

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

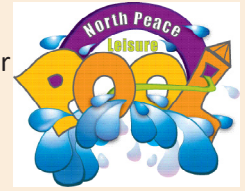
Monday - Friday	6am - 10pm
Saturday	9am - 9pm
Sunday	9am - 5pm

Games & Activities

*Every Saturday from 2-7pm

Pre - Registration

Pre- registration required for Aqua Float & Aqua Cycle



Pool Schedule January 2 - March 31, 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Leisure Swim	NorthRiver Midstream Free Swim 12pm - 1pm	6am - 1pm 3:30 - 7:30pm	6am - 1pm 3:30 - 7:30pm	6am - 1pm 3:30 - 7:30pm	6am - 1pm 3:30 - 7:30pm	6am - 1pm 3:30 - 7:30pm	9am - 1pm
Open Swim	NorthRiver Midstream Free Swim 1 - 5pm	1 - 3:30pm 7:30 - 10pm	1 - 3:30pm 7:30 - 10pm	1 - 3:30pm 7:30 - 10pm	1 - 3:30pm 7:30 - 10pm	1 - 3:30pm 7:30 - 10pm	1 - 9pm
Lap Swim	12 - 1pm	6am - 1pm 7:30pm- 10pm	6am - 1pm 7:30pm- 10pm	6am - 1pm 7:30pm- 10pm	6am - 1pm 7:30pm- 10pm	6am - 1pm	12 - 1pm
Programming	9am - 12pm	3:30 - 7:30pm	3:30 - 7:30pm	3:30 - 7:30pm	3:30 - 7:30pm	3:30 - 7:30pm	9am- 12pm

Schedules are subject to change without notice .

*To confirm times call the North Peace Leisure Pool at 250-787-8178

Leisure Swim Partial access to Leisure Pool only.

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

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

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

North Peace Leisure Pool is closed to the public or altered hours on the following dates:

Family Day: February 2, open 1-4pm

Swim Meet: Saturday, April 15 & Sunday, April 16 closed

Good Friday: Friday, April 7 closed

Easter Monday: Monday, April 10 open 1-4pm



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 January 2 - March 31, 2023

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Deep		7:45 - 8:30pm				9 - 9:45am	9 - 9:45am
Shallow		9 - 9:45am		9 - 9:45am 7:45 - 8:30pm			
Float	9 - 9:45am				7:45 - 8:30pm		
Cycle		6:45 - 7:30am	6:45 - 7:30am 7:45 - 8:30pm	6:45 - 7:30am	6:45 - 7:30am	6:45 - 7:30am	
Tots			9 - 9:45am		9 - 9:45am		
Stretch			11 - 11:45am		11 - 11:45am		
Low		11 - 11:45am		11 - 11:45am		11 - 11:45am	
Stroke Correction	11:30am - 12pm	12:15 - 12:45pm	12:15 - 12:45pm	12:15 - 12:45pm	12:15 - 12:45pm	12:15 - 12:45pm	11:30am - 12pm

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.

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

