

Canada Games Aquatic Centre

Spring 2012 Pool Schedule

910 McGill Road

Effective March 26-June 29, 2012

250-828-3655

Swim	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Pool Open Lap and Leisure ^o	6:00 am-11:00 pm (50 m 6:00-8:00 am)	6:00 am-11:00 pm	6:00 am-11:00 pm (50 m 6:00-8:00 am)	6:00 am-11:00 pm	6:00 am-11:00 pm (50 m 6:00-8:00 am)	8:30 am-9:00 pm	7:30 am-9:00 pm
Waterslide	6:30-9:00 pm	6:30-9:00 pm	6:30-9:00 pm	6:30-9:00 pm	6:30-9:00 pm	1:00-4:00 pm 6:00-9:00 pm	1:00-4:00 pm 6:00-9:00 pm
Diving Boards and Deep End	7:30-9:00 pm	7:30-9:00 pm	7:30-9:00 pm	7:30-9:00 pm	6:30-9:00 pm	1:00-4:00 pm 6:00-9:00 pm	1:00-4:00 pm 6:00-9:00 pm
Sauna, Steam Room, and Hot Tubs	6:00 am-11:00 pm	6:00 am-11:00 pm	6:00 am-11:00 pm	6:00 am-11:00 pm	6:00 am-11:00 pm	7:30 am-9:00 pm	7:30 am-9:00 pm
Masters Swimming	6:30-7:30 pm		6:30-7:30 pm		6:00-7:00 am		8:00-9:30 am

^o25 m lap lanes unless otherwise noted. 50 m lap lanes 3:00-6:00 pm Tue, Thu, Fri - Spring only. Schedule subject to change.

Summer 2012 Pool Schedule

Effective June 30-August 19, 2012

Swim	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Pool Open Lap and Leisure ^o	6:00 am-11:00 pm (50 m 6:00-8:00 am)	6:00 am-11:00 pm	6:00 am-11:00 pm (50 m 6:00-8:00 am)	6:00 am-11:00 pm	6:00 am-11:00 pm (50 m 6:00-8:00 am)	8:30 am-9:00 pm	7:30 am-9:00 pm
Waterslide, Diving Boards, and Deep End	1:00-4:00 pm 6:30-9:00 pm	1:00-4:00 pm 6:30-9:00 pm	1:00-4:00 pm 6:30-9:00 pm	1:00-4:00 pm 6:30-9:00 pm	1:00-4:00 pm 6:30-9:00 pm	1:00-4:00 pm 6:00-9:00 pm	1:00-4:00 pm 6:00-9:00 pm
Sauna, Steam Room, and Hot Tubs	6:00 am-11:00 pm	6:00 am-11:00 pm	6:00 am-11:00 pm	6:00 am-11:00 pm	6:00 am-11:00 pm	7:30 am-9:00 pm	7:30 am-9:00 pm

^o25 m lap lanes unless otherwise noted. Schedule subject to change.

Pool Fees and Safety Information

Effective Jan. 1, 2012

Pool and Indoor Track Only

	Single Admission	Punch Card (14 Admissions)	Punch Card (40 Admissions)
Adult (19-59)	\$6.50	\$80	\$204
Youth (14-18)	\$4.75	\$56	\$144
Senior (60+)	\$4.75	\$56	\$144
Child (4-13)	\$3.50	\$42	\$107
Toddler (0-3)	Free!		
Family Drop-in	\$3.50 each (max \$15.50)	\$42 (1 punch per person)	\$107 (1 punch per person)

Special Rates

- Early Bird and Night Owl: \$3 - first and last hour
- Liquid Lunch: \$3.50 - 11:30 am-12:30 pm, Monday to Friday only.
- Lesson Rate: \$3.50 - Enjoy a swim or soak in the hot tub while your child is in a City of Kamloops swim lesson.
- Punch cards expire one year after purchase date.

