THE WORKS™

Winter/Spring

Jan 6 - June 28, 2020

www.theworksnl.ca

SCHEDULES, FEES & MEMBERSHIPS

HOURS OF OPERATION

Aquarena
Monday-Thursday  5:45am - 11:00pm
   Friday  5:45am - 9:00pm
   Saturday & Sunday  7:45am - 9:00pm

Field House
Monday - Thursday  6:45am -10:00pm
   Friday  6:45am-9:00pm
   Saturday  9:00am - 6:00pm
   Sunday   9:00am - 9:00pm

VISIT WWW.THEWORKSNL.CA FOR CHANGES TO HOURS, PROGRAMS AND SCHEDULES
The Works is not responsible for lost or stolen articles under any condition. Patrons are advised to lock lockers but are strongly encouraged to leave valuables at home.

The Works is a scent-free facility. Please do not use scented products before or during your visit to the facilities.

Use of all cameras and video equipment is not permitted in the facilities.

The use of cell phones is not permitted in the change rooms.

The Works is not responsible for lost or stolen membership cards or cards left at the Customer Service Centre.

We reserve the right to revoke membership privileges from individuals who do not adhere to the rules and regulations of the facility. Members who assist with unauthorized entry into the facilities may have their membership privileges suspended or terminated.

Hours of operation are subject to change due to user patterns, special events and seasonal closures.

Users must adhere to all rules and regulations posted throughout the facility.

Changes, errors and omissions may occur during and after printing, advertising and publishing. We regret any inconvenience that errors may cause however we are not responsible for printing or typographical errors. Please check with staff for accurate information. The Works reserves the right to change prices, schedules, policies and other information at anytime.
The Works Risk Statement

All Guests, Members, Students and any other individual who visits The Works do so at their own risk. The Works, its owners and employees do not accept responsibility for any injury or accident to any individuals while at The Works. The Works is not responsible for any theft, lost or damaged articles - all personal belongings are the responsibility of the individual.

There are inherent risks involved in any activity; individuals participating in activities at The Works are strongly encouraged to obtain medical clearance from their doctor before engaging in any physical activity.

Individuals are also encouraged to obtain adequate health and accident insurance prior to participating, as individuals are responsible for any and all costs arising out of injury or property damage sustained through participation.

Should someone become injured while at The Works, they are to notify a Facility Supervisor immediately by advising the staff at the Customer Service Centre.

Facility Access

Aquarena
Present your membership card or pay a drop-in/registration fee at the Aquarena Customer Service Centre before using the facilities. Aquarena Fitness Centre members must have their swipe membership cards to gain access to change rooms on the lower level and to the upper level fitness centre.

Field House & Physical Education Building
Before using the facilities you must present your membership card or pay a drop-in fee at the Field House Customer Service Centre to obtain an access wristband that must be worn and visible to staff at all times. When leaving the facility please return wristband to Customer Service Centre. MUN Students must present their MUN Campus Card or present another form of photo ID.

Parking

Free parking is available to customers and members while they are using the facilities. The Works has two main parking lots, one at the Aquarena and one at the Field House. Both can be accessed from Westerland Road. Maximum time for parking is two hours.

Aquarena Fitness Centre Members have access to a members only lot, where card access is required. Members can use this lot only when using The Works facilities.

MUN Students must have their MUN Campus Card to park at the Field House parking lot.

NOTE: If you leave The Works facilities you must take your vehicle with you, users are not permitted to go to other areas on campus while parked at The Works. Vehicles will be ticketed or towed if you are over the time limit and/or not using the facility.
Refund & Credit Policy

Refunds and credits may be given for medical reasons only. Lessons missed due to power outages, snowstorms or circumstances out of The Works control will not be credited, refunded or made up.

Requests will not be processed without the original receipt of payment and a medical note. No refund or credit will be granted for unused time, swimming lessons missed or not taken prior to submitting a written request.

