

# Make a Splash!

There's always lots happening at Surrey's indoor pools. From leisure swims to special events, lessons, aquatic fitness and more, your entire family will get fit and have fun. Our facilities also have great amenities like hot tubs, slides, children's areas, saunas and more. Check online to see what each facility offers.

## Aquatic Fitness Programs

Working out in a pool is a great way to exercise, whether you're new to fitness or advanced. Our shallow water and deep water programs are designed to develop fitness levels while being easy on joints.

## Birthday Parties

Celebrate your child's birthday with a pool party! See the Recreation Guide or check online for more information.

## Weight Room Orientations

If you are looking to get started with weight and cardio equipment, ask about our weight room introductions. Certified instructors will lead you through an orientation on how to properly use the weight and cardio machines.

Minimum age 13 yrs (ID required). Consult your doctor prior to beginning a fitness program. The City of Surrey is not responsible for lost, stolen or damaged items. A fee will be charged for lost locker keys.

## Personal Training

Our certified personal trainers will create inspiring, highly personalized plans designed just for you!

	Single	Semi-Private
Initial Consultation (90 minutes)	\$84.25	\$84.25 (per person)
Ongoing Sessions (1 hour)	\$56.00	\$84.25/group
5 Swipe Pass (for the price of 4)	\$224.00	\$336.50/group

Completion of the ParQ+ medical screening form is required before personal training sessions begin. 24 hours advance notification is required to cancel or re-schedule training sessions.

Children under the age of 7 years must remain within arms' reach of a responsible person 14 years of age or older who is swimming in the water at all times. Maximum three children under 7 years per one responsible person.

Schedules are subject to change without notice. Not all drop-in classes run on holidays. Please call facility or check online to confirm.

## Health, Safety & Security

- Keep street shoes out of shower area and off pool deck
- No persons are to enter the swimming facilities with flu-like symptoms or open wounds
- No body oils/lotions or glass bottles permitted in pool or surrounding areas
- Do not leave belongings unattended or in unlocked lockers while swimming or showering
- Bathing attire for the swimming facilities should be clean and not of street clothes nature
- Have a cleansing shower prior to entering pool area
- No spitting in the pool, surrounding area or changeroom
- No running, fighting or engaging in actions likely to cause an injury
- Diving permitted in approved areas
- Use of cell phones are not permitted on the pool deck or changing areas
- Lifejackets are available upon request
- Wheel chairs are available upon request
- H2O chair available to assist those in need
- Swimming lessons and Aquatic fitness services are available

## Operating Hours

### FLEETWOOD

**Surrey Sport & Leisure Complex**  
16555 Fraser Highway  
604-501-5950  
Monday to Saturday 5:30am-10:00pm  
Sunday 6:00am-10:00pm  
Statutory Holidays 8:00am-8:00pm

### GUILDFORD

**Guildford Recreation Centre**  
15105 105 Avenue  
604-502-6360  
Monday to Friday 6:00am-10:00pm  
Saturday and Sunday 6:00am-8:00pm  
Statutory Holidays 8:00am-8:00pm

### NEWTON

**Newton Recreation Centre**  
13730 72 Avenue  
604-501-5540  
Monday/Wednesday 6:00am-10:00pm  
Tuesday/Thursday 6:00am-9:30pm  
Friday/Saturday 6:00am-9:00pm  
Sunday/Holidays 8:00am-8:00pm

### NORTH SURREY

**North Surrey Recreation Centre**  
10275 City Parkway  
604-502-6300  
Monday to Thursday 6:00am-9:00pm  
Tu, Th Women's Only 9:00pm-10:00pm  
Friday 6:00am-10:00pm  
Saturday 7:00am-9:00pm  
Sunday 8:00am-9:00pm  
Long Weekends 8:00am-4:00pm

### SOUTH SURREY

**Grandview Heights Aquatic Centre**  
16855 24 Avenue  
604-590-7800  
Monday - Friday 6:00am-10:00pm  
Saturday and Sunday 6:00am-9:00pm

### South Surrey Indoor Pool

14655 17 Avenue  
604-502-6220  
Monday - Friday 6:00am - 10:00pm  
Saturday & Sunday 7:00am - 9:00pm

## DROP-IN ADMISSIONS & PASSES

Our fee structure is designed to fit the needs of all active people, complete with pass options and great values.

