

Aquatics

DROP-IN SCHEDULES

RECREATION SURREY
Healthy Communities. Active Together.

Spring 2024

APRIL 2 - JUNE 30

ALL INDOOR POOLS

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 surrey.ca/birthdayparties for more information.

Universal Access Change Rooms

All welcome, prioritize use for visitors with young children and those with access needs.

Fitness Centre Orientations

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

Minimum age 13 years (ID required) for fitness centre only. 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

Just getting started or want to upgrade your fitness? Our certified personal trainers can create a personalized workout plan to help you reach your goals and provide the motivation you need.

	Single	Semi-Private
Initial Consultation (90 minutes)	\$ 95.50	\$ 95.50 (per person)
Ongoing Sessions (1 hour)	\$ 63.50	\$ 95.50 (per group)
5 Swipe Pass (for the price of 4)	\$ 253.75	\$ 381.25 (per group)

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

Help KEEP YOUR POOL CLEAN, SAFE & SECURE

Help us provide a safe and friendly environment

Health, Safety & Security

All City of Surrey indoor pools follow all public health orders and city direction related to public health

- 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 spitting or nose blowing in the pool, surrounding area or change room.
- No body oils/lotions or glass bottles permitted in pool or surrounding areas.
- Wear clean and appropriate swimwear.
- Immediately report to the lifeguard all injuries sustained in the pool or anything that may contaminate or foul the pool.
- Have a cleansing shower prior to entering pool area and after the use of the sauna or steam room.
- No food allowed.
- Bring your own non-breakable water bottle with secure lid.

Policy

- Children under the age of seven years must be supervised and be within arm's reach of a responsible person 14 years old or older.

Respect Others

- Abusive, disrespectful or violent language or actions will not be tolerated.
- No running, fighting or engaging in actions likely to cause an injury.
- Diving permitted in approved areas.
- Use of cell phones are not permitted in the change rooms.
- No photos on the pool deck.

Education

- Ask our lifeguards for assistance if you have any questions.
- Wheel chairs are available upon request.
- H2O chair available to assist those in need.
- Swimming lessons and Aquatic fitness services are available.

If you require support in the pool for swim lessons or public swim

A volunteer, caregiver, family member, or external staff of at least 14 years of age can attend lessons or public swim at no cost to provide additional in-water support for individuals who require physical, cognitive, behavioral, sensory and/or social integration assistance.

For lessons please inform a pool supervisor upon registration and for public swim prior to entry to pool.

DROP-IN ADMISSIONS & PASSES

Our variety of admissions and passes offer great value and access to all drop-in activities valid at any of our recreation facilities including: pools, arenas, gyms and fitness centres.

Recreation Pass Unlimited Visits Annual or Monthly							
Type	Term	Child/Youth 2-18yrs	Student* 19-59yrs	Adult 60-69yrs	Senior 70yrs+	Family†	
Recreation Pass	1 year	\$277.50	\$416.25	\$555.00	\$416.25*	\$138.75*	\$1110.00
	1 month	38.00	57.00	76.00	57.00	19.00	152.00

Admissions Single or Multi-Visit							
Type	Term	Child/Youth 2-18yrs	Student* 19-59yrs	Adult 60-69yrs	Senior 70yrs+	Family†	
Single Price	1 visit	\$ 3.75	\$ 5.75	\$ 7.50	\$ 5.75	\$ 2.00	\$ 3.75^
	5 visits	18.00	27.00	35.75	27.50	9.50	N/A
Swipe Pass	10 visits	33.75	50.75	67.50	51.75	18.00	N/A
	20 visits	60.00	90.00	120.00	92.00	32.00	N/A

Payment Options

Surrey offers monthly payment options for the annual Recreation Pass. Make payments using automatic debit or credit card. Skip the lineup and buy your annual, monthly or swipe passes online.

- * Rates only apply for accredited post-secondary institutions and require proof of student ID.
- ^ Includes a complimentary Seniors Services Membership.
- † Includes a maximum of two adults and unlimited dependent children 18 years or younger.
- ^ Per family member (minimum one parent/guardian and one dependent child 18 years or younger).
- ^ Offered at some facilities during non-prime times. If a facility offers value rates it will be indicated on the drop-in schedule for that facility.

