

Canadian University College: Community Recreation Schedule

Public Pool Hours

M-F	Earlybird Swim (Lane swim)	6:00 - 7:30 am
M-F	Noon Hour Swim (Lane swim)	11:45 - 12:45
M-F	Parent & Tot (1 lane only)	11:45 - 12:45
M-Th	Evening Swim	6:00 - 8:00 pm
Sun	Sunday Swim	3:00 - 6:00 pm



Public Gym & Weight Room Hours

Sunday	11:00 am - 9:30 pm
Mon - Thurs	5:30 am - 9:30 pm
Friday	5:30 am - 3:00 pm
Sat (Oct. 2 - April 1)	8:00 pm - 11:00 pm



* Badminton, racquetball, and indoor tennis courts may be reserved in 45 min. time slots. Phone for reservations.
 ** The gym court may be used any time by the public except Mon - Thurs 6:15-7:30 p.m. Most gym activities are available.

Drop-in Badminton

Dates to be announced Adult \$4.00, Senior/Youth \$3.00 or coupon, or membership

Public Pool, Gym, and Racquetball Prices

(no prices include GST except Daily Admission)

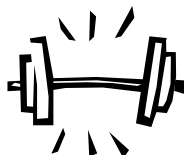
Coupons:	Adults (18 yrs & over)	20 for \$55.00
* Gym, Pool, & Racquetball	Seniors & Youth	20 for \$33.00
Daily Admission: Gym, Pool, Racquetball	Adults (18 yrs & over)	\$ 4.00
	Youth (17 & under)	\$ 3.00
	Family*	\$ 9.00
	2 yrs & under	FREE
Daily Admission: Aquacize, AquaJog	Adult	\$ 4.50
	Seniors/Youth	\$ 3.50
Season Passes	Adult (18 yrs & over)	\$148.00
*: Gym/Pool, & Racquetball	Senior & Youth	\$100.00
**Parents & dependents under 18 ONLY	Family*	\$220.00

* Gym/Pool/Racquetball Seasons Pass are valid until Aug 31, 2005 and are prorated on the first of each month. If you have a 1 year weight room membership you can purchase a seasons pass for 20% off. Seniors (65 yrs and over) receive a 10% discount off weight room memberships. As a general rule membership refunds are not available.
 *CORPORATE RATES are available.

** Fitness passes: Add 50% to any seasons pass to attend Aquacize, & AquaJogging.
 Note: AquaJogging will have drop-ins as long as class fills.

Weight Room Membership

Daily Admission	\$ 5.00
Monthly Membership	\$ 30.00
2 Month Membership	\$ 57.66
3 Month Membership	\$ 80.49
4 Month Membership	\$ 99.32
5 Month Membership	\$ 114.15
6 Month Membership	\$125.00
1 Year Membership	\$220.00
Punch Card (15 visits)	\$ 60.00



Weight Training Consultations are available. Check at the office.

Free items with the purchase of a weight room membership:

- * 6 month membership - Free consultation or body analyser
- * 1 yr membership - Free consultation & body analyser or 2 body analysers.

Child Care Services

M, W, F 9:00 - 11:00 am \$3.50 for the first child, \$2.00 for each additional child of the SAME family.

Minimum age 2 years.

Call ahead to reserve space and for more information. We will organize T/Th time if the need arises.

Birthday Party Packages

\$85.00 Package includes:

-1 hour gym and 1 hour pool

\$75.00 Package includes:

-1 hour pool

\$50.00 Package includes:

-1 hour gym

* All packages include a Games/Activities co-ordinator



Body Composition Measurement

Would you like to know:

*Percent body fat *Basal Metabolic Rate *Total body weight

*Body Mass Index *Body water weight *Fat free weight

We have a Tanita Body Composition Analyser that can tell you all this in about 2 minutes. All you do is stand in bare feet on a scale.

Cost \$5.00

Monday Toonie Swim

6:00 pm-8:00 pm

All Ages swim for a Toonie



Toonie Swims

Friday, October 22 - 1:00-2:30 pm

Friday, November 12 - 1:00-2:30 pm

Friday, November 26 - 1:00-2:30 pm

Rock Climbing Wall

Sunday 4:30 - 7:00 pm Wednesday 7:45 - 9:30 pm

Call for information about prices, group rates, workshops, and private climbing instruction. 782-3381 ext. 4071

Aquacize

Ladies only

Mon, Wed, Fri 10:00 am-11:00 am

Co-ed

Tues, Thurs 8:00 pm - 9:00 pm

Drop-in fee - Adults \$4.50, Seniors/Youth \$3.50, Fitness membership, or coupon

We reserve the right to change prices and/or hours as needed