

# Fitness Swimming / Aqua Fit / Squash - Uxpool 905-852-7831

Spring Fitness Schedule and Rates March 19 to June 30, 2018 (Closed: March 30, April 1, and May 21)

Lane Swimming: (open swim for lengths only) *shared pool						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15am-8:15am	7:15am-8:15am	7:15am-8:15am	7:15am-8:15am	7:15am-8:15am		
11:30am-1:00pm	11:30am-1:00pm	11:30am-1:00pm	11:30am-1:00pm	11:30am-1:00pm	12:00pm-1:00pm	12:00pm-1:00pm
					1:00pm-3:00pm*	1:00pm-3:00pm*
	7:30pm-8:30pm*		7:30pm-8:30pm*			
8:30-9:30pm	Masters 8:30pm-9:30pm	8:30pm-9:30pm	Masters 8:30pm-9:30pm			

Family Swimming: (open swim for lengths only) *shared pool						
	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Seniors & Family	10:30am-11:30am	1:00pm-2:00pm*	10:30am-11:30am	1:00pm-2:00pm*	10:30am-11:30am	1:00pm-3:00pm*
Family		7:30pm-8:30pm*		7:30pm-8:30pm*		

\*Fitness fees: (all pay-as-you-go fees include HST)

\$5.75 /Adult, \$5.00 /Senior & Student, \$4.00 /Youth (15 & under), and \$3.00 /Child (6 & under accompanied by an adult in the water) \$14.50 /Family.

Squash						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
League	5:00pm-9:00pm	5:00pm-9:00pm	5:00pm-9:00pm	5:00pm-9:00pm		Assorted Times
Public Courts	7:00am-5:00pm	7:00am-5:00pm	7:00am-5:00pm	7:00am-5:00pm	7:00am-6:00pm	Assorted Times

Aqua Wellness & Aqua Fitness: *Shared pool						
	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Aquatic Wellness		1:00pm-1:45pm*		1:00pm-1:45pm*		
Aqua Fitness am	8:45am-9:45am	8:45am-9:45am	8:45am-9:45am	8:45am-9:45am	8:45am-9:45am	11:15am-12:00pm
Aqua Fitness pm	7:45pm-8:30pm		7:45pm-8:30pm			

\*Fee: Adult \$10.00 /class or court, Senior / Youth \$9.50 / class or court (all pay-as-you-go fees include HST)



**Cafe & Market**

Fresh-Local-Organic

- Fresh lunch counter
- Specializing in vegan and vegetarian food
- Organic
- Fresh organic juices
- Soups, smoothies & specialty grocery

2 Brock St. W., Uxbridge 905-862-3990



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Membership Rates:			Monthly Options				
A \$50 fee will be added to non-residents' yearly membership and prorated for monthly options.	10 Pack Specials	20 Pass *expires 8 mo.	Two	Three	Six	Eight	Twelve
Family Fitness membership + HST			\$151	\$176	\$292	\$377	\$503
Adult Fitness membership + HST	\$79	\$144	\$117	\$137	\$226	\$293	\$390
Senior Fitness membership + HST		\$123	\$90	\$105	\$174	\$225	\$300
Junior & Youth Fitness membership + HST		\$123	\$80	\$94	\$155	\$201	\$268
Family Swim ONLY + HST	\$96		\$115	\$134	\$222	\$287	\$383
Adult Swim ONLY + HST	\$47	\$82	\$84	\$98	\$162	\$209	\$279
Senior Swim ONLY + HST		\$79	\$65	\$75	\$125	\$161	\$215
Youth Swim ONLY + HST	\$28	\$53	\$56	\$66	\$109	\$141	\$188

Fitness Memberships include: Squash, Aquafit, Wellness, Masters and Public Swims

## Summer Schedule July 2 to August 31 (Closed: July 1 & August 6)

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Lane Swim	7:15am-8:15am	7:15am-8:15am	7:15am-8:15am	7:15am-8:15am	7:15am-8:15am	
Aquafit	8:15am-9:15am 7:15pm-8:00pm	8:15am-9:15am	8:15am-9:15am 7:15pm-8:00pm	8:15am-9:15am	8:15am-9:15am	Sunday only 11:15am-12:00pm
Wellness		12:45pm-1:30pm*		12:45pm-1:30pm"		
Lane Swim	11:45am-1:30pm	11:45am-1:00pm*	11:45am-1:30pm	11:45am-1:00pm*	11:45am-1:30pm	12:00pm-1:30pm
Public Swim	1:30pm-3:00pm	1:30pm-3:00pm	1:30pm-3:00pm	1:30pm-3:00pm	1:30pm-3:00pm	1:30pm-3:00pm
Public Swim		7:00pm-8:00pm**		7:00pm-8:00pm**		
Lane Swim	8:00pm-9:00pm	7:00pm-8:00pm**	8:00pm-9:00pm	7:00pm-8:00pm**		
Masters		8:00 pm-9:00pm		8:00pm-9:00pm		

\* Shared 12:45pm-1:00pm \*\*Shared pool

## The Uxbridge Squash Club

The Uxbridge Squash Club has operated in our community for more than 30 years, located at Uxpool. Come on out and "Get into the Game". Beginners welcome!

Squash Public Courts (open Monday - Friday 7:00am - 9:00pm, Saturdays 9:00am - 4:00pm *times may vary, Sundays 11:30am - 4:00pm)				
Monday	Tuesday	Wednesday	Thursday	Friday
7:00am-9:00pm	7:00am-9:00pm	7:00am-9:00pm	7:00am-9:00pm	7:00am-5:00pm

## FREE Public Swims For Families

Join us on Tuesday and Thursday evenings (7pm-8 pm) during the summer for our public swims sponsored by Canadian Tire Jumpstart. All families and kids 4-18 are FREE during these times. Come out and have family time and an opportunity to cool off before bed. A special membership will be issued for this program. Sign up for your special membership starting June 20, 2018. Unfortunately, due to the nature of this program, adults without child accompaniment will be charged regular fees. Uxpool admission policy will be followed.

