

Woolwich Memorial Centre

24 Snyder Ave. S. Elmira, ON ♦ 519.669.1647 ext. 7001

Public Swim Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Aquafit	9 – 9:45 am 8 – 8:45 pm	9 – 9:45 am 7:35 – 8:40 pm	9 – 9:45 am 8 – 8:45 pm	9 – 9:45 am 7:35 – 8:40 pm	9 – 9:45 am		
Lane Swim	6:30 – 8 am 10 am – 1 pm (3 lanes) 8 – 9 pm (3 lanes)	10 am – 1 pm (3 lanes) 6:30 – 8:30 pm (3 lanes)	6:30 – 8 am 10 am – 1 pm (3 lanes) 8 – 9 pm (3 lanes)	10 am – 1 pm (3 lanes) 6:30 – 8:30 pm (3 lanes)	6:30 – 8 am 10 am – 1 pm (3 lanes)	12 – 1 pm	10:00 am – 3:00pm (3 lanes)
Public Swim		6:30 – 7:30 pm		6:30 – 7:30 pm	1 – 2 pm 7 – 8:30 pm	1 – 3 pm	10:00 am – 3:00pm
Family / Sr. Swim	10 – 11am (lap pool) 11 am – 1 pm	10 – 11am (lap pool) 11 am – 1 pm	10 – 11am (lap pool) 11 am – 1 pm	10 – 11am (lap pool) 11 am – 1 pm	10 – 11am (lap pool) 11 am – 1 pm	12 – 1pm (leisure pool)	10:00 am – 3:00pm
ADDITIONAL PUBLIC SWIMS:		February 20, 2012, 1:15- 3:15pm March 12 – 16, 2012, 1:15 – 3:15 pm					

Pool Admission Fees

Prices Include HST

	1 visit	10 visit	20 visit	40 visit
Under 6	\$1.50	\$13.40	\$25.00	\$48.00
Child	\$3.00	\$28.50	\$54.00	\$101.00
Adult	\$4.40	\$39.80	\$75.00	\$142.00
Family	\$12.70	(max 5 people, each additional \$1.30)		



Pool Admission Policy

- Children under the age of 10 may not be admitted to the pool, unless accompanied by a parent or guardian at least 12 years of age, and responsible for their direct supervision in the water
- There is a maximum of 2 children under 10 for each parent or guardian
- Children between the ages of 6 – 9 who are swimmers may be admitted to the pool unaccompanied upon passing a swim test. Parent / guardian MUST be present for the swim test & remain in the facility for the duration of the swim period
- Children wearing PDF's (personal flotation devices) must be under the direct supervision (within arms reach) of a parent or guardian at all times

Swim Test Criteria

Front Swim: 25 metres (an attempt at over arm recover with a near horizontal body position (shallow water))

Tread Water: 1 minute (Vertical and stationary body position, with head staying above water)



Fitness Class Information

Mon	Tues	Wed	Thurs	Fri	Sat
6:45 – 7:30 am Spin	6:45 – 7:30 am Skip & Tone	6:45 – 7:30 am Endurance Ride 1 7:35 – 8:20 am Endurance Ride 2	6:45 – 7:30 am WMC Boot Camp	6:45 – 7:30 am Spin 1 7:35 – 8:20 am Spin 2	8:30 – 9:15 am Yoga
9:00 – 9:45 am Aquafit	9:00 – 9:45 am Aquafit	9:00 – 9:45 am Aquafit	9:00 – 9:45 am Aquafit	9:00 – 9:45 am Aquafit	8:30 – 9:15 am Power Spin
12:15 – 12:45pm Power Circuit Express 12:15 – 12:45pm Yoga Express	12:15 – 12:45pm Spin Express	12:15 – 12:45pm Yoga Express	9:30 – 10:30am Mom and Me Class 12:15 – 12:45pm Boot Camp Express	12:15 – 12:45pm Core Express	9:15 – 9:30am Awesome Abs 9:30-10:15am Power Spin
			5:00- 6:00pm Line Dance		
6:00 – 6:45 pm WMC Boot Camp	6:30 – 7:15 pm Step & Tone	6:00 – 6:45 pm Spin	6:30 – 7:15 pm WMC Boot Camp		9:30-10:15am Power Spin
7:00 – 7:45 pm Zumba	7:30 – 8:15 pm Pilates	7:00 – 7:45 pm Zumba	7:30 – 8:15 pm Yoga		
8:00 – 8:45 pm Aquafit	7:35 – 8:20 pm Aquafit	8:00 – 8:45 pm Aquafit	7:35 – 8:20 pm Aquafit	<i>(Please note: schedule subject to change due to demand)</i>	



Membership Rates (includes HST)	
12 month	\$560.00
Monthly Post Dated	\$46.67
6 month	\$293.00
Student	\$154.00
1 Month	\$58.00
10 Visit Fitness Pass	\$70.00
Daily Drop In	\$12.00

Hours of Operation
Monday – Friday
6:30 am – 9 pm Staffed 5-9pm
Saturday & Sunday
7 am – 9 pm Staffed 10am-2pm

Public Skating Schedule

(September – April) *dates will vary depending on ice availability – please call for more info)

All skates are 50 minutes unless otherwise stated

	MON	TUES	WED	THURS	FRI	SAT	SUN
Parent & Tot Adult & children 6 & under	9:30 am			9:30 am	9:30 am 1:30 pm		
Noon Skate Adult 16 +	12 pm	12pm (McLeod)	12 pm	12pm	12 pm		
After School Skate			4 pm	3:30 pm			
Public Skate All ages Regular fees apply	*ALL skaters 16 & under must wear CSA approved helmets *All shinny participants must wear CSA approved equipment (including head and facial protection) *Family Shinny: All children MUST be accompanied ON THE ICE by an adult					3:30 – 5 pm	
Shinny			2 pm				Family 7:30 am Adult 9 am
Woolwich Township Arena Parkside Dr., St. Jacobs							12:30 pm

Rates	
Single Admission (Child, Adult, Student, Sr)	\$2.00
10 Visit Skate Pass	\$18.00
Shinny Hockey	\$7.00

*Prices include HST



****For more Information or to rent Space or Book Ice please contact 519.669.1647 ext. 7001**