### Annual & Monthly Recreation Passes Valid at all facilities.

Recreation Passes allow you to visit any of our facilities and includes access to all drop-in fitness, gyms, pools, and arenas.

Pass	Type	Child/Youth (2-18yrs)	Student**	Adult	Senior^ (60yrs+)	Family†
Recreation Pass	1 year	\$252.75	\$386.75	\$504.00	\$386.75	\$1005.00
	1 mos	35.25	52.00	69.00	52.00	137.75

### Monthly Payment Options

Surrey offers monthly payment options on 1-year Recreation Passes. Make payments using automatic debit, or credit card. Skip the line-up and buy your yearly or monthly passes online.

### Drop-in Fees Valid at all facilities.

Pass	Type	Child/Youth (2-18yrs)	Student**	Adult	Senior (60yrs+)	Family
Drop-in	1 visit	\$3.50	\$5.25	\$6.75	\$5.25	\$3.50*
Value Time	1 visit	1.75	2.75	3.50	2.75	1.75*
Swipe Cards	10 visit	31.50	47.50	60.00	47.50	N/A
	20 visit	56.00	84.00	107.00	84.00	N/A

† Family Pass is valid for a maximum of 2 adults and unlimited dependent children 18 years or younger.  
\* Per family member (minimum 1 parent/guardian and 1 dependent child 18 years or younger).  
\*\* Student rates only apply for accredited post-secondary institutions and require proof of student ID.  
« Value time drop-in pricing is offered at some facilities during non-prime times. If a facility offers value time it will be indicated on the drop-in schedule for that facility.  
^ 60yrs+ who purchase a 1-year Recreation Pass will be offered a complimentary City-Wide Senior Services Membership.

SURREY CANADA CELEBRATES **150**

Take the Recreation Surrey Canada 150 Challenge

**SEPT 4 - NOV 25**

[www.surrey.ca/canada150](http://www.surrey.ca/canada150)

# Aquatics

## DROP-IN SCHEDULES



RECREATION SURREY  
Healthy Communities. Active Together.

[www.surrey.ca/recreation](http://www.surrey.ca/recreation)



Fall 2017 SEPTEMBER - DECEMBER  
ALL INDOOR POOLS

## SOUTH SURREY INDOOR POOL 604-502-6220 14655 17 Avenue

### FACILITY SCHEDULE

PROGRAM	Effective September 5 - December 22						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room & Cardio	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 10:00pm	7:00am - 9:00pm	7:00am - 9:00pm
Length Swim 13+ yrs*	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 10:00pm	7:00am - 9:00pm	7:00am - 9:00pm
Public Swim	6:00am - 8:30am 1:30pm - 3:00pm 6:30pm - 8:00pm	6:00am - 8:30am 1:30pm - 3:00pm 6:30pm - 8:00pm	6:00am - 8:30am 1:30pm - 3:00pm 6:30pm - 8:00pm	6:00am - 8:30am 1:30pm - 3:00pm 6:30pm - 8:00pm	6:00am - 8:30am 1:30pm - 3:00pm 7:00pm - 10:00pm	8:00am - 9:30am 1:00pm - 4:00pm 6:00pm - 9:00pm	7:00am - 10:00am 1:00pm - 3:45pm 8:00pm - 9:00pm
	Adult 19yrs+/Senior	12noon - 1:30pm 8:00pm - 10:00pm	12noon - 1:30pm 8:00pm - 10:00pm	12noon - 1:30pm 8:00pm - 10:00pm	12noon - 1:30pm 8:00pm - 10:00pm	12noon - 1:30pm	10:00am - 12noon 4:00pm - 5:00pm
	Parent & Tots ** (6 & under (+ public times))	8:30am - 12noon 5:00pm - 6:30pm	8:30am - 12noon 5:00pm - 6:30pm	8:30am - 12noon 5:00pm - 6:30pm	8:30am - 12noon 5:00pm - 6:30pm	8:30am - 12noon 3:00pm - 7:00pm	5:00pm - 6:00pm
Adult Value Swims	9:00pm - 10:00pm	9:00pm - 10:00pm	9:00pm - 10:00pm	9:00pm - 10:00pm			
Family Value Swims					8:30pm - 10:00pm	8:00pm - 9:00pm	8:00pm - 9:00pm

