

## City Centre Aquatic Complex

# POOL SCHEDULE

### HOURS & RATES

<b>Mon – Sat</b>	5:30 a.m. – 10:30 p.m.	<b>Waterpark features and diving boards are open on a rotating schedule, 10:30 a.m. – 8:30 p.m.</b>	<i>Please note all children under the age of 7 must be within arms reach of a responsible adult no less than 16 years of age.</i>
<b>Sun</b>	7 a.m. – 10:30 p.m.		
<b>Childminding</b>		\$3.05/1.5 hrs. \$4.00/2.5 hrs. \$33.95/10 sessions	<i>Available for kids 6 years and younger. Limit of two infant (under 1 year) spaces available on a first come, first serve basis.</i>
<b>Mon/Wed/Fri</b>	9 – 11:30 a.m.		

For swim lesson details, go to [coquitlam.ca/aquatics](http://coquitlam.ca/aquatics) and look for “Swim lessons” PDF link.

### ADMISSION RATES: DROP-IN & ONE PASS

	SINGLE	10 ADM	50 ADM	1 MTH	4 MTHS	1 YEAR
<b>Child</b> (0 – 12 yrs)	\$3.00	\$24.00	\$112.50	\$27.79	\$91.34	\$218.32
<b>Youth Student*</b> (13 – 18 yrs) / (19 – 25 yrs)	\$4.52	\$36.20	\$169.50	\$41.70	\$136.77	\$327.47
<b>Adult</b> (19 – 64 yrs)	\$6.00	\$48.00	\$225.00	\$55.60	\$182.43	\$436.63
<b>Senior</b> (65 – 84 yrs)	\$4.52	\$36.20	\$169.50	\$41.70	\$136.77	\$327.47
<b>Super Senior</b> (85 yrs +)	\$3.00	\$24.00	\$112.50	\$27.79	\$91.34	\$218.32
<b>Parent &amp; Tot</b> (per person)	\$3.00	N/A	N/A	N/A	N/A	N/A

\*19 – 25 yrs fulltime student with valid student ID. Applicable tax not included. Rates valid to March 31, 2018.

### LENGTH SWIM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 – 11 a.m. 4 lanes 25m	5:30 – 8:45 a.m. 4 lanes 50m	5:30 – 8:45 a.m. 4 lanes 50m	5:30 – 8:45 a.m. 4 lanes 50m	5:30 – 8:45 a.m. 4 lanes 50m	5:30 – 8:45 a.m. 4 lanes 50m	5:30 – 9 a.m. 4 lanes 25m
11:30 a.m. – 1:30 p.m. 2 lanes 25m	9:15 a.m. – 3:30 p.m. 4 lanes 25m	9:15 a.m. – 3:30 p.m. 4 lanes 25m	9:15 a.m. – 3:30 p.m. 4 lanes 25m	9:15 a.m. – 3:30 p.m. 4 lanes 25m	9:15 a.m. – 3:30 p.m. 4 lanes 25m	9:30 a.m. – 2 p.m. 2 lanes 25m
1:30 – 5:30 p.m. 4 lanes 25m	3:30 – 8:45 p.m. 2 lanes 25m	3:30 – 7:45 p.m. 2 lanes 25m	3:30 – 8:45 p.m. 2 lanes 25m	3:30 – 7:45 p.m. 2 lanes 25m	3:30 – 9:15 p.m. 2 lanes 25m	2 – 5:30 p.m. 4 lanes 25m
6 – 10:30 p.m. 4 lanes 25m	9:15 – 10:30 p.m. 3 lanes 25m	8:15 – 10:30 p.m. 3 lanes 25m	9:15 – 10:30 p.m. 3 lanes 25m	8:15 – 10:30 p.m. 3 lanes 25m	9:15 – 10:30 p.m. 4 lanes 25m	6 – 10:30 p.m. 4 lanes 25m

When 3 or more lanes are available, they will be divided into leisure, medium and fast lanes. When only 2 lanes are open, no leisure lane will be available. Lengths swimming is open to people of any age who are swimming continuously for fitness purposes. Schedule subject to change without notice.

## LOW COST OPPORTUNITIES

### TOONIE SWIM

Daily 9:30 – 10:30 p.m.

### PARENTS FITNESS BREAK

Fit in a quick workout during your child's swimming lesson or relax in the hot tub, sauna, or steam room for half price admission.

### FAMILY SWIM

Sat 6:30 – 9:30 p.m.

Adult \$3.00/Child \$3.00

Applicable tax not included

### BEFORE/AFTER SWIM

If you are currently enrolled in swimming lessons, you can swim 30 minutes before or after your lesson for half price admission.

### LITTLE DIPPERS

A great time for parents and tots. Lots of toys available. Admission rates apply only to adults attending with tots.

Tue/Thu 10:30 – 11:30 a.m.

\$1.00/person

## DROP-IN

### STROKE CORRECTION (15 YRS +)

Mon/Wed 9:30 – 10:15 p.m.

\$2.00 admission

### UNDERWATER HOCKEY

For all ages. Participants will wear fins, a snorkel, and a mask while they learn basic snorkeling and underwater hockey skills.

Sun 11:15 a.m. – 12:15 p.m.

Regular admission

## GET FIT IN AQUAFIT!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Deep Water AquaFit 9:30 a.m.	Water Works 6:45 a.m.	Water Works 9 a.m.	Water Works 6:45 a.m.	Water Works 9 a.m.	Water Works 6:45 a.m.	AquaFit Plus 9:30 a.m.
	Gentle Fit 9 a.m.	Water Running 9:30 a.m.	Gentle Fit 9 a.m.	Water Running 9:30 a.m.	Gentle Fit 9 a.m.	
	Deep Water AquaFit 9:30 a.m.	AquaFit 9:45 a.m. 12 p.m.	Deep Water AquaFit 9:30 a.m.	AquaFit 9:45 a.m. 12 p.m.	Deep Water AquaFit 9:30 a.m.	
	AquaFit Plus 9:45 a.m.	Deep Water AquaFit 8 p.m.	AquaFit Plus 9:45 a.m.	Water Running 8 p.m.	AquaFit Plus 9:45 a.m.	
	AquaFit 1:30 p.m.		AquaFit 1:30 p.m.		AquaFit 1:30 p.m.	
	AquaFit Plus 7:45 p.m.		Aqua Boot Camp 7:45 p.m.		AquaFit Plus 7:45 p.m.	

Schedule subject to change without notice.

### ADAPTIVE AQUA MOTION

An exercise program designed for individuals looking to increase their functional abilities. Participants are encouraged to bring an attendant. Available at Poirier Sport & Leisure Complex.

### AQUAFIT

A low impact, shallow water based aquatic workout enhancing muscle tone, balance and strength with an emphasis on cardio.

### AQUAFIT PLUS

A moderate to intense workout for those who want to challenge themselves.

### AQUA BOOT CAMP

High energy aquatic based boot camp with a mixture of intervals and high intensity movements utilizing 360 degree resistance without the impact of land!

### DEEP WATER AQUAFIT

A vigorous cardio based workout with the use of a buoyancy belt, maximizing full resistance of the water in a variety of movement patterns. Participants must be comfortable in deep water.

### GENTLE AQUAFIT

A lighter version of Aquafit for individuals looking to increase mobility, muscular and/or cardiovascular strength.

### WATER WORKS

Developed by the Arthritis Society for those with limited mobility and/or joint pain.

### WATER RUNNING

The total body burn! A full-body intense workout in a weightless environment. Challenge your cardiovascular fitness and improve strength and flexibility without the impact.