

Drop-in Gym and Swim

Come to the VRRRI and enjoy a swim in our heated salt water pool, or play with your kids in our full-size gymnasium. Our drop-in programs offer a variety of options for the young and the young at heart. A calendar format of the drop-in schedule is available at reception or online at www.vrri.org. *Listed times are subject to change or cancellation without notice. Please visit our website at www.vrri.org for updated times.*



PUBLIC SWIM

Bring the entire family during this fun filled swim time! Our warm water and shallow ramp make this time ideal for children and their parents. Kids can play with a variety of toys or use our two slides. PFD's are available to rent for a small fee. **For safety reasons, all children under 10 years of age must be accompanied by an adult.**



CHILDREN'S OPEN GYM

Bring the little ones to this indoor playground and play along with them all morning long on Mondays, Wednesdays and Fridays. Play equipment may vary, but could include: mini trampoline, crash mat, balls, scooters, slides, preschool toys, and the horizontal ladder.

Day(s)	Time(s)
Monday*	9:00 am – 12:00 pm
Wednesday*	9:00 am – 12:00 pm
Friday	9:00 am – 1:00 pm

* half gym only

Note: To accommodate Day Camps and holidays, Children's Open Gym will not occur on March 29th, 31st, April 2nd, 5th, 7th, 9th, May 24, and July 2nd – September 10th.

ADULT SWIM

This swim is an adult-only event. Whether you wish to have a relaxing swim on one half of the pool or swim lengths on the other side, this swim time is for you!

Spring & Summer 2010

Admission Rates

Please note that rates are subject to change.

	Single	10x Pass	30x Pass
Tiny Tot (1 – 3 years)	\$ 2.50	\$ 22.50	N/A
Child/Youth (4 – 17 years)	\$ 3.00	\$ 27.00	\$ 72.00
Adult (18 – 59 years)	\$ 6.00	\$ 54.00	\$ 144.00
Adult Plus (60+ years)	\$ 3.00	\$ 27.00	\$ 72.00
Family (2 adults & 2 children from the same family)	\$ 13.00	\$ 117.00	\$ 312.00
Shower Only	\$ 3.25	N/A	N/A
Group Exercise – Regular	\$ 6.50	\$ 58.50	\$ 156.00
Group Exercise – Specialty	\$ 9.00	\$ 81.00	N/A

Fee-Assistance Program

Since July 1st, 2001, the VRRRI has offered fee assistance to eligible candidates for admissions and program registrations. **For more information, speak with one of our customer service representatives.**

Looking for the Registration Guidelines? Please see page 31.

Swim Schedule

Aquatics Spring Schedule (March 1 – June 30)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Adult Swim 6:35am-7:55am	Adult Swim 6:35am-7:55am	Adult Swim 6:35am-7:55am	Adult Swim 6:35am-7:55am	Adult Swim 6:35am-7:55am	
Adult Swim 7:35am – 8:55am	Aqua 20/20/20 8:00am – 8:55am	Aqua 20/20/20 8:00am – 8:55am	Aqua 20/20/20 8:00am – 8:55am	Aqua 20/20/20 8:00am – 8:55am	Aqua 20/20/20 8:00am – 8:55am	Adult Swim 7:35am – 8:55am
Lessons 9:00am – 1:00pm	Aqua Lite 9:00am – 9:55am	Lessons 9:00am – 10:00am	Aqua Lite 9:00am – 9:55am	Lessons 9:00am – 10:00am	Aqua Lite 9:00am – 9:55am	Lessons 9:00am – 2:00pm
	Lessons 10:00am – 10:30am	Aqua Care 10:00am – 11:00am	Lessons 10:00am – 11:00am	Aqua Care 10:00am – 11:00am	Lessons 10:00am – 11:00am	
	Mom & Baby Pilates 10:30 – 11:00am					
	Public Swim 11:00am – 11:55am	Public Swim 11:00am – 11:55am	Public Swim 11:00am – 11:55am	Public Swim 11:00am – 11:55am	Public Swim 11:00am – 11:55am	
	Adult Swim 12:00pm – 1:25pm	Adult Swim 12:00pm – 1:25pm	Adult Swim 12:00pm – 1:25pm	Adult Swim 12:00pm – 1:00pm	Adult Swim 12:00pm – 1:00pm	
			Lessons 1:00pm – 2:00pm	Mom & Baby Pilates 1:00pm – 1:30pm		
Rental 1:00pm – 2:00pm	Mom & Baby Aquacize 1:30pm – 2:30pm	Mom & Baby Aquacize 1:30pm – 2:30pm	Mom & Baby Aquacize 1:30pm – 2:30pm	Mom & Baby Aquacize 2:00pm – 3:00pm	Mom & Baby Aquacize 1:30pm – 2:30pm	Public Swim 2:00pm – 5:25pm
Public Swim 2:00pm – 5:25pm	Deep Water Workout 2:30pm – 3:25pm	Private Lessons 2:30pm – 3:00pm	Private Lessons 2:30pm – 3:00pm		Deep Water Workout 2:30pm – 3:25pm	
		Private Lessons 3:30pm – 4:00pm	Lessons 3:00pm – 6:30pm	Deep Water Workout 3:00pm – 3:55pm	Private Lessons 3:30pm – 4:00pm	
Pool Rental 5:30pm – 6:30pm	Lessons 4:00pm – 6:30pm	Lessons 4:00pm – 6:30pm		Lessons 3:00pm – 6:30pm	Lessons 4:00pm – 6:30pm	Pool Rental 5:30pm – 6:30pm
Public Swim 6:30pm – 7:55pm	Public Swim 6:30pm – 7:55pm	Public Swim 6:30pm – 7:55pm	Public Swim 6:30pm – 7:55pm	Public Swim 6:30pm – 7:55pm	Public Swim 6:30pm – 7:30pm	Public Swim 6:30pm – 7:55pm
	Aqua 20/20/20 8:00pm – 8:55pm	Adult Lane Swim/ Adult Swimming Lessons 8:00pm – 9:00pm	Aqua 20/20/20 8:00pm – 8:55pm	Adult Swim/Adult Swimming Lessons 8:00pm – 9:00pm	Junior Lifeguard Club 7:30pm – 9:00pm	