We guarantee one lane available for length swimming. We strive to provide more than one during non prime time. Participants 13yrs+\* are welcome during Adult yrs+/Senior swim in the circuit lane swimming laps, to the fitness centre, circuit swim, performance train, and fitness classes. \*\*Limited Main Pool and Tot Pool space during Parent & Tot, swim lessons, and swim club practice times - space will be made available at the discretion of the lifeguard supervisor.

### AQUATIC FITNESS SCHEDULE

Shallow Water Aqua	8:00am - 8:45am 9:15am - 10:00am	7:00am - 7:45am 8:15am - 9:00am 9:15am - 10:00am	8:00am - 8:45am 8:15am - 9:00am 8:00pm - 8:45pm	7:00am - 7:45am 8:15am - 9:00am 9:15am - 10:00am	8:00am - 8:45am 9:15am - 10:00am	8:45am - 9:30am	9:00am - 9:45am
	Aqua Bootcamp Shallow	10:15am - 11:15am	7:00pm - 8:00pm	10:15am - 11:15am	7:00pm - 8:00pm	10:15am - 11:15am	
Water Running	8:00pm - 8:45pm	11:30am - 12:15pm	8:00pm - 8:45pm	11:30am - 12:15pm			
Deep Water Aqua	7:00am - 7:45am 9:15am - 10:00am	8:15am - 9:00am	7:00am - 7:45am 9:15am - 10:00am	8:15am - 9:00am	7:00am - 7:45am 9:15am - 10:00am	8:00am - 8:45am	8:00am - 8:45am
	Water Walking	11:30am - 12:15pm	11:30am - 12:15pm	11:30am - 12:15pm	11:30am - 12:15pm		
Performance Training 13yrs+*		1:00pm - 2:00pm 8:00pm - 9:00pm		1:00pm - 2:00pm 8:00pm - 9:00pm			

Deep and Shallow Water Exercises may sometimes be combined dependent on attendance.