Other Admission Information

- A family is two adults and all children under 18 years of age who are related by birth, legal status, or marriage. A legally dependent person with a disability will qualify regardless of age.
- Patrons with a disability pay the age rate and their care aide is admitted for free.



Tina

Tina has been a lifeguard and swim instructor for 13 years, working for Kamloops since 2005. Tina loves teaching kids to swim and takes pride in helping them successfully grasp new skills. Even with all her lifeguard experience, Tina still gets pumped after guarding a busy rec swim knowing that she has contributed to everyone enjoying a fun and safe swim.

Westsyde Pool and Community Centre Spring 2012 Pool Schedule

See page 12 for important safety info.

859 Bebek Road

Effective March 26-June 29, 2012

250-828-3616

Swim	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lap Swim	6:00 - 10:30 am 12:30-6:30 pm	7:00-8:00 pm	6:00-10:30 am 12:30-6:30 pm	7:00-8:00 pm	6:00-10:30 am 12:30-6:30 pm	1:00-4:00 pm	1:00-4:00 pm
Sauna, Steam Room, and Hot Tub	6:00-10:30 am 12:30-8:00 pm	5:30-8:00 pm	6:00-10:30 am 12:30-8:00 pm	5:30-8:00 pm	6:00-10:30 am 12:30-8:00 pm	1:00-4:00 pm	1:00-4:00 pm
Everyone Welcome Public Swim* ^o	6:30-8:00 pm	5:30-7:00 pm	6:30-8:00 pm	5:30-7:00 pm	6:30-8:00 pm	1:00-4:00 pm	1:00-4:00 pm
Weight Room*	6:00 am-8:00 pm	6:00 am-8:00 pm	6:00 am-8:00 pm	6:00 am-8:00 pm	6:00 am-8:00 pm	1:00-4:00 pm	1:00-4:00 pm

*All features available. ^oLap lane available upon request (except Wednesdays). *Weight room may be occasionally unavailable to accommodate land fitness classes. Schedule subject to change.

Summer 2012 Pool Schedule

Effective June 30-August 19, 2012

Swim	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Westsyde Pool is closed June 29-August 19, 2012 for annual maintenance and will reopen August 20, 2012 - see schedule below. The Westsyde Weight Room is open throughout the summer - see schedule below.							
Weight Room*	8:00 am-6:00 pm	8:00 am-6:00 pm	8:00 am-6:00 pm	8:00 am-6:00 pm	8:00 am-6:00 pm	Closed	

Effective August 20-September 2, 2012

Swim	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lap Swim	6:00-10:30 am	7:00-8:00 pm	6:00-10:30 am	7:00-8:00 pm	6:00-10:30 am	1:00-4:00 pm	1:00-4:00 pm
Hot Tub	6:00-10:30 am 1:00-8:00 pm	1:00-8:00 pm	6:00-10:30 am 1:00-8:00 pm	1:00-8:00 pm	6:00-10:30 am 1:00-8:00 pm	1:00-4:00 pm	1:00-4:00 pm
Everyone Welcome Public Swim* ^o	1:00-8:00 pm	1:00-7:00 pm	1:00-8:00 pm	1:00-7:00 pm	1:00-8:00 pm	1:00-4:00 pm	1:00-4:00 pm
Weight Room*	6:00 am-8:00 pm	6:00 am-8:00 pm	6:00 am-8:00 pm	6:00 am-8:00 pm	6:00 am-8:00 pm	1:00-4:00 pm	1:00-4:00 pm

*All features available. ^oLap lane available upon request (except Wednesdays). *Weight room may be occasionally unavailable to accommodate land fitness classes. Schedule subject to change.

