Aquatics
DROP-IN SCHEDULES

Winter 2025 JAN 6 – MAR 16
ALL INDOOR POOLS

DROP-IN ADMISSIONS & PASSES

Our variety of admissions and passes offer great value and access to all drop-in activities valid at any of our recreation facilities including: pools, arenas, gyms and fitness centres.

Recreation Pass Unlimited Visits Annual or Monthly

Type	Term	Child/Youth 2–18yrs	Student*	Adult 19–59yrs	Senior 60–69yrs	Senior 70yrs+	Family‡
Recreation Pass	1 year	$284.50	$426.75	$569.00	$426.75°	$170.75°	$1138.00
	1 month	39.00	58.25	77.75	58.25	23.50	155.50

Admissions Single or Multi-Visit

Type	Term	Child/Youth 2–18yrs	Student*	Adult 19–59yrs	Senior 60–69yrs	Senior 70yrs+	Family
Single Price	1 visit	$ 3.75	$ 5.75	$ 7.50	$ 5.75	$ 2.25	$ 3.75^
Swipe Pass	5 visits	18.00	27.00	35.75	27.50	10.75	N/A
	10 visits	33.75	50.75	67.50	51.75	20.25	N/A
	20 visits	60.00	90.00	120.00	92.00	36.00	N/A

Payment Options

Surrey offers monthly payment options for the annual Recreation Pass. Make payments using automatic debit or credit card. Skip the lineup and buy your annual, monthly or swipe passes online.

* Rates only apply for designated post-secondary institutions and require proof of student ID.
° Includes a complimentary Seniors Services Membership.
‡ Includes a maximum of two adults and unlimited children 18 years or younger.
^ Per family member (minimum one adult and one child 18 years or younger).

Know BEFORE YOU GO Recreation Centre hours may change for public holidays. Check online first! **surrey.ca/holidayhours**

Schedules are subject to change without notice. Check online for updated information.

Winter 2025 ■ 604-501-5100

139751 / 2025

CITY OF SURREY surrey.ca/dropin

SURREY SPORT & LEISURE COMPLEX

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Facility	6am–9:30pm	6am–9:30pm	6am–9:30pm	6am–9:30pm	6am–9:30pm	6am–8pm	6am–8pm
Public Swim	6am–9:30pm	6am–9:30pm	6am–9:30pm	6am–9:30pm	6am–9:30pm	6am–8pm	6am–8pm
Limited pool / lane space	9am–1pm 3:30pm–7:30pm	9am–1pm 3:30pm–7:30pm	9am–1pm 3:30pm–7:30pm	9am–1pm 3:30pm–7:30pm	9am–1pm 3:30pm–7:30pm	9am–1pm	9am–1pm
Hot Tub, Sauna & Steam Room	6am–9:30pm	6am–9:30pm	6am–9:30pm	6am–9:30pm	6am–9:30pm	6am–8pm	6am–8pm
Length Swim (21m)		4pm–7:30pm		4pm–7:30pm	4pm–8:45pm		
Length Swim (25m)	8:30am–3pm 7:30pm–9:30pm	6am–4pm 7:30pm–9:30pm	8:30am–3pm 7:30pm–9:30pm	8:30am–3pm 7:30pm–9:30pm	8:30am –4pm	6am–8pm	6am–3pm 4pm–8pm
Length Swim (50m)	6am–7:30am		6am–7:30am		6am–7:30am		
Diving Boards Open Intermittently		7:30pm–9:30pm					4pm–6pm
Waterslide Open Intermittently	7pm–8:45pm	7pm–8:45pm	7pm–8:45pm	7pm–8:45pm	7:30pm–8:30pm	1pm–8pm	1pm–8pm

Diving boards, inflatable and water slide are open intermittently between times listed. 160ft slide will not be open during lesson times. All users of our large slide must be 48" tall/taller and must be at least 7 years old. Single riders only on slide.