Refunds and credits are subject to a $10 administration fee plus the cost of membership time or classes/lessons received/missed up to the refund/credit application submission date.

If more than ½ of an “over the counter” fitness membership is remaining you may be eligible for a refund, otherwise credit only may apply.

Please allow 30 days for processing of refund and credit requests.

The Works may be closed each year for annual maintenance. Times may vary from year to year. The Works periodically plays host to special events that may require changes to programs and operational hours. These functions and events are limited as we are committed to offering consistent programming and services. All membership prices take periodic closures into account. No extensions, refunds, or credits will be given as these sporadic cancellations are factored into our pricing structure.

Pre authorized payment membership purchases will not stop until a customer submits a cancellation form. This method of payment cannot be sold for a specified time period.

Pool Rules
Aquarena and MUN Pool

A certain level of conduct and behavior is required to assure the safety of all those using the facility. A body of water must be respected for its potential danger.

- Children under 8 years of age must be accompanied in the water by a responsible supervisor 15 years of age or older. Children must be within arms length of supervisor at all times. Maximum two children per supervisor.
- Obey all instructions of the lifeguards & other staff.
- The pool deck & change rooms floors are wet. No fast walking, running or pushing as wet surfaces are slippery.
- All users must shower before entering the pool.
- Diving is permitted in the deep end only.
- No swimming under the bulkheads at the Aquarena.
- Diving towers are not open to the public.
- Bathing suits only. No cut-offs, below the knee shorts, T-shirts etc.
- Outdoor footwear, food, drink and glass containers are not permitted on the pool deck or in change rooms.
- Dispose of gum, band-aids, etc before entering the pool.
- Everyone on pool deck must wear proper swim wear and must have paid admission during recreational swims.
- Fins, masks, snorkels and personal toys, tubes and similar devices are not permitted in the pool. Water wings, life jackets and other PFD’s may be allowed in the Tiny Tot Pool and Shallow end of the Aquarena at the facility supervisors discretion and only if children are within arms length of a responsible supervisor at all times.
- Persons with open wounds or sores are not permitted to use the pool.
- Go to the nearest exit if fire alarm sounds.
- Clear pool immediately when you hear a “long blast” of a whistle
- Users must adhere to all posted rules and regulations posted throughout the facility.
**Using Online Registration**

If you only wish to view program activities and availability, you can do so by browsing as a guest, a log in is not required. However, to enroll in programs and pay online, you must have a household login and password.

**To Get An Account:**

If you are a new customer to The Works - you can call our online registration help line at (709)864-7118 to have your account set-up.

If you have previously enrolled in programs at The Works you already have a household number and password. Your username and password are located on a previous sales receipt. Your username is your “Household Number” as shown on previous receipts. Your initial (temporary) password is your 10-digit Home Phone number as shown on your most recent sales receipt. (without parenthesis or dashes)

**Other Ways to Register**

- Registration is taken in person at the Aquarena Customer Service Centre during regular hours of operation.
- Registration can be taken by phone with a Visa or MasterCard by calling (709)864-3798.

**What can you do with Online Registration?**

**Everyone can:**
- Browse offered activity listings for programs
- Search for activities by type, age range and other criteria.
- Look up details about activities, including prices, dates, times & current availability.

**Registered Households can:**
- Enroll family members in activities and make payment online
- View registration and transaction history
- Reprint receipts

However, Online Registration **DOES NOT allow you to:**
- Create a new account
- Register individuals from other households
- Register children who do not meet specific requirements for a class
- Cancel, refund or credit a program
- Transfer to another class time

**Please Note:**
- Not all classes or activities may be available for registration online. Call the customer service desk at (709)864-3798 for more information.
- The only accepted form of online payment is by credit card (Visa or MasterCard only, Visa Debit is not accepted.)
- Refunds and Credits are for medical reasons only
- Customers are responsible to double-check their registration before they complete the transaction to ensure they have registered for the correct program/level/time.
Swimming for the whole family!

