

## Bulkeley Valley Regional Pool & Recreation Centre

### Spring 2023 Facility Schedule: May 15 - July 2, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday/Holidays
<b>Reception Hours</b>	<i>Closed</i>	6am-9pm	6am-8pm	6am-9pm	8:30am-8pm	7am-7pm	<i>Closed</i>
<b>Leisure Swim</b> <i>limited access to main pool, lagoon and deep end. Hot areas always available</i>		10am-9pm* <i>*Adult Only 8-9pm</i>	6am-2:30pm 3:30-7:30pm	6-8am 10am-9pm* <i>*Adult Only 8-9pm</i>	9am-2:30pm 3:30-7:30pm	7-8:30am 12-7pm <b>5:30-7pm Toonie Swim</b>	
<b>Public Swim</b> <i>Access to all pools: Main &amp; Tot Pool, Hot Areas</i>						1-5:30pm	
<b>Swim Lessons</b>		3:45-6:45pm	3:45-6:30pm	2:30-6:45pm	9:30am-12:15pm	8:30am-12pm <b>No Public Access</b>	
<b>Otters Swim Club</b>		5:30-7pm (4 lanes)	5-7:30pm (4 lanes)	6:30-8am (2 lanes) 5:30-7pm (4 lanes)	5-7:30pm (4 lanes)	7-8:30am (2 lanes)	
<b>Lane Swim</b>		12-1pm (3 lanes) 1-1:30pm (2 lanes) *8-9pm (2 lanes) <i>*Adult Only 8-9pm</i>	6-9am (3 lanes) 12-1pm (3 lanes) 1-1:30pm (2 lanes)	6-8am (2 lanes) 12-1pm (3 lanes) 1-1:30pm (2 lanes) *8-9pm (2 lanes) <i>*Adult Only 8-9pm</i>	12-1:30pm (2 lanes)	7-8:30am (2 lanes) 12-1pm (2 lanes) *5:30-7pm (2 lanes) <b>*Toonie Swim</b>	
<b>Aquafit Classes</b>		<b>Gentle Fit</b> 10:15-11am <b>Power Aqua</b> 7:05-7:50pm	<b>Water Fit</b> 9:05-9:50am	<b>Gentle Fit</b> 10:15-11am <b>Power AQ Stations</b> 7:05-7:50pm	<b>Water Fit</b> 9:05-9:50am		
<b>Fitness Classes</b> <i>until Jun 17</i>		<b>Early Sweat Camp</b> 6:15-7:15am	<b>Power Lunch</b> 12-1pm	<b>Early Sweat Camp</b> 6:15-7:15am <b>EveryBody Workout</b> 8:30-9:30am	<b>Power Lunch</b> 12-1pm	<b>Early Sweat Camp</b> 9:30-10:30am	
<b>Fitness Studio Hours</b> <i>*Adults Only (16+)</i>		10am-9pm* *8-9pm <i>*Adult Only 8-9pm</i>	6am-2:30pm 3:30-7:30pm	6-8am 10am-9pm* *8-9pm <i>*Adult Only 8-9pm</i>	9am-2:30pm 3:30-7:30pm	7-8:30am 12-7pm <b>5:30-7pm Toonie</b>	
<b>Court Hours</b> - Book online!		6am-9pm	6am-8pm	6am-9pm	9am-8pm	7am-7pm	
<b>Climbing Wall Hours</b> <i>Wall Club: orientation and membership required</i>		<b>Wall Club:</b> 6am-9pm	<b>Wall Club:</b> 6am-4pm <b>Public Climb:</b> 4-8pm	<b>Wall Club:</b> 6am-9pm	<b>Wall Club:</b> 8:30am-4pm <b>Public Climb:</b> 4-8pm	<b>Wall Club:</b> 7am-12pm <b>Public Climb:</b> 12-7pm	
<b>Belayed Climbing Sessions</b> <i>*no experience necessary</i>			<b>Monkey Climb:</b> 5:30-7pm <i>Registration required</i>		<b>Teen Climb - Drop-in</b> 3:45-5:15pm <i>Not May 19</i> <b>Monkey Climb:</b> 5:30-7pm <i>Registration required</i>	<b>Monkey Climb:</b> 3:30-5pm <i>Registration required</i> <b>Family Climb:</b> 5:30-7pm <i>- Drop-in -</i>	
<b>Climbing Programs</b>			<b>Super Kids Club</b> 3:45-5pm				