AQUATIC FITNESS SCHEDULE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquafit 13+	9:45am–10:45am	7am–7:45am 9:15am–10:15am	9:45am–10:45am	8am–9am 9:15am–10:15am	10:30am–11:30am		
Aquafit Deep Water 13+	8:30am–9:30am	8am–9am	8:30am–9:30am	7am–7:45am	9:15am–10:15am		
Aquafit Mild 13+	11am–11:45am	10:30am–11:15am	11am–11:45am	10:30am–11:15am	11:45am–12:30pm		

NEWTON RECREATION CENTRE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Centre	6am–9pm	6am–9pm	6am–9pm	6am–9pm	6am–9pm	8am–8pm	8am–8pm
Wellness Centre	6am–9pm	6am–9pm	6am–9pm	6am–9pm	6am–9pm	8am–8pm	8am–8pm
Public Swim *	12:30pm–3:30pm 6:30pm–9pm	12:30pm–3:30pm 7pm–9pm	12:30pm–3:30pm	12:30pm–3:30pm 7pm–9pm	12:30pm–9pm	12:30pm–8pm	12:30pm–8pm
Leisure Swim**	6am–12:30pm	6am–12:30pm	6am–12:30pm	6am–12:30pm	6am–12:30pm		
Cool–Down Lane•	3:30pm–6:30pm	3:30pm–7pm	3:30pm–6:30pm	3:30pm–7pm		8:30am–12:30pm	8:30am–12:30pm
Steam Room & Hot Tub	6am–9pm	6am–9pm	6am–6:30pm	6am–9pm	6am–9pm	8am–8pm	8am–8pm
Women & Girls Swim* *Males 5yrs & younger allowed*			7pm–9pm				

* Waves and waterslides open intermittently during times listed. Waterslide riders must be 48" (4 ft) tall and at least 7 years old. Single riding only on the slides.
**Waves, waterslides and play structure not available during times listed. • Hot tub, steam room and one cool down lane available for swimmers age 14+ during times listed.

AQUATIC FITNESS SCHEDULE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquafit 13+	9am–10am	9:15am–10:15am		9:15am–10:15am	9am–10am		
Hydrocycle 13+						8:15am–9:15am	

GRANDVIEW HEIGHTS AQUATIC CENTRE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Centre	6am–10pm	6am–10pm	6am–10pm	6am–10pm	6am–9pm	6am–8pm	6am–8pm
Public Swim (all pools)	6am–10pm	6am–10pm	6am–10pm	6am–10pm	6am–9pm	6am–8pm	6am–8pm
Limited space	3:30pm–8:30pm	3:30pm–8:30pm	3:30pm–8:30pm	3:30pm–8:30pm		9am–1pm	
Hot tub, Sauna and Steam Room**	6am–10pm	6am–10pm	6am–10pm	6am–10pm	6am–9pm	6am–8pm	6am–8pm
Length Swim (25 m)	8am–10pm	6am–10pm	8am–10pm	6am–10pm	8am–9pm	6am–8pm	6am–8pm
Length Swim (50 m)	6am–7:30am		6am–7:30am		6am–7:30am		
Diving Boards & Platforms*	7:30pm–9:30pm	8:30pm–9:30pm	7:30pm–9:30pm	7:30pm–9:30pm	7:30pm–9pm	*1:30pm–4:30pm 5pm–8pm	10:30am–7:30pm
Water Slides*	3:15pm–9:30pm	3:15pm–9:30pm	3:15pm–9:30pm	3:15pm–9:30pm	3:15pm–8:30pm	8:30am–7:30pm	9am–8pm

Children under the age of 7 must be always within arm's reach of an adult (maximum of 3 under 7's with one adult). *Diving boards and water slide are open intermittently between listed times. Diving boards may close during deep water aqua times and for user groups such as diving club. Height and age to use our slide: person must be 48" tall/taller and must be 7 years old. Single riders only on slide. Must be at least 7 years old to use our 3m & 5m boards/platforms and inflatable. Must be at least 12 years old to use 7m platform and at least 16 years old to use the 10m platform. ** Sauna and Steam Room closed twice a day for cleaning.