Know BEFORE YOU GO

Recreation Centre hours may change for public holidays. Check online first! surrey.ca/holidayhours

Schedules are subject to change without notice. Check online for updated information.

Spring 2024 ■ 604-501-5100

Aquatic Fitness CLASS DESCRIPTIONS

FITNESS INTENSITY LEVEL:		1 - LOW	2 - LOW-MODERATE	
		3 - MODERATE	4 - MODERATE-HIGH	5 - HIGH
CLASS / LOCATION		DESCRIPTION		
Aquafit Mild GHAC, GRC, SSIP, SSLC		1/2	A low impact class using gentle movements and light cardio to help improve your balance and range of motion.	
Aquafit GHAC, GRC, NRC, SSIP, SSLC		3/4	A higher impact workout developing cardio, strength and endurance.	
Aquafit Deep Water GHAC, GRC, SSIP, SSLC		3/4	A no impact workout developing cardio, strength and endurance. Float belts provided.	
Hydrocycle NRC		3/4	Join a non-impact cycling workout in the water featuring a variety of drills. Great cross-training for cyclists or those recovering from injury. Please bring water shoes and arrive 10 minutes early for bike set-up.	
GHAC	Grandview Heights Aquatic Centre	NRC SSLC	Newton Recreation Centre Surrey Sport & Leisure Complex	
GRC	Guildford Recreation Centre	SSIP	South Surrey Indoor Pool	

The Recreation Passcard is mandatory at all facilities for drop-in activities and is free of charge. For details visit surrey.ca/passes.

72 HOUR

EARLY SIGN-UP FOR DROP-IN

SET YOUR REMINDER

To provide fair access for everyone, the majority of our scheduled drop-in activities open for registration 72 hours in advance.

Drop in schedules are online for fitness, aquatics, gymnasium, arenas, youth and seniors activities.

surrey.ca/dropin 604-501-5100

Stay Safe AROUND THE WATER

Reach or Throw, Don't Go!

If someone is struggling in the water, throw something that floats in their direction or reach out a branch or pool noodle for them to grab onto. Don't go into the water to perform a rescue, that could get you in trouble too. Stay safe on land and call for help instead.

Swim Without Goggles

Make sure your kids learn to swim without goggles and are comfortable opening their eyes underwater. This way, if they fall into a body of water, they can see the edge and swim to safety.

Locations

FLEETWOOD

Surrey Sport & Leisure Complex
16555 Fraser Highway 604-501-5950

GUILDFORD

Guildford Recreation Centre
15105 105 Avenue 604-502-6360

SOUTH SURREY

Grandview Heights Aquatic Centre
16855 24 Avenue 604-590-7800

South Surrey Indoor Pool
14655 17 Avenue 604-502-6220

NEWTON

Newton Recreation Centre
13730 72 Avenue 604-501-5540

Children under the age of seven 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 seven years per one responsible person.

SPECIAL THEMED Swims

Leap and bound into a fun filled themed swim. Hop, skip and jump to all the exciting activities and games the pools has to offer. There will be special games and amenities. Fun swims are run by certified Aquatic Leaders. All ages are welcome and regular admission applies. Check surrey.ca/pools for locations and the latest event details.

