

Westsyde Pool and Community Centre

Fall 2011 Pool Schedule

See page 10 for important safety info.

859 Bebek Road

Effective September 6 - December 18, 2011

250-828-3616

Swim	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lap Swim	6:00-10:15 am	5:30-8:00 pm	6:00-10:15 am	5:30-8:00 pm	6:00-10:15 am	1:00-4:00 pm	1:00-4:00 pm
Sauna, Steam Room, and Hot Tub	6:00-10:15 am 12:30-8:00 pm	5:30-8:00 pm	6:00-10:15 am 12:30-8:00 pm	5:30-8:00 pm	6:00-10:15 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 ^x	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). ^xWeight room may be occasionally unavailable to accommodate land fitness classes. Schedule subject to change.

Note: Westsyde Pool is closed December 17-January 2. Visit kamloops.ca/swim for information

Pool Fees

	Single Admission	Punch Card (14 Admissions)	Punch Card (40 Admissions)	1-month Pass	3-month Pass	Annual Pass*
Adult (19-59)	\$4.40	\$52	\$132	\$41	\$112	\$337
Youth (14-18)	\$3.25	\$38.50	\$97	\$29	\$74	\$230
Senior (60+)	\$3.25	\$38.50	\$97	\$29	\$74	\$230
Child (4-13)	\$2.75	\$31.50	\$79	\$23	\$58	\$176
Toddler (0-3)	Free!					
Family*	\$2.75 each (max \$11)	\$31.50 (1 punch per person)	\$79 (1 punch per person)	n/a	n/a	n/a
Weight Room Only	\$3.25	\$38.50	\$97	\$29	\$74	\$230
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. 					

Aquafit

Aquafitness is exercising through movement in an aquatic environment. The City of Kamloops offers a variety of instructor-led classes that may be suitable to anyone who is comfortable and enjoys being in the water. Aquafit is a safe exercise option with many benefits. Work at your own pace and intensity as you promote

your personal health and well-being. Water's buoyant property decreases the shock transmitted through your bones and joints, thereby decreasing the risk of injury. And, of course, Aquafit is just plain fun!

Canada Games Aquatic Centre: effective July 2-August 19, 2011

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	

Westsyde Pool: effective August 22-September 4, 2011

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		

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.