AQUATIC FITNESS SCHEDULE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquafit 13+	9:15am–10:15am	8am–9am 10:30am–11:30am	9:15am–10:15am 8:15pm–9:15pm	8am–9am	9:15am–10:15am	8am–8:45am	
Aquafit Deep Water 13+	10:30am–11:30am	9:15am–10:15am 7:30pm–8:30pm	10:30am–11:30am	9:15am–10:15am	10:30am–11:30am		
Aquafit Mild 13+	8:15am–9am		8:15am–9am	10:30am–11:30am	8:15am–9am		

SOUTH SURREY INDOOR POOL

SCHEDULED FACILITY MAINTENANCE CLOSURE TUESDAY, JANUARY 28 – WEDNESDAY, MARCH 12

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Centre	8am–12pm 3pm–8pm	8am–12pm 3pm–8pm	8am–12pm 3pm–8pm	8am–12pm 3pm–8pm	8am–12pm 3pm–8pm	8am–4pm	CLOSED
Public Swim	8am–12pm 3pm–8pm	8am–12pm 3pm–8pm	8am–12pm 3pm–8pm	8am–12pm 3pm–8pm	8am–12pm 3pm–8pm	8am–4pm	CLOSED

AQUATIC FITNESS SCHEDULE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquafit 13+		9:15am–10:15am	9:15am–10:15am 10:30am–11:30am	8:15am–9:15am			
Aquafit Mild 13+		10:30am–11:30am					
Aquafit Deep Water 13+				9:30am–10:30am			

GUILDFORD RECREATION CENTRE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Facility & Gymnasium	6am–9pm	6am–9pm	6am–9pm	6am–9pm	6am–9pm	6am–8pm	6am–8pm
Hot Tub, Sauna and Steam Room	6am–9pm	6am–9pm	6am–9pm	6am–9pm	6am–9pm	6am–8pm	6am–8pm
Length Swim (25m)	6am–4pm	8:30am–7pm	6am–4pm	8:30am–7pm	6am–4pm	9am–8pm	6am–4pm
Length Swim (50m)		6am–7:30am		6am–7:30am		6am–8am	
Length Swim (21.5m)	3:30pm–7pm	3:30pm–9pm	3:30pm–7pm	3:30pm–9pm	4pm–7pm		
Public Swim	6am–9pm	6am–9pm	6am–9pm	6am–9pm	6am–9pm	6am–8pm	6am–8pm
Limited pool space	3:30pm–9pm	3:30pm–9pm	3:30pm–9pm	3:30pm–9pm	4pm–9pm	9am–6pm	9am–8pm
Diving Boards Open intermittently	4pm–7pm		4pm–7pm			6pm–9pm	
Water Slides Open intermittently	4pm–9pm	4pm–9pm	4pm–9pm	4pm–9pm	4pm–9pm	1pm–9pm	1pm–9pm

Diving boards and waterslides are open intermittently between times listed. The large slide will not be open during lesson times. All users of our large slide must be 48" tall/taller and must be at least 7 years old. Single riders only on slide. Inflatables are not open to the public until further notice.

AQUATIC FITNESS SCHEDULE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquafit 13+	9am–10am 7:30pm–8:30pm	9am–10am	9am–10am 7:30pm–8:30pm	9am–10am	9am–10am		
Aquafit Deep Water 13+	8am–9am		8am–9am				
Aquafit Mild 13+		11:15am–12pm		11:15am–12pm	11:15am–12pm		

SET YOUR Reminder

72-hour Early Sign-up **surrey.ca/dropin**

To provide fair access for everyone, scheduled aquatic fitness drop-in activities are open for sign-up 72 hours in advance. Public swimming does not require early sign-up.

Drop in schedules are also available online for fitness, aquatics, gymnasium, arenas, youth and seniors activities.

Locations

FLEETWOOD

Surrey Sport & Leisure Complex
16555 Fraser Highway **604-501-5950**

GUILDFORD

Guildford Recreation Centre
15105 105 Avenue **604-502-6360**

SOUTH SURREY

Grandview Heights Aquatic Centre
16855 24 Avenue **604-590-7800**

South Surrey Indoor Pool
14655 17 Avenue **604-502-6220**

NEWTON

Newton Recreation Centre
13730 72 Avenue **604-501-5540**

Aquatic FITNESS CLASS DESCRIPTIONS

FITNESS INTENSITY LEVEL: 1 - LOW 2 - LOW-MODERATE 3 - MODERATE 4 - MODERATE-HIGH

CLASS / LOCATION		DESCRIPTION
Aquafit Mild GHAC, GRC, SSIP, SSLC	1/2	A low impact class using gentle movements and light cardio to help improve your balance and range of motion.
Aquafit GHAC, GRC, NRC, SSIP, SSLC	3/4	A higher impact workout developing cardio, strength and endurance.
Aquafit Deep Water GHAC, GRC, SSIP, SSLC	3/4	A no impact workout developing cardio, strength and endurance. Float belts provided.
Hydrocycle NRC	3/4	Join a non-impact cycling workout in the water featuring a variety of drills. Great cross-training for cyclists or those recovering from injury. **Please bring water shoes and arrive 10 minutes early for bike set-up.**

