

SPRING SCHEDULE | TERRACE & DISTRICT AQUATIC CENTRE

March 31 to June 6, 2025



PROGRAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEMBERS LAPS 16+	6:00-8:00am (3 lanes)	6:00-8:00am	6:00-8:00am (3 lanes)	6:00-8:00am	6:00-8:00am (4 lanes)		
BLUEBACKS	6:15-8:00am (3 lanes) 3:45-6:15pm 8:00-9:00pm (2 lanes)	3:45-6:15pm	6:15-8:00am (3 lanes) 3:45-6:15pm 8:00-9:00pm (2 lanes)	3:45-6:15pm	6:15-8:00am (2 lanes) 3:45-6:15pm	8:30-12:00pm Whole pool	
AQUAFIT	9:00-9:45am	8:30-9:00am	9:00-9:45am	8:30-9:00am	9:00-9:45am		
PARENT & TOT	8:00-10:00am 11:30-1:00pm	8:00-9:30am 11:00-1:00pm	8:00-10:00am 11:30-1:00pm	8:00-9:30am 11:00-1:00pm	8:00-10:00am 11:30-1:00pm	11:00-1:00pm	11:30-1:00pm
AQUA THERAPY	11:00-11:45	11:00-11:45	11:00-11:45	11:00-11:45	11:00-11:45		
SCHOOL GROUPS	10:00-11:00am 1:00-2:00pm	1:00-2:00pm	10:00-11:00am 1:00-2:00pm	1:00-2:00pm	10:00-11:00am 1:00-2:00pm		
SWIM LESSONS	4:00-6:30pm	9:30-11:00am 4:00-6:45pm	4:00-6:30pm	9:30-11:00am 4:00-6:45pm			
LANES 16+	8:00-8:45 am 11:45 -1:00pm 8:00-9:00pm	8:00-9:30 am 11:45 -1:00pm 8:00-9:00pm	8:00-8:45 am 11:45 -1:00pm 8:00-9:00pm	8:00-9:30 am 11:45 -1:00pm 8:00-9:00pm	8:00-8:45 am 11:45 -1:00pm 8:00-9:00pm	12:00-1:00pm	11:30-1:00pm
PUBLIC SWIMS	2:00-3:45pm 6:45-8:00pm	2:00-3:45pm 7:00-8:00pm	2:00-3:45pm 6:45-8:00pm	2:00-3:45pm 7:00-8:00pm	2:00-3:45pm 6:45-8:00pm	1:00-4:00pm	1:00-4:00pm
BIRTHDAY PARTIES						4:15-5:15pm	4:15-5:15pm
HOT TUB, SAUNA & GYM USE	6:00-8:00am ^Members Only 8:00am-9:00pm	6:00-8:00am ^Members Only 8:00am-9:00pm	6:00-8:00am ^Members Only 8:00am-9:00pm	6:00-8:00am ^Members Only 8:00am-9:00pm	6:00-8:00am ^Members Only 8:00am-9:00pm	8:30am-5:30pm	11:00am-5:30pm



4540 Park Avenue
Terrace, BC V8G 2N6
250-615-3030

terrace.ca/swim

facebook.com/CityofTerrace

SCHEDULE INFO

BC Hydro Outage April 9, 10:00 am – 3:00 pm facility is CLOSED

STAT Holiday Hours

- » **11:30am – 4:00 p.m.**
Good Friday, April 18,
Easter Monday, April 21,
Victoria Day, May 19

Programs & Events

- » **New program:** Aqua Therapy – offers pool space for water walking, aqua fit and rehabilitation self-led activities.
- » **Evening Aquafit:** to start up again May 1st, 2025

» Blueback Swim Club:

- May 24 – Mini meet, Parent & Tot 12:00 – 1:00pm
- June 6–8 Regional Swim Meet – Pools, Hot Tub and Sauna Closed
- 3:30pm Friday – 6:00am Monday

POOL & FITNESS CENTRE INFO

Pool Admission

All children 7 years and under MUST be accompanied by an adult within the pool area (at least 16 years of age or 14 years of age AND completed Bronze Medallion or better).

Children must be no more than arm's length away from the adult at all times within the facility.

Maximum of 3 children (under the age of 8) per adult.

Fitness Centre Admission

Ages 14+ can use the gym unsupervised.

However, those under age 16 need to have an informed consent form on file that's signed by a parent or legal guardian. Forms available at the front desk.

Youth ages 12 and 13 may only use the gym under the supervision of a parent or legal guardian (limit 1 youth per parent, legal guardian or instructor).

Swim Block Descriptions

- » **AquaTherapy** offers pool space for water walking, aqua fit and rehabilitation self-led activities.
- » **Members Laps & Gym Use:** For membership holders only; no cash, debit, drop-ins, or locker rentals.
- » **Aquafit:** Ages 16+ (Instructor-led).
- » **Parent & Tot:** Leisure pool only; children must be under 8 years of age.
- » **School Groups:** Leisure and main pools closed to public; family changing room closed to public. Hot tub and saunas open to public.
- » **Children's Lessons:** Leisure and Main Pools closed to the public. Hot tub and saunas open to ages 16+.
- » **Lane Swim:** Ages 16+. No water walking or Aquafit permitted
- » **Public Swim:** All ages welcome.
- » **Gym Use:** Ages 14+ (12+ with adult supervision).
- » **Hot Tub, Sauna & Gym Use:** Adults only while birthday parties and swimming lessons take place.
- » **Climbing Wall:** Open for use during public swim times.