


# November 2024

Aqualine: 403-223-4322

www.taber.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	2
					Fitness Unwind 6-9am, Fitness 12-1pm, 6-7pm Senior 11am-12pm Adult n Tot 11-1, 6-7pm Open 1-4pm, 7-9pm	Adult n Tot 11am-1pm Aquafit 11-11:50am Fitness 12-1pm Open 1-5pm	
3	4	5	6	7	8	9	
Fitness 12-1pm Adult n Tot 12-1pm Open 1-5pm	Fitness 6-9am, 12-1pm 8:30-9:30pm Senior 3-4pm Adult n Tot 3-5pm, 6-7pm AFA 5-6pm Aquafit 6-6:50pm Open 7-8:30pm	Fitness 6-9am, 12-1pm Adult n Tot 9am-1pm Aquafit 10-10:50am Senior 11am-12pm Low Impact AQ 3-4pm Open 6-8pm	Fitness 6-9am, 12-1pm, 8:30-9:30pm Senior 3-4pm Adult n Tot 6-7pm Deep H2O Aquafit 6-6:50pm Open 7-8:30pm	Fitness 6-9am, 12-1pm Adult n Tot 9-1am Aquafit 10-10:50am, 8:10-9pm Senior 11am-12pm Low Impact AQ 3-4pm AFA 5-6pm Open 6-8pm	Fitness 6-9am, 12-1pm, 6-7pm Senior 11am-12pm Adult n Tot 11am-1pm, 6-7pm Open 1-4pm, 7-9pm	Adult n Tot 11am-1pm Aquafit 11-11:50am Fitness 12-1pm Open 1-5pm	
10	11	12	13	14	15	16	
Fitness 12-1pm Adult n Tot 12-1pm Open 1-5pm	<b>Remembrance Day</b>  Open 1-5pm	Fitness 6-9am, 12-1pm Adult n Tot 9am-1pm Aquafit 10-10:50am, 8:10-9pm Senior 11am-12pm Low Impact AQ 3-4pm Open 6-8pm	Fitness 6-9am, 12-1pm, 8:30-9:30pm Senior 3-4pm Adult n Tot 6-7pm Deep H2O Aquafit 6-6:50pm Open 7-8:30pm	Fitness 6-9am, 12-1pm Adult n Tot 9am-1pm Aquafit 10-10:50am, 8:10-9pm Senior 11am-12pm Low Impact AQ 3-4pm AFA 5-6pm Open 6-8pm	Fitness 6-9am, 12-1pm, 6-7pm Senior 11am-12pm Adult n Tot 11am-1pm, 6-7pm Open 1-4pm  <b>Taber IGA            Sponsored FREE Swim            7-9pm</b>	Adult n Tot 11am-1pm Aquafit 11-11:50am Fitness 12-1pm Open 1-5pm	
17	18	19	20	21	22	23	
Fitness 12-1pm Adult n Tot 12-1pm Open 1-5pm	Fitness 6-9am, 12-1pm, 8:30-9:30pm Senior 3-4pm Adult n Tot 3-5pm, 6-7pm AFA 5-6pm Aquafit 6-6:50pm Open 7-8:30pm	Fitness 6-9am, 12-1pm Adult n Tot 9am-1pm Aquafit 10-10:50am, 8:10-9pm Senior 11am-12pm Low Impact AQ 3-4pm Open 6-8pm	Fitness 6-9am, 12-1pm, 8:30-9:30pm Senior 3-4pm Adult n Tot 6-7pm Deep H2O Aquafit 6-6:50pm Open 7-8:30pm	Fitness 6-9am, 12-1pm Adult n Tot 9am-1pm Aquafit 10-10:50am, 8:10-9pm Senior 11am-12pm Low Impact AQ 3-4pm AFA 5-6pm Open 6-8pm	Fitness 6-9am, 12-1pm, 6-7pm Senior 11am-12pm Adult n Tot 11am-1pm, 6-7pm Open 1-4pm  <b>Taber IGA            Sponsored FREE Swim            7-9pm</b>	Adult n Tot 11am-1pm Aquafit 11-11:50am Fitness 12-1pm Open 1-5pm	
24	25	26	27	28	29	30	
Fitness 12-1pm Adult n Tot 12-1pm Open 1-5pm	Fitness 6-9am, 12-1pm, 8:30-9:30pm Adult n Tot 6-7pm AFA 5-6pm Aquafit 6-6:50pm Open 7-8:30pm <b>PD Day Open Swim            1-4pm</b>	Fitness 6-9am, 12-1pm Adult n Tot 9am-1pm Aquafit 10-10:50am, 8:10-9pm Senior 11am-12pm Low Impact AQ 3-4pm Open 6-8pm	Fitness 6-9am, 12-1pm, 8:30-9:30pm Senior 3-4pm Adult n Tot 6-7pm Deep H2O Aquafit 6-6:50pm Open 7-8:30pm	Fitness 6-9am, 12-1pm Adult n Tot 9am-1pm Aquafit 10-10:50am, 8:10-9pm Senior 11am-12pm Low Impact AQ 3-4pm AFA 5-6pm Open 6-8pm	Fitness 6-9am, 12-1pm, 6-7pm Senior 11am-12pm Adult n Tot 11am-1pm, 6-7p Open 1-4pm, 7-9pm	Adult n Tot 11am-1pm Aquafit 11-11:50am Fitness 12-1pm Open 1-5pm	