GHAC Grandview Heights Aquatic Centre
GRC Guildford Recreation Centre
NRC Newton Recreation Centre
SSLC Surrey Sport & Leisure Complex
SSIP South Surrey Indoor Pool

Minimum age for Aquatic Fitness Classes is 13 years (ID required). Consult your doctor prior to beginning a new fitness program. The City of Surrey is not responsible for lost, stolen or damaged items. A fee will be charged for lost locker keys.

SENSORY FRIENDLY SWIMS

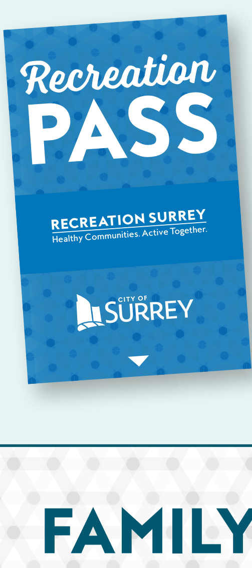
Sensory friendly swims are inclusive swim times for individuals and families looking for an environment with reduced noise. They are available for those who are autistic, have anxiety or other sensory processing needs, or anyone who feels they would benefit from a more supportive environment.

There will be:

- Reduced noise & water features.
- No background music.
- No speaker announcements (whistles used only for emergencies).
- Encouraged use of paper towels instead of hand dryers using signage.
- Designated sensory friendly break rooms.
- Set clear times and transition warnings.
- Additional staff available for support.

GRC	Wednesday	January 15 February 19	1pm–3pm
NRC	Tuesday	January 28 February 25	1pm–3pm
		March 25	1:30pm–3:30pm
SSIP	Saturday	January 4	12pm–2pm
SSLC	Monday	January 13 February 10 March 10	12pm–2pm

Children under the age of seven years must remain within arms' reach of a responsible person 14 years of age or older who is swimming in the water at all times. Maximum three children under seven years per one responsible person.



The Recreation Passcard is mandatory at all facilities for drop-in activities and is free of charge. For details visit **surrey.ca/passes.**

FAMILY FUN PASS

DROP-IN **FUN FOR EVERYONE!**

Get unlimited access to drop-in activities to arenas, pools, gymnasiums, fitness or weight rooms and keep the entire family active when school's out.

On Sale February 17, 2025
For Spring Break March 15 to March 30

Adult $25 | Child/Youth $12.50
Student & Senior (ages 60–69) $18.75 | Senior 70+ $7.50

VISIT JUST 3 TIMES AND THE PASS PAYS FOR ITSELF.

surrey.ca/passes

Help us build healthy communities.
surrey.ca/careers
CITY OF SURREY

DIVE INTO THE Fun!

There's always lots happening at Surrey's indoor pools. From leisure swims to special events, lessons, aquatic fitness and more, your entire family will get fit and have fun. Our facilities also have great amenities like hot tubs, slides, children's areas, saunas and more. Check online to see what each facility offers.

Aquatic Fitness Programs

Working out in a pool is a great way to exercise, whether you're new to fitness or advanced. Our shallow water and deep water programs are designed to develop fitness levels while being easy on joints.

Birthday Parties

Celebrate your child's birthday with a pool party! See the Recreation Guide or check **surrey.ca/birthdayparties** for more information.

Fitness Centre Orientations

If you are looking to get started with weight and cardio equipment, ask about our fitness centre introductions. Certified instructors will lead you through an orientation on how to properly use the weight and cardio machines.

Minimum age 13 years (ID required) for fitness centre only. Consult your doctor prior to beginning a fitness program. The City of Surrey is not responsible for lost, stolen or damaged items. A fee will be charged for lost locker keys.