SPRING BREAK FUN SWIMS
Monday – Friday 1:30pm–3:30pm

SPRING INTO FUN
Monday, April 1 1:30pm–3:30pm

LIFEJACKET DAY
Monday, May 20 1:30pm–3:30pm

CANADA DAY SWIM
Monday, July 1 1:30pm–3:30pm

SURREY SPORT & LEISURE COMPLEX

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Facility	6am–9:30pm	6am–9:30pm	6am–9:30pm	6am–9:30pm	6am–9:30pm	6am–8pm	6am–8pm
Public Swim	6am–9:30pm	6am–9:30pm	6am–9:30pm	6am–9:30pm	6am–9:30pm	6am–8pm	6am–8pm
Limited Pool/Lane Space:	9am–1pm 3:30pm–7:30pm	9am–1pm 3:30pm–7:30pm	9am–1pm 3:30pm–7:30pm	9am–1pm 3:30pm–7:30pm	9am–1pm 3:30pm–7:30pm	9am–1pm	9am–1pm
Hot Tub, Sauna & Steam Room	6am–9:30pm	6am–9:30pm	6am–9:30pm	6am–9:30pm	6am–9:30pm	6am–8pm	6am–8pm
Length Swim (21m)		4pm–7:30pm			4pm–8:45pm		
Length Swim (25m)	8:30am–3pm 7:30pm–9:30pm	6am–4pm 7:30pm–9:30pm	8:30am–3pm 7:30pm–9:30pm	8:30am–3pm 7:30pm–9:30pm	8:30am–4pm	6am–8pm	6am–3pm 4pm–8pm
Length Swim (50m)	6am–7:30am		6am–7:30am		6am–7:30am		
Diving Boards Open Intermittently					7pm–9:30pm		4pm–6pm
Waterslide Open Intermittently	7pm–8:45pm	7pm–8:45pm	7pm–8:45pm	7pm–8:45pm	3pm–6pm 7:30pm–8:30pm	1pm–8pm	1pm–8pm

Diving boards, inflatable and water slide are open intermittently between times listed. 160ft slide will not be open during lesson times. All users of our large slide must be 48" tall/taller and must be at least 7 years old. Single riders only on slide. Must be at least 12 years old to use 3m diving board.

AQUATIC FITNESS SCHEDULE

Aquafit 13+	9:45am–10:45am	9:15am–10:15am	9:45am–10:45am	8am–9am 9:15am–10:15am	10:15am–11:15am		
Aquafit Deep Water 13+	8:30am–9:30am	8am–9am	8:30am–9:30am	7am–7:45am	9am–10am		
Aquafit Mild 13+	11am–11:45am	10:30am–11:15am	11am–11:45am	10:30am–11:15am	11:30am–12:15pm		

NEWTON RECREATION CENTRE - WAVE POOL

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Centre	6am–9pm	6am–9pm	6am–9pm	6am–9pm	6am–9pm	8am–9pm	8am–9pm
Wellness Centre	6am–9pm	6am–9pm	6am–9pm	6am–9pm	6am–9pm	8am–9pm	8am–9pm
Public Swim *	12:30pm–3:30pm 6pm–9pm	12:30pm–3:30pm 7pm–9pm	12:30pm–3:30pm	12:30pm–3:30pm 7pm–9pm	10am–9pm	12:30pm–8pm	12:30pm–8pm
Cool-Down Lane	3:30pm–6pm	3:30pm–7pm	3:30pm–6pm	3:30pm–7pm		8am–12:30pm	8am–12:30pm
Steam Room & Hot Tub	6am–9pm	6am–9pm	6am–6pm	6am–9pm	6am–9pm	6am–8pm	6am–8pm
Leisure Swim	6am–12:30pm	6am–12:30pm	6am–12:30pm	6am–12:30pm	6am–12:30pm		
Women & Girls Swim* Males 6yrs & younger allowed			6:30pm–8pm 8:30pm–10pm				
Value Rates Apply							

AQUATIC FITNESS SCHEDULE

Aquafit 13+	9am–10am	10am–11am	9am–10am	10am–11am	9am–10am		
-------------	----------	-----------	----------	-----------	----------	--	--

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. * Waves and waterslides open intermittently during times listed. • Cool-off lane will be one lane during swim lessons.

GRANDVIEW HEIGHTS AQUATIC CENTRE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Centre	6am–10pm	6am–10pm	6am–10pm	6am–10pm	6am–9pm	6am–8pm	6am–8pm
Public Swim (all pools)	6am–10pm	6am–10pm	6am–10pm	6am–10pm	6am–9pm	6am–8pm	6am–8pm
Limited space	3:30pm–8:30pm	3:30pm–8:30pm	3:30pm–8:30pm	3:30pm–8:30pm		9am–1pm	
Hot tub, Sauna and Steam Room**	6am–10pm	6am–10pm	6am–10pm	6am–10pm	6am–9pm	6am–8pm	6am–8pm
Length Swim (25 m)	8am–10pm	6am–10pm	8am–10pm	6am–10pm	8am–9pm	6am–8pm	6am–8pm
Length Swim (50 m)	6am–7:30am		6am–7:30am		6am–7:30am		
Diving Boards & Platforms*	7:30pm–9:30pm	8:30pm–9:30pm	7:30pm–9:30pm	7:30pm–9:30pm	7:30pm–9pm	*1pm–4:30pm & 5pm–9pm	10:30am–7:30pm
Water Slides*	3:15pm–9:30pm	3:15pm–9:30pm	3:15pm–9:30pm	3:15pm–9:30pm	3:15pm–8:30pm	8:30am–7:30pm	9am–8pm