Outdoor Pool Schedules

McDonald Pool							Brock Pool						
262 King Street							250-554-2254						
June 2 to June 30							June 2 to June 30						
	Mon	Tue	Wed	Thu	Fri	Sat/Sun		Mon	Tue	Wed	Thu	Fri	Sat/Sun
Public Swim	3:00-8:00 pm	3:00-8:00 pm	3:00-8:00 pm	3:00-8:00 pm	3:00-8:00 pm	1:00-8:00 pm	Public Swim	3:00-8:00 pm	3:00-8:00 pm	3:00-8:00 pm	3:00-8:00 pm	3:00-8:00 pm	1:00-8:00 pm
July 2 to August 26, 2011							July 2 to August 26, 2011						
Public Swim	1:00-8:00 pm	1:00-8:00 pm	1:00-8:00 pm	1:00-8:00 pm	1:00-8:00 pm	1:00-8:00 pm	Public Swim	1:00-4:00 pm 6:00-8:00 pm	1:00-4:00 pm 6:00-8:00 pm	1:00-4:00 pm 6:00-8:00 pm	1:00-4:00 pm 6:00-8:00 pm	1:00-8:00 pm	1:00-8:00 pm
							Lap Swim	4:15-6:00 pm	4:15-6:00 pm	4:15-6:00 pm	4:15-6:00 pm		
August 27 to September 4, 2011							August 27 to September 4, 2011						
Public Swim	1:00-6:00 pm	1:00-6:00 pm	1:00-6:00 pm	1:00-6:00 pm	1:00-6:00 pm	1:00-6:00 pm	Public Swim	1:00-6:00 pm	1:00-6:00 pm	1:00-6:00 pm	1:00-6:00 pm	1:00-6:00 pm	1:00-6:00 pm

Westsyde Pool and Outdoor Pool Fees

	Single Admission	Punch Card (14 Admissions)	Punch Card (40 Admissions)	1-month Pass	3-month Pass	Annual Pass*	Outdoor Summer Swim Pass
Adult (19-59)	\$4.75	\$57	\$145	\$42	\$115	\$350	\$75
Youth (14-18)	\$3.50	\$42.50	\$107	\$30	\$76	\$240	\$55
Senior (60+)	\$3.50	\$42.50	\$107	\$30	\$76	\$240	\$55
Child (4-13)	\$3	\$34.50	\$87	\$24	\$60	\$183	\$45
Toddler (0-3)	Free!						n/a
Family*	\$3 each (max \$12)	\$34.50 (1 punch per person)	\$87 (1 punch per person)	n/a	n/a	n/a	n/a
Weight Room Only	\$3.50	\$42.50	\$107	\$30	\$76	\$240	n/a
Special Rates and Other Admission Info	<ul style="list-style-type: none"> Lesson Rate: \$ 3.25 - Enjoy a swim or hot tub while your child is in a City of Kamloops swim lesson. A family is two adults and all children under 18 years of age who are related by birth, legal status, or marriage. A legally dependent person with a disability will qualify regardless of age. Patrons with a disability pay the age rate and their care aide is admitted for free. Punchcards expire one year after date of purchase. 						

IMPORTANT SAFETY INFORMATION

Our goal is to promote safe and positive aquatic experiences. Please be familiar with all posted safety rules and report to a lifeguard if you need assistance or injure yourself.

Admission Policy: Children 6 years of age or under must always be accompanied in the water and be within arm's length of a parent or other person 16 years of age or older. Ratio of children 6 years or under to parent/guardian must be no greater than three to one.

Hot Tub, Steam Room, and Sauna: Children 12 years of age and under must be accompanied by a parent or guardian (16 years or older). For the enjoyment and safety of all, please abide by the posted rules.

Wellness Centre and Weight Room: Youth ages 12-17 must complete an orientation prior to using the weight room. Upon completion of an orientation, youth ages 12-14 MUST be directly supervised by a paying adult. Dry shirts, shorts, and close-toed shoes are required.

Waterslides: Children under 42 in. (1.07 m) in height are not permitted on the waterslide. Children 6 years of age and under who meet the height restriction must be closely supervised by an adult. Single riders only - no chains or multiple riders allowed, including parents with children. See posted "Water Slide Rules" for full details.

Diving Boards: Children must be 7 years of age or older to use the 3 m or 5 m diving boards. See posted rules for full details.