Aquarena Swim Admission
(HST included)

<table>
<thead>
<tr>
<th>Category</th>
<th>Each</th>
<th>12 Visit Pass</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults 18+</td>
<td>$4.85</td>
<td>$48.50</td>
</tr>
<tr>
<td>Children/Students</td>
<td>$3.85</td>
<td>$38.50</td>
</tr>
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<td>Seniors 60+</td>
<td>$4.10</td>
<td>$41.00</td>
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<tr>
<td>Under 2 yrs</td>
<td>Free</td>
<td>Free</td>
</tr>
<tr>
<td>Fun Pass</td>
<td>$2.00</td>
<td>$20.00</td>
</tr>
<tr>
<td>Toonie Swim</td>
<td>$2.00</td>
<td>N/A</td>
</tr>
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</table>

Family Rates
(HST Included)

$12 for a Family of Four!*
*Must include at least one Adult and one Child - Public & Family Swims Only*

Additional Family Members - $3 each
Add Fun Passes - $2 each

The Works Lane Swimming

Cost: Drop-in: $4.85 / swim; 12 visits: $48.50,
1 month: $52.00; 3 months: $130.00.
(Plus HST)

The Works Swim Pass allows users to attend all Early Lane Swims, Noon Swims and Lane Swims in the Aquarena and all lane swims at the MUN Pool.
The Works Lane Swims are open to ages 15 and over.
# Aquarena Pool Swim Schedule

**Please note:**

- Public & Toonie Swims: Children under 8 must be accompanied in the water by a responsible supervisor age 15 or older. Maximum of 2 children per supervisor.
- Family Swims: Children under 15 must be accompanied in the water by a responsible supervisor age 18 or older. Maximum 2 children per supervisor.
- Lane Swims: Open to ages 15 and older.
- All fees are subject to change without notice.
- Visit Passes & Gift Cards are non-refundable.
- The entire pool may not be available for all swims.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Early Lane Swim 1</strong></td>
<td><strong>Early Lane Swim 1</strong></td>
<td><strong>Early Lane Swim 1</strong></td>
<td><strong>Early Lane Swim 1</strong></td>
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<tr>
<td>6:00-8:45am</td>
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<td>6:00-8:45am</td>
<td>6:00-8:45am</td>
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<tr>
<td>Lane Swim ⁴</td>
<td>Lane Swim ⁴</td>
<td>Lane Swim ⁴</td>
<td>Lane Swim ⁴</td>
</tr>
<tr>
<td>9:30-12:00noon</td>
<td>9:30-12:00noon</td>
<td>9:30-12:00noon</td>
<td>9:30-12:00noon</td>
</tr>
<tr>
<td>Noon Lane Swim ³</td>
<td>Noon Lane Swim ³</td>
<td>Noon Lane Swim ³</td>
<td>Noon Lane Swim ³</td>
</tr>
<tr>
<td>12:00-1:15pm</td>
<td>12:00-1:15pm</td>
<td>12:00-1:15pm</td>
<td>12:00-1:15pm</td>
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<tr>
<td>Lane Swim ⁴</td>
<td>Lane Swim ⁴</td>
<td>Lane Swim ⁴</td>
<td>Lane Swim ⁴</td>
</tr>
<tr>
<td>1:15-3:00pm</td>
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<td>1:15-3:00pm</td>
<td>1:15-3:00pm</td>
</tr>
<tr>
<td>Lane Swim ⁴</td>
<td>Lane Swim ⁴</td>
<td>Lane Swim ²</td>
<td>Lane Swim ²</td>
</tr>
<tr>
<td>7:15-9:00pm</td>
<td>7:15-9:00pm</td>
<td>5:15-6:15pm</td>
<td>5:15-6:15pm</td>
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<table>
<thead>
<tr>
<th>SATURDAY</th>
<th>SUNDAY</th>
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</thead>
<tbody>
<tr>
<td>Lane Swim ⁴</td>
<td>*<em>Family Swim</em></td>
</tr>
<tr>
<td>1:00-2:15pm</td>
<td>11:00am-12:30pm</td>
</tr>
<tr>
<td>Public Swim*</td>
<td>*<em>Public Swim</em></td>
</tr>
<tr>
<td>2:30-4:00pm</td>
<td>2:30-4:00pm</td>
</tr>
<tr>
<td>Lane Swim ³</td>
<td><strong>Lane Swim</strong></td>
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<tr>
<td>5:40-6:40pm</td>
<td>6:00-8:00pm</td>
</tr>
<tr>
<td>Public Swim*</td>
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<tr>
<td>7:00-8:30pm</td>
<td></td>
</tr>
</tbody>
</table>

