

HOPE & AREA RECREATION CENTRE

SPRING 2025 DROP-IN SCHEDULE

April - June



Schedules are subject to change without notice, contact facility to confirm.

RECEPTION HOURS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am-5:30pm	6:00am-8:30pm	8:00am-8:30pm	6:00am-8:30pm	8:00am-8:30pm	6:00am-8:30pm	10:00am-8:30pm

AQUATICS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public Swim 12:00pm-5:00pm	Public Swim 6:30am-8:00pm	Public Swim 12:00pm-8:00pm	Public Swim 6:30am-8:00pm	Public Swim 12:00pm-8:00pm	Public Swim 6:30am-8:00pm	Public Swim 12:00pm-8:00pm
	Lane Swim 6:30am-10:30am	Lane Swim 6:00pm- 8:00pm	Lane Swim 6:30am-10:30am	Lane Swim 6:00pm-8:00pm	Lane Swim 6:30am-10:30am	Lane Swim 6:00pm-8:00pm
	Blended Aquafit 1:30pm-2:30pm		Blended Aquafit 1:30pm-2:30pm		Blended Aquafit 1:30pm-2:30pm	

FITNESS CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Zumba Gold 9:15 am - 10:00 am	Yoga Lite 9:00 am - 10:00 am			Yoga Lite 9:00 am - 10:00 am	
	Forever Fit 10:30 am-11:30 am	Seated Zumba 10:30 am-11:15 am	Forever Fit 10:30 am-11:30 am	Seated Zumba 10:30 am-11:15 am	Forever Fit 10:30 am-11:30 am	
		Get Up & Go 10:30 am-11:30 am				
	Fitness Express 12:00 pm - 1:00 pm	Strength & Core 12:00 pm-12:45pm	Fitness Express 12:00 pm - 1:00 pm	Strength & Core 12:00 pm-12:45 pm	Fitness Express 12:00 pm - 1:00 pm	
		Chair Yoga 1:30 pm - 2:15 pm				
	Spin 5:30 pm - 6:30 pm	Zumba 5:30 pm - 6:30 pm	Cardio Kickboxing 5:30 pm - 6:30 pm	Spin Express 5:45 pm- 6:30 pm		
	TRX 7:00 pm - 8:00 pm	Flow Yoga 7:00 pm - 8:00 pm	TRX 7:00 pm - 8:00 pm	Yin Yoga 7:00 pm - 8:00 pm		

CARDIO & WEIGHT ROOM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 10:00am-5:00pm	Open Gym 6:00am-8:30 pm	Open Gym 8:00am-8:30pm	Open Gym 6:00am-8:30pm	Open Gym 8:00am-8:30pm	Open Gym 6:00am-8:30pm	Open Gym 10:00am-8:30pm
	Teen Gym (13+) 3:30pm-5:30pm		Teen Gym (13+) 3:30pm-5:30pm		Teen Gym (13+) 3:30pm-5:30pm	Teen Gym (13+) 1:00pm-4:00pm

RATES & FEES

DROP-IN RATES & PASSES

Drop-in Rates & Facility Pass*

Includes general admission to the aquatic centre, fitness centre, public skate, and aquafit.

All Inclusive Pass*

All the benefits of the Facility Pass plus drop-in fitness classes.

*Passes DO NOT include Casual Hockey, Adult Shinny, 55+ Hockey, rentals and programs that require pre-registration

PASS EXTENSION & SUSPENSION POLICY

Pass extensions or suspensions are not permitted on passes due to statutory holidays or facility closures. Annual and 6 month pass holders with a medical issue or relocating outside the service area may request a refund for the remaining balance of their pass.

DAILY SPECIALS

Daily specials include admission to the aquatic centre, fitness centre, public skate, and aquafit.

Senior Mondays	\$2.00 until 5:00 pm
Wacky Wednesdays	\$2.00
50% off Fridays	On single drop-ins until 5:00 pm
Family Sundays	\$4.50 (1/2 price)
Last Hour Gym or Swim	\$3.25

SCHEDULES

Please follow us on Facebook or inquire at reception for the most current and up to date information regarding changes to the fitness schedule or programming.



RATES & FEES

	Drop In	10 Pass*	20 Pass*	1 Month	3 Months	6 Months	1 Year
Child (4 - 6 yrs)	\$2.25	\$17.50	\$33.25	\$15.75	\$36.00	\$63.75	\$118.25
Youth (7 - 13 yrs)	\$3.75	\$31.50	\$58.75	\$36.00	\$80.50	\$144.25	\$265.25
Student (14 - 18 yrs)	\$4.00	\$33.25	\$62.75	\$38.75	\$86.00	\$153.50	\$283.75
Student All Inclusive Pass (16+ yrs)	-	-	-	\$57.25	\$127.50	\$220.00	\$394.50
Adult (19 - 54 yrs)	\$5.00	\$42.50	\$79.50	\$50.75	\$115.50	\$211.00	\$400.00
Adults All Inclusive Pass	-	-	-	\$69.25	\$157.00	\$278.00	\$511.00
Senior (55+ yrs)	\$4.50	438.00	\$71.25	\$45.25	\$100.75	\$162.50	\$302.25
Senior All Inclusive Pass	-	-	-	\$63.75	\$142.25	\$229.25	\$413.00
Senior (80+ yrs)	Free Admission - Includes access to the aquatic centre, fitness centre, public skate, and aquafit						
Family **	\$9.00	\$77.50	\$147.00	\$102.50	\$231.00	\$412.00	\$807.50

**Family rate includes up to 5 people. Maximum of 2 adults, minimum of 1 child under 18 years old (additional child \$1.00 each).

	Fitness Classes	Skate Rental	Helmet Rental	Casual Hockey	55+ Hockey	Monthly Locker Rental	Shower
Other Charges	\$5.00	\$3.00	\$2.25	\$3.00	\$10.00	\$3.00	\$2.25