Aquafitness

Aquafit is exercising through movement in water. Water generates natural 'resistance' which facilitates a full-body workout at your own pace and intensity. Buoyancy promotes 'low impact' movement by decreasing the shock transmitted through your bones and joints.

Aqualite:

For beginner to experienced exercisers looking for low intensity, low impact class in shallow water.

Aquafit:

For all levels of exercisers looking for a low impact, high intensity class in shallow water. These classes feature full body strength, flexibility and cardio training.

Deep Water Aquafit:

For intermediate to experienced exercisers looking for a no impact, high intensity class in deep water. These classes feature full body strength, flexibility and cardio training and require flotation belts which are provided.

Canada Games Aquatic Centre: effective March 26-Aug 17, 2012					
Aquafit Program	Mon	Tue	Wed	Thu	Fri
Deep Water Aquafit	9:00-10:00 am 7:30-8:30 pm	9:00-10:00 am 7:30-8:30 pm	9:00-10:00 am 7:30-8:30 pm	9:00-10:00 am 7:30-8:30 pm	9:00-10:00 am
Aqualite		11:00 am - 12:00 pm*		11:00 am - 12:00 pm*	
*Only available Mar 26 - May 31					
Westsyde Pool: effective March 26-June 29, 2012					
Aquafit Program	Mon	Tue	Wed	Thu	Fri
Aquafit (Shallow)	9:00-10:00 am		9:00-10:00 am		9:00-10:00 am
Aquafit (Deep)		7:00-8:00 pm		7:00-8:00 pm	
Aqualite	2:00 - 3:00 pm		2:00 - 3:00 pm		2:00-3:00 pm

Safe to Participate - PAR-Q and You

Being more active is very safe for most people; however, some people should check with their doctor before they start becoming much more physically active. All Aquafit participants must review the Physical Activity Readiness Questionnaire

(PAR-Q) prior to participation. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age and you are not used to being very active, check with your doctor before participating. For more details, please talk to the instructor or visit kamloops.ca/swim.

It's a long, hot summer.

Enjoy swimming at our outdoor pools all summer long...

Outdoor Summer Swim Pass

It's Great Value!

