

ANNE FIDDICK
AQUATIC & SPORTS CENTRE
GOLD RIVER, B.C.
250-283-2216
pool@conumacable.com



WEIGHTROOM / CARDIO ROOM & COURT HOURS





Monday/Wednesday 9 am -12 noon & 5 pm - 9 pm
 Tuesday/Thursday 9 am -12 noon & 1 pm - 9 pm
 Friday 9 am - 12 noon & 6 pm -10 pm
 Saturday: 2 pm - 5 pm & 6 pm - 9 pm
 Sunday: 12 noon - 4 pm



**FIND YOUR WAY
 TO
 FITNESS**



SCHEDULE EFFECTIVE March 18 - June 10, 2017

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY					
	Main	Leisure	Main	Leisure	Main	Leisure	Main	Leisure	Main	Leisure	Main	Leisure	Main	Leisure				
9 - 10 am	Aquafit 9:15 - 10:15 am	QUIET TIME SWIM	Aquafit 9:15 - 10:15 am	QUIET TIME SWIM	Aquafit 9:15 - 10:15 am	QUIET TIME SWIM	Aquafit 9:15 - 10:15 am	QUIET TIME SWIM	Aquafit 9:15 - 10:15 am	QUIET TIME SWIM			EVERYONE WELCOME 12 - 4 pm					
10 - 11 am	EVERYONE WELCOME	PARENT & TOT 10 - 11 am	EVERYONE WELCOME		EVERYONE WELCOME	PARENT & TOT 10 - 11 am	EVERYONE WELCOME		EVERYONE WELCOME	PARENT & TOT 10 - 11 am								
11 - 12 pm	↓	P/S LESSONS 11 - 12pm	SCHOOLS 11am - 12pm	↓	↓	P/S LESSONS 11 - 12pm	SCHOOLS 11am - 12pm	↓	↓	EVERYONE WELCOME								
12 - 1 pm	AQUATIC CENTRE CLOSED DURING LUNCH HOUR											EVERYONE WELCOME 2 - 5 pm						
1 - 2 pm	Facility Closed 12 noon - 5 pm		EVERYONE WELCOME 1 - 9 pm	Facility Closed 12 noon - 5 pm		EVERYONE WELCOME 1 - 9 pm	Facility Closed 12 noon - 6 pm											
2 - 3 pm			SCHOOLS 1 - 3 pm						SCHOOLS 1 - 3 pm									
3 - 4 pm			LESSONS 3:30 - 5:45						LESSONS 3:30 - 5:45									
4 - 5 pm																		
5 - 6 pm			EVERYONE WELCOME 5:00 - 9:00			P/S LESSONS 5 - 6 pm			EVERYONE WELCOME 5:45 - 6:15 pm	EVERYONE WELCOME 5:00 - 9:00	P/S LESSONS 5 - 6 pm	EVERYONE WELCOME 5:45 - 6:15 pm	EVERYONE WELCOME 5:45 - 6:15 pm	EVERYONE WELCOME 6 - 10 pm	EVERYONE WELCOME 6 - 9 pm			
6 - 7 pm	↓	EVERYONE WELCOME	↓	↓	↓	↓	↓	↓	↓									
7 - 8 pm																		
8 - 9 pm																		
9 - 10 pm	The Aquatic Centre will be closed April 14, 17 and May 22											ADMISSION RATES						
														ADULT \$5.10	TEEN \$3.70	SENIOR \$4.00	CHILD \$3.30	FAMILY \$10.60
											10 X, 1 month and 3 month passes are also available			Call the Aquatic Centre for more information				
											INTERAC AVAILABLE							