



# drop-in and swim!

**eileen daily leisure pool** 604-298-SWIM (7946)

Childminding available Monday-Friday, 9am-12noon

**effective dates: Sep 6, 2011-Feb 27, 2012 (maintenance closure: Feb 28-Mar 16**

**Note: Schedules are subject to change (look for interim schedule in Dec)**

## 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.

Eileen Daily 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 **active pass**. Great value with lots of choice.

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

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
laps, leisure, lessons & hot spots	6-9:30am (4) 9:30am-12noon (1) 4-7pm (1)	6-6:45am (4) 6:45-7:30am (2) 7:30-9:30am (4) 9:30-10:30am (1) 10:30am-12noon (4) 4-5pm (1) 8-9pm (1) 9-10pm (4)	6-6:45am (4) 6:45-7:30am (2) 7:30-9:30am (4) 9:30am-12noon (1) 4-7pm (1)	6-6:45am (4) 6:45-7:30am (2) 7:30-9:30am (4) 9:30-10:30am (1) 10:30am-12noon (4) 4-5pm (1) 8-9pm (1) 9-10pm (4)	6-9:30am (4) 9:30am-12noon (1)	6-8am (4) 8-9am (2)	6-9am (4)
public swim (group bookings)	12noon-4pm (2)	12noon-4pm (2)	12noon-4pm (2) 7-10pm (2)	12noon-4pm (2)	12noon-10pm (2)	12:30-10pm (2)	2:30-10pm (2)
lessons & hot spots						9am-12:30pm	9am-12:30pm
loonie swim	7-10pm (1)						
family swim*		5-8pm (2)		5-8pm (2)			12:30-2:30pm (1)
*For Eileen Dailly's Family Swim, all ages are welcome and admission is \$2.77 per person.							
aquafit classes	levels: ● mild ■ moderate ▲ moderate-intense						
	9:30-10:30am ▲ *10:45-11:30am ● *11:45am-12:30pm ● 6-7pm ▲	6:45-7:30am ▲ 9:30-10:30am ▲ 8-9pm ▲ Evening class features deep & shallow water	6:45-7:30am ▲ 9:30-10:30am ▲ *10:45-11:30am ● *11:45am-12:30pm ● 6-7pm ▲	6:45-7:30am ▲ 9:30-10:30am ▲ 8-9pm ▲ Evening class features deep & shallow water	9:30-10:30am ▲ *10:45-11:30am ● *11:45am-12:30pm ● 6-7pm ▲	8-9am ▲ 6:45-7:30pm ▲	8-9pm ▲
*These classes feature shallow water and rehabilitative-style exercises.							
waterslide	M & W, 7-9pm; Tu & Th, 5-8pm; F, 4-9pm; Sa & Su, 12:30-9pm (may also open for pre-booked groups M-F, 12-4pm)						
Sauna, steam & whirlpool	- These "hot spots" are available Saturday and Sunday from 9am-12:30pm. Main pools are not open during these times due to lessons.						