

FALL PROGRAMS 2026



KIDS SWIMMING LESSONS
OCTOBER 14 – NOVEMBER 16
AND
NOVEMBER 18 – DECEMBER 16
CALL OR STOP BY
AQUATIC CENTRE TO SIGN-UP



Parent and Tot Swim

TUESDAYS
10:00 - 12:00
FREE

Holiday Movie & Swim
Friday, December 11, 2026
Pool Opens: 5:00 PM
Movie Starts: 6:00 PM

Tai Chi Chuan
September 1 - December 8
Tuesdays 10:45 - 11:45 AM
\$125.00
Call Jeanne to book
250-344-1198

Pool Parties
\$164.75/pool party

Includes use of kitchen, pool deck with table/chairs
 & admission for the participants

GLOW SWIM



Friday October 23
5:00 - 8:30 PM

VIDEO AQUAFIT



MONDAY - FRIDAY 9:15 - 10:15 AM

GOLD RIVER FACILITIES



25m Lane Pool Leisure Pool
Hot tub Sauna
Gym/Fitness Rooms Courts

Tuesday/Thursday
\$8.75 per class
Seniors'
FIT & FAB 9:15 - 10:15 AM
Sept 22 - Dec 10, 2026



CHAIR YOGA



\$8.75 per class

Monday/Wednesday
9:15 - 10:15 AM
Sept 21 - Dec 9, 2026

PUBLIC SKATING

Friday Evenings 5:30-8:30 PM

Starts October 9th

DROP IN
CASH ONLY

register at the aquatic centre for all programs unless otherwise stated