



PUBLIC SWIMMING AND AQUA FITNESS SCHEDULE
JACK PURCELL POOL - 320 Jack Purcell Lane, Ottawa ON K2P 2J5
September 5, 2017 to July 1, 2018 (Facility Closed Oct. 9, Dec. 25 to 26, Jan. 1, Feb. 19, May 21 and July 1)
Pool closed for annual maintenance: March 26 to April 15, 2018
613-564-1050 / 613-564-1027

Water Temperature: 33 C / 92 F

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30 to Noon	Swim for Persons with a Disability		Swim for Persons with a Disability	Aqua - General (Women Only) 11 AM to noon	Swim for Persons with a Disability		
Noon to 1:00PM	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Aqua Therapy (Wellness) noon to 1 PM	Public Swim
1:00 to 2:00 PM	Aqua Therapy (Wellness) 1 PM to 2 PM	Aqua Therapy (Wellness) 1 PM to 2 PM	Aqua Therapy (Wellness) 1 PM to 2 PM	Aqua Therapy (Wellness) 1 PM to 2 PM	Aqua Therapy (Wellness) 1 PM to 2 PM	Public Swim	Public Swim
2:00 to 3:00 PM	Chronic Pain (Wellness) 2 PM to 3 PM	Chronic Pain (Wellness) 2 PM to 3 PM	Chronic Pain (Wellness) 2 PM to 3 PM	Chronic Pain (Wellness) 2 PM to 3 PM	Chronic Pain (Wellness) 2 PM to 3 PM	Lane Swim	Lane Swim
3:00 to 4:00 PM	Aqua - Lite 3 PM to 4 PM	Public Swim	Aqua - Lite 3 PM to 4 PM	Public Swim	Aqua - Lite 3 PM to 4 PM	Aqua - Turbo 3 PM to 4 PM	Aqua - General 3 PM to 4 PM
4:00 to 5:00PM	Lane Swim		Lane Swim		Lane Swim	Aqua - General (Women Only) 4 PM to 5 PM	
5:00 to 6:00 PM	Aqua - General 5 PM to 6 PM		Aqua - General 5 PM to 6 PM		Aqua - General 5 PM to 6 PM	Women Only Family Swim (Male child 6 and under may attend) 5 PM to 6 PM	Women Only Family Swim (Male child 6 and under may attend) 5:30 PM to 6:30 PM
6:00 to 7:00PM	Public Swim		Public Swim	Aqua - Turbo 6 PM to 7 PM	Public Swim	For Aqua Fitness classes please give yourself enough time to change and be ready for the beginning of class.	
7:00 to 8:00 PM	Lane Swim	Aqua-General 7 PM to 8 PM	Lane Swim	Swim for Persons with a Disability			
8:00 to 9:00 PM	Aqua - General (Women Only) 8 PM to 9 PM		Women Only Swim	Aqua Therapy (Wellness) 8 PM to 9 PM			

Swimming Memberships

	1 Month	3 Months	6 Months	1 Year
Seniors, Students, Youth, Child	\$23.50	\$46.00	\$84.00	\$152.25
Adults	\$50.00	\$99.75	\$182.75	\$331.25
Children and Parent(s)	\$97.25	\$194.00	\$355.25	\$613.00

Aqua Fitness Memberships (Does not include Wellness Membership Classes)

	1 Month	3 Months	6 Months	1 Year
Seniors, Students, Youth	\$51.75	\$103.00	\$188.50	\$342.00
Adults	\$64.25	\$128.25	\$234.75	\$426.00
Children and Parent(s)	\$104.00	\$230.50	\$421.75	\$766.25

Aqua Fitness & Swimming Memberships (Does not include Wellness Membership Classes)

	1 Month	3 Months	6 Months	1 Year
Seniors, Students, Youth	\$57.50	\$114.25	\$209.50	\$380.00
Adults	\$71.50	\$142.25	\$260.75	\$473.25
Children and Parent(s)	\$110.25	\$256.00	\$468.00	\$851.50

General Swimming Admissions

Tots (2 & under)	FREE
Child (3-12 years)	\$2.50
Youth (13-18 years)	\$2.50
Student (full-time student with I.D.)	\$2.50
Senior (65 years & over)	\$3.25
Adult (19-64 years)	\$5.00
Children and Parent(s) (minimum of 1 adult, a maximum of 2 adults, & their child(ren)/youth)	\$2.50 per person
Group (10 or more individuals)	\$2.25 per person

Swimming Lessons

Child

Tuesdays 5 PM to 7 PM
 Fridays 9 AM to 10 AM
 Saturdays 9 AM to Noon
 Sundays 10 AM to Noon

Adult

Tuesdays 8 PM to 8:45 PM
 Sundays 4 PM to 5:00 PM (Private Lessons)

Women Only (Adult)

Sundays 5 PM to 5:45 PM

Please refer to the Swimming Lesson Information Flyer for details.

A Wellness Membership includes 7 Aqua Therapy and 5 Chronic Pain classes per week. These classes are ideal for individuals living with fibromyalgia, chronic fatigue syndrome, arthritis, osteoporosis and individuals recovering from injury or surgery. As a wellness member, some days you may wish to take an Aqua Therapy class and the next day go back to a Chronic Pain class ... this is up to you, and how your body feels. **Please note that clients can only participate in one class per day.**

1 Month \$36.75 3 Month \$96.75

Drop In \$5.50

Swims for Persons with a Disability:

Participants in this swimming program must be 16 years of age and older. You must also complete the Swims for Persons with a Disability Application Form which needs approval from a Full Time Staff at Jack Purcell and must be updated annually.

Aqua Fitness Drop-In Rates

Seniors, Students, Youth	\$7.50
Adults	\$9.00

Multi-Visit Aqua Fitness

	10 visits	20 visits
Seniors, Student, Youth	\$65.00	\$119.00
Adult	\$80.00	\$146.00