

Aquatics

DROP-IN SCHEDULES



RECREATION SURREY
Healthy Communities. Active Together.

Winter 2019 JANUARY 7 - MARCH 17
ALL INDOOR POOLS

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.

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

Hours of operation and programs may differ on holidays and long weekends. Please look online for the most current information or contact the facility to confirm.

Family Day Long Weekend
Sa-M Feb 16 - Feb 18

School Spring Break
Sa, Mar 16 - Su, Mar 31

FLEETWOOD

Surrey Sport & Leisure Complex

16555 Fraser Hwy 604-501-5950
Monday to Saturday 5:30am-9:30pm
Sunday 6am-9:30pm
Holidays 8am-8pm

GUILDFORD

Guildford Recreation Centre

15105 105 Ave 604-502-6360
Monday to Friday 6am-10pm
Saturday and Sunday 6am-8pm
Holidays 8am-8pm

NEWTON

Newton Recreation Centre

13730 72 Avenue 604-501-5540
Monday/Wednesday 6am-8pm
M,W Women Only 8pm-9:30pm
Tuesday/Thursday 6am-9:30pm
Friday 6am-9pm
Saturday 8am-9pm
Saturday Women Only 6am-8am
Sunday/Holidays 8am-8pm

NORTH SURREY

North Surrey Recreation Centre

10275 City Parkway 604-502-6300
Monday to Thursday 6am-9pm
Tu, Th Women Only 9pm-10pm
Friday 6am-10pm
Saturday 7am-9pm
Sunday 8am-9pm
Holidays 8am-4pm

SOUTH SURREY

Grandview Heights Aquatic Centre

16855 24 Ave 604-590-7800
Monday - Friday 6am-10pm
Saturday and Sunday 6am-9pm
Holidays 8am-8pm

South Surrey Indoor Pool

14655 17 Ave 604-502-6220
Monday - Friday 6am - 10pm
Saturday & Sunday 7am - 9pm
Holidays 8am-4pm

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 ^A (60yrs+)	Family†
Recreation Pass	1 year	\$262.00	\$392.75	\$523.75	\$392.75	\$1047.25
	1 mos	35.75	53.75	71.50	53.75	143.00

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	\$7.00	\$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	62.00	47.50	N/A
	20 visit	56.00	84.00	111.00	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.
^A 60yrs+ who purchase a 1-year Recreation Pass will be offered a complimentary Surrey's Senior Services Membership.

FAMILY FUNPASS

DROP-IN FOR FUN ALL SPRING BREAK

ON SALE FEB 18

surrey.ca/recreation

Schedules are subject to change without notice.

04/20/20

surrey.ca/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 online for more information.

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 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)	\$87.50	\$87.50 (per person)
Ongoing Sessions (1 hour)	\$58.25	\$87.50/group
5 Swipe Pass (for the price of 4)	\$232.50	\$349.50/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.

Book your Drop-in Spot Online

You can sign up early for our more popular drop-in fitness and sports classes, online, by phone or in person. Just look for this symbol beside the drop in activity you want to attend.

Book your spot as early as 9pm the night before.

Visit www.surrey.ca/recreation

Schedules are subject to change without notice.

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

FACILITY SCHEDULE

Effective Jan 7 - Mar 17

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Centre	6am-9pm	6am-10pm*	6am-9pm	6am-10pm*	6am-10pm	7am-9pm	8am-9pm
Value Swim Times	8:30am-3pm	6am-9am 8:30pm-10pm 9-10pm Women Only	8:30am-3pm 6pm-7:30pm	6am-9am 8:30pm-10pm 9-10pm Women Only	11:30pm-1:30pm 6pm-9pm	7am-9am 8-9pm Teens Only	8am-9am
Public Swim	6am-9am 1:30pm-4pm 6pm-7:30pm	6am-9am 12:30pm-4pm 6pm-7:30pm	6am-9am 1:30pm-4pm 6pm-7:30pm	6am-9am 12:30pm-4pm 6pm-7:30pm	6am-9am 1:30pm-4pm 6pm-9pm	7am-9am 1pm-5pm 6pm-9pm (Limited Space 7:15-9:15am & 5-7pm)	8am-9am 1pm-5pm 6pm-9pm (Pool Closed 5-6pm)
Length Swim (One lane in Pool, Hot Tub & Sauna)	6am-4pm 6pm-9pm	6am-9pm	6am-9pm	6am-9pm	6am-9pm	7am-5pm 6pm-9pm	8am-5pm 6pm-9pm
Adult Swim	7:30pm-9pm (Deep End Closed)	7:30pm-9pm	7:30pm-9pm	7:30pm-9pm			
Youth Swim					9pm-10pm		
Parent & Tot (under 7yrs)	9am-1:30pm 4pm-6pm	9am-12:30pm 4pm-6pm	9am-1:30pm 4pm-6pm	9am-12:30pm 4pm-6pm	9am-1:30pm 4pm-6pm	9am-1pm	9am-1pm
Senior's Swim	12:30pm-1:30pm		12:30pm-1:30pm		12:30pm-1:30pm		
Women Only Swim Males 6yrs & younger allowed		9pm-10pm		9pm-10pm*			
Drop In Swim Lesson - Beginner	6:30pm-7pm		6:30pm-7pm			1pm-1:30pm	

