

SCHEDULE | TERRACE & DISTRICT AQUATIC CENTRE

January 6 to March 14, 2025



PROGRAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEMBER LAPS	6 - 8 am (3 lanes)	6 - 8 am	6 - 8 am (3 lanes)	6 - 8 am	6 - 8 am (4 lanes)		
BLUEBACKS	6:15-8 am (3 lanes) 3:45-5:15 pm 8-9 pm (2 lanes)	3:45-6:15 pm	6:15-8 am (3 lanes) 3:45-6:15 pm 8-9 pm (2 lanes)	3:45-6:15pm	6:15-8 am (2 lanes) 3:45-6:15 pm	8:30 am-12 pm (whole pool)	
AQUAFIT	9:15-10 am	8:30-9 am 8-8:45pm (1/2 pool)	9:15-10 am	8:30-9 am 8-8:45pm (1/2 pool)	9:15-10 am 8-8:45 pm (1/2 pool)		
PARENT & TOT	8-10am 11:30 am-1 pm	8-9:30am 11:30 am-1 pm	8-10am 11:30 am-1 pm	8-9am 11:30 am-1 pm	8-10am 11:30 am-1 pm	11:30 am-1 pm	11:30 am-1 pm
SCHOOL GROUPS	10:15-11:15 am 1-2 pm	1-2 pm	10:15-11:15 am 1-2 pm	1-2 pm	10:15-11:15 am 1-2 pm		
SWIM LESSONS	4-6:45 pm	9:45-11:15 am 4:30-6:45 pm	4-6:45 pm	9:45-11:15 am 4:30-6:45 pm			
LANE SWIM	11:30 am-1 pm 8-9 pm	11:30 am-1 pm 8-9 pm (1/2 pool)	11:30 am-1 pm 8-9 pm	11:30 am-1 pm 8-9 pm (1/2 pool)	11:30 am-1 pm 8-9pm (1/2 pool)	12-1 pm	11:30 am-1 pm
PUBLIC SWIMS	2-3:45 pm 6:45-8 pm	2-3:45 pm 7-8 pm	2-3:45 pm 6:45-8 pm	2-3:45 pm 7-8 pm	2-3:45 pm 6:30-8 pm	1-4:15 pm	1-4:15 pm
BIRTHDAY PARTIES						4:30-5:30 pm	4:30-5:30 pm
HOT TUB, SAUNA & GYM USE	6 - 8 am (members only) 6 am-9 pm	6 - 8 am (members only) 6 am-9 pm	6 - 8 am (members only) 6 am-9 pm	6 - 8 am (members only) 6 am-9 pm	6 - 8 am (members only) 6 am-9 pm	8:30 am-5:30 pm	11 am-5:30 pm



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

terrace.ca/swim

facebook.com/CityofTerrace

SCHEDULE INFO

Programs & Events

- Tuesdays, 9am to 9:30am - Mindfulness in the Water
- New program: Aquafit with Samara on Tues/Thurs

Modified Hours

- January 24 Pro-D Day:
Public swim 10-11:30am & 1-3pm
- » February 17 Family day Stat Hours
11:30-4pm:
 - » 11:30am-1pm Lanes, & Parent and tot swim
 - » 1-4pm Public Swim

Blueback Swim Club

- » January 11, 2025 - In House swim meet (No public access including no Parent & Tot swim)
- » January 24 - 26, 2025 - Regional swim meet (No public access). Gym will be open with alternate hours

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

- **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+.
- **Public Swim:** All ages welcome with one double lane open to ages 16+ swimmers while pool patron numbers are under 100.
- **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. Diving board and double lane close while climbing wall is in use.