

Fitness: Swimming / Aqua Fit / Squash

UxPool 905-852-7831

Spring Fitness Schedule & Rates March 20 to June 30 2017

(Closed: April 14, 16, May 22)

Lane Swimming: (open swim for lengths only) *shared						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 – 8:15am	7:15 – 8:15 am	7:15 – 8:15 am	7:15 – 8:15 am	7:15 – 8:15 am		
11:30 – 1:00pm	11:30 – 1:00pm	11:30 – 1:00pm	11:30 – 1:00pm	11:30 – 1:00pm	12:00–1:00pm	12:00–1:00pm
					1:00 -3:00pm*	1:00 -3:00pm*
	7:30 – 8:30pm*		7:30 – 8:30pm*			
8:30– 9:30pm	Masters 8:30 – 9:30pm	8:30 – 9:30pm	Masters 8:30 – 9:30pm			
Family Swimming: (open swim for all ages) *shared pool.						
Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun	
Seniors & Family	10:30-11:30am		10:30-11:30am		10:30-11:30am	
Family		1:00 – 2:00pm *		1:00 – 2:00pm *		1:00-3:00pm*
		7:30-8:30pm*		7:30-8:30pm*		
*Fitness fees: (all pay as you go fees include HST) \$5.50 /Adult, \$4.75 /Senior & Student, \$3.75 /Youth (15 & under), and \$2.75 /Child (6 & under accompanied by an adult in the water) \$14.00 /Family.						
Squash (open Mon. –Thurs. 7 am – 9 pm, Fri. 7 am – 6 pm, Sat. 9 – 4 *times may vary, Sun. 11:00 – 4 pm)						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
League	5 pm – 9 pm	5 pm – 9 pm	5 pm – 9 pm	5 pm – 9 pm		Assorted times
Public Courts	7 am – 5 pm	7 am – 5 pm	7 am – 5 pm	7 am – 5 pm	7 am – 7 pm	Assorted times
Aqua Wellness & Aqua Fitness *New Evening Times						
Monday	Tuesday	Wednesday	Thursday	Friday	Sunday	
Aquatic Wellness		1:00-1:45 pm*		1:00-1:45 pm*		
Aqua Fitness am	8:45-9:45am	8:45-9:45am	8:45-9:45am	8:45-9:45am	8:45-9:45am	11:15 – 12:00pm
Aqua Fitness pm	7:45-8:30pm		7:45-8:30pm			
Fee: Adult \$9.50 /class or court, Senior / Youth \$9.00 / class or court (all pay as you go fees include HST)						

Membership rates: A \$50 fee will be added to non-residents yearly membership and pro-rated for monthly options							
	20 Pass		Monthly Options				
	10 Pack Specials	*expires 8 mo.	Two	Three	Six	Eight	Twelve
Family Fitness membership + HST			\$145	\$169	\$280	\$362	\$483
Adult Fitness membership + HST	\$76	\$139	\$113	\$131	\$218	\$281	\$375
Senior Fitness membership + HST		\$118	\$87	\$101	\$168	\$217	\$289
Junior & Youth Fitness membership+ HST		\$118	\$77	\$90	\$150	\$194	\$258
Family Swim ONLY + HST	\$92		\$110	\$129	\$213	\$276	\$368
Adult Swim ONLY + HST	\$45	\$78	\$81	\$94	\$156	\$202	\$269
Senior Swim ONLY + HST		\$76	\$62	\$72	\$120	\$155	\$207
Youth Swim ONLY + HST	\$27	\$51	\$54	\$63	\$105	\$136	\$181

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