Drop In 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. Learn to Swim Levels Only: Preschool 4-6; Swim Kids 1-2; Adult & Teen 1.

AQUATIC FITNESS SCHEDULE

Aquafit	9:30am-10:30am 7:30pm-8:30pm	7:30pm-8:30pm	9:30am-10:30am 7:30pm-8:30pm	7:30pm-8:30pm	9:30am-10:30am		
Aquafit Deep Water		8:15am-9am		8:15am-9am			
Aquafit Mild	12:30pm-1:15pm		12:30pm-1:15pm		12:30pm-1:15pm		
Performance Swim Training			6:30am-7:30am		6:30am-7:30am		

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

FACILITY SCHEDULE

Effective Jan 7 - Mar 17

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Centre	6am-10pm	6am-9:30pm	6am-10pm	6am-9:30pm	6am-9pm	6am-9pm	8am-8pm
Wellness Centre	6am-8pm 8-10pm Women Only	6am-9:30pm	6am-8pm 8-10pm Women Only	6am-9:30pm	6am-9pm	6am-9pm	8am-8pm
Public Swim	1pm-3:30pm 6pm-8pm	12:15pm-3:30pm 7pm-9:30pm	1pm-3:30pm 6pm-8pm	12:15pm-3:30pm 7pm-9:30pm	12:30pm-9pm	12:30pm-9pm	12:30pm-8pm
Cool-Off Lane•	3:30pm-6pm	3:30pm-7pm	3:30pm-6pm	3:30pm-7pm		8am-12:30pm	8am-12:30pm
Waterslides*	6pm-8pm	7pm-9:30pm	6pm-8pm	7pm-9:30pm	12:30pm-9pm	12:30pm-9pm	12:30pm-8pm
Waves*	1:30pm-3:30pm 6pm-8pm	12:15pm-3:30pm 7pm-9:30pm	1:30pm-3:30pm 6pm-8pm	12:15pm-3:30pm 7pm-9:30pm	12:30pm-9pm	12:30pm-9pm	12:30pm-8pm
Circuit Swim	6am-1pm	6am-12:15pm	6am-1pm	6am-12:15pm	6am-12:30pm	8am-8:30am	8am-8:30am
Steam Room & Hot Tub	6am-8pm	6am-9:30pm	6am-8pm	6am-9:30pm	6am-9pm	6am-9pm	8am-8pm
Leisure Swim	9am-1pm	9am-12:15pm	9am-1pm	9am-12:15pm	9am-12:30pm		
Seniors Swim	11:30am-1pm		11:30am-1pm		11:30am-12:30pm		
Drop In Swim Lesson - Beginner							12pm-12:30pm
Women Only Swim* Males 6yrs & younger allowed	8pm-9:30pm Waves & Slides		8pm-9:30pm Lessons			6am-7:45am Lessons & Aquafit	
Value Rates Apply**	10:30am-12:30pm	10am-12pm	10:30am-12:30pm	6am-8:30am	6am-8:30am		6pm-8pm

AQUATIC FITNESS SCHEDULE

Aquafit	7am-8am 9am-10am 11:45am-12:30pm	7am-8am 9am-10am	7am-8am 9am-10am 11:45am-12:30pm	7am-8am 9am-10am	7am-8am 9am-10am 11:45am-12:30pm	7am-7:45am Class for Women Only	
Aquafit Mild	11am-11:45pm				11am-11:45pm		
Hydro Cycle NEW	8:15am-8:45am	6:15pm-7pm	8:15am-8:45am	6:15pm-7pm		8:15am-9am	

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. • Cool-off lane will be one lane during swim lessons. **Value rates do not apply to drop-in land fitness classes.

