

Sam Lindsay Aquatic Centre

Sam Lindsay Aquatic Centre Spring Schedule

March 27 - June 29, 2017

Phone: 250-632-8955 www.kitimat.ca

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pool Open	1:30 - 9 pm	9 am - 1 pm 3:30 - 9 pm	9 am - 1 pm 3:30 - 9 pm	9 am - 1 pm 3:30 - 9 pm	9 am - 1 pm 3:30 - 9 pm	9 am - 1 pm 3:30 - 8 pm	1:30 - 8 pm
Early Bird		6 - 9 am*		6 - 9 am*		6 - 9 am*	
Water Park	1:30 - 4 pm 6 - 8 pm	WATER PARK SWIMS: Mon. - Fri., 6 - 8 pm (one lane available) WATER SLIDE & SPRAY PARK ARE OPEN DURING THESE TIMES!					1:30 - 4 pm 6 - 8 pm
Family Swim	4 - 6 pm	Swim Club & Lessons Mon. - Fri., 4 - 6 pm - no lanes available					4 - 6 pm
Adult (18 yrs +)	8 - 9 pm		8 - 9 pm		8 - 9 pm		
AquaFit		9:10 - 10 am 8 - 8:45 pm		Men's: 8 - 8:45 am 9:10 - 10 am		Men's: 8 - 8:45 am 9:10 - 10 am	

Children 6 years and under must be accompanied by a responsible person of the age of 14 years, in bathing attire and within arms reach at all times. Slide requirements: Must be minimum 107cm (42 inches) tall and up to a maximum of 136 kg (300 lbs).

Pool Shutdown: August 14 - September 17

Schedule Descriptions

Regular Pool Hours: All are welcome.

***Early Bird Swim:** Must have membership or economy tickets. Last Early Bird Swim is June 28, 2017.

Lazy River: The Lazy River is restricted to our walking program Mon. through Fri., 9 - 10 am.

Water Park Swim: Water slide and spray park open during these hours.

Adult Only: Must be 18 years or older to attend during this time.

Toonie Thursdays: Swim during all public sessions for just \$2.

See page 49 for Summer Schedule

Long Weekend Hours

Easter Break

Apr. 15 & 16 1:30 - 6:30 pm
Apr. 14 & 17 Closed

Victoria Day Weekend

May 20 & 21 1:30 - 6:30 pm
May 22 Closed

NID Day Swims

April 21 1 - 3 pm



Awesome Aquatic Fitness Classes

Suitable for all levels. Our qualified instructors will lead you through many activity options so you can customize your workout to suit your fitness level and needs. Punch passes are welcome if space is available.

AM Shallow Water

Shari Pereira

Get moving with 50 minutes of moderate level aquatic exercise to music. Noodles, foam dumb bells and other equipment may be used to improve strength, flexibility and stamina.

Mon., Apr. 10 - Jun. 19
(No class Apr. 17 & May 22)
\$54 / 9 sessions

9:10 - 10 am

Wed., Apr. 12 - Jun. 21
\$66 / 11 sessions

9:10 - 10 am

Fri., Apr. 21 - Jun. 23
\$60 / 10 sessions

9:10 - 10 am

PM Shallow Water Energizer

Shari Pereira

This high energy shallow water class offers a moderate to intense workout focused on cardio and strength training. Various strength and buoyancy equipment will be used.

Mon., Apr. 10 - Jun. 19
(No class Apr. 17 & May 22)
\$54 / 9 sessions

8 - 8:45 pm

50 and Better Mens Aqua Exercise

Joanne Mueller

Just for men : a mild to moderate workout designed for those age 50 and better. Work on strength , flexibility, and range of motion. Increase your cardio stamina and spice up your pool program. Exercise in the water is fun, challenging and effective.

Wed., Fri., Apr. 14 - Jun. 23
\$120 / 20 sessions

8 - 8:45 am

Therapeutic Water Walking

Shari Pereira

If you love to exercise in the water but find regular aqua classes challenging to keep up with then Therapeutic Water Walking may be the class for you. Join Shari as she leads you through effective but gentler forms of movement that help you build strength, stamina and balance. All the benefits of a water exercise program that is milder and allows participants to choose their own pace.

