pm)



Friday, December 25 Merry Christmas



CANADA GAMES
POOL IS CLOSED
TODAY

Saturday, December 26

9:00 - 12:00 Adult: Fitness Centre ONLY
(POOL, SAUNA, SWIRL CLOSED)
12:00 - 8:25 Public Swim
(Slide open 1:00 - 4:30 pm & 6:30 - 8:00 pm)



Boxing Day

Sunday, December 27

8:15-8:45 Fitness Centre ONLY
8:45-11:00 Adult Sauna, Swirl, Lengths & Fitness Centre
8:45-11:00 Parent & Tot Playtime
11:00-1:00 Family Swim**
1:00-8:25 Public Swim
(Slide open 1:00 - 4:30 pm & 6:30 - 8:00 pm)
8:30-9:55 Adult Swim

Monday, December 28

6:00-6:30 Fitness Centre ONLY
6:30-8:30 Early Bird
8:30-11:30 Adult Sauna, Swirl, Lengths & Fitness Centre
8:45-11:30 Parent & Tot Playtime
11:30-12:55 Noon Swim
1:00-4:25 Public Swim
4:30-6:30 Adult Sauna, Swirl, Lengths & Fitness Centre
6:30-8:25 Public Swim
8:30-9:55 Adult Swim

Tuesday, December 29

6:00-6:30 Fitness Centre ONLY
6:30-8:30* Early Bird
8:30-11:30 Adult Sauna, Swirl, Lengths & Fitness Centre
11:30-12:55 Noon Swim
1:00-3:55 Public Swim
4:00-6:25 Adult Sauna, Swirl, Lengths & Fitness Centre
6:30-9:55 Public Swim
(Slide open 7:00 - 9:00 pm)

Wednesday, December 30

6:00-6:30 Fitness Centre ONLY
6:30-8:30 Early Bird
8:30-11:30 Adult Sauna, Swirl, Lengths & Fitness Centre
8:45-11:30 Parent & Tot Playtime
11:30-12:55 Noon Swim
1:00-4:25 Public Swim
4:30-6:30 Adult Sauna, Swirl, Lengths & Fitness Centre
6:30-8:25 Public Swim
8:30-9:55 Adult Swim

Thursday, December 31

6:00-6:30 Fitness Centre ONLY
6:30-8:30 Early Bird
8:30-11:30 Adult Sauna, Swirl, Lengths & Fitness Centre
11:30 - 12:55 Noon Swim
1:00 - 4:55 Public Swim
(Slide open 1:30 - 4:30 pm)

New Year's Eve

Friday, January 1

9:00 - 12:00 Adult: Fitness Centre ONLY
(POOL, SAUNA, SWIRL CLOSED)
12:00 - 8:25 Public Swim
(Slide open 1:00 - 4:30 pm & 6:30 - 8:00 pm)

Happy New Year

Saturday, January 2

8:15-8:45 Fitness Centre ONLY
8:45-1:00 Adult Sauna, Swirl, Lengths & Fitness Centre
1:00-8:25 Public Swim
(Slide open 1:00 - 4:30 pm & 6:30 - 8:00 pm)

Sunday, January 3

8:15-8:45 Fitness Centre ONLY
8:45-11:00 Adult Sauna, Swirl, Lengths & Fitness Centre
8:45-11:00 Parent & Tot Playtime
11:00-1:00 Family Swim**
1:00-8:25 Public Swim
(Slide open 1:00 - 4:30 pm & 6:30 - 8:00 pm)
8:30-9:55 Adult Swim

Monday, January 4



REGULAR SCHEDULE RESUMES

**SWIM CANCELLATIONS
DUE TO HYACK INVITATIONAL SWIM MEET**
Saturday, January 16, 12:00 - 8:30 pm
Sunday, January 17, 8:45 a.m. - 6:00 pm

The upstairs fitness area remains open during the swim meet.
All deck areas are closed (pool, sauna, whirlpool, teachpool and Nautilus/Hammerstrength)



Slide is open during the shaded times. Slide closes 30 minutes before end of public swims.

Special Notes

Aquacizes

All sessions are cancelled from Saturday, December 19 to Sunday, January 3. The regular aquacize schedule will resume on Monday, January 4.



SWIM ADMISSIONS

CHILD

(3 yrs & under) FREE
(4 - 12 yrs) \$2.70 or 10 for \$21.60

TEEN

(13 - 18 yrs) \$3.75 or 10 for \$30.00

ADULT

(19 - 64 yrs) \$5.50 or 10 for \$44.00
or 40 for \$154.00

SENIOR

(65+ yrs) \$2.70 or 10 for \$21.60

Early Bird/Noon Swim Pass

One Month \$42.65
Three Month \$111.15

Ask about our \$28.60 Family Pack

Unlimited Swim/Fitness Ctr Pass

One Month \$52.50
Three Month \$139.25

(All admission prices include G.S.T.)

www.nwpr.bc.ca

Highlights

THE BEST FUN & FITNESS PACKAGE

... at a bargain price! Canada Games Pool offers an unbelievable one-stop family fun package all for the price of regular admission! No other pool has the variety we can offer.

PLEASURE & FAMILY SWIMS

Our innovative staff put together a variety of fun activities for every swim. There are plenty of toys, games and activities to make every swim fun and exciting.

ADULT LATE SWIM

Whether you're a swimmer or a paddler, our adult swims have something for everyone. Bring your friends or come to meet someone. There's volleyball in the shallow end, ping pong and lots of floating equipment on which to relax. What a great way to end the day!

ADULT SAUNA, SWIRL, LENGTHS & FITNESS CENTRE (Ongoing)

There's always a place for adults to workout at Canada Games Pool. The swimming lanes, sauna, whirlpool and fitness areas are always open so you can squeeze a workout into your busy schedule any time of the day.

OVER 40'S SWIM

Over 40's Swim does not run from December 19 to January 3 due to additional public swims.

FAMILY SWIM**

Parks and Recreation is pleased to offer you discounted family swims! Children and youth that are accompanied by adults (19+ years) will pay only \$1.00 per person for pool admission. What a deal!

SUPERVISION OF CHILDREN

All children 6 years of age or under must be supervised by a responsible person (15 years of age 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.

Living

Active

The Parks and Recreation Department has ideal, low-cost gifts for your family & friends. Everyone appreciates receiving something fun and healthy at Christmas. Check the shopping list below and pick up your gift today...they make great stocking stuffers!

Active Living Christmas Gifts

Canada Games Pool

- Swim/Fitness cards loaded with ten or forty drop-in visits
- Goggles - a complete selection including corrective goggles
- Bathing caps
- Ear and nose plugs
- Swim lessons - Waterbabies, Parent & Tot, Pre-school, School Age, Adult and Diving
- Gift certificates in \$10.00 & \$52.50 denominations
- 1 month or 3 month facility passes



Register Now For 2010 WINTER SWIMMING LESSONS

WINTER SET I

Once or twice a week classes - Begin the week of January 5

WINTER SET II

Twice a week classes - Begin the week of February 9



CANADA GAMES POOL CHRISTMAS Swim Schedule

Effective December 19, 2009 - January 3, 2010



CANADA GAMES POOL • 65 East Sixth Avenue,
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