Aquatic Fitness CLASS DESCRIPTIONS

FITNESS INTENSITY LEVEL: 1 - LOW 2 - LOW-MODERATE
3 - MODERATE 4 - MODERATE-HIGH 5 - HIGH

CLASS / LOCATION	DESCRIPTION
Aquafit Mild Formerly Gentle Joints & Water Walking GHAC, GRC, NRC, NSIP, SSLC, SSIP	1/2 A low impact class using gentle movements and light cardio to help improve your balance and range of motion.
Aquafit Adapted Formerly Aqua-Fit for Life GHAC	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.
Aquafit Deep Water Formerly Deep Water Aqua GHAC, GRC, SSLC NSIP, SSIP	3/4 A no impact workout developing cardio, strength and endurance. Float belts provided.
Aquafit Formerly Shallow Water Aqua GHAC, GRC, NSIP, NRC, SSLC, SSIP	3/4 A higher impact workout developing cardio, strength and endurance.
Hydro Cycle 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 mins early for bike set-up.
Aquafit Deep Water Running SSIP	4 A no impact workout focusing on running drills to enhance endurance through interval training. Great cross training for runners. Floats belts provided.
Performance Swim Training 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.
Aqua Zumba GHAC	4/5 Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

GHAC Grandview Heights Aquatic Centre
 GRC Guildford Recreation Centre
 NSIP North Surrey Pool
 NRC Newton Recreation Centre
 SSLC Sport & Leisure Complex
 SSIP South Surrey Pool

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

SPECIAL THEMED Swims

Big Freeze

Brr... its cold!!! Keep busy on a cold winter day by enjoying winter games and activities during our public swim.

Regular Admission Applies All ages
 Saturday, January 5 1:30pm-3:30pm
GRC, NRC, NSIP, SSIP, SSLC

Sunday, January 6 1:30pm-3:30pm
GHAC

Family Fun Day

Family Play-Day at the pool! Enjoy games and activities during our public swim.

Regular Admission Applies All ages
 Saturday, February 16 1:30pm-3:30pm
NSIP, GRC, SSIP, SSLC

Sunday, February 17 1:30pm-3:30pm
NRC

Healthy Heart Swim

Bring a friend and join us for 2 for1 aquatic fitness classes and public swimming to bring awareness to February being Heart Month.

2 For 1 Admission Applies
Aquafit Classes 13yrs+
 Thursday, Feb 14 7am-10am

Public Swim All ages
 Thursday, Feb 14 12:30pm-3:30pm and 7pm-9:30pm
NRC

Spring Break Swims

Enjoy two weeks of games and activities during our public swims.

Regular Admission Applies All ages
 M-Th Mar 18-31 1:30pm-3:30pm
GHAC, NSIP

M-F Mar 18-29 1:30pm-3:30pm
NRC

M-Th Mar 18-31 1:30pm-4pm
GRC, SSLC

M-F Mar 18-29 1:30pm-3pm
SSIP

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

FACILITY SCHEDULE

Effective Jan 7 - Mar 17

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Centre	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-9pm	6am-9pm
Public Swim (all pools)	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-9pm	6am-9pm
Hot tub, Sauna and Steam Room**	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-9pm	6am-9pm
Length Swim (25 m)	8:30am-10pm	6am-10pm	8:30am-10pm	6am-10pm	8:30am-10pm	6am-9pm	6am-8pm
Length Swim (50 m)	6am-7:30am		6am-7:30am		6am-7:30am		
Diving Boards & Platforms*	7:30pm-9:30pm	8:15pm-9:30pm	7:30pm-9:30pm	8:15pm-9:30pm	7:30pm-9:30pm	1:30pm-8pm	1:30pm-8pm
Water Slides*	5pm-9pm	5pm-9pm	5pm-9pm	5pm-9pm	5pm-9pm	10am-8pm	10am-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	<input checked="" type="checkbox"/> 9:30am-10:30am 8:15pm-9:15pm	8am-9am 10:15am-11:15am	<input checked="" type="checkbox"/> 9:30am-10:30am 8:30pm-9:30pm	8am-9am 10:15am-11:15am		7:45am-8:45am	
Aquafit Deep Water	<input checked="" type="checkbox"/> 10:45am-11:45am	7am-7:45am 9:05am-10:05am 7:15pm-8:15pm	<input checked="" type="checkbox"/> 10:45am-11:45am	7am-7:45am 9:05am-10:05am 7:15pm-8:15pm	<input checked="" type="checkbox"/> 10:45am-11:45am	9am-9:45am	
Aquafit Mild	8:15am-9:15am	11:30am-12:15pm	8:15am-9:15am	11:30am-12:15pm	8:15am-9:15am		
Aquafit Adapted	12pm-1pm		12pm-1pm				
Aqua Zumba					<input checked="" type="checkbox"/> 9:30am-10:30am		