Swim Schedule

Aquatics Summer Schedule (July 5 – August 29)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Adult Swim 6:35am – 7:55am	Adult Swim 6:35am – 7:55am	Adult Swim 6:35am – 7:55am	Adult Swim 6:35am – 7:55am	Adult Swim 6:35am – 7:55am	
	Aqua 20/20/20 8:00am – 8:55am	Aqua 20/20/20 8:00am – 8:55am	Aqua 20/20/20 8:00am – 8:55am	Aqua 20/20/20 8:00am – 8:55am	Aqua 20/20/20 8:00am – 8:55am	
	Aqua Lite 9:00am – 9:55am	Aqua Care 9:00am – 9:55am	Aqua Lite 9:00am – 9:55am	Aqua Care 9:00am – 9:55am	Aqua Lite 9:00am – 9:55am	Lessons 9:00am – 12:00pm
Adult Swim 11:00am – 12:00pm	Lessons 10:00am – 12:00pm	Lessons 10:00am – 12:00pm	Lessons 10:00am – 12:00pm	Lessons 10:00am – 12:00pm	Lessons 10:00am – 11:00am	
	Adult Swim 12:00pm – 1:25pm	Adult Swim 12:00pm – 1:25pm	Adult Swim 12:00pm – 1:25pm	Adult Swim 12:00pm – 1:25pm	Adult Swim 12:00pm – 1:25pm	Private Lessons 12:00pm – 1:00pm
Public Swim 12:00pm – 4:00pm	Public Swim 1:30pm – 2:30pm	Public Swim 1:30pm – 2:30pm	Public Swim 1:30pm – 2:30pm	Public Swim 1:30pm – 2:30pm	Public Swim 1:30pm – 2:30pm	
	Summer Camps 2:30pm – 3:30pm	Summer Camps 2:30pm – 3:30pm	Summer Camps 2:30pm – 3:30pm	Summer Camps 2:30pm – 3:30pm	Summer Camps 2:30pm – 3:30pm	Public Swim 1:00pm – 4:00pm
	Private Lessons 3:30pm – 4:00pm	Private Lessons 3:30pm – 4:00pm	Private Lessons 3:30pm – 4:00pm	Private Lessons 3:30pm – 4:00pm	Private Lessons 3:30pm – 4:00pm	
Pool Rental 4:00pm – 5:00pm	Lessons 4:00pm – 6:30pm	Lessons 4:00pm – 6:30pm	Lessons 4:00pm – 6:30pm	Lessons 4:00pm – 6:30pm	Lessons 4:00pm – 6:30pm	
	Public Swim 6:30pm – 7:55pm	Public Swim 6:30pm – 7:55pm	Public Swim 6:30pm – 7:55pm	Public Swim 6:30pm – 7:55pm	Public Swim 6:30pm – 7:55pm	

Spring & Summer 2010

VRI Recreation Centre Gift Certificates

Encourage your friends and family to get ACTIVE!

Available in any denomination!

The amount goes right onto the recipient's account and can be used for:

- fitness classes
- preschool classes
- drop-in swim
- swimming lessons
- concession
- pro-shop
- birthday parties
- day camps
- children's programs

Call 403-284-2231 for more information

FOR SALE

at the Recreation Reception Desk

Gabby's Reusable RUBBER SWIM PANTS



*In accordance with Environmental Safety Legislation, all children 35 months and younger are required to wear waterproof pool pants to protect the water from accidental contaminations