



# DROP IN SCHEDULES

Fall

## WATER PARK

September 1 - December 31

Public Swimming	Monday - Friday	10:00am - 9:00pm
	Saturday	12:00pm - 9:00pm
	Sunday	10:00am - 9:00pm
Lane Swim	Monday - Friday	6:30am - 9:00am 12:00pm - 1:00pm
	Hot Tub, Steam Room & Sauna	Monday - Friday Saturday * Sunday
Water Workouts	Tues, Wed & Thurs	9:00am - 10:00am
	Mon & Wed	1:00pm - 2:00pm

\*Last Class December 19th

\*Must be 16+ years to access hot spots from 8am to 12pm



Pools require a ratio of one supervisor 16+ yrs old for no more than three children under 8 yrs old. For safety purposes the supervisor must remain within arm's reach of the children in and out of the water.

## ARENA

September 30 - December 23

Adult Drop in Hockey	Monday - Friday	11:30am - 1:00pm
55+ Skate	Wednesday	10:15am - 11:15am
Adult & Child	Tuesday & Thursday	10:30am - 11:30am
Public Skate	Tues/Thurs/Fri	3:15pm - 4:15pm
	Wednesday	7:00pm - 8:00pm
	Saturday/Sunday	1:00pm - 2:30pm

Schedules may be pre-empted for special events

## FITNESS

September 3- December 20

Tone it up	Monday	9:30am - 10:30am
HIIT Express	Monday	12:10pm - 12:50pm
Fit Mixx	Monday	5:00pm - 6:00pm
Full Body Blast	Tuesday	9:30am - 10:30am 5:30pm - 6:30pm
	Hatha Fit Fusion	Tuesday
Mix & Match	Wednesday	9:30am - 10:30am
	Wednesday	5:00pm - 6:00pm
Triple Play	Thursday	9:30am - 10:30am
Cardio, Core & More	Thursday	5:30pm - 6:30pm
Power Fusion	Friday	9:30am - 10:30am
Gentle Fit	Friday	10:45am - 11:30am

## GYMNASIUM

September 1 - December 31

Adult & Preschool	Monday - Friday	10:30am - 12:00pm	
	Open Courts	Monday	6:30am - 8:30am 10:00am - 3:30pm 4:30pm - 6:45pm
		Tuesday - Friday Saturday/Sunday	6:30am - 3:30pm 10:00am - 2:00pm
Badminton	Monday	3:30pm - 6:45pm	
	Tuesday	3:30pm - 4:30pm 7:15pm - 9:00pm	
	Wednesday - Friday Saturday Sunday	3:30pm - 9:00pm 2:00pm - 6:00pm 2:00pm-9:00pm	
Basketball	Monday - Friday	3:30pm - 9:00pm	
	Saturday /Sunday	2:00pm - 9:00pm	
Pickleball /55+	Monday	8:30am - 10:00am	
Volleyball	Wednesday & Friday	7:00pm - 9:00pm	
	Sunday	6:15 p.m. - 9:00pm	
Floor Hockey	Thursday	7:00pm - 9:00pm	
	Saturday	6:00pm - 9:00pm	

All activities may be limited to one court



## Child Minding KIDZ PLACE

Qualified child minding staff provide a safe and fun environment for children while parents workout, visit the library, grab a coffee or attend a drop in class.

September 3 - December 20

Monday - Thursday	9:00am - 2:00pm 4:00pm - 7:00pm
Friday	9:00 am - 2:00pm
Saturday/Sunday/Holidays	Closed
December 23 - January 3	Closed

## DROP IN FEES

15 minutes per child \$1.35

## PUNCH CARD

10 Hour \$50.40  
20 Hour \$95.20  
30 Hour \$134.40

## RESERVATION

Onsite \$1.55/15 minutes  
Offsite \$1.80/15 minutes

Childminding Punch Cards can be used at both the G.H. Dawe Centre and Collicutt Centre.