

Summer 2016

Centennial Pool

Learn to swim!

Improve your strokes!

Get fit!
Have Fun



Call us at (250)982-2488

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00	Lap Swim/ Aqua Fit	Lap Swim/ Aqua Fit	Lap Swim/ Aqua Fit	Lap Swim/ Aqua Fit	Lap Swim/ Aqua Fit	Pool Rentals and Swim Club	
10:00-12:00	RedCross Swimming Lessons						
12:00-1:00	Lap Swim/ Parents and Tots	Lap Swim/ Aqua Fit	Lap Swim/ Parents and Tots	Lap Swim/ Aqua Fit	Lap Swim/ Parents and Tots	Swim Club/ rentals	
1:00-3:00	PUBLIC SWIM!!						
3:30-5:30	PUBLIC SWIM!!						
5:30-6:30	Lap Swim	Lap Swim/ Swim Club	Lap Swim	Lap Swim/ Swim Club	Lap Swim	LAP SWIM	
6:30-7:30		Swim Club	Family Swim	Swim Club			
7:30-8:00							

Fees

General Admission

Preschool (Under 7)	\$2.75
Youth (7-14)	\$3.00
Adult (15-59)	\$4.00
Senior (60+)	\$3.00
Family (2 adults/4 children)	\$14.00

Swimming Passes

	Monthly	Seasonal
*Preschool (Under 7)	\$30.00	\$60.00
Youth (7-14)	\$30.00	\$60.00
Adult (15-59)	\$40.00	\$80.00
Senior (60+)	\$30.00	\$60.00
Family Pass (2 adults/4 children)	\$140.00	\$280.00

*Every child under 7 **MUST** be accompanied by a responsible adult at ALL times during public swims. If this rule is not followed, staff reserve the right to ask the child and guardian to vacate the pool. Staff assistance for supervising young children is available for \$12/hr.

Merchandises is available for sale! Prices vary, ask at the front desk.

Swimming Lessons \$40/session
 Private Lessons \$25/half hour
 Private Pool Rental: \$75/hr/10 users
 \$100/hr/11-30 users
 \$125/hr/30+ users

Rental times are available most evenings and weekends. Call to book a time: 250-982-2488!

Programs and Courses:

Red Cross Swimming Lessons \$40/Session (10 Classes)

Swim Preschool: 4 months to 6 years:

**This eight-level stand-alone program
for four-month to six-year-old children
allows swimmers to enter various
levels based on age and ability.**

Swim Kids: 7 years and up: At the age of 7 children move into the

**Swim Kids program. In this 10-level
program, children learn to swim, be fit,
and stay safe in a fun environment that
promotes achieving a personal best
and celebrates personal success.**

Lessons and Sessions

We have four lesson sets:

Session 1: July 4th – July 15th

Session 2: July 18th-29th

Session 3: Aug 1-Aug 12th

Session 4: Aug 10th-26rd

REGISTER TODAY! Limited Space

Lifesaving Courses

If you are a strong swimmer looking for a bigger
challenge you may be interested in taking
lifesaving courses. Canadian Swim Patrol,
Junior Lifeguard, and Bronze programs are
available to swimmers.

*Call us at (250) -- 982 – 2488 for more
information regarding course dates and cost.
Must be 8 years or older to take lifesaving
lessons.*

Swim Club

A fun, guided environment for your child or
adult to practice and improve fitness and
endurance. Tuesdays and Thursdays



Other Programs:

Lap Swim

Lap swim is a great total body workout that
builds endurance, muscle strength and
cardiovascular fitness with very little impact
stress on the body.

Aqua Fit

A fun alternative to lap swim, aqua-fit is an
upbeat exercise class set to music.

Adult Private Lessons

Learn new skills or improve your strokes! Let
us customize a program to meet your needs and
fit your schedule.



June Schedule

**3:30 Public Swim: and 5:30 Lap Swim:
June 21, 22, 23, 27, 28, 29**

June 25, 26 and July 2 and 3 as Summer Schedule

June 30 and July 1 open at noon as Summer Schedule