

# AQUATICS & FITNESS SCHEDULE (Effective Jan 3 to June 30, 2023 - 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
Pool and Fitness Studio Closed		1:00 - 3:30 pm	1:00 - 7:30 pm	1:00 - 3:30 pm	1:00 - 7:30 pm	1:00 - 3:30 pm	9:00 am - 12:00 pm
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 <small>Parents/guardians need to be in the water and directly supervising their children.</small>	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> 12:15 - 1:00 pm <i>(Gentle)</i>	9:00 - 9:45 am <i>(Regular)</i> 12:15 - 1:00 pm <i>(Gentle)</i>	9:00 - 9:45 am <i>(Regular)</i> 12:15 - 1:00 pm <i>(Gentle)</i>	9:00 - 9:45 am <i>(Regular)</i> 12:15 - 1:00 pm <i>(Gentle)</i>	9:00 - 9:45 am <i>(Regular)</i> 12:15 - 1:00 pm <i>(Gentle)</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 &amp; Tot lessons)</i>	4:00 - 7:00 pm <i>(Facility closed to public)</i>		4:00 - 7:00 pm <i>(Facility closed to public)</i>		9:00 am - 12:00 pm <i>(Facility closed to public)</i>
Shallow Tank, Tot Pool <b>ONLY</b> <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 - 10:00 am <i>(closed 10:00 - 11:30 am)</i> 11:30 am - 1:00 pm 7:30 - 8:30 pm	6:00 am - 1:00 pm 3:30 - 8:30 pm	6:00 am - 10:00 am <i>(closed 10:00 - 11:30 am)</i> 11:30 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

January 3 to April 30, 2023

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/](http://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

January 6 to March 17, 2023

Regular programming may occasionally be interrupted to accommodate large event bookings. Please check our Facebook page or see

[playinpa.ca/schedules/](http://playinpa.ca/schedules/) for information. No sessions on stat holidays.

Thursday	Drop-in Dodgeball 16+ (starts Jan 19!)	7:30 - 9:30 pm
Friday	Everyone Welcome Rollerblading	6:00 - 8:00 pm
Saturday	Inflatable Birthday Parties (pre-registration required)	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 (pre-registration required)	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](http://playinpa.ca) - it's easy to #playinpa