Mon., Apr. 10 - Jun. 19
(No class Apr. 17 & May 22)
\$54 / 9 sessions

10 - 11 am

Wed., Apr. 12 - Jun. 21
\$66 / 11 sessions

10 - 11 am

Fri., Apr. 21 - Jun. 23
\$60 / 10 sessions

10 - 11 am

Aquafit Punch Pass

Can't commit to signing up for aquafit classes. No problem! Buy an Aquafit Punch Pass and have the flexibility you need to come to classes when you can, and save on drop in fees. Please note all punch passes expire at the end of every season and are non transferable and non refundable after purchase. If you don't use them you lose them.

\$35 / 5 sessions
\$70 / 10 sessions
\$7.50 / Drop In



Sam Lindsay Aquatic Centre

Spring Swim Lessons

Tuesday & Thursday morning lessons

Set 1: Apr. 11 - May 4

Set 2: May 9 - Jun. 1 (8 sessions)

9:30	Sea Otter A \$51.50
10:00	Starfish / Duck A \$51.50
10:30	Salamander A \$51.50
11:00	Sunfish A \$51.50

Tuesday & Thursday adult evening lessons (all abilities)

Set 1: Apr. 11 - May 4

Set 2: May 9 - Jun. 1 (8 sessions)

8:00 - 8:45 pm	Aqua Adults 1, 2, 3 \$66.50
----------------	-----------------------------

Tuesday & Thursday afternoon lessons

Set 1: Apr. 11 - May 4 (8 sessions)

4:00	Sunfish B \$51.50	Level 3A \$51.50
4:30	Whale A \$51.50	Salamander B \$51.50
5:00	Level 2A \$51.50	Sea Otter B \$51.50
5:30	Crocodile A \$51.50	Level 4A \$51.50

Monday & Wednesday afternoon lessons

Set 1: Apr. 10 - May 3 (7 sessions) No session Apr. 17

4:00	Level 4B \$45	Level 6/7A \$51.75 (45 min)	Crocodile B \$45
4:30	Sunfish C \$45		Sea Otter C \$45
5:00	Level 3B \$45	4:45 - 5:30 pm Level 5A \$51.75 (45 min)	Sea Turtle A \$45
5:30	Salamander C \$45	Sea Otter D \$45	Level 1A \$45

Monday & Wednesday afternoon lessons

Set 2: May 8 - 31 (7 sessions) No session May 22

4:00	Level 3D \$45	Level 5B \$51.75 (45 min)
4:30	Sea Otter G \$45	
5:00	Level 1B \$45	4:45 - 5:30 pm Level 6A \$51.75 (45 min)
5:30	Crocodile D \$45	Level 4C \$45

Tuesday & Thursday afternoon lessons

Set 2: May 9 - Jun. 1 (8 sessions)

4:00	Crocodile C \$51.50	Level 7/8B \$59.15 (45 min)	Level 2B \$51.50
4:30	Sunfish D \$51.50	4:45 - 5:30 pm Level 9/10A \$59.15 (45 minutes)	Salamander D \$51.50
5:00	Level 3C \$51.50		Sea Otter E \$51.50
5:30	Whale B \$51.50	Sea Otter F \$51.50	Sea Turtle B \$51.50

Did you know?



Old Report Cards: Bringing your child's old report card helps to ensure that your child is evaluated at the correct level and helps us save paper!

Waiting List: If the class you want is full, or the time does not suit your needs, please ask to be placed on the wait list. We will contact you whether or not we can accommodate your request.

Early Bird Swim

Until June 28, 2017
Mondays, Wednesdays & Fridays
6 - 9 am

Now you can join in on the
Early Bird Swim with
Economy Tickets
or Membership purchase.

Sam Lindsay Aquatic Centre
Tel: 250-632-8955 | www.kitimat.ca



Information for Dog Owners

Thank you to dog owners for scooping your pets poop and keeping your dog secured (on leash) when outdoors!

DOGS ON THE LOOSE can be intimidating, unpredictable and threatening! All dogs, including those that are "friendly and well-trained", must be secured when outdoors.

POOP SCOOPING is a must! Poopie walkways and green spaces are unpleasant and undermine the effort we make to keep our community clean. Dog owners are expected to pick up their dog's poop and dispose of it in a trash receptacle. Bylaw 1487-92 provides for citizens to lay a complaint for infractions by means of private action through the Court Registry.