Adult: \$75

Student/Senior: \$55

Child: \$45

- **Brock Pool**
2470 Fleetwood Avenue
- **McDonald Park Pool**
262 King Street

For pool schedule information, visit kamloops.ca/swim

Tournament Capital Centre Fitness Schedule Spring 2012

April 2-June 29

Register today by calling 250-828-3500

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Bootcamp ♦ 6:00-7:00 am	Drills and Hills ▲ 6:00-7:00 am	Bootcamp ♦ 6:00-7:00 am	Cardio Pilates ▲ 6:00-7:00 am	Bootcamp ♦ 6:00-7:00 am		
		Water Running ▲ 6:30-7:30 am **Value Added		Water Running ▲ 6:30-7:30 am **Value Added			
	Bootcamp ♦ 7:00-8:00 am		Bootcamp ♦ 7:00-8:00 am		Bootcamp ♦ 7:00-8:00 am	Cardio Xtrain ♦ 8:00-9:30 am	
	Mat Pilates ● 8:00-8:50 am	Gentle Circuit ● 8:00-9:00 am *Drop-in Only		Beginner Yoga ● 8:30-9:30 am			
	Gentle Circuit ● 9:00-10:00 am *Drop-in Only	Drills and Hills ▲ 9:00-10:00 am	Gentle Circuit ● 9:00-10:00 am *Drop-in Only	Gentle Circuit ● 9:00-10:00 am *Drop-in Only	Gentle Circuit ● 9:00-10:00 am *Drop-in Only		Prenatal Yoga ● 9:00-10:00 am
	Deep Water Aqua Fit ♦ 9:00-10:00 am	Deep Water Aqua Fit ♦ 9:00-10:00 am	Deep Water Aqua Fit ♦ 9:00-10:00 am	Deep Water Aqua Fit ♦ 9:00-10:00 am	Deep Water Aqua Fit ♦ 9:00-10:00 am		
	Mom and Baby Fit ● 9:30-10:30 am			Drills and Hills ▲ 9:00-10:00 am			
		Osteo 1 ● 10:00-11:00 am	Spin Tone Stretch ● 10:00-11:00 am	Osteo 1 ● 10:00-11:00 am	Spin Tone Stretch ● 10:00-11:00 am		
				Gentle iFlow Circuit ● 10:00-11:00 am			
	Strength and Stretch ● 11:00-12:00 pm	Aqualite ♦ 11:00-12:00 pm		Aqualite ♦ 11:00-12:00 pm			
	Osteo For Life ● 11:15-12:15 pm		Osteo 2 ● 11:15-12:15 pm			Family Fit 1 ● 11:30-12:30 pm	
Afternoon	Lunch Time Stretch ● 12:10-1:00 pm	Drills and Hills ▲ 12:10-12:55 pm **Value Added	Core Strength ▲ 12:10-12:55 pm **Value Added	iFlow Challenge▲ 12:10-12:55 pm **Value Added			Family Fit 2 ● 12:45-1:45 pm
	Stroller Fit Beginner ● 1:00-2:00 pm		Stroller Fit Intermediate ▲ 1:00-2:00 pm				
	Sensational Survivors ● 2:00-3:00 pm		Aquatic Gentle Fit ● 2:00-3:00 pm				
	Aquatic Gentle Fit ● 2:00-3:00 pm		Balance Matters ● 2:00-2:45 pm				
			Sensational Survivors ● 3:00-4:00 pm				
		Kick Aerobox ▲ 4:00-5:00 pm		Youth Sampler ● 4:00-5:00 pm			
	Spin Circuit ▲ 4:30-5:30 pm				Spin Fusion ♦ 4:30-6:00 pm		
Evening	Power Yoga ▲ 5:15-6:15 pm	Interval Fit ▲ 5:15-6:15 pm	Abs and Booty ▲ 5:15-6:15 pm	Prenatal Ball ● 5:15-6:15 pm			
			Drills and Hills ▲ 5:15-6:15 pm				
	Bootcamp ♦ 5:30-6:30 pm		Bootcamp ♦ 5:30-6:30 pm				
				Drills and Hills ▲ 6:00-7:00 pm			
	Runners Core ▲ and Flexibility 6:30-7:30 pm	Abs and Booty ▲ 6:30-7:30 pm	Zumba ● 6:30-7:30 pm	Dance Your Buns Off ● 6:30-7:30 pm	Zumba ● 6:30-7:30 pm		
	Yoga Spin ▲ 7:00-8:30 pm			Spin-iFlow Combo ▲ 7:00-8:30 pm			
	Deep Water Aquafit ♦ 7:30-8:30 pm	Deep Water Aquafit ♦ 7:30-8:30 pm	Deep Water Aquafit ♦ 7:30-8:30 pm	Deep Water Aquafit ♦ 7:30-8:30 pm			
	Power Yoga ▲ 7:45-8:45 pm	Beginner Yoga ● 7:45-8:45 pm					

Westsyde Community Centre Fitness Schedule Spring 2012

April 2-June 29

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Aquafit (Shallow) ♦ 9:00-10:00 am		Aquafit (Shallow) ♦ 9:00-10:00 am		Aquafit (Shallow) ♦ 9:00-10:00 am
	Beginner Yoga ● 9:00-10:00 am				
	Low Intensity Circuit ● 9:00-10:30 am	ZUMBA Gold ● 10:30-11:30 am	Low Intensity Circuit ● 9:00-10:30 am		Low Intensity Circuit ● 9:00-10:30 am
Afternoon	Aquafit Lite ♦ 2:00-3:00 pm		Aquafit Lite ♦ 2:00-3:00 pm		Aquafit Lite ♦ 2:00-3:00 pm
Evening	CardioSculpt ▲ 5:45-6:45 pm	Aquafit (Deep) ♦ 7:00-8:00 pm	Core Strength ▲ 5:45-6:45 pm	Interval Fit Circuit ▲ 5:45-6:45 pm	
	Intermediate Yoga ▲ 7:00-8:30 pm	Zumba ● 7:00-8:00 pm	Beginner Yoga ● 7:00-8:30 pm	Aquafit (Deep) ♦ 7:00-8:00 pm	

