



# Spring 2024 Schedule

April 1- Jun 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday & Holidays
6:00 am - 8:45 am Lane Swim		6:00 am - 8:45 am Lane Swim		6:00 am - 8:45 am Lane Swim		
		6:15 am - 7:05 am Boot Camp Aquacize				
8:00 am - 8:45 am Aqua Cycle		8:00 am - 8:45 am Aqua Cycle		8:00 am - 8:45 am Aqua Cycle		
9 am - 9:50 am Regular Aquacize						
			10:00 am - 10:45 am Aqua Cycle			
10:00 am - 11:45 am Public Swim (Wave Pool Only)	10:30 am - 11:20 am Parent and Tot Aquacize	10:00 am - 11:45 am Public Swim (Wave Pool Only)	11:00 am - 11:50 am Parent and Tot Aquacize	10:00 am - 11:45 am Public Swim (Wave Pool Only)		
12:00 am - 1:00 pm Lane Swim (Lap Pool)			12:00 pm - 12:50 pm Aquacize (Wave Pool)			
					1:00 pm - 3:00 pm Public Swim (All Pools)	
					3:30 pm - 5:30 pm Public Swim (All Pools)	
	6:00 pm - 6:50 pm Regular Aquacize			6:00 pm - 6:50 pm Deep Aquacize	6:00 pm - 8:00 pm Public Swim (All Pools)	
7:30 pm - 9:00 pm Public Swim (Wave Pool Only)	7:30 pm - 8:15 pm Aqua Cycle	7:30 pm - 9:00 pm Public Swim (Wave Pool Only)	7:30 pm - 8:15 pm Aqua Cycle	7:00 pm - 9:00 pm Public Swim (All Pools)		
	7:30 pm - 8:30 pm Lane Swim (Half Pool)		7:30 pm - 8:30 pm Lane Swim (Half Pool)			

**Lane Swim:** Lane swim is a great way to stay in shape and improve your technique. Three double lanes are provided for slow, medium, and fast swimming. Please follow posted etiquette for safe and courteous swimming.

**Public Swim:** Enjoy recreational swimming for all ages during our Public Swim. Water Park features available based on pools open for scheduled swim. Wave Pool: Water Slide, River, Waves. Lap Pool: Diving Board, Climbing wall. Hot areas open with either pool.

**Hot Areas:** Steam Room and Sauna and Hot Tub are open and available to Swimmers booked into Public & Lane swims, and Aquacize for the duration of the program. Aquacize patrons may use the hot tub for 10 minutes after the program ends. Please review posted signage.

Pre-registration is available for all Swims and Fitness Programs at [cityofyorkton.perfectmind.com](http://cityofyorkton.perfectmind.com). Swimmers will be admitted 10 minutes before the swim start upon arrival. Programs have capacity limits due to equipment or staff availability. Walk-in Swimmers will be admitted as Water Park Capacity allows.

**Schedule is subject to change.** Updated schedules are available online at [www.gallaghercentre.com](http://www.gallaghercentre.com). Admission and supervision rules for children are enforced at all times. Please see the reverse. Grey areas on the schedule note times when the water park is closed to the public.

## ADMISSION FEES

Admission Rates	Single Admission	Month Pass	Multi Admission Punch Pass			
			10x	20x	50x	100x
Preschool (0 to 2 years)	Free					
Child (3 to 6 years)	\$ 4.50	\$ 40	\$ 40	\$ 60	\$ 155	\$ 265.25
Youth (7 to 17 years)	\$ 5.86	\$ 55	\$ 45	\$ 85	\$ 180	\$ 310
Adult (18+ years)	\$ 8.11	\$ 73.50	\$ 72	\$ 128	\$ 280	\$ 480
Combo*	\$ 22.52					
Mega**	\$ 27.03					

Taxes extra on all admissions and pass prices. \*Combo Pack — 4 patrons (max 2 adults) \*\*Mega Pack — 6 Patrons (max 2 adults)

**For information about our admission process please see the reverse.**

# FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Cycle	8:00 - 8:45 am	7:30 - 8:15 pm	8:00 - 8:45 am	10:00 - 10:50 am 7:30 - 8:15 pm	8:00 - 8:45 am	
Regular Aquacize	9 am - 9:50 am 12 pm - 12:50 pm	9 am - 9:50 am 12 pm - 12:50 pm 6 pm - 6:50 pm	9 am - 9:50 am 12 pm - 12:50 pm	9 am - 9:50 am 12 pm - 12:50 pm	9 am - 9:50 am 12 pm - 12:50 pm	12 pm - 12:50 pm
Parent & Tot Aquacize		10:30 - 11:20 am		11:00 - 11:50 am		
Boot Camp			6:15 - 6:05 am			
Deep Water Aquacize					6 pm - 6:50 pm	

Pre-register at <http://www.cityofyorkton.perfectmind.com> to reserve a space. Class capacity is limited by equipment and staff availability. All patrons must exit the water at the end of each class. The hot tub is available for 10 minutes after each Aquacize class.

**Regular Aquacize:** Regular Aquacize gives the participant the option to work at a transitional depth, and gives excellent cardio, strength and flexibility training. Suitable for everyone. Regular Aquacize is in the Wave Pool and there is a zero-depth beach entry.

**Deep Aquacize:** This class occurs in deep water in the Lap Pool and is intended for strong swimmers. Focus on using the water's resistance for core, cardio and strength. Float belts provided. A stairway access is available to enter the pool.

**Aqua Cycle:** indoor cycling class that takes place in a pool. Participants use stationary bikes in 3-4 feet of water, and pedal against the resistance of the water. The water's buoyancy helps provide support to working muscles and joints, and can be beneficial to those with limited mobility or recovering from injury. Water Shoes are recommended for use with the bikes.

**Parent and Tot Aquacize:** Bring your little swimmer with you during your recreational fitness time. Dolphin floats allow you to keep your little one in arms reach and keep moving. Located in the wave pool with zero depth entry for easy access. Limit 1 child to adult participant

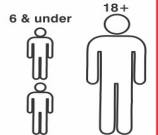
**Boot Camp:** An early morning high energy class to get your day started. Using the wave pool and lazy river current to help build strength and cardio fitness.

**Par-Q and you!** In order to provide a safe exercise environment we encourage all participants to read our Part-Q signage and assess your fitness to participate. If you are new to Aquacize at the Water Park talk to our staff to receive a copy.

## SWIM ADMISSION PROCESS

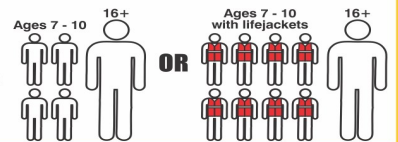
### RED Bands

- All children 6 and under MUST be accompanied by a parent/guardian (18+ years)
- Children must remain within direct supervision and within arm's reach
- Maximum of 2 children per each parent/guardian (1:2)



### YELLOW Bands

- Children 7 to 10 years MUST be accompanied by a parent/guardian (16+ years)
- Children must remain within direct supervision and within arm's reach
- Maximum of 4 children per each parent/guardian (1:4)



### GREEN Bands

- Children 7 to 10 years who pass the Waterpark Admission Swim Test MAY swim unaccompanied
- Children with green bands may be asked to take the test again if aquatic staff are concerned that they cannot demonstrate the ability to maintain the Waterpark Admission Swim Test

