

FITNESS DROP-IN CLASSES *May to June 2012*

Register to secure a spot! Drop in if space permits! All \$6.15 a class or FREE for Pass Holders

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	Spin ①		Spin ①		Spin ①		
7:05 AM	Core on Bosu ①						
9:15 AM		Spin ①		Spin ①			
10:15 AM					Stroller Fit ①		Step It Up ①
12:00 PM						Spin ①	
4:45 PM		Tri-Cycle ①		Tri-Cycle ①			
5:00 PM	Spin ①		Spin ①				
6:00 PM	Power Circuit ①	Step It Up ①	Power Circuit ①				
7:15 PM	Spin ①	Spin ①	Spin ①				
8:15 PM	Spin ①		Spin ①				

Secure your Spot!
Drop-in available if space permits, priority will be given to registered patrons. Secure a spot in your favorite classes by registering in advance. See pages 55-56

FITNESS REGISTERED CLASSES *May to June 2012*

Drop-in only permitted if class is running and space permits. Call ahead 250-478-8384

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM		Jazzercise ③ Seniors Room 101		Jazzercise ③ Seniors Room 101			
8:45 AM						Super Spin ②	
9:00 AM							Jazzercise ③
9:15 AM	Jazzercise ③		Jazzercise ③		Jazzercise ③		
10:00 AM						Zumba ②	
10:15 AM		Zumba ②		Zumba ②			
11:30 AM	50+ Strength & Stretch ②		50+ Strength & Stretch ②		50+ Strength & Stretch ②		
5:30 PM					Spynga ④		
6:00 PM		Fighting Fit ② Seniors Room 101					
6:15 PM	Boot Camp ② Seniors Room 101			Boot Camp ②			
6:30 PM	Jazzercise ③ John Stubbs School		Jazzercise ③ John Stubbs School				
7:15 PM		Zumba ② Seniors Room 101					
7:30 PM				Zumba ② Ab Attack ② In Weight Room			

FITNESS FEES
Save a spot by registering for full sessions of classes.

① Drop In WSPR Passholder FREE Non Passholders \$6.15	③ Jazzercise Fees payable at the class.
② Specialty Class WSPR Passholder \$5 Non Passholders \$10	④ Spynga Class All Classes 90 Min \$15

All classes are held in the fitness studio unless otherwise noted. Schedule Subject to Change.

WEIGHT ROOM SCHEDULE IN EFFECT *May to June 2011*

HOLIDAY HOURS // Victoria Day, May 21 and Canada Day, July 1 11 AM- 5 PM (Attendant on Duty 11 AM - 1 PM & 3-5 PM)

	MONDAY to FRIDAY	SATURDAY	SUNDAY
WEIGHT ROOM HOURS	6 AM – 10 PM	7 AM – 8:30 PM	
ATTENDANT ON DUTY	9 – 11 AM and 4 – 10 PM	10 AM – 12 PM & 4:30 – 8:30 PM	

MAY to JUNE 2012

Spring SCHEDULE



250-478-8384

www.westshorerecreation.ca

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SWIMMING SCHEDULE IN EFFECT April 30 to June 30, 2012

HOLIDAY HOURS // Victoria Day, May 21 and Canada Day, July 1 Lengths & Leisure 11-1 PM Public Swim 1:00-4:30 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Bird 6 - 9 AM					CLOSED	Rental Block 474-8616
Lengths & Lessons 9 - 11:30 AM	Lengths, Lessons & Little Ones 9 - 11:30 AM	Lengths & Lessons 9 - 11:30 AM	Lengths, Lessons & Little Ones 9 - 11:30 AM	Lengths & Lessons 9 - 11:30 AM	Lengths & Lessons 9 - 12:00 PM <i>(Limited Lengths)</i>	
Leisure & Lengths 11:30 - 3 PM <i>(Shared with Lessons on Monday & Wednesday 1-2:30 PM)</i>					Leisure & Lengths* 12 - 1:30 PM	Family Swim* 12 - 1:30 PM
					Public Swim* 1:30 - 4 PM	
Public Swim* 3 - 5 PM	Lengths & Lessons 3 - 7:30 PM	Lengths & Lessons 3 - 5 PM	Lengths & Lessons 3 - 7:30 PM	Lengths & Lessons 3 - 5 PM	Lengths & Lessons 4 - 6 PM <i>(Limited Lengths)</i>	
Leisure & Lengths* 5 - 6 PM	Leisure & Lengths* 5 - 6 PM		Leisure & Lengths* 5 - 6 PM		Public Swim* 6 - 8:30 PM	
Lengths & Lessons 6 - 8 PM <i>(Limited Lengths)</i>	Toonie Swim* 7:30 - 8:30 PM	Lengths & Lessons 6 - 8 PM <i>(Limited Lengths)</i>	Toonie Swim* 7:30 - 8:30 PM	Family Swim & Lessons* 6 - 8 PM	Public Swim* 6 - 8:30 PM	
Leisure & Lengths 8 - 9:30 PM	Leisure & Lengths* 8:30 - 9:30 PM	Leisure & Lengths 8 - 9:30 PM	Leisure & Lengths* 8:30 - 9:30 PM	Public Swim* 8 - 9:30 PM	Rental Block Call 474-8616	