## NEWTON RECREATION CENTRE - WAVE POOL 604-501-5540 13730 72 Avenue

### FACILITY SCHEDULE

PROGRAM	Effective September 5 - December 22						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Centre	6:00am - 9:00pm		6:00am - 9:00pm	6:00am - 9:30pm	6:00am - 9:00pm	6:00am - 9:00pm	8:00am - 8:00pm
	9:00pm - 10:00pm Women's Only	6:00am - 9:30pm	9:00pm - 10:00pm Women's Only			9:00pm - 10:00pm Youth Only 13-18yrs	
Wellness Centre	6:00am - 8:00pm		6:00am - 8:00pm	6:00am - 9:30pm	6:00am - 9:00pm	6:00am - 8:00pm	8:00am - 8:00pm
	8:00pm - 10:00pm Women's Only	6:00am - 9:30pm	8:00pm - 10:00pm Women's Only			8:00pm - 10:00pm Youth Only 13-18yrs	8:00am - 8:00pm
Value Rates Apply	11:00am - 3:00pm	11:00am - 3:00pm	11:00am - 3:00pm	6:00am - 8:30am	6:00am - 8:30am		8:00am - 8:30am 7:00pm - 8:00pm
Public Swim	1:30pm - 3:30pm 6:00pm - 8:00pm	12:15pm - 3:30pm 7:00pm - 9:30pm	1:30pm - 3:30pm 6:00pm - 8:00pm	12:15pm - 3:30pm 7:00pm - 9:30pm	12:30pm - 9:00pm	12:30pm - 9:00pm	12:30pm - 8:00pm
	Waterslides*	6:00pm - 8:00pm	7:00pm - 9:30pm	6:00pm - 8:00pm	7:00pm - 9:30pm	12:30pm - 9:00pm	12:30pm - 8:00pm
Waves*	1:30pm - 3:30pm 6:00pm - 8:00pm	12:15pm - 3:30pm 7:00pm - 8:30pm	1:30pm - 3:30pm 6:00pm - 8:00pm	12:15pm - 3:30pm 7:00pm - 8:30pm	12:30pm - 9:00pm	12:30pm - 9:00pm	12:30pm - 8:00pm
	Circuit Swim 14yrs + Steam Room & Hot Tub	6:00am - 1:30pm 3:30pm - 6:00pm	6:00am - 1:30pm 3:30pm - 7:00pm	6:00am - 1:30pm 3:30pm - 6:00pm	6:00am - 1:30pm 3:30pm - 7:00pm	6:00am - 12:30pm	8:00am - 12:30pm
Parent & Tot Swim*	9:00am - 11:30am	9:00am - 11:30am	9:00am - 11:30am	9:00am - 11:30am	9:00am - 11:30am		
Seniors Swim	11:30am - 1:30pm		11:30am - 1:30pm		11:30am - 1:30pm		

Free swim lessons run on a first come first serve basis. Registration starts 30min prior to lesson. Public swim admission still applies. Children under the age of 7 must be accompanied by an adult. Beginner levels only: Preschool 4-6; Swim Kids 1-4; Adult 1

Women's Only Swim\*  
Males 6yrs & under allowed

### AQUATIC FITNESS SCHEDULE

Shallow Water Aqua	7:00am - 8:00am 9:00am - 10:00am	7:00am - 8:00am 9:00am - 10:00am	7:00am - 8:00am 9:00am - 10:00am	7:00am - 8:00am 9:00am - 10:00am	7:00am - 8:00am 9:00am - 10:00am	7:00am - 7:45am Women's Only
	No evening class	8:30pm - 9:15pm	No evening class	8:30pm - 9:15pm		
Water Walking	11:45am - 12:30pm		11:45am - 12:30pm		11:45am - 12:30pm	

Waterslide riders must be 48" tall/taller and at least 7 years old. Single riders ONLY on the slide. Please call ahead when bringing a group of 10 or more swimmers.. 604-501-5540.  
\* Waves and Waterslides open intermittently during times listed.



# Aquatic Fitness

## CLASS DESCRIPTIONS

FITNESS INTENSITY LEVEL: 1 - LOW 2 - LOW-MODERATE 3 - MODERATE 4 - MODERATE HIGH 5 - HIGH			
CLASS / LOCATION		DESCRIPTION	
<b>Water Walking</b> GH, G, N, SSLC, SSIP	1/2	A low impact class using walking movements to improve your balance, posture and strength.	
<b>Gentle Joints</b> GH, G, SSLC, NSIP, SSIP	1/2	A no impact class using gentle movements and light cardio to help improve your balance and range of motion.	
<b>Aqua-Fit for Life</b> GH	1/2	This adult swimming program incorporates low impact exercises that are designed to increase your physical fitness and progress swimming skills at an individual rate. Personal support staff are asked to attend if one to one support is required.	
<b>Deep Water Aqua</b> GH, G, SSLC, NSIP, SSIP	3/4	A no impact workout developing cardio, strength and endurance. Float belts provided.	
<b>Shallow Water Aqua</b> GH, G, NSIP, N, SSLC, SSIP	3/4	A higher impact workout developing cardio, strength and endurance.	
<b>Deep Water Running</b> SSIP	4	A no impact workout focusing on running drills to enhance endurance through interval training. Great cross training for runners. Floats belts provided.	
<b>Performance Swim Training</b> SSIP, NSIP, SSLC	4/5	Improve your swim strokes and endurance through interval training and stroke drills. Great for all levels of swimmers. Must be able to swim 25m.	
<b>Aqua Bootcamp</b> G, SSLC	4/5	A higher impact workout focusing on intense interval training developing cardio, power and speed.	
<b>GH</b> Grandview Heights <b>G</b> Guildford <b>NSIP</b> North Surrey Pool	<b>N</b> Newton Wave Pool <b>SSLC</b> Sport & Leisure <b>SSIP</b> South Surrey Pool		

