

Program Fees

Public/Water Slide Swim

Infants (0 - 24 months)	No charge
Child	\$3.25*
Student	\$3.95
Adult	\$5.50
Senior (55+)	\$4.50
Family	\$14.25 (1-2 adults with 4 kids)
Lap Swim	\$3.50
Aqua Kickboxing	\$2.75/class
Aquafit	\$4.00/class
WaterWorks	\$3.50/class
Water Running	\$4.00/class
Diaper Fit	\$5.00/class
HydroRiding	\$5.00/30 minutes

Swim Lessons

Aquatots	\$75/each
Child	\$75/each
Adult	\$75/each

Monthly

All Ages Membership	\$40.00
Senior Membership	\$22.95 (valid Mon - Fri 6am - 4pm)
Lap Swim	\$29.95

All prices do not include GST except where exempt and indicated by (*)

For your convenience, day passes in quantities of 10 or 20 can be purchased for many of our aquatic programs.

Yearly memberships are available for the pool, or combination pool and gym or pool, gym and squash.

You may be eligible for a corporate rate, contact 432-3505 for more information.

Red Cross Swim Lessons focuses on both swimming skills and water safety with an emphasis on personal fitness. Sessions are offered to pre-schoolers, children and adults. Weekend, after school weekday and private lessons are offered. **It is never too late to learn to swim.**

Hydro biking is a unique and innovative program for weight loss, fitness and fun! Hydro-bikes offer a terrific aerobic workout. The Summerside Wellness Centre has two specialized water bikes that provide a great way to get in and stay in shape. Book a 30 minute session today!

Birthday party packages are available and include use of the pool, private party room with pizza and drinks. Children under 7 must be accompanied by an adult. Cost is \$12.95 per child with a minimum of 8 children.

New Program

Snorkeling lessons are being offered.....sign up today. A great program for parents and kids to take together, get ready to explore during your vacation down south or get ready for next summer.



Fall and Winter Aquatic Program and Activity Guide

Hours of Operation

Monday - Friday	6am - 10pm
Saturday	7am - 9pm
Sunday	9am - 9pm

Contact Information

General Inquiries	432-3505
Iron Haven Gym	888-2052
Facility Manager	432-1276
Private Rentals/Bookings	432-1294
Aquatics Manager	432-1280
Veterans Conference Centre	432-1331
Fax	432-3504
Email:	recreationpr@city.summerside.pe.ca

24 Hour Activity Line 432-1234

Wellness Centre Schedule is also online at
www.city.summerside.pe.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Lane Swim 6 - 9am	Early Bird Lane Swim 6 - 9am	Early Bird Lane Swim 6 - 9am	Early Bird Lane Swim 6 - 9am	Early Bird Lane Swim 6 - 9am	Adult Lap Swim 7- 8:30am	Public Swim 9 - 11am
Aquafit 9 - 9:45am	Public Swim 9am - 3pm	Aquafit 9 - 9:45am	Public Swim 9am - 3pm	Aquafit 9 - 9:45am	AquaKick Boxing 10 - 10:30am	Adult Lap Swim 9 - 11am
WaterWorks 10 - 10:45am	Senior Swim 9 - 10am	WaterWorks 10 - 10:45am	Senior Swim 9 - 10am	WaterWorks 10 - 10:45am	Slide Swim 2:15 - 4pm	Slide Swim 2:15 - 4pm
Public Swim 11am - 3pm	Diaper Fit 10 - 11am	Public Swim 11am - 3pm	Diaper Fit 10 - 11am	Public Swim 11am - 3pm	Public Swim 4 - 6pm	Public Swim 4 - 5pm
Aqua Kick Boxing 12 - 12:30pm	Little Fishies 10 - 11am	Aqua Kick Boxing 12 - 12:30pm	Little Fishies 10 - 11am	Aqua Kick Boxing 12 - 12:30pm	Slide Swim 6:15 - 8pm	Slide Swim 5 - 7pm
Slide Swim 6:15 - 8pm	Aqua Kick Boxing 12 - 12:30pm	Slide Swim 6:15 - 8pm	Aqua Kick Boxing 12 - 12:30pm	Slide Swim 6:15 - 8pm	Adults Lap Swim 8 - 9pm	Aquafit 7:15 - 8pm
Aqua Kick Boxing 8 - 8:30pm	Aquafit 7:15 - 8pm	Aqua Kick Boxing 8 - 8:30pm	Aquafit 7:15 - 8pm	Adult Lap Swimming 8 - 10pm		Adult Lap Swim 8 - 9pm
Adult Lap Swimming 8 - 10pm	Water Jogging 8 - 8:45pm	Adult Lap Swimming 8 - 10pm	Water Jogging 8 - 8:45pm			
	Adult Lap Swimming 8 - 10pm		Adult Lap Swimming 8 - 10pm			

Aquafit is an aerobic workout in the water and is an excellent physical activity suitable for people of all ages and fitness levels. It helps develop coordination, balance, cardiovascular conditioning, flexibility, muscular strength and endurance. No swimming skills required.

Water Works is endorsed by the Arthritis Society and is a light, low-impact fitness class and an excellent activity for those who suffer from arthritis. It involves water walking, stretching and a range of motion exercises that helps mobility and fitness levels.

Diaper fit is a fun filled aqua fitness exercise class for parents that allows parents to exercise while their infant sits comfortably in front of them in a float able baby seat.

The Little Fishy Swim is a great opportunity for parents and tots to enjoy time together where they can learn to swim by way of playing.

Aqua Kick Boxing is a great cardio workout that combines a series of punching and kicking combinations

With Water Running, there is resistance on all sides forcing opposing muscles to work equally, giving a great cardiovascular and strength training workout. This exercise program is helpful for runners or those recovering from injuries. Swimming ability is not necessary as everyone will wear a water jogging belt to keep your body afloat.