# 2024 Admission Rates & Programs

## ADMISSION RATES

	AGES	RUSH	10-USE	1 MONTH	3 MONTH	½ YEAR	YEAR
<b>ADULT</b>	<b>18-59</b>	<b>\$7.50</b>	<b>\$65.00</b>	<b>\$40.75</b>	<b>\$110.75</b>	<b>\$200.00</b>	<b>\$357.50</b>
<b>STUDENT</b>	<b>13-17</b>	<b>\$6.50</b>	<b>\$56.00</b>	<b>\$34.25</b>	<b>\$93.75</b>	<b>\$169.25</b>	<b>\$302.50</b>
<b>CHILD</b>	<b>03-12</b>	<b>\$5.25</b>	<b>\$47.00</b>	<b>\$28.25</b>	<b>\$76.75</b>	<b>\$138.50</b>	<b>\$247.25</b>
<b>SENIOR</b>	<b>60+</b>	<b>\$6.50</b>	<b>\$56.00</b>	<b>\$34.25</b>	<b>\$93.75</b>	<b>\$169.25</b>	<b>\$302.50</b>
<b>FAMILY</b>		<b>\$17.00</b>	<b>\$149.00</b>	<b>\$95.25</b>	<b>\$259.25</b>	<b>\$468.75</b>	<b>\$838.00</b>
<b>INFANT</b>	<b>0-2</b>	<b>N/C</b>					

**\*Reminder–** Methods of Payment accepted include only Cash, Debit, Visa, MC, or Cheque \*

### Pool Programming

**AQUAFIT FOR ARTHRITIS (AFA)** – Functional fitness movements that train your muscles to work together and prepare them for daily tasks. Improve range of motion, balance, and muscle strength.

**OPEN SWIM** - Entire Facility is open for the general public.

Children under age 8 must be accompanied by a responsible caregiver 16 years of age or older.

**FITNESS SWIM** - 25M Pool is available to Lane Swimmers and Aqua joggers. Swirl pool, Steam room, & Sauna also available. One lane may also be used for private lessons.

**SENIOR SWIM** - Entire Facility is open for persons 55+ years

**ADULT'N TOTS** - Recreation Swim for children under Age 6 who are accompanied by an adult. Leisure Pool, Swirl pool, and Waterslide available.

**AQUAFIT** - Aerobic Fitness class in the water, instructed by Aquafun Centre Staff.

**FAMILY SWIM** - Entire facility is open to families. At least one adult must accompany each family in the water at all times or 1 adult for every five non-family members.

**ADULT SWIM** - Entire facility is open for persons 18+ Years of age.

**LOW IMPACT AQUAFIT (LI Aqua)**—Low impact (no jumping) aquafit taught by Aquafun Centre staff.

**BABY FIT**— A 45 minute fitness class in the lap pool for parent and baby. All fitness levels welcome! Infants should be at least 4 months and be able to easily support their head no older than 24 months. This class utilizes infant flotation devices (limited number available)

**SWIM FIT**- 2 Lanes in the lap pool. An experienced instructor guides participants through swim workouts and helps refine strokes. Participants must have a basic swim ability and can comfortably swim 100m continuously

### Swimming Lessons

Parent and Tot 1-3 .....	\$52.00
Preschool 1-5 .....	\$62.00
Swimmer 1-6 .....	\$62.00
Swim Patrol .....	\$102.00
Adult Swimmer .....	\$62.00
½ Hour Private Lessons .....	\$30.00

### PRIVATE RENTAL RATES

Regular Rate	\$244.25/hr
Youth Group Rate	\$122.75/hr
*Up to 80 swimmers*	
Additional Guards	\$30.00/hr

### STATUTORY HOLIDAY RATES

Regular Rate	\$366.38/hr
Youth Group Rate	\$184.13/hr
*Up to 80 swimmers*	
Additional Guards	\$31.50/hr



REMEMBRANCE DAY  
*Let We Forget*