Schedules are subject to change without notice.  
Not all drop-in classes run on holidays.  
Please call facility or check online to confirm.

Children under the age of 7 years must remain within arms' reach of a responsible person 14 years of age or older who is swimming in the water at all times. Maximum three children under 7 years per one responsible person.

## SPECIAL THEMED Swims

### Fall Fun Swim

Join us at the pool for a fun afternoon of exciting games and activities.

<b>Regular Admission Applies</b>	<b>All Ages</b>
<b>NSIP, SSIP</b>	
Saturday, Sep 23	1:30pm-4:00pm
<b>G, N</b>	
Sunday, Sep 24	1:30pm-4:00pm

### Halloween Howl

Come practice your tricks and treats with us and be ready to have a hair raising good time! Lots of fun games to play and prizes to be won!

<b>Regular Admission Applies</b>	<b>All Ages</b>
<b>NSIP, SSIP, SSLC</b>	
Saturday, Oct 28	1:30pm-4:00pm
<b>N</b>	
Sunday, Oct 29	1:30pm-4:00pm

### Christmas Break Fun Swims

Come warm up for the holidays at our pool! We will have games set up and prizes for those excited for the holidays!

<b>Regular Admission Applies</b>	<b>All Ages</b>
<b>G, N, NSIP, SSIP, SSLC</b>	
December 27 – January 5	
Monday to Friday	1:30pm-4:00pm

**DROP-IN MY FUN PASS**  
AFTER SCHOOL FUN FOR KIDS 2-12 YEARS  
www.surrey.ca/recreation

## GRANDVIEW HEIGHTS AQUATIC CENTRE 604-590-7800 16855 24 Avenue

### FACILITY SCHEDULE

PROGRAM	Effective September - December						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Public Swim (all pools)	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-9:00pm	6:00am-9:00pm
Hot tub, Sauna and Steam Room**	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-9:00pm	6:00am-9:00pm
Length Swim (25 m)	8:00am-10:00pm	6:00am-10:00pm	8:00am-10:00pm	6:00am-10:00pm	8:00am-10:00pm	6:00am-9:00pm	6:00am-8:00pm
Length Swim (50 m)	6:00am-7:30am		6:00am-7:30am		6:00am-7:30am		
Diving Boards & Platforms*	12:30pm-2:30pm 7:30pm-9:00pm	8:15pm-10:00pm	12:30pm-2:30pm 7:30pm-9:00pm	8:15pm-10:00pm	7:30pm-9:00pm	1:00pm-8:00pm	1:00pm-8:00pm
Water Slides*	5:00pm-9:00pm	5:00pm-9:00pm	5:00pm-9:00pm	5:00pm-9:00pm	5:00pm-9:00pm	10:00am-8:00pm	10:00am-8:00pm
Inflatables					Last Saturday of each month	2:00pm-5:00pm	

\*Diving boards and water slide are open intermittently between listed times. Diving boards may close during deep water aqua times. \*\* Sauna and Steam Room closed twice a day for cleaning. Height and age to use our slide: person must be 48" tall/taller and must be 7 years old. Single riders only on slide. Must be at least 7 years old to use our 3m & 5m boards/platforms and AquaTrack. Must be at least 12 years old to use 7m platform and at least 16 years old to use the 10m platform.

