



drop-in and swim!

cg brown pool Recorded info: 604-298-0533 / Phone: 604-297-4520

Childminding is not available. The weight room is included in all pool admissions.

The sauna, whirlpool and weight room are open daily during pool hours.

effective dates: September 26-December 18, 2011 & January 3-March 11, 2012 (excluding Stat holidays)

special schedules are in effect December 19, 2011-January 2, 2012

Please note: These 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 Daily 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.

CG Brown Pool	annual	4 month	1 month	10 visit	drop-in
Family Swim (per person)				\$24.90	\$2.77
Preschool (3 yrs & under)				\$8.00	\$.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 **lo active pass**. Great value with lots of choice.

Weight Room & Swirl \$4.82 adult, \$3.62 student/senior

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	6-8am (4) 8-10am (1) 10am-2pm (3) 2-9pm †(1) 9-10pm (4)	6-9am (4) 9-10am (1) 10am-3:15pm (3) 3:15-7pm †(1) 8:30-10pm (4)	6-8am (4) 8-10am (1) 10am-2pm (3) 2-9pm †(1) 9-10pm (4)	6-9am (4) 9-10am (1) 10am-3:15pm (3) 3:15-7pm †(1)	6-8am (4) 8-10am (1) 10am-2pm (3) 2-6:30pm †(1) 8-9pm (4)	1:30-5:30pm †(1) 7-8pm (1) 8-9pm (4)	10-11am (1) 11am-12noon (3)	
public swim		7-8:30pm (1)					1:30-4pm (1)	
family swim				7-9pm (1)		5:30-7pm (1)		
loonie swim					6:30-8pm (no lap lanes)		12noon-1:30pm	
weight room & swirl (main pool unavailable)				9-10pm †		10am-1:30pm †		
NOTE: † These sessions are limited to those 14 yrs & older. () The minimum number of lap lanes available during swim sessions is noted in brackets.								
aquafit classes	levels: ● mild ■ moderate ▲ moderate-intense						*This Aquafit class features deep and shallow water.	
	8-8:55am ▲ 9-10am ▲ 2-3pm ● *8-9pm ▲	*9-10am ■	8-8:55am ▲ 9-10am ▲ 2-3pm ● *8-9pm ▲	*9-10am ■	8-8:55am ▲ 9-10am ▲ 2-3pm ●	7-8pm ▲	10:05-11am ■	
tot pool	This small, shallow, warm pool is for the enjoyment of adults with children 7 years and under.							
	6am-9pm	6am-8:30pm	6am-9pm	6am-9pm	6am-9pm	10am-9pm	10am-4pm	