**Legend**

1 - 50m
2 - 18m Widths
3 - 25m Lengths
4 - 25m Lengths - Lanes 1-4
* - Waterslides
** - Small Inflatable

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Fun Passes available at all Public Swims!
Only $2 per person
Unlimited rides on our Giant Water Slides!
MUN Pool Swim Schedule

All swims are 25yard Lane swims, open to age 15 or older. All pool users must present their Student Campus Card / membership card or pay a drop-in fee ($4.85) to the Field House Customer Service Desk to gain access to the pool.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Lane Swim</td>
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<td>Lane Swim</td>
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<td>Analog</td>
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<tr>
<td></td>
<td>7:30-9:00am</td>
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<td>7:30-9:00am</td>
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<td>12:00-2:00pm</td>
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<tr>
<td>Lane Swim</td>
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<td>12:00-2:00pm</td>
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<tr>
<td>5:00-6:30pm</td>
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<tr>
<td></td>
<td>Lane Swim</td>
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<tr>
<td>8:30-9:30pm</td>
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</tbody>
</table>

MUN/MI Students

All swims at the Aquarena and the MUN Pool are now included in your Student Recreation Membership.

*Students must present their Campus Card to the Customer Service Desk to gain access to the facility.*
## Tiny Tot Pool Swim Schedule

**Early Lane & Noon Swim** - Children 5 and under are permitted in the Tiny Tot Pool only.  **Public, Toonie & Family Swims** - General swims open to all ages.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Lane</td>
<td>Early Lane</td>
<td>Early Lane</td>
<td>Early Lane</td>
<td>Early Lane</td>
<td>-------------</td>
<td>Family Swim</td>
</tr>
<tr>
<td>6:00-8:45am</td>
<td>6:00-8:45am</td>
<td>6:00-8:45am</td>
<td>6:00-8:45am</td>
<td>6:00-8:45am</td>
<td>-------------</td>
<td>11:00am-12:30pm</td>
</tr>
<tr>
<td>Noon Lane</td>
<td>Noon Lane</td>
<td>Noon Lane</td>
<td>Noon Lane</td>
<td>Noon Lane</td>
<td>Public Swim</td>
<td>Public Swim</td>
</tr>
<tr>
<td>12noon-1:15pm</td>
<td>12noon-1:15pm</td>
<td>12noon-1:15pm</td>
<td>12noon-1:15pm</td>
<td>12noon-1:15pm</td>
<td>2:30-4:00pm</td>
<td>2:30-4:00pm</td>
</tr>
</tbody>
</table>

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## Parent & Baby Swim Schedule