Community-based Fitness Schedule Spring 2012

April 2-June 29

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	ZUMBA Gold ● 10:00-11:00 am Yacht Club		Gentle Touch Yoga ● 10:00-11:30 am Hal Rogers	ZUMBA ● 10:30-11:30 am Yacht Club	
	Beginner Yoga ● 10:00-11:30 am Hal Rogers				
	Mat Pilates ● 11:00 am-12:00 pm Valleyview Hall				
Afternoon	Neighbourhood Walking ● 12:30-1:30 pm Westsyde Pool		Neighbourhood Walking ● 12:30-1:30 pm Riverside Park		Neighbourhood Walking ● 12:30-1:30 pm Albert McGowan
	Zumbatomic ● 4:00-5:00 pm Hal Rogers				
Evening	ZUMBA ● 5:30-6:30 pm Yacht Club		ZUMBA ● 5:30-6:30 pm Yacht Club	Intermediate Yoga ▲ 5:30-6:30 pm Valleyview Hall	
	Beginner Yoga ● 6:30-7:30 pm Valleyview Hall	Power Yoga ▲ 6:00-7:00 pm Hal Rogers	Intermediate Yoga ▲ 6:45-7:45 pm Yacht Club		
		Yoga for Relaxation ● 7:15-8:15 pm Hal Rogers		Yoga for Relaxation ● 7:15-8:45 pm Hal Rogers	

For more class information, including instructors and course codes, see pages 46 to 60 or visit www.kamloops.ca/ezreg.

*Gentle Circuit participants are required to purchase a track pass. Patrons without a track pass will be subject to regular drop-in fees.

TCC full facility passholders enjoy a 50% discount on all TCC and Westsyde fitness classes - only available when registering in person and by phone.

**Also, TCC full facility passholders enjoy FREE access to our value added classes.

LEGEND	<p>● = Mild/All levels - For beginners or those returning to exercise after an extended absence. These classes are gentle on the joints with low to no impact.</p> <p>▲ = Intermediate - For individuals who are currently exercising and are looking for a more challenging class. These classes may feature intervals, strength training, and more advanced exercises.</p> <p>◆ = Advanced - For experienced exercisers who are looking for a high intensity class with advanced exercise technique. These classes may include high intensity intervals, cardiovascular components and strength training.</p> <p>♦ = Aquafit - Low impact, water-based fitness classes with a range of intensity options suitable for beginners to intermediate/advanced. See page 13 for details.</p>
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Tournament Capital Centre, Westsyde Community Centre, and Community-based Fitness Schedule Summer 2012

