

# 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
Statutory Holidays *	1 - 4pm

\* Lap Lane Space Canceled

## Cardio Room

Open during regular facility hours of operation

## Pre- Registration

Pre- registration required for **Sunday Free Swims** and all **aquatic fitness classes**

## Pool Schedule October - December 2021

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap & Leisure Swim *	NorthRiver Midstream Free Swim 9am - 1pm	6am - 10pm	6am - 10pm	6am - 10pm	6am - 10pm	6am - 6:30pm	9am - 1pm
Public Swim	NorthRiver Midstream Free Swim 1 - 5pm	12 - 3:30pm 8:30 - 10pm	12 - 3:30pm 8:30 - 10pm	12 - 3:30pm 8:30 - 10pm	12 - 3:30pm 8:30 - 10pm	12 - 3:30pm 6:30 - 10pm	1 - 9pm
Programming	9am - 12pm	3:30 - 8:30pm	3:30 - 8:30pm	3:30 - 8:30pm	3:30 - 8:30pm	3:30 - 6:30pm	9am - 12pm

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

\*Limited or No Lap Lane Swim from 1-3pm on Special Event Days/Holidays. To confirm times, call the North Peace Leisure Pool at 250-787-8178.

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

**Public 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 pool space availability. Limited lap lane space.

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

Remembrance Day: Thursday, November 11

Christmas Day: Saturday, December 25

Boxing Day: Sunday, December 26

New Years Day: Saturday, January 1



## 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 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.)	\$4.00	\$20.00	\$40.00	\$40.00	\$114.00
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



## Fitness Schedule October - December 2021

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cardio Blast Deep</b>		7:45 - 8:30pm				9:30 - 10:15am	9:30 - 10:15am
<b>Cardio Blast Shallow</b>		9:30 - 10:15am		9:30 - 10:15am 7:45 - 8:30pm			
<b>FloatFit</b>	9:30 - 10:15am		7:45 - 8:30pm		7:45 - 8:30pm		
<b>Hydro Rider</b>		6:30 - 7:15am	6:30 - 7:15am	6:30 - 7:15am	6:30 - 7:15am	6:30 - 7:15am	
<b>Little Seahorse Fitness</b>			9 - 9:45am		9 - 9:45am		
<b>Strength &amp; Stretch</b>			11 - 11:45am		11 - 11:45am		
<b>Stroke Correction</b>							11:30am - 12pm
<b>Watercise Low</b>		11 - 11:45am		11 - 11:45am		11-11:45am	

*Pre-registration is required for all fitness programming. Schedules are subject to change without notice.*

### Cardio Blast

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

### FloatFit\*

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.

### Hydro Rider

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

### Little Seahorse Fitness

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.

### Strength & Stretch

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

### Stroke Correction

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

### Watercise Low

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

### 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	\$5.00	\$25.00	\$50.00

### 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	\$50.00	\$142.50	\$270.00	\$528.00