**PARENT & BABY SWIM- 3 months - 2 yrs**

$5.60 per drop-in when space is available

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00-11:30am</td>
<td>11:00-11:30am</td>
<td>8:45-9:15am</td>
<td>11:00-11:30am</td>
<td>8:45-9:15am</td>
<td>8:00-8:30am</td>
<td>8:00-8:30am</td>
</tr>
<tr>
<td>2:25-2:55pm</td>
<td>11:00-11:30am</td>
<td>11:00-11:30am</td>
<td>11:00-11:30am</td>
<td>11:00-11:30am</td>
<td>10:20-10:50am</td>
<td>9:45-10:15am</td>
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<td></td>
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<td></td>
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<td></td>
<td>12:15-12:45pm</td>
<td></td>
</tr>
</tbody>
</table>
Aquatic Programs

**Tiny Tot Lessons**

**Parent & Baby (Ages 3 months to 2 years)**
This class is designed to help parents introduce their tot to the pool. An instructor is in the water to teach you how to help your child accomplish a variety of skills.

**Tot Swim (Ages 2 to 5 years)**
This class introduces your child to basic swimming skills. Parents do not accompany tots in the water but may watch from the side of the pool.

**Advanced Tots (Ages 2 to 5 years)**
This program is designed for children who have advanced quickly and can swim on their own but are under 5 years of age. Once a child is old enough to move into the main pool they will be introduced to the white, purple and red levels based on their ability.

**Children's Group Lessons** Ages 5+
Group Lessons are our regular swimming lessons. The student to instructor ratio is 1:5 for beginner or 1:6 for higher levels. These classes are 40 minutes and designed to allow children to progress at their own rate.

**Children's Low Ratio Lessons** Ages 5+
The Works Low Ratio Swimming Lessons are designed for those who require or desire more attention than regular group lessons. These 40 minute classes have an instructor to student ratio of 1:3. Register early as space is limited.

**Private & Family Private Lessons**
The Works offers Private and Family Private swimming lessons. Each class offers one on one instruction and personal attention. The 30 minute class of private instruction is ideal for beginners, individuals who want to brush up their swimming skills or those having difficulty with a particular stroke or technique.

Family Private lessons are available for 2 family members or friends with one instructor.

For a family private lesson, both participants must be at the same level or within one level of each other.

**Adult Lessons**
The Adult Lesson program allow the participant to choose what they would like to learn and within each class they will get the individual instruction needed to learn the skills they have chosen. All skills can be modified to suit your needs. You can choose from Adult Private Lessons, Adult Low Ratio Lessons or Adult Group Lessons.

**Lifeguarding Programs**
- **Junior Lifeguard Team** (Ages 10+)
- **Bronze Star** (Ages 10+, Bronze Level swimming ability)
- **Bronze Medallion** (Age 13+ or completed Bronze Star)
- **Bronze Cross** (Age 13+, Bronze Medallion Completed)
- **National Lifeguard** (Age 16+, Bronze Cross Completed)

More details: https://www.lifesavingnl.ca/lifeguarding.aspx
## Aquarena Fitness Centre Memberships

*All Prices Are Plus HST.*

<table>
<thead>
<tr>
<th>Program</th>
<th>1 month</th>
<th>3 months</th>
<th>6 months</th>
<th>1 year</th>
<th>Monthly Deduct</th>
<th>MUN Biweekly Payroll Deduction*</th>
<th>Corporate Biweekly Deduction*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic</td>
<td>$68.75</td>
<td>$185.00</td>
<td>$320.00</td>
<td>$555.00</td>
<td>$49.00</td>
<td>$19.50</td>
<td>$20.50</td>
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<tr>
<td>Deluxe</td>
<td>82.00</td>
<td>210.00</td>
<td>365.00</td>
<td>660.00</td>
<td>57.75</td>
<td>24.00</td>
<td>25.50</td>
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<tr>
<td>Basic 2nd Family Member</td>
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<td>260.00</td>
<td>445.00</td>
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<td>18.50</td>
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<tr>
<td>Deluxe 2nd Family Member</td>
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<td>22.00</td>
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<td>Family Member - Child Swim (Ages 2-13)</td>
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<td>80.00</td>
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<td>5.00</td>
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<tr>
<td>Youth Basic (Ages 13-16)</td>
<td>38.00</td>
<td>100.00</td>
<td>160.00</td>
<td>240.00</td>
<td>32.00</td>
<td>13.00</td>
<td>14.00</td>
</tr>
<tr>
<td>Youth Deluxe (Ages 13-16)</td>
<td>52.50</td>
<td>160.00</td>
<td>290.00</td>
<td>395.00</td>
<td>47.25</td>
<td>17.00</td>
<td>18.00</td>
</tr>
</tbody>
</table>