NO-LEASH, NO-SCOOP AREAS: Dyke Road, Forest Ave, Haul Road in Service Centre, Hirsch Creek Park.

DOG LICENCES are required for dogs over 4 months old. The cost is \$30/yr or \$7/yr for dogs that have been spayed/neutered (proof required) and can be purchased from the District of Kitimat.



KITIMAT COMMUNITY HUMANE SOCIETY (KCHS) provides animal control services. For more information call 250-632-7373.

Summer Fun at the Pool!



Treasure Hunts

Come and hunt for Treasures with us! Treats will be handed out!
1 - 3 pm
Every Tuesday in July and August



Water Gun Fridays

Bring your favourite water gun for fun with your friends and the lifeguards!
But watch out, the guards may be armed and dangerous!
1 - 3 pm
Every Friday in July and August



7th Annual Ice Cream Eating Contest

Sun., Aug. 13
6 - 8 pm
Can you eat all the ice cream before you reach the bottom of the water slide?

Sam Lindsay Aquatic Centre

Sam Lindsay Aquatic Centre Summer Schedule

June 30 - August 13, 2017

Phone: 250-632-8955 www.kitimat.ca

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pool Open	1:30 - 9 pm	9 am - 9 pm	9 am - 9 pm	9 am - 9 pm	9 am - 9 pm	9 am - 8 pm	1:30 - 8 pm
Water Park	1:30 - 4 pm 6 - 8 pm	WATER PARK SWIMS: Mon. - Fri., 1 - 3 pm & 6 - 8 pm WATER SLIDE & SPRAY PARK ARE OPEN DURING THESE TIMES!					1:30 - 4 pm 6 - 8 pm
Family Swim	4 - 6 pm Sunday to Saturday						
Adult (18 yrs +)	8 - 9 pm		8 - 9 pm		8 - 9 pm		

Children 6 years and under must accompanied by a responsible person of the age of 14 years, in bathing attire and within arms reach at all times. Slide requirements: Must be minimum 107cm (42 inches) tall and up to a maximum of 136 kg (300 lbs).

Pool Shutdown: August 14 - September 17

Schedule Descriptions

Regular Pool Hours: All are welcome.

Lazy River: The Lazy River is restricted to our walking program Mon. through Fri., 9 - 10 am.

Water Park Swim: Water slide and spray park open during these hours.

Adult Only: Must be 18 years or older to attend during this time.

See page 45 for Spring Schedule

Long Weekend Hours

Canada Day Weekend

July 1 6 - 9 pm
July 2 1:30 - 6:30 pm

BC Day Weekend

Aug. 5 & 6 1:30 - 6:30 pm
Aug. 7 Closed



Sam Lindsay Aquatic Centre

Summer Swim Lessons

Summer Set 1

Mon. - Thurs., Jul. 3 - 13

9:30	Sea Otter A \$51.50	Sunfish A \$51.50	Level 4A \$51.50
10:00	Crocodile A \$51.50	Level 1A \$51.50	10 - 10:45 am
10:30	Whale A \$51.50	Level 3A \$51.50	Level 5A \$59.15 (45 min)
11:00	Level 2A \$51.50	Salamander A \$51.50	10:45 - 11:30 am Level 6/7A \$59.15 (45 min)

Summer Set 2

Mon. - Thurs., Jul. 17 - 27

9:30	Level 3B \$51.50	Salamander B \$51.50	Sea Otter B \$51.50
10:00	10 - 10:45 am	Sunfish B \$51.50	Whale B \$51.50
10:30	Level 7/8A \$59.15 (45 min)	Level 1B \$51.50	Crocodile B \$51.50
11:00	10:45 - 11:30 am Level 5B \$59.15 (45 min)	Level 4B \$51.50	Level 2B \$51.50

Summer Set 3

Mon. - Thurs., Jul. 31 - Aug. 3 & Tues. - Fri., Aug. 8 - 11

9:30	Level 1C \$51.50	Level 3C \$51.50	Whale C \$51.50
10:00	Sea Otter D \$51.50	Sunfish C \$51.50	10 - 10:45 am
10:30	Salamander C \$51.50	Level 4C \$51.50	Level 5C \$59.15 (45 min)
11:00	Level 2C \$51.50	Crocodile B \$51.50	10:45 - 11:30 am Level 6/7B \$59.15 (45 min)

