# Aquatics
## DROP-IN SCHEDULES

**Winter Break 2024/2025** | **DEC 23 – JAN 5 ALL INDOOR POOLS**

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

## 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 dependent children 18 years or younger.
^ Per family member (minimum one adult and one child 18 years or younger).

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

**Winter Break 2024/2025 ■ 604-501-5100**

138694 / 2024

CITY OF SURREY surrey.ca/dropin

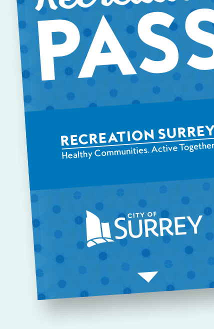
## SET YOUR Reminder

**72-hour Early Sign-up**

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.

**surrey.ca/dropin**




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

## 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**


**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

**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 December 1, 2024
For Winter Break December 21 to January 5
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


## GRANDVIEW HEIGHTS AQUATIC CENTRE

| PROGRAM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Fitness Centre | Dec 23 & 30 8am–8pm | Dec 24 & 31 8am–4pm | Dec 25 CLOSED / Jan 1 12pm–4pm | Dec 26 12pm–4pm / Jan 2 6am–10pm | Dec 27 8am–8pm / Jan 3 6am–9pm | Dec 28 8am–8pm / Jan 4 6am–8pm | Dec 29 8am–8pm / Jan 5 6am–8pm |
| Public Swim (all pools) | Dec 23 & 30 8am–8pm | Dec 24 & 31 8am–4pm | Dec 25 CLOSED / Jan 1 12pm–4pm | Dec 26 12pm–4pm / Jan 2 6am–10pm | Dec 27 8am–8pm / Jan 3 6am–9pm | Dec 28 8am–8pm / Jan 4 6am–8pm | Dec 29 8am–8pm / Jan 5 6am–8pm |
| Hot tub, Sauna and Steam Room** | Dec 23 & 30 8am–8pm | Dec 24 & 31 8am–4pm | Dec 25 CLOSED / Jan 1 12pm–4pm | Dec 26 12pm–4pm / Jan 2 6am–10pm | Dec 27 8am–8pm / Jan 3 6am–9pm | Dec 28 8am–8pm / Jan 4 6am–8pm | Dec 29 8am–8pm / Jan 5 6am–8pm |
| Length Swim (25 m) | Dec 23 & 30 8am–8pm | Dec 24 & 31 8am–4pm | Dec 25 CLOSED / Jan 1 12pm–4pm | Dec 26 12pm–4pm / Jan 2 6am–10pm | Dec 27 8am–8pm / Jan 3 8am–9pm | Dec 28 8am–8pm / Jan 4 6am–8pm | Dec 29 8am–8pm / Jan 5 6am–8pm |
| Length Swim (50 m) | | | | | Jan 3 6am–7:30am | | |
| Diving Boards & Platforms* | Dec 23 & 30 1pm–6pm | Dec 24 & 31 11am–2pm | | Jan 2 1–6pm | Dec 27 1pm–6pm / Jan 3 1pm–6pm | Dec 28 *1pm–6pm / Jan 4 *1pm–6pm | Dec 29 12pm–7pm / Jan 5 12pm–6pm |
| Water Slides* | Dec 23 & 30 10am–8pm | Dec 24 & 31 10am–4pm | Dec 25 CLOSED / Jan 1 12pm–4pm | Dec 26 12pm–4pm / Jan 2 10am–10pm | Dec 27 & Jan 3 10am–8pm | Dec 28 & Jan 4 10am–8pm | Dec 29 & Jan 5 10am–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.