Personal Training

Just getting started or want to upgrade your fitness? Our certified personal trainers can create a personalized workout plan to help you reach your goals and provide the motivation you need.

	Single	Semi-Private
Initial Consultation (90 minutes)	$ 98.75	$ 98.75 (per person)
Ongoing Sessions (1 hour)	$ 65.75	$ 98.75 (per group)
5 Swipe Pass (for the price of 4)	$ 262.50	$ 394.50 (per group)

Completion of the ParQ+ medical screening form is required before personal training sessions begin. 24 hour advance notification is required to cancel or re-schedule training sessions.

Universal Access Change Rooms

All welcome, prioritize use for visitors with young children and those with access needs.

Require Support?

A volunteer, caregiver, family member, or external staff of at least 14 years of age can attend lessons or public swim at no cost to provide additional in-water support for individuals who require physical, cognitive, behavioral, sensory and/or social integration assistance.

For lessons please inform a pool supervisor upon registration and for public swim prior to entry to pool.

Explore, Engage, Enjoy
YOUR PASS TO A WORLD OF RECREATION!

Buy an Annual Rec Pass Between DEC 1 – JAN 31
Get an Extra Month FREE

surrey.ca/passes

Aquatic ETIQUETTE

Help us provide a safe and friendly environment

Health, Safety & Security

All City of Surrey indoor pools follow all public health orders and city direction related to public health

- Follow facility rules related to public health guidelines, notices and orders.
- No persons are to enter the swimming facilities with flu-like symptoms or open wounds.
- Bathing attire for the swimming facilities should be clean and has not been worn outside.
- Keep street shoes out of shower area and off pool deck.
- Have a cleansing shower prior to entering pool area and after the use of the sauna or steam room.
- No spitting or nose blowing in the pool, surrounding area or change room.
- Diving permitted in approved areas.
- No running or horseplay.
- Immediately report to the lifeguard all injuries sustained in the pool or anything that may contaminate or foul the pool.

Policy

- Children under the age of 7 years must be wearing appropriate swimming attire, be supervised and be within arm's reach of a responsible person 14 years old or older.

Respect Others

- Treat everyone fairly and equitably.
- Engage in fair play by respecting the rules of the activity and the facility.
- Use language and engage in behaviour that encourages participation. Abusive or disrespectful language will not be tolerated.
- Behaviour that frightens, demoralizes, or negatively affects the self-esteem of anyone will not be tolerated.
- Refrain from using cell phones, cameras, or video recording devices in washrooms and changerooms.
- Use of the facility while intoxicated, as well as use or possession of alcohol or illegal drugs within the facility is prohibited.
- Respect public property and the property of others.

Education

- Ask our lifeguards for assistance if you have any questions.
- Aquatic wheel chairs are available upon request.
- Pool accessibility lift available to assist those in need.
- Swimming lessons and Aquatic fitness services are available.

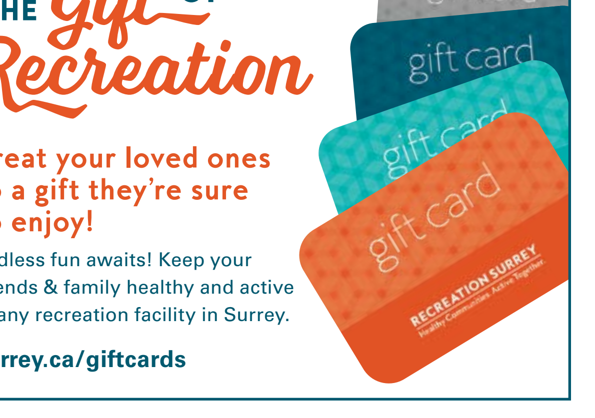
Shower BEFORE ENTERING OUR POOLS

Keep pools clean and fun for everyone

- Shower with soap to remove body oils, lotions, dirt, sweat, bacteria and more.
- Wear bathing attire that is clean and hasn't been worn outside.
- Shower between use of the hot tub, sauna and steam room and before entering the pool(s).

GIVE THE Gift OF Recreation

Treat your loved ones to a gift they're sure to enjoy!

Endless fun awaits! Keep your friends & family healthy and active at any recreation facility in Surrey.

surrey.ca/giftcards