- **Family Add-ons:** Receive 20% off 1st Youth Membership and 30% off 2nd & subsequent Youth Memberships when added to Adult membership.
- **One Visit Basic Pass** - $10.20 (Taxes included)
- **Note:** The Aquarena Fitness Centre offers a 25% membership discount to MUN/MI Students for 1-6 month over the counter memberships with valid ID who have a current Student Recreation Membership. We also offer a 10% discount on over the counter memberships to other post secondary institution students and senior citizens (60+). Discounts are not applicable to payroll, bank or credit card deductions.
- *Bi-weekly Corporate Payroll or Bank Deduct is for MUN employees and Corporate Members only (City of St. John’s, Eastern Health, Newfoundland Power, City of St. John’s Firefighters, Metrobus, CBC, AMEC, NLTA, CNA, NL Caregivers, Molson Coors, CRA) Please ask for details on Corporate Memberships at the Aquarena Fitness Centre - Lower Level.
- Aquarena Fitness Centre Members, Field House Combo and The Workout Members with a minimum membership duration of 3 months or longer receive advanced registration privileges for swimming lessons.
Field House Memberships

<table>
<thead>
<tr>
<th>Program/Membership</th>
<th>1 month</th>
<th>3 months</th>
<th>6 months</th>
<th>1 year</th>
<th>Monthly Deduct</th>
<th>MUN Biweekly Payroll Deduct</th>
<th>Corporate Biweekly Payroll Deduct</th>
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<tbody>
<tr>
<td>The Workout</td>
<td>$50.00</td>
<td>$147.00</td>
<td>$260.00</td>
<td>$475.00</td>
<td>$42.00</td>
<td>$14.50</td>
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<td>340.00</td>
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<tr>
<td>Fitness Classes OR Water Fitness</td>
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<td>125.00</td>
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<td>29.50</td>
<td>11.50</td>
<td>12.25</td>
</tr>
<tr>
<td>Courts</td>
<td>41.00</td>
<td>125.00</td>
<td>225.00</td>
<td>395.00</td>
<td>35.50</td>
<td>12.00</td>
<td>12.75</td>
</tr>
</tbody>
</table>

Note: MUN Alumni receive a 10% discount on over the counter Field House Memberships. Seniors(60+) receive 10% on over the counter Field House Memberships. Bi-Weekly payroll deductions are available for corporate clients such as Eastern Health, City of St. John’s, CBC, AMEC, NLTA, Metrobus and Newfoundland Power.

WHY IS INDOOR FOOTWEAR IMPORTANT?

To protect and maintain our Field House facilities such as the indoor track, green courts and hardwood floors it is very important that all users wear non-marking indoor footwear. Rocks, dirt, sand and salt can become trapped in the soles of outdoor shoes and this causes damage to the specialized floors. Outdoor footwear may be wet and this can cause our floors to be slippery and cause water damage to the hardwood floor.

To prolong the life of the floors, non-marking indoor footwear is mandatory while using the Field House facilities.