Children under the age of 7 must be within arms reach of an adult at all times (maximum of 3 under 7's with one adult) *Diving boards and water slide are open intermittently between listed times. Diving boards may close during deep water aqua times and for user groups such as diving club. 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 inflatable. Must be at least 12 years old to use 7m platform and at least 16 years old to use the 10m platform. ** Sauna and Steam Room closed twice a day for cleaning.

AQUATIC FITNESS SCHEDULE

Aquafit 13+	9:15am–10:15am	8:15am–9am 10:30am–11:30am	9:15am–10:15am	10:30am–11:30am	9:15am–10:15am	8:15am–9am	
Aquafit Deep Water 13+	10:30am–11:30am	9:15am–10:15am 7:30pm–8:30pm	10:30am–11:30am	9:15am–10:15am	10:30am–11:30am		
Aquafit Mild 13+	8:15am–9am		8:15am–9am		8:15am–9am		

SOUTH SURREY INDOOR POOL

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Centre	8am–12pm 3pm–8pm	8am–12pm 3pm–8pm	8am–12pm 3pm–8pm	8am–12pm 3pm–8pm	8am–12pm	8am–4pm	CLOSED
Public Swim	8am–12pm 3pm–8pm	8am–12pm† 3pm–8pm	8am–12pm 3pm–8pm	8am–12pm† 3pm–8pm	8am–12pm	8am–4pm	CLOSED
Limited Pool Space:	5pm–6:30pm	5pm–6:30pm	5pm–6:30pm	5pm–6:30pm			

† Lane usage may be limited depending on Aquafit attendance.

AQUATIC FITNESS SCHEDULE

Aquafit 13+		9:15am–10:15am		8:15am–9:15am			
Aquafit Deep Water 13+				9:30am–10:30am			
Aquafit Mild 13+		10:30am–11:30am					

GUILDFORD RECREATION CENTRE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Facility & Gymnasium	6am–9pm	6am–9pm	6am–9pm	6am–9pm	6am–9pm	6am–8pm	6am–8pm
Hot Tub, Sauna and Steam Room	6am–9pm	6am–9pm	6am–9pm	6am–9pm	6am–9pm	6am–8pm	6am–8pm
Length Swim (25m)	6am–4pm	8:30am–7pm	6am–4pm	8:30am–7pm	6am–4pm	9am–8pm	6am–4pm
Length Swim (50m)		6am–7:30am		6am–7:30am		6am–8am	
Length Swim (21.5m)	3:30pm–7pm	3:30pm–9pm	3:30pm–7pm	3:30pm–9pm	4pm–7pm		
Public Swim	6am–9pm	6am–9pm	6am–9pm	6am–9pm	6am–9pm	6am–8pm	6am–8pm
Limited pool space	3:30pm–9pm	3:30pm–9pm	3:30pm–9pm	3:30pm–9pm	4pm–9pm	9am–9pm	9am–8pm
Big Water Slide Open intermittently	4pm–9pm	4pm–9pm	4pm–9pm	4pm–9pm	4pm–9pm	1pm–9pm	1pm–9pm
Small Water Slide Open intermittently	4pm–9pm	4pm–9pm	4pm–9pm	4pm–9pm	4pm–9pm	1pm–9pm	1pm–9pm
Value Rates Apply							

Big and small waterslides are open intermittently between times listed. Big slide will not be open during lesson times. All users of our large slide must be 48" tall/taller and must be at least 7 years old. Single riders only on slide. Diving boards and inflatables are not open to the public until further notice.

AQUATIC FITNESS SCHEDULE

Aquafit 13+	7:30pm–8:30pm 9am–10am	9am–10am	9am–10am	9am–10am	9am–10am		
Aquafit Deep Water 13+	8am–9am		8am–9am				
Aquafit Mild 13+		11:15am–12pm		11:15am–12pm	11:15am–12pm		