

# Westside Pool and Community Centre Winter 2012 Pool Schedule

See page 10 for important safety info.

859 Bebek Road

Effective January 3-March 16, 2012

250-828-3616

Swim	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lap Swim	6:00 - 10:30 am 12:30-6:30 pm	7:00-8:00 pm	6:00 - 10:30 am 12:30-6:30 pm	7:00-8:00 pm	6:00 - 10:30 am 12:30-6:30 pm	1:00-4:00 pm	1:00-4:00 pm
Sauna, Steam Room, and Hot Tub	6:00-10:30 am 12:30-8:00 pm	5:30-8:00 pm	6:00-10:30 am 12:30-8:00 pm	5:30-8:00 pm	6:00-10:30 am 12:30-8:00 pm	1:00-4:00 pm	1:00-4:00 pm
Everyone Welcome Public Swim* <sup>o</sup>	6:30-8:00 pm	5:30-7:00 pm	6:30-8:00 pm	5:30-7:00 pm	6:30-8:00 pm	1:00-4:00 pm	1:00-4:00 pm
Weight Room <sup>x</sup>	6:00 am-8:00 pm	6:00 am-8:00 pm	6:00 am-8:00 pm	6:00 am-8:00 pm	6:00 am-8:00 pm	1:00-4:00 pm	1:00-4:00 pm

\*All features available. <sup>o</sup>Lap lane available upon request (except Wednesdays). <sup>x</sup>Weight room may be occasionally unavailable to accommodate land fitness classes. Schedule subject to change.

Note: Visit [kamloops.ca/swim](http://kamloops.ca/swim) for information

## Pool Fees

	Single Admission	Punch Card (14 Admissions)	Punch Card (40 Admissions)	1-month Pass	3-month Pass	Annual Pass*
Adult (19-59)	\$4.75	\$57	\$145	\$42	\$115	\$350
Youth (14-18)	\$3.50	\$42.50	\$107	\$30	\$76	\$240
Senior (60+)	\$3.50	\$42.50	\$107	\$30	\$76	\$240
Child (4-13)	\$3	\$34.50	\$87	\$24	\$60	\$183
Toddler (0-3)	Free!					
Family*	\$3 each (max \$12)	\$34.50 (1 punch per person)	\$87 (1 punch per person)	n/a	n/a	n/a
Weight Room Only	\$3.50	\$42.50	\$107	\$30	\$76	\$240
Special Rates and Other Admission Info	<ul style="list-style-type: none"> <li>Lesson Rate: \$ 3.25 - Enjoy a swim or hot tub while your child is in a City of Kamloops swim lesson.</li> <li>A family is two adults and all children under 18 years of age who are related by birth, legal status, or marriage. A legally dependent person with a disability will qualify regardless of age.</li> <li>Patrons with a disability pay the age rate and their care aide is admitted for free.</li> <li>Punchcards expire one year after date of purchase.</li> </ul>					

## Aquafitness

Aquafit is exercising through movement in water. Water generates natural 'resistance' which facilitates a full-body workout at your own pace and intensity. Buoyancy promotes 'low impact' movement by decreasing the shock transmitted through your bones and joints.

### Aqualite:

For beginner to experienced exercisers looking for low intensity, low impact class in shallow water.

### Aquafit:

For all levels of exercisers looking for a low impact, high intensity class in shallow water. These classes feature full body strength, flexibility and cardio training.

### Deep Water Aquafit:

For intermediate to experienced exercisers looking for a no impact, high intensity class in deep water. These classes feature full body strength, flexibility and cardio training and require flotation belts which are provided.

### Canada Games Aquatic Centre: effective January 3-March 16, 2012

Aquafit Program	Mon	Tue	Wed	Thu	Fri
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
Aqualite		11:00 am - 12:00 pm		11:00 am - 12:00 pm	

### Westside Pool: effective January 3-March, 2012

Aquafit Program	Mon	Tue	Wed	Thu	Fri
Aquafit (Shallow)	9:00-10:00 am		9:00-10:00 am		9:00-10:00 am
Aquafit (Deep)		7:00-8:00 pm		7:00-8:00 pm	
Aqualite	2:00 - 3:00 pm		2:00 - 3:00 pm		2:00-3:00 pm

### Safe to Participate - PAR-Q and You

Being more active is very safe for most people; however, some people should check with their doctor before they start becoming much more physically active. All Aquafit participants must review the Physical Activity Readiness Questionnaire

(PAR-Q) prior to participation. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age and you are not used to being very active, check with your doctor before participating. For more details, please talk to the instructor or visit [kamloops.ca/swim](http://kamloops.ca/swim).