Field House Drop-In Fees

<table>
<thead>
<tr>
<th>Service</th>
<th>Price per Visit</th>
<th>12 Visit Pass</th>
</tr>
</thead>
<tbody>
<tr>
<td>Track</td>
<td>$3.05</td>
<td>$30.55</td>
</tr>
<tr>
<td>Field House One Visit Pass</td>
<td>$8.15</td>
<td></td>
</tr>
<tr>
<td>MUN Pool</td>
<td>$4.85</td>
<td></td>
</tr>
<tr>
<td>Fitness Class</td>
<td>$4.85/class</td>
<td>$48.50</td>
</tr>
<tr>
<td>Courts</td>
<td>$6.15/50 mins</td>
<td></td>
</tr>
<tr>
<td>Track &amp; Swim</td>
<td>$6.70</td>
<td></td>
</tr>
<tr>
<td>The Workout</td>
<td>$6.65</td>
<td></td>
</tr>
</tbody>
</table>

HST Included
AQUARENA FITNESS CENTRE

YOUTH MEMBERSHIP

Ages 13-16

Youth Basic Membership
Access to both levels of the Aquarena Fitness Centre during specific times. Youth Members use the main floor change room. This membership does not include access to hot tub, pool or towel service.

Youth Deluxe Membership
Receive the same access as a Youth Basic Membership and also access to the Field House hardwood court, sport courts and indoor track. This membership also includes access to public swims at the Aquarena. It does not provide access to Super Swims or include Fun Passes.

Family Add-ons: Receive 20% off 1st Youth Membership and 30% off 2nd & subsequent Youth Memberships when added to an adult membership.

Personal Training

<table>
<thead>
<tr>
<th>Session Options</th>
<th>Member Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 Hour</td>
<td>$31.50</td>
</tr>
<tr>
<td>1 Hour</td>
<td>$42.00</td>
</tr>
<tr>
<td>5 1 hour Sessions</td>
<td>$37.00/each</td>
</tr>
<tr>
<td>10 or more 1/2 Hour</td>
<td>$27.00/each</td>
</tr>
<tr>
<td>10 or more 1 Hour</td>
<td>$34.00/each</td>
</tr>
</tbody>
</table>

* All Prices Are Plus HST.

Please see the lower level Fitness Centre for details on each of our Personal Trainers or call 864-4398 for more information or to book an appointment with one of our qualified Personal Trainers.

Private Squash Lessons

Member Pricing
$30 / 40 min Lesson
3 Lesson Package $80
5 Lessons Package $120

For more information:
Supervisor of Fitness 864-3420
## OTHER FITNESS PROGRAMS & CLASSES

<table>
<thead>
<tr>
<th>Program</th>
<th>Session 1: January 7 - April 9</th>
<th>Session 2: April 21 - June 26</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Seniors Fitness Class</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dryland Fitness</strong></td>
<td>Tuesday &amp; Friday 11:00-11:50am</td>
<td></td>
</tr>
<tr>
<td><strong>Shallow Water Fitness</strong></td>
<td>Thursday 11:35-12:20pm</td>
<td></td>
</tr>
<tr>
<td><strong>Fee</strong></td>
<td>Drop-in: $4.50 per class or $90.00 per session</td>
<td></td>
</tr>
<tr>
<td><strong>Therapeutic &amp; Rehabilitation Exercise</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Class Time</strong></td>
<td>Tuesday &amp; Thursday 11:10am-12:10pm</td>
<td></td>
</tr>
<tr>
<td><strong>Drop-in</strong></td>
<td>$7.80 per class, 12-Class Visit Pass: $78.00</td>
<td></td>
</tr>
<tr>
<td><em>(These options do not include access to Lower Level Member's Only Change Room, Hot Tub or Towel Service)</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fee</strong></td>
<td>$210.00 per session for Classes &amp; Access to Lower Level Change Room, Hot Tub &amp; Towel Service</td>
<td></td>
</tr>
<tr>
<td><em>(Note – missed classes will not be credited/refunded with this option)</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>(Access to class is included in a Deluxe Membership)</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Arthritis Exercise</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Class Time</strong></td>
<td>Tuesday &amp; Thursday 11:10am-12:10pm</td>
<td></td>
</tr>
<tr>
<td><strong>Drop-in</strong></td>
<td>$7.80 per class, 12-Class Visit Pass: $78.00</td>
<td></td>
</tr>
<tr>
<td><em>(These options do not include access to Lower Level Member's Only Change Room, Hot Tub or Towel Service)</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fee</strong></td>
<td>$210.00 per session for Classes &amp; Access to Lower Level Change Room, Hot Tub &amp; Towel Service</td>
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<td><em>(Note – missed classes will not be credited/refunded with this option)</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>(Access to class is included in a Deluxe Membership)</em></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* All Prices Are Plus HST.
## Fitness Class Schedule

