

# UPCOMING AQUATICS EVENTS

Polar Bear Swim Sunday, January 1st, 11:00 Reg. 12:00 Plunge

Pro-D Activity Days, February 20 & 21, 9:00am-3:00pm

Tim's Tuesday Free Swim, March 6th, 6:30-7:55pm

Spring Break Activity Days, March 19-23, 9:00am-3:00pm

Pirate Swim, March 31st, 6:30-8:00pm

Free Adaptive Fitness Classes, Last Friday of every month

## Admission Rates—HST included

	Single	10x Card	30x Card	1-Month Pass	3-Month Pass	6-Month Pass	12-month Pass
Child (3-12 yrs) (Pool Only)	2.85	24.20	N/A	N/A	N/A	N/A	N/A
Youth (13-18 yrs)	3.80	32.40	86.00	38.40	103.80	196.00	371.80
Adult (19-59 yrs)	5.45	45.90	121.10	48.05	129.75	245.05	466.15
Senior (60+ yrs)	3.80	32.40	86.00	38.40	103.80	196.00	371.80
Family (Pool Only)	9.50	80.25	N/A	N/A	N/A	N/A	N/A

5—CLASS PASS: Can't commit to a registered class? This pass entitles you to drop into a variety of registered classes for only \$28.

Check out our Pro Shop for all your swimming needs. We sell goggles, swim gloves, nose plugs, caps, ear plugs and little swimmers.

# AQUATICS

## Winter 2012

### SCHEDULE & INFO



Ladysmith Community Centre  
810 6th Avenue  
Ladysmith BC




Phone 250-245-6424  
Fax 250-245-6423  
www.ladysmith.ca



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Available for Rentals  <b>Party at the Pool!</b> We can supply the pool, room & food for the best birthday bash!  Please call 250.245.6424 To book or for more information	Early Bird Lengths 6:00—8:25 am	Available for Rentals 6:00—8:30 am	Early Bird Lengths 6:00—8:25 am	Available for Rentals 6:00—8:30 am	Early Bird Lengths 6:00—8:25 am	Available for Rentals
	Morning Aquafit 8:30—9:30 am	Adaptive Fitness 8:30—9:30 am	Morning Aquafit 8:30—9:30 am	Adaptive Fitness 8:30—9:30 am	Morning Aquafit 8:30—9:30 am	Adaptive Fitness & Lengths 9:00—10:00 am
	Parent & Tot 9:00—9:55 am	Rentals 9:30—11:00 pm	Parent & Tot 9:00—9:55 am	Rentals 9:30—11:00 pm	Parent & Tot 9:00—9:55 am	Lessons 10:00—11:30 am
	Baby & Me Aquafit 9:45—10:30 am Registered Program		Baby & Me Aquafit 9:45—10:30 am Registered Program		Baby & Me Aquafit 9:45—10:30 am Registered Program	
	Lessons 10:00—11:00 am		Lessons 10:00—11:00 am		Lessons 10:00—11:00 am	
	Adaptive Fitness 11:00—12:00 pm	Restorative Therapy Aquafit 11:00—12:00 pm	Adaptive Fitness 11:00—12:00 pm	Restorative Therapy Aquafit 11:00—12:00 pm	Adaptive Fitness 11:00—12:00 pm	Available for Rentals 11:30—2:30 pm
	Noon Lengths & Leisure 12:00—12:55 pm	Noon Lengths & Leisure 12:00—12:55 pm	Noon Lengths & Leisure 12:00—12:55 pm	Noon Lengths & Leisure 12:00—12:55 pm	Noon Lengths & Leisure 12:00—12:55 pm	
	Rentals 1:00—2:00 pm	Rentals 1:00—3:00 pm	Rentals 1:00—2:00 pm	Rentals 1:00—3:00 pm	Rentals 1:00—2:00 pm	
Nifty Fifties 2:00—3:25 pm	Nifty Fifties 2:00—3:25 pm		Nifty Fifties 2:00—3:25 pm			
Everyone Welcome 3:00—4:55 pm	Lessons 3:00—4:00 pm	Lessons 3:00—4:00 pm	Lessons 3:00—4:00 pm	Lessons 3:00—4:00 pm	Everyone Welcome 3:00—4:55 pm	
	Therapy Swim 4:00—5:00 pm	Therapy Swim 4:00—5:00 pm	Therapy Swim 4:00—5:00 pm	Therapy Swim 4:00—5:00 pm		
	Swim Club 4:00—5:30 pm	Swim Club 4:00—5:30 pm	Swim Club 4:00—5:30 pm	Swim Club 4:00—5:30 pm		
Rentals 5:00—6:00 pm	Lessons 5:30—6:30 pm	Lessons 5:30—6:30 pm	Lessons 5:30—6:30 pm	Lessons 5:30—6:30 pm	Junior Lifeguard 5:30—6:30 pm Jan 13—Mar 16	Rentals 5:00—6:00 pm
Everyone Welcome 6:00—7:25 pm	Toonie Swim 6:30—7:25 pm	Everyone Welcome 6:30—7:55 pm	Toonie Swim 6:30—7:25 pm	Everyone Welcome 6:30—7:55 pm	Everyone Welcome 6:30—8:55 pm	Everyone Welcome 6:00—7:25 pm
Available for Rentals	Adult Swim 7:30—9:25 pm Co-Ed Aquafit 7:30—8:30 pm Lengths (1 lane) 7:30—9:25 pm Adult Lessons 8:30—9:30 pm	Water Spin 8:00—9:00 pm	Adult Swim 7:30—9:25 pm Co-Ed Aquafit 7:30—8:30 pm Lengths (1 lane) 7:30—9:25 pm Adult Lessons 8:30—9:30 pm	Water Spin 8:00—9:00 pm		

