

AQUATICS & FITNESS SCHEDULE (Effective Sep. 12 to Dec. 17, 2022 - No sessions on stat holidays.)

***For your safety:**
Children under 7 must be directly supervised by an adult who is in the water and within arm's reach.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Lanes & Leisure	8:00 - 11:15 am	6:00 - 8:45 am 10:00 am - 1:00 pm 7:30 - 8:30 pm	6:00 - 8:45 am 10:00 am - 1:00 pm 7:30 - 8:30 pm	6:00 - 8:45 am 10:00 am - 1:00 pm 7:30 - 8:30 pm	6:00 - 8:45 am 10:00 am - 1:00 pm 7:30 - 8:30 pm	6:00 - 8:45 am 10:00 am - 1:00 pm 5:00 - 6:00 pm	8:00 - 9:00 am
Family Swim	8:00 - 11:30 am	11:00 am - 1:00 pm 3:30 - 6:00 pm	11:00 am - 1:00 pm	11:00 am - 1:00 pm 3:30 - 6:00 pm	11:00 am - 1:00 pm	11:00 am - 1:00 pm 3:30 - 6:00 pm	
AquaFit		9:00 - 9:45 am <i>(regular)</i>	9:00 - 9:45 am <i>(regular)</i>	9:00 - 9:45 am <i>(regular)</i>	9:00 - 9:45 am <i>(regular)</i>	9:00 - 9:45 am <i>(regular)</i>	
Public Swim	11:30 am - 3:15 pm	6:00 - 7:30 pm		6:00 - 7:30 pm		6:00 - 7:30 pm	12:00 - 8:00 pm
Registered Swim Lessons		10:00 - 11:00 am <i>(Parent & Tot lessons)</i>	4:00 - 7:00 pm <i>(Pool closed to public)</i>		4:00 - 7:00 pm <i>(Pool closed to public)</i>		9:00 am - 12:00 pm <i>(Pool closed to public)</i>
Shallow Tank, Tot Pool ONLY <i>(Lap pool closed)</i>		3:30 - 6:00 pm		3:30 - 6:00 pm		3:30 - 6:00 pm	
Fitness Studio	8:00 am - 3:15 pm	6:00 am - 1:00 pm 3:30 - 8:30 pm	6:00 am - 1:00 pm 7:30 - 8:30 pm	6:00 am - 1:00 pm 3:30 - 8:30 pm	6:00 am - 1:00 pm 7:30 - 8:30 pm	6:00 am - 1:00 pm 3:30 - 7:30 pm	8:00 - 9:00 am 12:00 - 8:00 pm

***The Hot Tub and Sauna are open during all swim sessions except Tuesday, Thursday and Saturday registered swim lessons.**

MULTIPLEX DROP-IN SCHEDULE

September 18 to November 30, 2022

Regular programming may occasionally be interrupted to accommodate Bulldogs games, minor hockey tournaments, community events, etc. Please check our Facebook page or see playinpa.ca/schedules/ for information. No sessions on stat holidays.

Monday	PlexFit 19-54 Shinny Hockey	9:00 am - 2:00 pm 10:15 - 11:45 am
Tuesday	PlexFit 55+ Shinny Hockey	9:00 am - 2:00 pm 10:15 - 11:45 am
Wednesday	PlexFit All Ages Shinny Hockey Adult Skate Everyone Welcome	9:00 am - 2:00 pm 10:15 - 11:45 am 12:00 - 1:00 pm 6:15 - 7:45 pm
Thursday	PlexFit 55+ Shinny Hockey	9:00 am - 2:00 pm 10:15 - 11:45 am
Friday	PlexFit 19-54 Shinny Hockey Stick & Puck Everyone Welcome	9:00 am - 2:00 pm 10:15 - 11:45 am 1:00 - 2:30 pm 6:30 - 8:00 pm
Saturday	Everyone Welcome	1:30 - 3:15 pm
Sunday	Family Skate Everyone Welcome	1:00 - 2:30 pm 2:45 - 4:15 pm

GLENWOOD DROP-IN SCHEDULE

September 22 to December 16, 2022

Regular programming may occasionally be interrupted to accommodate large event bookings. Please check our Facebook page or see playinpa.ca/schedules/ for information. No sessions on stat holidays.

Thursday	NEW Drop-in Dodgeball 16+	7:30 - 9:30 pm
Friday	Everyone Welcome Rollerblading	6:00 - 8:00 pm
Saturday	Inflatable Birthday Parties <i>(pre-registration required)</i>	10:15 am - 12:15 pm 12:45 - 2:45 pm 3:30 - 5:30 pm 6:15 - 8:15 pm
Sunday	Inflatable Birthday Parties <i>(pre-registration required)</i>	10:15 am - 12:15 pm 12:45 - 2:45 pm 3:30 - 5:30 pm



Scan here for our "live" public drop-in schedule! If there are any discrepancies between our posted schedules and the live online schedule, the online schedule will prevail.

***** SCHEDULES ARE SUBJECT TO CHANGE WITH NO NOTICE *****

Echo Centre 250-723-2181 | Echo Aquatic and Fitness Centre 250-720-2514
Alberni Valley Multiplex 250-720-2518 | Alberni Valley Museum 250-720-2863
4255 Wallace Street, Port Alberni, BC V9Y 3Y6

playinpa.ca - it's easy to #playinpa