### AQUATIC FITNESS SCHEDULE

Shallow Water Aqua	9:30am-10:30am 8:00pm-8:45pm	7:45am-8:45am	9:30am-10:30am 8:00pm-8:45pm	8:00am-8:45am	9:30am-10:30am	7:45am-8:45am	8:00am-8:45am
Deep Water Aqua	10:45am-11:45am	9:00am-10:00am 7:15pm-8:15pm	10:45am-11:45am	7:00am-7:45am 9:00am-10:00am 7:15pm-8:15pm	10:45am-11:45am	9:00am-9:45am	
Water Walking	8:15am-9:15am	10:15am-11:15am	8:15am-9:15am	10:15am-11:15am	8:15am-9:15am		
Aqua-Fit for Life	12noon-1:00pm		12noon-1:00pm				

## GUILDFORD RECREATION CENTRE 604-502-6360 15105 105 Avenue

### FACILITY SCHEDULE

PROGRAM	Effective: September 5 - December 23						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Facility & Gymnasium	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	8:00am-8:00pm	8:00am-8:00pm
Hot Tub, Sauna and Steam Room	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-8:00pm	6:00am-8:00pm
Length Swim (25m)	6:00am-10:00pm	8:30am-9:00pm	6:00am-10:00pm	8:30am-9:00pm	8:00am-7:30pm	9:00am-8:00pm	6:00am-5:00pm
Length Swim (50m)		6:00am-7:30am		6:00am-7:30am	8:30pm-10:00pm	6:00am-8:00am	
Public Swim	6:00am-3:30pm	6:00am-3:30pm	6:00am-3:30pm	6:00am-3:30pm	6:00am-3:30pm	6:00am-9:00am 1:00pm-4:00pm	6:00am-9:00am 1:00pm-5:00pm
Public Swim (Limited pool space)	3:30pm-10:00pm	3:30pm-10:00pm	3:30pm-10:00pm	3:30pm-10:00pm	3:30pm-8:00pm	9:00am-1:00pm 4:00pm-8:00pm	9:00am-1:00pm 5:00pm-8:00pm No lanes from 5-8pm
Youth Oriented Swim					8:00pm-10:00pm		
Diving Boards (Open intermittently)		5:00pm-9:00pm		5:00pm-9:00pm	8:00pm-10:00pm	1:00pm-4:00pm 7:00pm-8:00pm	1:00pm-5:00pm
Waterslide (Open intermittently)	5:00pm-10:00pm	5:00pm-10:00pm	5:00pm-10:00pm	5:00pm-10:00pm	3:00pm-10:00pm	1:00pm-8:00pm	1:00pm-8:00pm
Free Swim Lessons	Free swim lessons run on a first come first serve basis. Registration starts 30min prior to lesson. Public swim admission still applies. Children under the age of 7 must be accompanied by an adult. Beginner levels only: Preschool 4-6; Swim Kids 1-4; Adult 1						1:00pm-1:30pm 1:30pm-2:00pm

### AQUATIC FITNESS SCHEDULE

Aqua Bootcamp	9:00am-10:00am	10:00am-10:45am	9:00am-10:00am	10:00am-10:45am			
Deep Water Aqua	8:00am-9:00am		8:00am-9:00am		8:00am-9:00am		
Water Walking	10:45am-11:30am		10:45am-11:30am		10:45am-11:30am		
Gentle Joints		11:00am-11:45am		11:00am-11:45am			
Shallow Water Aqua	7:00am-7:45am 7:30pm-8:30pm	8:45am-9:45am 7:30pm-8:30pm	7:00am-7:45am 7:30pm-8:30pm	8:45am-9:45am 7:30pm-8:30pm	9:00am-10:00am		

