

## Registered Family Fun Swim

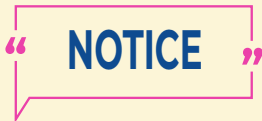
Come swim, splash, and use the water slide! This swim session offers families of up to six the opportunity to participate in a family fun-swim. Families will be responsible for maintaining 2m of physical distance from other families during this swim. Whenever possible, swimmers are encouraged to dry off on the pool deck and leave as soon as possible, as changeroom and shower space will have limited capacity.

## Registered Lane Swim

This 45-minute swim session offers a double lane of continuous, fast, speedo and leisure swimming. Swimmers will be responsible for maintaining 2m of physical distance from other swimmers during this swim. Swimmers will be able to select their own pool equipment i.e. kickboard, pull-buoy, etc. Once they are done, they will put their used equipment in a "used" area for cleaning.

## WHEN TO REGISTER

- Sessions can be booked online, through Reception or by phone at 250-595-7946.
- Registration will open at 10:00am Tuesdays for the following week's sessions Tuesday-Monday.
- These are pre-registered single sessions.
- Regular admissions pricing or Punch Pass fees apply.
- These bookings are not linked to a specific lane. On duty lifeguards will help individuals select an appropriate swim lane when they arrive.
- Four hour cancellation policy.



**POOL CLOSED FOR MAINTENANCE  
MAY 31-JUNE 20**

## Single Lane and Water Walking Bookings

This one hour lane booking offers individuals, and up to two other lane swimmers, or up to one other water runner, to rent their own designated pool space. Swimmers booking a swim lane must be able to swim 50m continuously as all single swim lanes will have a designated stop and start end to ensure physical distance can be maintained when resting and changing equipment. Water runners will have a choice between booking a deep end or shallow end half lane. Each booking will be provided with a place for personal belongings and a basket for desired pool equipment to be selected.

### WHEN TO REGISTER

- Registration opens up four days in advance at 3:30pm. Phone-in only. Please call 250-598-2665 (BOOK) to book a lane (i.e. Tuesday at 3:30pm phones in to book the 6:15pm lane on Saturday).
- \$14.75 per Single Swim Lane.
- \$7.50 per Water Walking Lane.
- Lanes can only be booked over the phone.
- Four hour cancellation policy.

## Aquafit

Join your favourite instructor for their signature Aquafit class! Teri, Nelly, Mary-Jane and Crissy are back and ready to deliver a variety of in-water fitness classes, ranging from mild to intense workouts.

NOTE: These 50 minute classes start 10 minutes after the scheduled time; check-in on the start time allows 10 minutes for your daily health check, shower, and a warm up.

Look for:

- **Shallow Water Aquafit** with Nelly, Mary-Jane and Crissy.
- **Deep Water Aquafit** with Crissy.
- **Waterworks** and **50 & Better Shallow Water** with Teri.
- **Shallow Water Energizer** with Mary-Jane.

### HOW TO REGISTER

- These classes are registered programs that run weekly for a set number of weeks. See page 9 for course information and dates. There is no single admission option.
- Registration will be ongoing until a class is full. Late registrants are welcome and will receive a pro-rated registration rate.
- Aquafit classes can be booked through Reception and online.

### CANCELLATION POLICY:

For courses that are four (4) classes or more, credits/refunds must be requested before the second class. After the second class, credits/refunds are granted only for cases of illness supported by a doctor's note (other compassionate reasons may be considered).