

POOLS



STRATHCONA GARDENS
RECREATION COMPLEX

JUN 29 TO SEPT 4

INDOOR POOL SCHEDULE

Children under the age of 7 must have an adult (16+) in the water within arms reach. The ratio is 3 children to 1 adult.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LANES (2) 6:30am-9:00am				
LANES (2), LEISURE SWIM, CAMPS & LESSONS 9:00am-1:00pm				
FUN SWIM 1:00pm-3:30pm				
LANES (2), LESSONS & FAMILY SWIM 3:30pm-6:30pm				CLOSED 3:30pm-8:00pm
FUN SWIM 6:30pm-8:00pm				

HOLIDAY SCHEDULE CHANGES: Pool CLOSED for all statutory holidays - Canada Day (Jul 1), B.C. Day (Aug 3) & Labour Day (Sept 7)

HOT TUB, STEAM ROOM & SAUNA

	MON TO THURS	FRIDAY
HOT TUB	9am to 8pm	9am-3:30pm
STEAM ROOM & SAUNA	6:30am-8pm	6:30am-3:30pm

DESCRIPTIONS

LEISURE SWIM: Leisure Pool only. All ages.

FUN SWIM: Both pools open, rope swing. All ages.

FAMILY SWIM: Leisure Pool only. Caregivers must be in the water with children. All ages. Main pool may be open if space allows.

CAMPS & LESSONS: Pool space is shared with summer camps and/or swim lessons.

Last-minute schedule changes will be communicated in the top red bar of our website.

Stay up to date during REC-REATE Construction:
strathconagardens.com/construction

AQUATIC FITNESS

JUNE 29 TO AUG 28

All classes require pre-registration. ● No classes on Aug 3

CLASS	MON	TUES	WED	THURS	FRI
HYDRO FIT THE NEXT LEVEL (F)	6:30am - 7:15am		6:30am - 7:15am		6:30am - 7:15am
AQUA FIT (F)	8:15am - 9:00am		8:15am - 9:00am		8:15am - 9:00am
MOM & ME AQUA FIT (R)			9:15am-10:00am		

Flexible (F) Pre-register before the class. Pick any day that works for you. **Registered (R)** Register for a series of classes.

HYDRO FIT THE NEXT LEVEL

Looking for the next level water fitness? Come prepared to sweat and get your heart rate to an all new level with our experienced instructors! Participants must be able to get in and out of the pool without an aide or the stairs. Class is in the main pool shallow end.

AQUA FIT

This class in our main pool will give you a great cardio workout, and tone muscles, with no impact on your joints. Must be comfortable in deep water. Flotation belts are provided. The instructor may choose to facilitate a tethered class. This is where you are hooked to the lane rope to further develop your strength, stability, and endurance.

MOM & ME AQUA FIT

You will get the best shallow aquatic aerobic workout while your babe floats beside you! Great for any pre/post natal caregivers. Join the parent & tot session in the Leisure pool after your class for more fun with toys!

Looking for physician referred aquatic fitness programs?

Schedule information for our Aquatic Arthritis, Adaptive Shallow, Adaptive Deep and Ortho Management classes for July & August can be found on page 39 of our Spring & Summer Recreation Guide. Our reception staff are happy to print a copy for you on request.

ARENAS

JULY 19 TO SEPT 6

DROP-IN ICE & REGISTERED LESSONS

NEW

WEDNESDAY

Starts Aug 12

SUNDAY

DROP IN SKATING

Everyone Welcome & Pond Hockey 11:30am-2:45pm 2:00pm-5:00pm

Stick & Puck 5:15pm-6:15pm

REGISTERED LESSONS

Parent & Tot Skating Lessons (2-5 yrs) 10:30am-11:00am

Parent & Tot Hockey Lessons 11:15am-11:45am

Little Rascals Hockey (3-5 yrs) 12:00pm-12:45pm

Ice Quest - Level 1/2/3 (6-12 yrs) 1:00pm-1:30pm

SPECIAL SKATES & SCHEDULE CHANGES

- Jul 1** Canada Day - Facility Closed.
- Aug 3** BC Day Long Weekend. No lessons, regular drop-in schedule.
- Sept 2** EW & Pond Hockey - 11:30am to 1:30pm
- Sept 7** Labour Day - Facility Closed.

EVERYONE WELCOME & POND HOCKEY

All ages welcome. Pond hockey is only available during designated times. A soft puck will be used, and a portion of the rink will be roped off for participants to play hockey.

STICK & PUCK

Stick and Puck is an opportunity to get some extra ice time and work on stick-handling, shooting, and passing skills! For safety reasons only 16 participants are permitted for each session. To participate, you must sign-in at the front desk when you pay for the Stick & Puck session (16 max per session). A CSA approved hockey helmet is required.

PARENT & TOT SKATING

The Parent & Tot Skating program is an opportunity to introduce your 2-5-year-old to the world of ice skating. Join us on the leisure ice for a 30-minute interactive skating session with the emphasis of having fun! Our instructors will setup & facilitate planned stations that focus on basic/introductory skating skills and activities at each session. Both parent & tot must wear a helmet while on the ice for this program.

ICE QUEST - LEARN TO SKATE

Join us for the summer version of the Ice Quest Skating program! Our instructors will work with the skaters based on their skill level during their weekly 30-minute skating lesson on the leisure Ice throughout the summer. Skaters of all skill levels welcome! Skate rentals are available.

PARENT & TOT HOCKEY

The Parent & Tot Hockey program is an opportunity to introduce your 2-5-year-old to Canada's most popular sport - Hockey! Join us on the leisure ice for a 30-minute interactive skating & hockey session with the emphasis of having fun. Our instructors will setup & facilitate planned stations that focus on basic/introductory hockey skills and activities at each session. Both Parent & Tot must wear a helmet while on the ice for this program.

LITTLE RASCALS HOCKEY

Learn basic hockey skills and play a real hockey game every session. Our instructors will introduce your child to the game of hockey through a variety of drills and activities to prepare them for minor hockey. All participants must be able to skate on their own and full hockey gear is required.

SKATE SHARPENING

July 12 to Sept 6 Cost: \$5.75pair

Monday 10:00am - 3:00pm

Tuesday 10:00am - 3:00pm

Wednesday 10:00am - 3:00pm

Thursday 10:00am - 3:00pm

Friday 10:00am - 3:00pm

Saturday CLOSED

Sunday 2:00pm - 6:00pm

Please Note: Skate shop staff may look open inside and outside of these hours, but staff may be not available for skate sharpening if they're teaching lessons, short staffed, dealing with a high volume of public, or still in training on our skate sharpener.