

# West Vancouver Aquatic Centre



## *Getting to Know Us*

Information About Your Aquatic Centre

# Welcome to the West Vancouver Aquatic Centre!

With its inclusive range of activities, the Aquatic Centre is a place to belong, to find healthy options for exercise, to participate in a range of fitness activities, to meet your neighbours and to make friends.

## West Vancouver Aquatic Centre

2121 Marine Drive  
West Vancouver, BC V7V 4Y2

Tel: 604-925-7210

Fax: 604-925-5944

## Hours

Mon–Thurs 5:30am–10:00pm

Friday 5:30am–10:30pm

Saturday 6:00am–10:00pm

Sunday 8:00am–10:00pm

\* Alternative schedule will be posted for statutory weekend holidays and summer hours. Check our website [www.westvancouver.ca](http://www.westvancouver.ca) for current swim schedule

## Fees and Admission

Includes Aqua Fitness and Swim for Fitness

	Drop In	Surf Card (10 admissions)
Preschool (under 3 years)	free	N/A
Child (3-12 years)	\$3.30	\$29.20
Youth (13-18 years)	\$4.20	\$37.80
Adult	\$6.00	\$54.00
Senior (65/over)	\$5.10	\$45.90
Family*	\$9.90	N/A
RipCurl Swim for Students Grade 6-12 (Friday 7-10:30pm)	\$2.00	N/A
Toonie Community Swim (Sunday 7-10pm)	\$2.00	N/A
Locker Tokens	\$0.50	\$4.50

Fees effective October 1, 2007. Prices are subject to change.

\* Family Group Rate: One or two adults of the same household and their children or youth up to 18 years. Maximum of 3 people. Each additional child or youth pays the single child rate of \$3.30.

# Memberships

## Catch the Wave – the Wave Membership

Offering access to the Aquatic Centre pools and Health and Conditioning Centre, the Gleneagles Community Centre weight room, aqua fitness classes, swim for fitness, and district-wide group exercise. The Wave is the most comprehensive membership package and it's your best value!

	<u>ADULTS</u>	<u>SENIORS</u>	<u>YOUTH</u>
Annual	\$385.00	\$327.00	\$269.50
3 months	\$140.00	\$119.00	\$98.00

## The Wave – “Try It” Membership

This special option is for first time members. Check us out for one month and see what you think.

	<u>ADULTS</u>	<u>SENIORS</u>	<u>YOUTH</u>
“Try It”	\$45.00	\$38.25	\$31.50

## Kids Wet 'N Wild

Hey kids! Do you love to swim? If you come after school or on the weekends, then this membership is perfect for you. Enjoy our Fun Zone times in the Leisure Pool, the giant red slide, length swimming, and much more!

	<u>3 MONTH</u>	<u>ANNUAL</u>
Kids Wet 'N Wild (3-12 years)	\$84.00	\$231.00

## Membership Cancellations

Should you wish to cancel your membership – and we hope you don't – we can provide pro-rated refunds on one-year memberships within the first month of purchase. An administration fee will be charged for all refunds. Unfortunately, refunds for three-month memberships are not available.



## Medical Extensions

We offer membership extensions for periods from three weeks to three months for medical conditions that restrict participation. Proper medical documentation is required, including the date of your illness or injury. If your medical condition exceeds three months, your membership may be withdrawn, and the balance credited to your recreation account. Regretfully, we are not able to process retroactive membership extensions.

## Facility Annual Maintenance

Annual maintenance closures are factored into the membership fees and membership credits or extensions will not be applied in these circumstances. The District endeavours to keep health and fitness facilities operating at all times by scheduling facility maintenance closures with minimal disruption to services.

## Specialty Swims

Pick up our current schedule at the Aquatic Centre front desk or visit [www.westvancouver.ca](http://www.westvancouver.ca)

### Leisure Swims

A wonderful time of family play and discovery of your own 'child inside.' Come workout, relax, rejuvenate, laugh and meet up with friends. The giant red slide and water features will be available at various times during our leisure swims. These are identified in our schedule. Catch the wave and ride the slide!

### The Fun Zone

Come for a fun and crazy time of games and other water activities led by a Game Leader! These will be held during leisure swim times and are listed on the schedule.

### Moonlight Swim

We will dim the lights and those 13 years or older are welcome to stay for a quiet, laid-back swim where you can relax in an aquatic environment.

### Friday Night RipCurl Swim

Fridays from 7-10:30pm is all about youth at the pool. The lights are dimmed, the music is cranked, and the activities are geared for grades 6-12. Show off your moves on the diving boards or relax in the spa areas. Join in extreme games and once a month there will be a special theme night with events such as The Amazing Race, Karaoke, and Scary Movies. Drop-in admission is only \$2 for youth. All ages welcome at regular admission rates.

#### A Quiet Time to Swim

Weekdays before 1pm is a great time to come with very little children and is often a quiet time to swim.

### Length Swimming in the Lap Pool

For your convenience, there will almost always be at least one 25m lane in the lap pool open during operating hours. The exception is during the short 30-minute bulkhead moves that relate to program needs and are scheduled at the least disruptive times to swimmers. For specific lane details, please contact the Customer Service Staff. The lap pool is a perfect exercise temperature of 28° Celsius.