** Sauna and Steam Room closed twice a day for cleaning.

You can now sign up early for select drop-ins using our registration website. Just look for this symbol beside the drop-in activity you want to attend.

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

FACILITY SCHEDULE

Effective Jan 7 - Mar 17

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Centre	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-10pm	7am-9pm	7am-9pm
Length Swim 13yrs +	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-10pm	7am-9pm	7am-9pm
Public Swim	6am-8:30am 1:30pm-3pm 6:30pm-8pm <i>Limited pool space</i>	6am-8:30am 1:30pm-3pm	6am-8:30am 1:30pm-3pm 6:30pm-8pm <i>Limited pool space</i>	6am-8:30am 1:30pm-3pm	6am-8:30am 1:30pm-3:30pm 7pm-10pm	8am-9:30am*	7am-10am 1pm-3:45pm 6pm-9pm
Adult 19yrs+/Senior	12pm-1:30pm 8pm-10pm	12pm-1:30pm 8pm-10pm	12pm-1:30pm 8pm-10pm	12pm-1:30pm 8pm-10pm	12pm-1:30pm		10am-12pm 4pm-5pm
Parent & Tots 6 & under (+ public times)	8:30am-12pm 3pm-6:30pm	8:30am-12pm 5pm-8pm	8:30am-12pm 3pm-6:30pm	8:30am-12pm 5pm-8pm	8:30am-12pm 3:30pm-7pm		12pm-1pm 5pm-6pm
Adult 19yrs+ Value Swims	9pm-10pm	9pm-10pm	9pm-10pm	9pm-10pm			
Public Value Swims					8:30pm-10pm	7:30pm-9pm	7:30pm-9pm

AQUATIC FITNESS SCHEDULE

Aquafit	8am-8:45am 9:15am-10am	8:15am-9am 9:15am-10am 8pm-9pm	8am-8:45am 9:15am-10am	8:15am-9am 9:15am-10am 8pm-9pm	8am-8:45am 9:15am-10am	8:45am-9:30am	9am-9:45am
Aquafit Deep Water Running		11:30am-12:15pm		11:30am-12:15pm			
Aquafit Deep Water	7am-7:45am 9:15am-10am	8:15am-9am	7am-7:45am 9:15am-10am	8:15am-9am	7am-7:45am 9:15am-10am	8am-8:45am	8am-8:45am
Aquafit Mild	11:30am-12:15pm 12:30pm-1:15pm	11:30am-12:15pm	11:30am-12:15pm 12:30pm-1:15pm	11:30am-12:15pm	11:30am-12:15pm		
Performance Swim Training		1pm-2pm 8pm-9pm		1pm-2pm 8pm-9pm			

Deep and Shallow Water Exercises may sometimes be combined dependent on attendance. *Call or check online for up-to-date hours.

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

FACILITY SCHEDULE

Effective Jan 7 - Mar 17

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Facility	5:30am-10pm	5:30am-10pm	5:30am-10pm	5:30am-10pm	5:30am-10pm	7am-8pm	7am-8pm
Value Swim **	11am-3pm	11am-3pm	11am-3pm	11am-3pm	11am-3pm		
Public Swim	5:30am-10pm	5:30am-10pm	5:30am-10pm	5:30am-10pm	5:30am-10pm	5:30am-10pm	6am-10pm
Hot Tub, Sauna & Steam Room	5:30am-10pm	5:30am-10pm	5:30am-10pm	5:30am-10pm	5:30am-10pm	5:30am-10pm	6am-10pm
Length Swim (25m)	8:30am-10pm	5:30am-9:30pm	8:30am-10pm	5:30am-9:30pm	8:30am-10pm	8:30am-10pm	6am-9:30pm
Length Swim (50m)	5:30am-7:15am		5:30am-7:15am		5:30am-7:15am	5:30am-7:15am	
Adult Swim		8:30pm-10pm		8:30pm-10pm			
Drop In Swim Lesson - Beginner	Drop In 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. Learn to Swim Levels Only: Preschool 4-6; Swim Kids 1-2; Adult & Teen 1.					1pm-2pm	
Diving Boards	8pm-10pm		8pm-10pm		8pm-10pm	1:30pm-10pm	1:30pm-6pm
Waterslide	7:30pm-9:30pm	7:30pm-9:30pm	7:30pm-9:30pm	7:30pm-9:30pm	7:30pm-9:30pm	1:30pm-9:30pm	1:30pm-9:30pm

