

AQUATIC CENTRE PROGRAMS

Early Bird Swim, Noon Lane Swim, After School Lane Swim (as applicable) – All ages allowed, must be swimming lengths or in the hot tubs. No water slide.

Senior Aquasize – All ages allowed, geared towards Seniors. Exercise Class, swim or soak in the hot tubs.

Mom and Me Aquasize – All ages allowed, babysitting offered for a fee, per child or family after 2 children. Moms are also able to take their baby with them in a float.

Water Therapy – All ages allowed, geared for those with injuries or degenerative diseases such as arthritis.

Aquajog – Exercise class in deep water using buoyancy belts, or noodles for support.

Lessons – Private Lessons. Must pre-register. No public use during this time.

Swim Club – Private Club Use. No public use during this time.

Adult swim – 18 years of age or older permitted, including weight room. Proof of age may be requested.

Teen swim – age 11-17. Proof of age may be requested.

Family swim – Children must be accompanied by an adult. Adults also allowed.

Toonie swim – Swimming only during designated time. Weight room is regular admission.

Public swim or Flex Friday swim – All ages allowed unless posted, water slide, climbing wall, hot tubs, & sauna.

Lane swims – All ages allowed, unless Adult swim.

Parent and Tot swim – open to parents and preschool age children (5 years and under).

Weight Room – 16 years and older, any time the facility is open. Under 15 need written permission from parent and management approval.

Unaccompanied children – 5 years and under must have an adult or someone age 12+ with them during public swim (not family swim). 6 and over may swim by themselves, required to have completed Level 3 or pass a swim test to swim in the deep end.

Life jackets – For rent at the front desk. Any child in a life jacket must still be under direct supervision of an adult while swimming.

Sauna – Available during designated times which include public swim, family swim, adult swim and lane swim. Must be 16 or over to use alone, under 16 may be accompanied by an adult.

Rentals – Available for private rentals. Payment or deposit required at the time of booking the rental. Party room included until 30 minutes before closing. Life jacket rentals fees apply. Birthday party packages available.

Kayaks – Drop in and classes at designated times. Please ask for more details.

Masters – New program starting that will give a preset workout plans for swimmers.

Snag a Badge – New program for those who are struggling with completing skills in the levels.



Three Hills

AQUATIC CENTRE

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