

## Canada Games Pool at the Tournament Capital Centre Fall and Winter 2010/2011 Pool Schedule

910 McGill Road

Effective 2010 September 6 - December 20 and 2011 January 2 - March 7

250-828-3655

Swim	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Pool Open Lap and Leisure <sup>o</sup>	6:00 am - 11:00 pm (50 m 6:00 - 8:00 am)	6:00 am - 11:00 pm	6:00 am - 11:00 pm (50 m 6:00 - 8:00 am)	6:00 am - 11:00 pm	6:00 am - 11:00 pm (50 m 6:00 - 8:00 am)	8:30 am - 9:00 pm	7:30 am - 9:00 pm
Waterslide	6:30 pm - 9:00 pm	6:30 pm - 9:00 pm	6:30 pm - 9:00 pm	6:30 pm - 9:00 pm	6:30 pm - 9:00 pm	1:00 - 4:00 pm 6:00 - 9:00 pm	1:00 - 4:00 pm 6:00 - 9:00 pm
Diving Boards and Deep End	7:30 pm - 9:00 pm	7:30 pm - 9:00 pm	7:30 pm - 9:00 pm	7:30 pm - 9 pm	6:30 pm - 9 pm	1:00 - 4:00 pm 6:00 - 9:00 pm	1:00 - 4:00 pm 6:00 - 9:00 pm
Sauna, Steam Room, and Hot Tubs	6:00 am - 11:00 pm	6:00 am - 11:00 pm	6:00 am - 11:00 pm	6:00 am - 11:00 pm	6:00 am - 11:00 pm	7:30 am - 9:00 pm	7:30 am - 9:00 pm
Masters Swimming	6:30 - 7:30 pm		6:30 - 7:30 pm		6:00 - 7:00 am		

<sup>o</sup>25 m lap lanes unless otherwise noted. Schedule subject to change.

### Aquafit Schedule

Effective 2010 September 6 - March 7

	Mon	Tue	Wed	Thu	Fri	
Aquafit Lite <sup>α</sup>		11:00 am -12:00 pm		11:00 am - 12:00 pm		Aquafit is a safe exercise option with many benefits. You can work at your own intensity and pace. Water's buoyant property decreases the shock transmitted through your bones and joints, thereby reducing the risk of injury.
Deep Water Aquafit	9:00 - 10:00 am 7:30 - 8:30 pm	9:00 - 10:00 am 7:30 - 8:30 pm	9:00 - 10:00 am 7:30 - 8:30 pm	9:00 - 10:00 am 7:30 - 8:30 pm	9:00 - 10:00 am	

### Pool Fees and Safety Information Canada Games Pool at the Tournament Capital Centre

	Pool and Indoor Track Only			Full Access - Tournament Capital Centre		
	Single Admission	Punch Card (14 Admissions)	Punch Card (40 Admissions)	Drop-in Rate	1-month Pass	Annual Pass
Adult (19 - 59)	\$6.00	\$74.90	\$188.00	\$10.70	\$53.50	\$513.60
Youth (14 - 18)	\$4.50	\$51.94	\$132.80	\$8.50	\$42.80*	\$449.40
Senior (60+)	\$4.50	\$51.94	\$132.80	\$8.50	\$42.80	\$449.40
Child (4 - 13)	\$3.25	\$38.50	\$98.00	\$6.40	\$32.00	\$321.00
Family Drop-in	\$3.25 each (max \$14.50)	\$37.50 (1 punch per person)	\$98.00 (1 punch per person)	\$26.50 (maximum)	\$107.00	\$1027.20
				*TRU Student Upgrade \$26.25: 1-month Full Access TCC Pass For all options and details, contact the TCC Customer Relations Desk at 250-828-3655.		

### IMPORTANT SAFETY INFORMATION

**Our goal is to promote safe and positive aquatic experiences. Please be familiar with the following safety rules. If you need any assistance, please ask a lifeguard.**

**Admission Policy:** Children 6 years of age or under must always be accompanied in the water and be within arm's length of a parent or other person 16 years of age or older. Ratio of children 6 years or under to parent/guardian must be no greater than 3 to 1.

**Hot Tub, Steam Room, and Sauna:** Children 12 years of age and under must be accompanied by a parent or guardian (16 years or older). For the enjoyment and safety of all, please abide by the policy and rules posted.

**Wellness Centre and Weight Room:** Youth aged 12-17 must complete an orientation prior to using the weight room. Upon completion of an orientation, youth aged 12-14 MUST be directly supervised by a paying adult. Dry shirts, shorts, and close-toed shoes required.

**Waterslides:** Children under 42 in. (1.07 m) in height are not permitted on the waterslide. Children 6 years of age and under who meet the height restriction must be closely supervised by an adult. Single riders only - no chains or multiple riders allowed, including parents with children. See posted "Water Slide Rules" for full details.

