PORT ALBERNI PARKS, RECREATION AND HERITAGE DEPARTMENT

ECHO AQUATIC AND FITNESS CENTRE

SPRING BREAK 2023 SCHEDULE

MARCH 13 TO 25, 2023

Scan here for our "live" public drop-in schedule!

Monday Mar. 13		Tuesday Mar. 14		Wednesday Mar. 15		Thursday Mar. 16		Friday Mar. 17		Saturday Mar. 18	
Adult Lane Swim	6:00 - 1:00 pm	**Adult Lane Swim**	6:00 - 8:45 am 10:00 - 1:00 pm	**Adult Lane Swim**	6:00 - 8:45 am 10:00 - 1:00 pm	**Adult Lane Swim**	6:00 - 8:45 am 10:00 - 1:00 pm	**Adult Lane Swim**	6:00 - 8:45 am 10:00 - 1:00 pm	**Adult Lane Swim**	8:00 - 1:30 pm 4:00 - 5:30 pm
		Adult Aquafit	9:00 - 9:45 am	**Adult Aquafit**	9:00 - 9:45 am	**Adult Aquafit**	9:00 - 9:45 am	**Adult Aquafit**	9:00 - 9:45 am	**Family Swim**	10:00 - 11:30 am
		Gentle Aquafit	12:00 - 12:45 pm	**Gentle Aquafit**	12:00 - 12:45 pm	**Gentle Aquafit**	12:00 - 12:45 pm	**Gentle Aquafit**	12:00 - 12:45 pm	**Public Swim**	1:45 - 3:45 pm
		Family Swim	10:00 - 12:00 pm	**Family Swim**	10:00 - 12:00 pm	**Public Swim**	1:30 - 3:30 pm	**Public Swim**	1:30 - 3:30 pm		6:00 - 8:00 pm
						Family Swim	10:00 - 12:00 pm				
Fitness Studio	6:00 - 1:00 pm	**Fitness Studio**	6:00 - 10:15 am 11:30 - 1:00 pm	**Fitness Studio**	6:00 - 1:00 pm	**Fitness Studio**	6:00 - 3:30 pm	**Fitness Studio**	6:00 - 3:30 pm	**Fitness Studio**	8:00 - 8:00 pm

Monday Mar. 20		Tuesday Mar. 21		Wednesday Mar. 22		Thursday Mar. 23		Friday Mar. 24		Saturday Mar. 25	
Adult Lane Swim	6:00 - 8:45 am 10:00 - 1:00 pm	**Adult Lane Swim**	6:00 - 8:45 am 10:00 - 1:00 pm	**Adult Lane Swim**	6:00 - 8:45 am 10:00 - 1:00 pm	**Adult Lane Swim**	6:00 - 8:45 am 10:00 - 1:00 pm	**Adult Lane Swim**	6:00 - 8:45 am 10:00 - 1:00 pm	**Adult Lane Swim**	8:00 - 1:30 pm 4:00 - 5:30 pm
Adult Aquafit	9:00 - 9:45 am		7:30 - 8:30 pm		7:30 - 8:30 pm		7:30 - 8:30 pm	**Adult Aquafit**	9:00 - 9:45 am	**Family Swim**	10:00 - 11:30 am
Gentle Aquafit	12:00 - 12:45 pm	**Adult Aquafit**	9:00 - 9:45 am	**Adult Aquafit**	9:00 - 9:45 am	**Adult Aquafit**	9:00 - 9:45 am	**Gentle Aquafit**	12:00 - 12:45 pm	**Public Swim**	1:45 - 3:45 pm
		Gentle Aquafit	12:00 - 12:45 pm	**Gentle Aquafit**	12:00 - 12:45 pm	**Gentle Aquafit**	12:00 - 12:45 pm	**Public Swim**	1:30 - 3:30 pm		6:00 - 8:00 pm
		Public Swim	1:30 - 3:30 pm 6:00 - 7:30 pm	**Public Swim**	6:00 - 7:30 pm	**Public Swim**	1:30 - 3:30 pm 6:00 - 7:30 pm				
		Family Swim	10:00 - 12:00 pm	**Family Swim**	10:00 - 12:00 pm	**Family Swim**	10:00 - 12:00 pm				
Fitness Studio	6:00 - 1:00 pm	**Fitness Studio**	6:00 - 10:15 am 11:30 - 3:30 pm 6:00 - 8:30 pm	**Fitness Studio**	6:00 - 1:00 pm 6:00 - 8:30 pm	**Fitness Studio**	6:00 - 3:30 pm 6:00 - 8:30 pm	**Fitness Studio**	6:00 - 3:30 pm	**Fitness Studio**	8:00 - 8:00 pm

Adult Lane Swim: Lanes are available in the lap pool for continuous lap swimming and leisure exercising. The shallow tank is also available for exercising. ***16+ years of age. Patrons 13-15 years are welcome with direct adult supervision***

Adult AquaFit: Are you looking for a low impact aquatic based fitness class to music? Participate at your own pace in one of our AquaFit classes.

Family Swim: We welcome parents/guardians to join their children at the Aquatic Centre for a swim. ***Parents/guardians need to be in the water and directly supervising their children.*** Only the shallow tank and tot pool are available during this time.

Public Swim: Come and have some fun during our everyone welcome swim and try out our diving board, waterslide and play around on our water toys.