



drop-in and swim!

bonsor pool 604-297-4597

Childminding available Monday-Friday, 9am-12noon, ongoing, Saturday, 9am-12noon, September 10-June 23
effective dates: Sep 6-Nov 20, 2011 & Jan 3-Mar 18, 2012 (maintenance closure: Nov 21-Dec 11, 2011)

Please note: Schedules are subject to change.

Swim Sessions

Lap Swimming (all ages unless noted)
 Lanes are available for length swimming.

Laps, Leisure, Lessons & Hot Spots (all ages)
 Main pool is set up for lanes or lessons, leisure pool is open, but water features are not available.

Public Swim (all ages)
 Wild and wet fun for everyone!

Family Swim (18 years & under with an adult)
 Adults and kids swim together.

Senior & Adult (19 years & up)
 Enjoy this all-adult swim time.

Loonie Swim (all ages)
 Swim, swirl or sauna, for only a dollar!

Children's Admission Policy

Children 7 years of age or younger, or less than 48 inches in height, must be accompanied in the water by a person 16 years of age or older and be within arm's reach of that person at all times. The ratio of children to accompanying persons must be no greater than 3 to 1.

Aquafit Levels

See schedules for class times. Aquafit classes are included with your admission to the pool and are open to ages 14 and older.

Mild ●

For seniors, beginners new to aquatic exercise, people recovering from an injury, those with special needs or those looking for light exercise.

Moderate ■ / Intense ▲

Set your own pace! Improve cardiovascular fitness, increase strength and tone muscles.

AquaLite

These light, low-impact exercise classes are aimed at increasing mobility, dexterity and fitness. Offered at Eileen Dailly and Bonsor pools.

Deep Water Aquafit

Change the dynamics of your workout. Go weightless! Challenge your core stability, balance and range of motion while getting a cardio workout. Running belts provided.

swimming fees

Prices do not include tax.

Bonsor Pool	annual	4 month	1 month	10 visit	drop-in
Family Swim (per person)				\$24.90	\$2.77
Preschool (3 yrs & under)				\$8.00	\$0.89
Child (4-12 yrs)	\$179.28	\$74.70	\$24.90	\$24.90	\$2.77
Student (13-18 yrs/valid student ID)	\$268.56	\$111.90	\$37.30	\$37.30	\$4.15
Adult (19-64 yrs)	\$355.68	\$148.20	\$49.40	\$49.40	\$5.49
Senior (65 yrs & older)	\$268.56	\$111.90	\$37.30	\$37.30	\$4.15

Swimming fees are a part of **active pass**. Great value with lots of choice.

Loonie Swim \$1.00 per person, all ages (it's always only a dollar!)
 Tot Pool only for Adult \$2.77

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
lap swimming	6-9am (6) 9am-1pm (1) 4-7pm †(1)	6-9am (6) 9am-1pm (1) 4-8:30pm †(1) 8:30-10pm †(6)	6-9am (6) 9am-1pm (1) 4-7pm †(1)	6-9am (6) 9am-1pm (1) 4-8:30pm †(1) 8:30-10pm †(6)	6-9am (6) 9am-1pm (1) 4-7pm †(1)	9am-1pm †(1)	10-11am (5)
public swim	1-4pm 7-9pm		1-4pm		1-4pm 7-9pm	1-4pm	1-5pm 6-8:30pm
family swim			7-9pm				10am-1pm
senior & adult (19 yrs & up)	9-10pm ††	1-4pm (1)	9-10pm ††	1-4pm (1)	9-10pm ††		
loonie swim						7-9pm	
aquafit classes	levels: ● mild ■ moderate ▲ moderate-intense						
	8-9am ■ 9:30-10:30am ▲	8-9am ▲ 9:30-10:30am ▲ *1-2pm ● **1-2pm ■ 2-2:45pm ● 7-7:45pm ▲ 8:30-9:30pm ▲	8-9am ■ 9:30-10:30am ▲	8-9am ▲ 9:30-10:30am ▲ *1-2pm ● **1-2pm ■ 2-2:45pm ● 7-7:45pm ▲ 8:30-9:30pm ▲	8-9am ■ 9:30-10:30am ▲	12noon-1pm ▲ Deep & shallow water	
*These classes feature shallow water and rehabilitative-style exercises. **These classes are in deep water.	NOTE: † These sessions are limited to those 14 yrs & older. () The minimum number of lap lanes available is noted in brackets. The whirlpool and sauna are open during pool hours. †† Only whirlpool, sauna and shallow end available.						
tot pool	This small, shallow, warm pool is for the enjoyment of adults with children 7 years and under. Wristbands are required for Tot Pool participants.						
	9am-9pm	9am-8:30pm	9am-9pm	9am-8:30pm	9am-9pm	9am-4pm 7-9pm	10am-8:30pm