

# North Peace Leisure Pool

The North Peace Leisure Pool is owned by the PRRD and operated by the City of Fort St. John

## Facility Hours of Operation

Monday - Friday	7am - 9pm
Saturday	7am - 9pm
Sunday	9am - 5pm

## Wibit Obstacle Course

\*No lap lane swim from 2-7pm on Wednesdays, Fridays & Saturdays due to the wibit obstacle course in the water.

## Pre - Registration

Pre- registration required for Aqua Float, Aqua Cycle & Diving



## Pool Schedule July 2 - August 27, 2022

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Public Lap & Leisure Swim	NorthRiver Midstream Free Swim 9am - 1pm	7am - 7pm	7am - 7pm	7am - 2pm	7am - 7pm	7am - 2pm	7am - 1pm
Open Swim	NorthRiver Midstream Free Swim 1 - 5pm	7 - 9pm	7 - 9pm	2 - 9pm	7 - 9pm	2 - 9pm	1 - 9pm
Wibit Obstacle Course				2 - 7pm		2 - 7pm	2 - 7pm
Programming		9am - 5pm	9am - 5pm	9am - 5pm	9am - 5pm	9am - 5pm	7am - 12pm

Schedules are subject to change without notice . To confirm times, call the North Peace Leisure Pool at 250-787-8178

\*To confirm times, and or lap lane space call the North Peace Leisure Pool at 250-787-8178

**Public Lap & Leisure Swim** At least 1 lane available for length swimming and partial access to Leisure Pool.

**Open Swim** Access to Leisure Pool and partial Lap Pool. See front desk or call in advance for waterslide/ diveboard hours.

**Programming** Additional programming that will limit lap and leisure pool space availability.

**North Peace Leisure Pool is closed to the public on the following dates:**

Canada Day: Monday, July 1

BC Day: Monday, August 1

Annual Shutdown: Sunday, August 28 - Monday, October 3



## Swim Prices

- Children under 8 must be accompanied by a guardian (16+) and stay within arms reach.
- Tots (5 & under) are free.
- Family is up to a maximum of two adults and four dependent children living in the same household
- Visit Passes do not expire.
- Non-refundable 3.5% fee on credit card transactions
- All swimmers 8+ must obtain and wear a wristband

	ALL FEES ARE +TAX	DROP IN	6 VISIT	12 VISIT	1 MONTH PASS	3 MONTH PASS
YOUTH (6-18 YRS.)		\$3.00	\$15.00	\$30.00	\$30.00	\$85.50
ADULT (19-64 YRS.)		\$6.00	\$30.00	\$60.00	\$60.00	\$171.00
SENIOR (65+ YRS.)		\$3.00	\$15.00	\$30.00	\$30.00	\$85.50
FAMILY		\$15.00	\$75.00	\$150.00	\$150.00	\$427.50

For more information contact the North Peace Leisure Pool.  
Phone: 250 787 8178  
Email: pool@fortstjohn.ca  
Website: www.fortstjohn.ca



# North Peace Leisure Pool Fitness



## Aqua Fitness Schedule July 2 - August 27, 2022

Pre-registration is required for Aqua Cycle, Aqua Float and Diving. Schedules are subject to change without notice.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Deep</b>		7:45 - 8:30pm				9 - 9:45am	9:30 - 10:15am
<b>Shallow</b>		9 - 9:45am		9 - 9:45am 7:45 - 8:30pm			
<b>Float</b>	9:30 - 10:15am				7:45 - 8:30pm		
<b>Cycle</b>		7:30 - 8:15am	7:30 - 8:15am 7:45 - 8:30pm	7:30 - 8:15am	7:30 - 8:15am	7:30 - 8:15am	
<b>Tots</b>			9 - 9:45am		9 - 9:45am		
<b>Stretch</b>			11 - 11:45am		11 - 11:45am		
<b>Low</b>		11 - 11:45am		11 - 11:45am		11 - 11:45am	
<b>Stroke Correction</b>	11:30am - 12pm						11:30am - 12pm
<b>Diving</b>				1 - 2pm			

### Aqua Deep/Shallow

This class is aimed to give you a full body work-out with focusing on cardio and balance.

### Aqua Float

This features exercise on AquaBases! Similar to a paddle board or floating yoga mat, this class really works to develop your core strength, cardiovascular endurance and flexibility.

### Aqua Cycle

A low impact, low resistance, intense workout on stationary spin bikes. Bring water shoes for the ride!

### Aqua Tots

A 30 minute postnatal fitness class followed by 15 minutes of free time. Introduce infants to the water and socialize with other parents while bringing fitness back into your routine. Suitable for ages 4 months to 2 years.

### Aqua Stretch

Takes place in the warm Leisure Pool and has a focus on balance and range of motion.

### Aqua Low

Held in the shallow end of our lap pool, this class is a full body work-out with low intensity movements.

### Stroke Correction

An instructor will help maximize your stroke efficiency/ endurance to complete a preplanned lap swim workout.

### Diving

This Learn-to-Dive program is recommended for anyone who would like to learn the proper techniques and the basics of diving.

## Drop-in Pool Fitness Rates

ALL FEES ARE +TAX

	DROP-IN	VISIT PASS (6)	VISIT PASS (12)
YOUTH AQUAFIT	\$4.00	\$20.00	\$40.00
ADULT AQUAFIT	\$7.00	\$35.00	\$70.00
SENIOR AQUAFIT	\$4.00	\$20.00	\$40.00

## Monthly Pool Fitness Pass Rates

ALL FEES ARE +TAX

	1 MO.	3 MO.	6 MO.	12 MO.
YOUTH AQUAFIT	\$40.00	\$114.00	\$216.00	\$422.40
ADULT AQUAFIT	\$70.00	\$199.50	\$378.00	\$736.20
SENIOR AQUAFIT	\$40.00	\$114.00	\$216.00	\$422.40