## NORTH SURREY RECREATION CENTRE 604-502-6300 10275 City Parkway

### FACILITY SCHEDULE

PROGRAM	Effective September 5 - December 22						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hours of Operation	6:00am-9:00pm	6:00am-10:00pm*	6:00am-9:00pm	6:00am-10:00pm*	6:00am-10:00pm	7:00am-9:00pm	8:00am-9:00pm
Value Swim Times	8:30am-3:00pm	6:00am-9:00am 8:30pm-10:00pm (9:00pm-10:00pm women's only)	8:30am-3:00pm 6:00pm-7:30pm	6:00am-9:00am 8:30pm-10:00pm (9:00pm-10:00pm women's only)	11:30pm-1:30pm 6:00pm-9:00pm	7:00am-9:00am (8:00pm-9:00pm teens only)	8:00am-9:00am
Public Swim	6:00am-9:00am 1:30pm-4:00pm 6:00pm-7:30pm	6:00am-9:00am 12:30pm-4:00pm 6:00pm-7:30pm	6:00am-9:00am 1:30pm-4:00pm 6:00pm-7:30pm	6:00am-9:00am 12:30pm-4:00pm 6:00pm-7:30pm	6:00am-9:00am 1:30pm-4:00pm 6:00pm-9:00pm	7:00am-9:00am 1:00pm-9:00pm 5-7pm Limited pool space	8:00am-9:00am 1:00pm-5:00pm 5-6pm Pool Closed 6:00pm-9:00pm
Length Swim (One lane in Pool, Hot Tub & Sauna)	6:00am-4:00pm 6:00pm-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	7:00am-5:00pm 7:00pm-9:00pm	8:00am-5:00pm 6:00pm-9:00pm
Adult Swim	7:30pm-9:00pm Deep End Closed	7:30pm-9:00pm	7:30pm-9:00pm Deep End Closed	7:30pm-9:00pm			
Youth Swim					9:00pm-10:00pm		
Parent & Tot (under 7yrs)	9:00am-1:30pm 4:00pm-6:00pm	9:00am-12:30pm 4:00pm-6:00pm	9:00am-1:30pm 4:00pm-6:00pm	9:00am-12:30pm 4:00pm-6:00pm	9:00am-1:30pm 4:00pm-6:00pm	9:00am-1:00pm	9:00am-1:00pm
Senior's Swim	12:30pm-1:30pm		12:30pm-1:30pm		12:30pm-1:30pm		
Women & Girls only* Swim & Gym		9:00pm-10:00pm*		9:00pm-10:00pm*			
Free Swim Lessons	6:30pm-7:00pm		6:30pm-7:00pm			1:00pm-1:30pm	
Free swim lessons run on a first come first serve basis. Registration starts 30min prior to lesson. Public swim admission still applies. Children under the age of 7 must be accompanied by an adult. Beginner levels only: Preschool 4-6; Swim Kids 1-4; Adult 1							

### AQUATIC FITNESS SCHEDULE

Shallow Water Aqua	9:30am-10:30am	8:15am-9:00am	9:30am-10:30am	8:15am-9:00am	9:30am-10:30am	8:15am-9:00am	
Deep Water Aqua		8:15am-9:00am		8:15am-9:00am			
Shallow Water Aqua	7:30pm-8:30pm	7:30pm-8:30pm	7:30pm-8:30pm	7:30pm-8:30pm			
Gentle Joints	12:30pm-1:15pm		12:30pm-1:15pm		12:30pm-1:15pm		
Performance Swim Training (Adult Masters)			6:30am-7:30am		6:30am-7:30am		