**ADDITIONAL SWIMS:** Pro D Days Feb 20 & 21 : Toonie Swims 1-2pm  
Spring Break March 19-23 : Toonie Swims 1-2pm

**LEGEND:**

-  Sauna & Hot Tub Available
-  Sauna & Hot Tub **Not** Available
-  Registered Programs
- \* Leisure Pool Only

**PLEASE NOTE:** If the child(ren) is under the age of 7 years and less than 1.3 metres (52 inches) in height, the child must be within arms reach of the parent. Ratio must be no greater than 2 children to 1 adult. \*\*Applies to both pools.\*\*

## SWIM DESCRIPTIONS

- **Early Bird** — Rise and Shine! This is primarily a length swim. Children are welcome when accompanied by an adult. The leisure pool is NOT OPEN at this time.
- **Parent & Tots** — A special time in the therapy pool just for parents and kids 5 years of age and younger. Drop by and enjoy a quieter time with youngsters in this wonderful water playground.
- **Noon Swim (Lengths & Leisure)** - The pool is divided into three lanes: casual, moderate and fast. Enjoy a break from work and relieve your stress. Swim for fitness and reward yourself by relaxing in the sauna or hot tub afterwards. The therapy pool is also open at this time for parents, tots or patrons with special needs.
- **Ladies Aquafit** — Start your day off with an energy boost! Exercise to energizing music, under the direction of a qualified instructor. Enjoy a 60-minute well-rounded, head to toe workout.
- **Everyone Welcome** — A great time for all to enjoy both pools. Try out the Climbing Wall, Skywalker, Slides, Tarzan Rope, Diving Board and various pool toys. Play under the raindrop unit and float the “Lazy River” in the therapy pool. No lengths swimming available in the main pool at this time.
- **Adult Swim** — Participate in co-ed Aqua-Fitness or lengths swimming to improve cardio-vascular performance, weight loss and muscle tone. A great time to join friends for a workout or to socialize and relax in the hot tub or sauna. The therapy pool is also open for your pleasure.
- **Adaptive Fitness** — If you have arthritis or other mobility limitations, these exercise classes may be just for you. Join our trained instructors and take advantage of the waters buoyancy and warmth to obtain the exercise without straining your joints.
- **Nifty Fifties** — An opportunity for those 50 or over to improve their cardio-vascular fitness and strength plus a chance to socialize with friends. Included is an optional 60-minute co-ed aqua-fit class with one lane open for length swimmers. Removable stairs and an aquatic lift are available to ease your entry into the main pool, and the water wheelchair to enter the therapy pool.
- **Therapy Swim** — Arrangements can be made for you and your physiotherapist or aide to attend the swim of your choice for the regular admission (an aide may accompany swimmer at no extra cost). In addition, a number of special swim times have been set aside for those who are physically or mentally challenged, or in need of therapy.
- **Restorative Therapy Fitness** — A gentle but effective approach to exercise for those subjected to advanced physical strength & mobility limitations. Every move you make has to be deliberate to resist the continued pressure of the water on your body. Enjoy the support offered with this stress free, safe exercise alternative.