

Fitness: Swimming / Aqua Fit / Squash

Uxpool Winter Fitness Opportunities 905-852-7831

Lane Swimming: (open swim for lengths only) *shared						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 – 8:15am	6:00 – 7:30 am*	7:15 – 8:15 am	6:00 – 7:30 am*	7:15 – 8:15 am		
11:30 – 1:00pm	11:30 – 1:00pm	11:30 – 1:00pm	11:30 – 1:00pm	11:30 – 1:00pm	12:00–1:00pm	12:00–1:00pm
	7:30 – 8:30pm*		7:30 – 8:30pm*		1:00 -3:00pm*	1:00 -3:00pm*
8:30– 9:30pm	Masters 8:30 – 9:30pm	8:30 – 9:30pm	Masters 8:30 – 9:30pm			

Family Swimming: (open swim for all ages) *shared pool.						
	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Seniors & Family	10:30-11:30am		10:30-11:30am		10:30-11:30am	
		1:00-2:00pm*		1:00-2:00pm*		1:00-3:00pm*
		7:30-8:30pm*		7:30-8:30pm*		

***Fitness fees: (all pay as you go fees include HST)**
 \$4.75/Adult, \$4.00/Senior & Student, \$3.25 Youth (15 & under), and \$2.25/Child (6 & under accompanied by an adult in the water) \$12.00/Family.

Squash (open Monday – Friday 7 am – 9 pm, Saturdays 9 – 4 *times may vary, Sundays 11:30 – 4 pm)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
League	5 pm – 9 pm	5 pm – 9 pm	5 pm – 9 pm	5 pm – 9 pm		9 am – 5 pm
Junior League	4 pm – 5 pm	4 pm – 5 pm	4 pm – 5 pm	4 pm – 5 pm	4 pm – 5 pm	
Public Courts	7 am – 5 pm	7 am – 5 pm	7 am – 5 pm	7 am – 5 pm	7 am – 9 pm	

Aqua Wellness & Aqua Fitness *New Evening Times						
	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Aquatic Wellness		1:00-2:00 pm*		1:00-2:00 pm*		
Aqua Fitness am	8:45-9:40am	8:45-9:40am	8:45-9:40am	8:45-9:40am	8:45-9:40am	11:00 – 12:00pm
Aqua Fitness pm	7:45-8:30pm		7:45-8:30pm			

Fee: (all pay as you go fees include HST) Adult \$8.00/class or court, Senior / Youth \$7.50/ class or court

Membership rates:								
	20 Pass		Monthly Options					
Uxbridge Township Residents Receive a 5% discount on fees except 10 Pack Specials	10 Pack Specials	*expires 8 mo.	Two	Three	Six	Eight	Twelve	
Family Fitness membership + HST			\$101	\$158	\$261	\$338	\$450	
Adult Fitness membership + HST	\$65	\$121	\$78	\$121	\$200	\$259	\$345	
Senior Fitness membership + HST		\$91	\$59	\$91	\$151	\$195	\$260	
Junior & Youth Fitness membership+ HST	\$24	\$86	\$55	\$86	\$143	\$185	\$246	
Family Swim ONLY + HST	\$85		\$78	\$121	\$200	\$259	\$345	
Adult Swim ONLY + HST	\$36	\$79	\$57	\$89	\$148	\$191	\$255	
Senior Swim ONLY + HST		\$68	\$44	\$68	\$113	\$146	\$195	
Youth Swim ONLY + HST		\$60	\$38	\$60	\$99	\$128	\$170	

Fitness Memberships include: Squash, Aquafit, Wellness, Masters and Public Swims