July 2-August 24

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Bootcamp ♦ 6:00-7:00 am - TCC	Drills and Hills ▲ 6:00-7:00 am TCC	Bootcamp ♦ 6:00-7:00 am - TCC		Bootcamp ♦ 6:00-7:00 am - TCC
	Bootcamp ♦ 7:00-8:00 am - TCC		Bootcamp ♦ 7:00-8:00 am - TCC		Bootcamp ♦ 7:00-8:00 am - TCC
	Mat Pilates ● 8:00-8:50 am July Only - TCC	Gentle Circuit ● 8:00-9:00 am *Drop-in Only July Only - TCC	Low Intensity Circuit ● 9:00-10:30 am Westsyde Community Centre		
	Gentle Circuit ● 9:00-10:00 am *Drop-in Only July Only - TCC		Gentle Circuit ● 9:00-10:00 am *Drop-in Only July Only - TCC	Gentle Circuit ● 9:00-10:00 am *Drop-in Only July Only - TCC	Gentle Circuit ● 9:00-10:00 am *Drop-in Only July Only - TCC
	Deep Water Aqua Fit ♠ 9:00-10:00 am - TCC	Deep Water Aqua Fit ♠ 9:00-10:00 am - TCC	Deep Water Aqua Fit ♠ 9:00-10:00 am - TCC	Deep Water Aqua Fit ♠ 9:00-10:00 am - TCC	Deep Water Aqua Fit ♠ 9:00-10:00 am - TCC
	Zumba Gold ● 10:00-11:00 am July Only - Yacht Club			Gentle iFlow Circuit ● 10:00-11:00 am July Only - TCC	
Afternoon	Lunch Time Stretch ● 12:10-1:00 pm July Only - TCC				
	Neighbourhood Walking ● 12:30-1:30 pm Westsyde Community Centre		Neighbourhood Walking ● 12:30-1:30 pm Riverside Park		Neighbourhood Walking ● 12:30-1:30 pm Albert McGowan Park
	Sensational Survivors ● 2:00-3:00 pm July Only - TCC		Sensational Survivors ● 3:00-4:00 pm July Only - TCC		

Evening	Power Yoga ▲ 5:15-6:15 pm - TCC		Spin-iFlow Combo ▲ 5:15-6:45 pm August Only - TCC		
	Bootcamp ♦ 5:30-6:30 pm July Only - TCC		Bootcamp ♦ 5:30-6:30 pm July Only - TCC		
			Zumba ● 5:30-6:30 pm July Only - Yacht Club		
		Abs and Booty ▲ 6:30-7:30 pm July Only - TCC		Dance Your Buns Off ● 6:30-7:30 pm - TCC	
	Deep Water Aquafit ♠ 7:30-8:30 pm - TCC	Deep Water Aquafit ♠ 7:30-8:30 pm - TCC	Deep Water Aquafit ♠ 7:30-8:30 pm - TCC	Deep Water Aquafit ♠ 7:30-8:30 pm - TCC	
		Power Yoga ▲ 7:45-8:45 pm - TCC	Beginner Yoga ● 7:00-8:30 pm Westsyde Community Centre		

For more class information, including instructors and course codes, see pages 46 to 60 or visit www.kamloops.ca/ezreg.

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Public Skate and Drop-in Hockey

Summer 2012

Weekly schedule subject to change! Know before you skate!

For the most current schedule please view online at www.kamloops.ca/arenas

June 2012 Schedule	
Brock Arena	Public Skate
Monday	11:00am - 12:30 pm
Thursday	8:30 - 10:00pm

July - Aug 2012 Schedule		
Brock Arena	Public Skate	*Drop-in Hockey/Stick&Puck
Thursday	12:30-1:45pm 8:30-10:00pm	*Helmets Mandatory *Full gear required
Saturday	11:00am-1:00pm	Family Stick & Puck 6:30-8:00pm
		Adult Stick&Puck 8:15-9:45pm
Sunday		Adult Women 7:30-9:00pm
		Adult Men 9:15-10:45pm

2012 Public Skate and Drop-in Hockey Fees

Public Skating	\$	Drop-in Hockey	\$
Preschool (0-4)	FREE	Goalies	FREE
Youth (4-13)	\$3.50	Drop-in Hockey	\$6
Student (14-18)	\$4.00	Teen Drop-in Hockey	\$4.00
Adult (19-59)	\$5.25	Stick+Puck (Public skate rates)	
Seniors (60+)	\$4.00		
Family (up to 4 people)	\$11.00		

Important Notices

- The British Columbia Brain Injury Association strongly believes that the majority of acquired brain injuries are preventable. Think smart and wear a helmet! Helmets recommended for all programs.
- Drop-in Hockey: Full gear required.
- Cash only at arena facilities, small bills appreciated.
- No skate rentals available at this time.

NEW!

Adults Learn to Skate

June 4-24
Mon or Wed
See page 45 for details