* Indicates Slide & Spray Toys are available during this session. Children under 7 years must be accompanied by a person 16 years or older at all times in the pool. Ratio of 1 adult for 4 children. **Schedule subject to change.**

PUBLIC SWIM 240' slide, try it on your front, on your back, or on a tube. No length swimming available.	LEISURE & LENGTHS Lengths and leisure available. Adventure pool, spray toys, toddler & big water slide are open.	LENGTHS, LESSONS & LITTLE ONES Drop-in playtime for you and your preschooler, lengths and registered lessons offered.
EARLY BIRD Lane & leisure swimming available. Lap Pool shared with swim clubs M/W/F 6-7:30 AM. Water Fit offered M-F, see schedule for times.	LENGTHS & LESSONS Need flexibility? Some lane swimming will be available (# of lanes varies on lessons and rentals). Sauna, steam & swirl pool open.	FAMILY SWIM Join us Friday night and Sunday afternoon for this family only swim time. Children must be accompanied by an adult.

WATER FIT SCHEDULE IN EFFECT April 30 to June 30, 2012

HOLIDAY HOURS // Victoria Day, May 21 and Canada Day, July 1 No Water Fit Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Combo 8-9 AM	Aqua Jocks 6-7 AM	Combo 8-9 AM	Aqua Jocks 6-7 AM	Combo 8-9 AM
Shallow 11 AM-12 PM	Deep 11 AM-12 PM	Shallow 11 AM-12 PM	Deep 11 AM-12 PM	Shallow 11 AM-12 PM
Aqua Bootcamp 7:30-8:30 PM				
Deep 8:30-9:30 PM	Shallow 8:30-9:30 PM	Deep 8:30-9:30 PM	Shallow 8:30-9:30 PM	

DROP IN ADMISSION FEES

	SINGLE	10's	20's
Adult (19 - 54 YRS)	6.15	49.42 ^{+TAX}	87.86 ^{+TAX}
Senior (55+ YRS)	4.50	36.16 ^{+TAX}	64.29 ^{+TAX}
Student (13 - 18 YRS)	4.50	36.16 ^{+TAX}	64.29 ^{+TAX}
Child (6 - 12 YRS)	3.20	25.71 ^{+TAX}	45.71 ^{+TAX}
Child Minding	2.50	25.00 ^{+TAX}	
Family (Max 5) <i>2 Adults & 3 Children/Students or 1 Adult & 4 Children/Students</i>	12.20	98.04 ^{+TAX}	

PASSES

1 Month Pass	51.29 ^{+TAX}
3 Month Pass	99.00 ^{+TAX}
Summer Pass <i>See below for pass details.</i>	130.49 ^{+TAX}
Annual Pass *	365.18 ^{+TAX}
Family Annual Pass *	803.57 ^{+TAX}
Regional Annual Pass * <i>For use at 12 Greater Victoria Recreation Centres</i>	425.00 ^{+TAX}

* **Monthly & Quarterly payment plans available.** Visa/MasterCard/AMEX accepted. A \$25 admin fee will be charged upon registration of all payment plans.

Summer

over \$35
in savings!

PASS

Drop in all summer long to the pool, weight room, skating, some drop-in fitness, and drop-in sports for just \$99 plus tax.

Pass valid June 1 - August 31

Passes purchased after June 1, 2012 will NOT be pro-rated.
Some drop-in restrictions and/or extra fees may apply.

\$99^{+TAX}