## GUILDFORD RECREATION CENTRE

| PROGRAM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Fitness Facility & Gymnasium | Dec 23 & 30 8am–8pm | Dec 24 & 31 8am–4pm | Dec 25 CLOSED / Jan 1 12pm–4pm | Dec 26 12pm–4pm / Jan 2 6am–9pm | Dec 27 8am–8pm / Jan 3 6am–9pm | Dec 28 8am–8pm / Jan 4 6am–8pm | Dec 29 8am–8pm / Jan 5 6am–8pm |
| Hot Tub, Sauna and Steam Room | Dec 23 & 30 8am–8pm | Dec 24 & 31 8am–4pm | Dec 25 CLOSED / Jan 1 12pm–4pm | Dec 26 12pm–4pm / Jan 2 6am–9pm | Dec 27 8am–8pm / Jan 3 6am–9pm | Dec 28 8am–8pm / Jan 4 6am–8pm | Dec 29 8am–8pm / Jan 5 6am–8pm |
| Length Swim (25m) | Dec 23 & 30 8am–4pm | Dec 24 & 31 8:30am–4pm | Dec 25 CLOSED / Jan 1 12pm–4pm | Dec 26 12pm–4pm / Jan 2 8:30am–7pm | Dec 27 8am–4pm / Jan 3 6am–4pm | Dec 28 & Jan 4 9am–8pm | Dec 29 8am–4pm / Jan 5 6am–4pm |
| Length Swim (50m) | | | | Jan 2 6am–7:30am | | Jan 4 6am–8am | |
| Length Swim (21.5m) | 3:30pm–7pm | | | Jan 2 3:30pm–9pm | 4pm–7pm | | |
| Public Swim | Dec 23 & 30 8am–8pm | Dec 24 & 31 8am–4pm | Dec 25 CLOSED / Jan 1 12pm–4pm | Dec 26 12pm–4pm / Jan 2 6am–9pm | Dec 27 8am–8pm / Jan 3 6am–9pm | Dec 28 8am–8pm / Jan 4 6am–8pm | Dec 29 8am–8pm / Jan 5 6am–8pm |
| Limited pool space | Dec 23 & 30 3:30–8pm | | | Jan 2 3:30pm–9pm | Dec 27 4pm–8pm / Jan 3 4pm–9pm | Dec 28 & Jan 4 9am–6pm | Dec 29 & Jan 5 9am–8pm |
| Big Water Slide Open intermittently | Dec 23 & 30 1pm–8pm | Dec 24 & 31 12pm–4pm | Dec 25 CLOSED / Jan 1 12pm–4pm | Dec 26 12pm–4pm / Jan 2 1pm–9pm | Dec 27 1pm–8pm / Jan 3 1pm–9pm | Dec 28 & Jan 4 12pm–8pm | Dec 29 & Jan 5 12pm–8pm |
| Small Water Slide Open intermittently | Dec 23 & 30 1pm–8pm | Dec 24 & 31 12pm–4pm | Dec 25 CLOSED / Jan 1 12pm–4pm | Dec 26 12pm–4pm / Jan 2 1pm–9pm | Dec 27 1pm–8pm / Jan 3 1pm–9pm | Dec 28 & Jan 4 12pm–8pm | Dec 29 & Jan 5 12pm–8pm |

Big and small waterslides are open intermittently between times listed. Big 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. Diving boards and inflatables are not open to the public until further notice.

## NEWTON RECREATION CENTRE

| PROGRAM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Fitness Centre | Dec 23 & 30 8am–8pm | Dec 24 & 31 8am–4pm | Dec 25 CLOSED / Jan 1 12pm–4pm | Dec 26 12pm–4pm / Jan 2 6am–9pm | Dec 27 8am–8pm / Jan 3 6am–9pm | Dec 28 & Jan 4 8am–8pm | Dec 29 & Jan 5 8am–8pm |
| Wellness Centre | Dec 23 & 30 8am–8pm | Dec 24 & 31 8am–4pm | Dec 25 CLOSED / Jan 1 12pm–4pm | Dec 26 12pm–4pm / Jan 2 6am–9pm | Dec 27 8am–8pm / Jan 3 6am–9pm | Dec 28 & Jan 4 8am–8pm | Dec 29 & Jan 5 8am–8pm |
| Public Swim* | Dec 23 & 30 12:30pm–8pm | Dec 24 & 31 8am–4pm | Dec 25 CLOSED / Jan 1 12pm–4pm | Dec 26 12pm–4pm / Jan 2 12:30pm–9pm | Dec 27 12:30pm–8pm / Jan 3 12:30pm–9pm | Dec 28 & Jan 4 12:30pm–8pm | Dec 29 & Jan 5 12:30pm–8pm |
| Leisure Swim** | Dec 23 & 30 8am–12:30pm | | | Jan 2 6am–12:30pm | Dec 27 8am–12:30pm / Jan 3 6am–12:30pm | Dec 28 & Jan 4 8am–12:30pm | Dec 29 & Jan 5 8am–12:30pm |
| Steam Room & Hot Tub | Dec 23 & 30 8am–8pm | Dec 24 & 31 8am–4pm | Dec 25 CLOSED / Jan 1 12pm–4pm | Dec 26 12pm–4pm / Jan 2 6am–9pm | Dec 27 8am–8pm / Jan 3 6am–9pm | Dec 28 & Jan 4 8am–8pm | Dec 29 & Jan 5 8am–8pm |

