



PUBLIC SWIMMING AND AQUA FITNESS SCHEDULE
JACK PURCELL POOL - 320 Jack Purcell Lane, Ottawa ON K2P 2J5
July 3 - September 3 2017 (Facility Closed August 7th)
Pool: 613-564-1027 | Community Centre: 613-564-1050

Water Temperature: 33 C / 92 F

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30 to Noon	Swim for Persons with a Disability	Public Swim (10 to 11 AM)	Swim for Persons with a Disability	Public Swim (11 AM to 12 PM)	Swim for Persons with a Disability		
Noon to 1:00PM	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Aqua Therapy (Wellness) 12:15 to 1 PM	Public Swim Noon to 2 PM
1:00 to 2:00 PM	Aqua Therapy (Wellness) 1:15 to 2 PM	Aqua Therapy (Wellness) 1:15 to 2 PM	Aqua Therapy (Wellness) 1:15 to 2 PM	Aqua Therapy (Wellness) 1:15 to 2 PM	Aqua Therapy (Wellness) 1:15 to 2 PM	Public Swim	
2:00 to 3:00 PM	Chronic Pain (Wellness) 2:15 to 3 PM	Chronic Pain (Wellness) 2:15 to 3 PM	Chronic Pain (Wellness) 2:15 to 3 PM	Chronic Pain (Wellness) 2:15 to 3 PM	Chronic Pain (Wellness) 2:15 to 3 PM	Lane Swim	Lane Swim
3:00 to 4:00 PM	Aqua - Lite 3:15 to 4 PM		Aqua - Lite 3:15 to 4 PM		Aqua - Lite 3:15 to 4 PM	Aqua - Turbo 3 to 3:45 PM	Aqua-General 3 to 3:45 PM
4:00 to 5:00PM	Lane Swim	Public Swim	Lane Swim		Lane Swim	Aqua - General (Women Only) 4 to 4:45 PM	
5:00 to 6:00 PM	Aqua-General 5:05 to 5:50 PM	Aqua-General 5:05 to 5:50 PM	Aqua-General 5:05 to 5:50 PM	Public Swim	Aqua-General 5:05 to 5:50 PM	Women Only Family Swim (Male child 6 and under may attend) 4:45 to 5:45 PM	Women Only Family Swim (Male child 6 and under may attend) 5:30 to 6:30 PM
6:00 to 7:00PM	Public Swim		Public Swim	Aqua - Turbo 6 to 6:45 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		Lane Swim	Swim for Persons with a Disability			
8:00 to 9:00 PM			Women Only Swim	Aqua Therapy (Wellness) 8 to 8:45 PM			

Swimming Lessons

Child
 Fridays 9 to 10 AM
 Saturdays 9 to Noon

Adult Private Lessons
 Sundays 3:45 to 4:45 PM

Women Only (Adult Group Lessons)
 Sundays 4:45 to 5:30 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 \$36.00 3 Month \$94.75

Drop In \$5.25

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 updated on an annual basis.

Swimming Memberships

	1 Month	3 Months	6 Months	1 Year
Seniors, Students, Youth, Child	\$22.50	\$45.00	\$82.25	\$149.25
Adults	\$49.00	\$97.75	\$179.00	\$324.75
Children and Parent(s)	\$95.25	\$190.00	\$348.25	\$600.75

Aqua Fitness Memberships (Does not include Wellness Membership Classes)

	1 Month	3 Months	6 Months	1 Year
Seniors, Students, Youth	\$50.50	\$100.75	\$184.75	\$335.25
Adults	\$62.75	\$125.50	\$230.00	\$417.50
Children and Parent(s)	\$101.75	\$225.75	\$413.25	\$751.00

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

	1 Month	3 Months	6 Months	1 Year
Seniors, Students, Youth	\$56.25	\$112.00	\$205.25	\$372.50
Adults	\$70.00	\$139.25	\$255.50	\$463.75
Children and Parent(s)	\$108.00	\$250.75	\$458.75	\$834.75

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

Aqua Fitness Drop-In Rates

Seniors, Students, Youth	\$7.50
Adults	\$8.75

Multi-Visit Aqua Fitness

	10 visits	20 visits
Seniors, Student, Youth	\$63.50	\$116.00
Adult	\$78.00	\$143.00