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

Aquafit	10am-11am 8:15pm-9pm	7am-7:45am 8am-9am 9:15am-10:15am 12pm-1pm 7:30pm-8:30pm	10am-11am 8:15pm-9pm	7am-7:45am 8am-9am 9:15am-10:15am 12pm-1pm 7:30pm-8:30pm	10am-11am	8am-9am	8am-9am
Aquafit Deep Water	9am-9:45am 7:15pm-8pm		9am-9:45am 7:15pm-8pm		9am-9:45am		
Aquafit Mild	11:15am-12pm	10:30am-11:15am	11:15am-12pm	10:30am-11:15am	11:15am-12pm		
Performance Swim Training (Adult Masters)		7:30pm-8:30pm		7:30pm-8:30pm			

GUILDFORD RECREATION CENTRE 604-502-6360 15105 105 Avenue

FACILITY SCHEDULE

Effective Jan 7 - Mar 17

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Facility & Gymnasium	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-10pm	8am-8pm	8am-8pm
Hot Tub, Sauna and Steam Room	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-8pm	6am-8pm
Length Swim (25m)	6am-10pm	8:30am-9pm	6am-10pm	8:30am-9pm	6am-7:30pm	9am-8pm	6am-5pm
Length Swim (50m)		6am-7:30am		6am-7:30am	8:30pm-10pm	6am-8am	
Public Swim	6am-3:30pm	6am-3:30pm	6am-3:30pm	6am-3:30pm	6am-3:30pm	6am-9am 1pm-4pm	6am-9am 1pm-5pm
Public Swim (Limited pool space)	3:30pm-10pm	3:30pm-10pm	3:30pm-10pm	3:30pm-10pm	3:30pm-8pm	9am-1pm 4pm-8pm	9am-1pm 5pm-8pm <i>No lanes from 5-8pm</i>
Youth Oriented Swim					8pm-10pm		
Diving Boards (Open intermittently)		5pm-9pm		5pm-9pm	8pm-10pm	1pm-4pm 7pm-8pm	1pm-4pm
Big Water Slide	5pm-8pm	5pm-8pm	5pm-8pm	5pm-8pm	5pm-8pm	1pm-8pm	1pm-8pm
Small Water Slide (Open intermittently)	5pm-8pm	5pm-8pm	5pm-8pm	5pm-8pm	3pm-8pm	1pm-8pm	1pm-8pm
Inflatables						2pm-3:30pm	
Drop In Swim Lesson - Beginner	Drop In 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. Learn to Swim Levels Only: Preschool 4-6; Swim Kids 1-2; Adult & Teen 1.					1pm-1:30pm 1:30pm-2pm	

AQUATIC FITNESS SCHEDULE

Aquafit Deep Water	8am-9am		8am-9am		8am-9am		
Aquafit Mild	10:45am-11:30am	11am-11:45am	10:45am-11:30am	11am-11:45am	10:45am-11:30am		
Aquafit	9am-10am 7:30pm-8:30pm	8:45am-9:45am 10am-10:45am 7:30pm-8:30pm	9am-10am 7:30pm-8:30pm	8:45am-9:45am 10am-10:45am 7:30pm-8:30pm	9am-10am		

Diving boards and small water slide are open intermittently between times listed. Height and age to use our big water slide, person must be 48" tall/taller and must be at least 7 years old. Single riders only on slide.

FEBRUARY 4 - MARCH 13
AQUATIC MAINTENANCE CLOSURE
 The fitness centre will remain open.
 Thank you for your patience.

Hours of operation and programs may differ on holidays and long weekends. Please look online for the most current information or contact the facility to confirm.

Schedules are subject to change without notice.

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.