* 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.

## SOUTH SURREY INDOOR POOL

| PROGRAM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Fitness Centre | Dec 23 & 30 8am–4pm | Dec 24 & 31 CLOSED | Dec 25 & Jan 1 CLOSED | Dec 26 CLOSED / Jan 2 8am–4pm | Dec 27 & Jan 3 8am–4pm | Dec 28 & Jan 4 8am–4pm | Dec 29 & Jan 5 CLOSED |
| Public Swim | Dec 23 & 30 8am–4pm | Dec 24 & 31 CLOSED | Dec 25 & Jan 1 CLOSED | Dec 26 CLOSED / Jan 2 8am–4pm | Dec 27 & Jan 3 8am–4pm | Dec 28 & Jan 4 8am–4pm | Dec 29 & Jan 5 CLOSED |

‡ Lane usage may be limited depending on Aquafit attendance.
** Deep end not available from 12pm–3:30pm

## SURREY SPORT & LEISURE COMPLEX

| PROGRAM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Fitness Facility | Dec 23 & 30 8am–8pm | Dec 24 & 31 8am–4pm | Dec 25 CLOSED / Jan 1 12pm–4pm | Dec 26 12pm–4pm / Jan 2 6am–9:30pm | Dec 27 8am–8pm / Jan 3 6am–9:30pm | Dec 28 8am–8pm / Jan 4 6am–8pm | Dec 29 8am–8pm / Jan 5 6am–8pm |
| Public Swim | Dec 23 & 30 8am–8pm | Dec 24 & 31 8am–4pm | Dec 25 CLOSED / Jan 1 12pm–4pm | Dec 26 12pm–4pm / Jan 2 6am–9:30pm | Dec 27 8am–8pm / Jan 3 6am–9:30pm | Dec 28 8am–8pm / Jan 4 6am–8pm | Dec 29 8am–8pm / Jan 5 6am–8pm |
| Hot Tub, Sauna & Steam Room | Dec 23 & 30 8am–8pm | Dec 24 & 31 8am–4pm | Dec 25 CLOSED / Jan 1 12pm–4pm | Dec 26 12pm–4pm / Jan 2 6am–9:30pm | Dec 27 8am–8pm / Jan 3 6am–9:30pm | Dec 28 8am–8pm / Jan 4 6am–8pm | Dec 29 8am–8pm / Jan 5 6am–8pm |
| Length Swim (25m) – *Limited* | Dec 23 & 30 8am–8pm | Dec 24 & 31 8am–4pm | Dec 25 CLOSED / Jan 1 12pm–4pm | Dec 26 12pm–4pm / Jan 2 8:30am–9:30pm | Dec 27 8am–8pm / Jan 3 6am–9:30pm | Dec 28 8am–8pm / Jan 4 6am–8pm | Dec 29 8am–8pm / Jan 5 6am–8pm |
| Length Swim (50m) | | | | | Jan 3 6am–7:30am | | |
| Waterslide Open Intermittently | Dec 23 & 30 10am–8pm | Dec 24 & 31 10am–4pm | Dec 25 CLOSED / Jan 1 12:30pm–4pm | Dec 26 12:30pm–4pm / Jan 2 10am–9:30pm | Dec 27 10am–8pm / Jan 3 10am–9:30pm | Dec 28 & Jan 4 10am–8pm | Dec 29 & Jan 5 10am–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.

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.

## 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.

### Universal Access Change Rooms

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

### 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.

**If you require support in the pool for swim lessons or public swim**

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, behavioural, sensory and/or social integration assistance.

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

## 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 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).