\*Males 6yrs & younger allowed

## SURREY SPORT & LEISURE COMPLEX 604-501-5950 16555 Fraser Highway

Regular Maintenance Shutdown  
September 5 - October 6

### FACILITY SCHEDULE

PROGRAM	Schedule Effective October 7 - December 22						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Facility	5:30am-10:00pm	5:30am-10:00pm	5:30am-10:00pm	5:30am-10:00pm	5:30am-10:00pm	7:00am-8:00pm	7:00am-8:00pm
Value Swim **	11:00am-3:00pm	11:00am-3:00pm	11:00am-3:00pm	11:00am-3:00pm	11:00am-3:00pm		
Public Swim (all pools)	5:30am-9:00am 12noon-3:00pm 8:00pm-10:00pm	5:30am-9:00am 1:00pm-3:00pm	5:30am-9:00am 12noon-3:00pm 8:00pm-10:00pm	5:30am-9:00am 1:00pm-3:00pm	5:30am-9:00am 12noon-3:00pm 8:00pm-10:00pm	1:00pm-10:00pm	6:00am-9:00am 1:00pm-10:00pm
Leisure Pool Only Public Swim	9:00am-12noon 3:00pm-8:00pm	9:00am-1:00pm 3:00pm-8:00pm	9:00am-12noon 3:00pm-8:00pm	9:00am-1:00pm 3:00pm-8:00pm	9:00am-12noon 3:00pm-8:00pm	5:30am-1:00pm	6:00am-1:00pm
Hot Tub, Sauna and Steam Room	5:30am-10:00pm	5:30am-10:00pm	5:30am-10:00pm	5:30am-10:00pm	5:30am-10:00pm	5:30am-10:00pm	6:00am-10:00pm
Length Swim (25m)	8:00am-10:00pm	5:30am-10:00pm	8:00am-10:00pm	5:30am-10:00pm	8:00am-10:00pm	8:00am-10:00pm	6:00am-10:00pm
Length Swim (50m)	5:30am-7:45am		5:30am-7:45am		5:30am-7:45am		
Youth Oriented Swim					8:00pm-10:00pm	8:00pm-10:00pm	
Adult Swim		8:30pm-10:00pm		8:30pm-10:00pm			
Diving Boards - Open intermittently between	8:00pm-10:00pm	8:00pm-10:00pm	8:00pm-10:00pm	8:00pm-10:00pm	8:30pm-10:00pm	1:00pm-10:00pm	1:00pm-6:00pm
Waterslide - Open intermittently between	7:30pm-10:00pm	7:30pm-10:00pm	7:30pm-10:00pm	7:30pm-10:00pm	7:30pm-10:00pm	1:00pm-10:00pm	1:00pm-10:00pm
Free Swim Lessons	Registration starts 30min prior to lesson and run on a first come first serve basis. Public swim admissions still apply. Children under the age of 7 must be accompanied by an adult.					1:00pm-2:00pm	

Diving boards and Water slide are open intermittently between times listed. Birthday Parties available Saturdays and Sundays, call for more information. 160ft slide will not be open during lesson times. Height and age to use our slide, person must be 48" tall/taller and must be at least 7 years old. Single riders only on slide.

### AQUATIC FITNESS SCHEDULE

Shallow Water Aqua	10:00am-11:00am 8:15pm-9:00pm	6:00am-7:00am 8:00am-9:00am 12noon-1:00pm 7:30pm-8:30pm	10:00am-11:00am 8:15pm-9:00pm	6:00am-7:00am 8:00am-9:00am 12noon-1:00pm 7:30pm-8:30pm	10:00am-11:00am		8:00am-9:00am
Deep Water Aqua	9:00am-9:45am 7:15pm-8:15pm		9:00am-9:45am 7:15pm-8:15pm		9:00am-9:45am 7:15pm-8:15pm		
Aqua Bootcamp		9:15am-10:15am		9:15am-10:15am		8:00am-9:00am	
Water Walking		10:30am-11:15am		10:30am-11:15am			
Gentle Joints	11:15am-12noon		11:15am-12noon		11:15am-12noon		