### Length Swimming in the Leisure Pool

The Leisure Pool has three 17 metre lanes and is over 32° Celsius for a more comfortable swim. Research studies report warm water swims burn more calories and is a practice now being used by high level athletes. For your convenience, there will almost always be one lane open in the Leisure Pool during operating hours.

### Community Toonie Swim Sunday 7-10pm

Enjoy all the Aquatic Centre has to offer including the weight room, 25m lanes, leisure pool, hot tubs and more for just \$2.

### Recreation Access Family and Friends Swim



This swim time is a great opportunity for individuals with disabilities to enjoy the freedom of the water with their friends and families. For those who require assistance we have two accessible change rooms with automated lifts, an adjustable bed, water chairs, and a pool cart. Just ask at the front desk.

## Programs and Services

The West Vancouver Aquatic Centre offers a dynamic range of specialty aquatic, fitness, and rehabilitation programs and services designed to build personal and community health. We have healthy options for exercise and involvement for every age and every range of health.

These specialized programs are not included in Wave memberships. For more information and program fees, see the West Vancouver Community Services Leisure Guide or our website [www.westvancouver.ca](http://www.westvancouver.ca).

### Aquatics

- Family aquatic events
- Swim lessons
- Aqua fitness classes
- Aquatic sports
- Springboard diving
- Lifeguard/Instructor certification
- Spa Patio
- Footbaths
- Adult and Family Whirlpools
- Steam and dry sauna
- Leisure swims with organized Fun Zone activities
- School group custom programs
- Swim for Fitness
- Masters swimming
- Rehabilitative fitness
- Birthday parties
- Private lessons
- All day length swimming
- Moonlight swim
- Kayak instruction
- Waterpolo
- Water running

### Health, Fitness and Rehabilitation

- Health and Conditioning Centre orientations
- Personal training
- Fitness appraisals
- Group exercise
- Rehabilitation programs
- Custom programs for school and sport groups
- Sports conditioning
- Health and fitness counselling
- Physiotherapy and massage services

*Child and infant care is available. For more information, please contact the front desk or Gordon House at 604-925-7011.*

## Program Registration

If you are interested in taking any of the programs available at the Aquatic Centre, we offer many ways to register:

**Webreg:** [webreg.westvancouver.ca](http://webreg.westvancouver.ca)

**Telereg:** 604-925-7475

**Telephone:** 604-925-7210

**In Person:** Any West Vancouver recreation facility

If you require assistance, please call us, and we'll walk you through the process.

## Rental Rates

Please call the Aquatic Centre for rental information about swim lanes.



## Pool Etiquette

For everyone's safety and health, please use **dedicated deck shoes or bare feet** while walking from the change rooms to poolside. To maintain clear water conditions and to keep the water filter system working optimally, please have a **cleansing shower** before entering the pools. **Adults or children in diapers** must wear a swim diaper with a tight fitting swim suit or plastic diaper cover. For your convenience, we sell disposable and cloth swim diapers and plastic diaper covers at our Customer Service desk.

## Viewing Deck Etiquette

The Viewing Deck is an area of the pool deck for individuals who want to watch the pool activities and is a great place to eat, read or meet with friends. This is the only location on the poolside where health standards allow street clothing and street shoes. Please do not use the viewing deck as an entrance or exit to and from the Leisure or Lap Pools or as an area to change your children. For the safety of all our visitors, camera and video use



is restricted and requires supervision by staff. Please ask one of our staff before using a camera. Cell phones are only to be used in the lobby.

## Change Room Etiquette

Parents changing with children over five years of age of the opposite gender must use the Family Change Room.

## Age Policies for Children and Youth

For the safety of all our members and participants, we have developed the following age policies for our Aquatics and Health and Conditioning Centre.

- **Aquatics:** Children under seven years of age must be within arms length of a parent or guardian 16 years of age or older at all times at a ratio of three children to one parent or guardian.
- **Health and Conditioning Centre:** We want everyone to be equipped with the knowledge to safely and effectively use our weight rooms. Youth between the ages of 13 and 16 years, must complete a free, mandatory 30-minute orientation and return a one-page waiver/permission form, signed by your parent or guardian.

## Lost and Found

Left something behind on your last visit? We're doing our best to look after your lost items, and have developed the following guidelines. All found items are held for two weeks in a locked storage area, and can be viewed by asking the Customer Service staff. After two weeks, a local charitable organization will collect clothing for fundraising purposes. Valuable items are held indefinitely until the owner is identified and



contacted. Due to health standards, we regret that we cannot provide lost and found storage for cosmetics and personal items. If you've left something with us, please contact our Customer Service staff as soon as possible, and we'll do our best to track it down.

## Getting Involved

### Access Services

West Vancouver Community Services is committed to providing all members of our community dignified access to our programs and facilities. We work with the community to provide meaningful leisure experiences for people with disabilities and work with individuals to ensure their needs are met. We strive to ensure that volunteer support is available for individuals who may require one-on-one attention.

To request volunteer support, please contact our Recreation Access Coordinator at 604-925-7279.

### Financial Assistance

If you are a West Vancouver resident and your financial circumstances make it difficult for you to pay the full fees for programs, please contact the customer service staff at any Community Services facility and inquire about our Recreation Assistance Program.

### Volunteer Opportunities

West Vancouver Community Services is committed to working with the community to provide meaningful and fulfilling volunteer opportunities. For more information contact our Customer Service staff.



## West Vancouver Community Services

*Building personal and community health*

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