**Dryland or Water Fitness Class Drop-in:** $4.85/class  
**12-Class Pass:** $48.50

**Spin Classes:**
- Members - $6.15 (Basic and Field House Combo)
- Non-Members - $12.25  
Spin classes are free for current MUN/MI Students.
Spin classes are included in Deluxe Memberships

### Monday
- **Basic Yoga** 8:00-8:50am
- **Morning Fit** 9:15-10:15am
- **Shallow Water - Aquarena** 11:35am-12:20pm
- **Circuit to Work it** 12:00-12:50pm
- **Step** 1:00-1:50pm
- **Coreo-Step** 4:15-5:00pm
- **Cardio, Core & Tone** 5:15-6:15pm
- **Spin Class** 5:30-6:20pm
- **Absolute Abs** 6:20-6:55pm
- **Deep Water - Aquarena** 7:00-7:40pm
- **Shallow Water - Aquarena** 7:45-8:30pm

### Tuesday
- **Total Body Conditioning** 9:15-10:15am
- **Seniors Fitness** 11:00-11:50am
- **Deep Water - Aquarena** 11:35am-12:20pm
- **Circuit to Work it** 12:00-12:50pm
- **Pilates & Toning** 12:00-12:50pm
- **Basic Yoga Express** 12:10-12:50pm
- **Dance Fit** 4:15-5:00pm
- **Total Body Conditioning** 5:15-6:15pm
- **Spin Class** 5:30-6:20pm
- **Absolute Abs** 6:20-6:55pm

### Wednesday
- **Basic Yoga** 8:00-8:50am
- **Morning Fit** 9:15-10:15am
- **Shallow Water - Aquarena** 11:35am-12:20pm
- **Body Bar** 12:00-12:50pm
- **Spin- Power Bike** 12:00-12:50pm
- **Step** 1:00-1:50pm
- **Inter/Advanced Step** 5:15-6:05pm
- **Spin Class** 5:30-6:20pm
- **HIIT Plus** 6:10-6:55pm

### Thursday
- **Total Body Conditioning** 9:15-10:15am
- **Deep Water - Aquarena** 11:35am-12:20pm
- **Senior's Water - Aquarena** 11:35am-12:20pm
- **Circuit to Work it** 12:00-12:50pm
- **Pilates & Toning** 12:00-12:50pm
- **Basic Yoga Express** 12:10-12:50pm
- **Combat Warrior** 4:15-5:00pm
- **Zumba** 5:15-6:05pm
- **Spin Class** 5:30-6:20pm
- **Ultimate Conditioning** 6:10-6:55pm
- **Shallow Water - Aquarena** 7:45-8:30pm

### Friday
- **Basic Yoga** 8:00-8:50am
- **Morning Fit** 9:15-10:15am
- **Seniors Fitness** 11:00-11:50am
- **Shallow Water - Aquarena** 11:35am-12:20pm
- **Circuit to Work It** 12:00-12:50pm
- **Dance Fit** 4:15-5:00pm
- **Boot Camp** 5:15-6:15pm

### Saturday
- **Inter/Advanced Step** 11:00-11:50am

### Sunday
- **Spin** 4:00-4:45pm
- **Basic Yoga** 5:00-5:50pm

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**Note:** We reserve the right to change schedules and instructors without prior notice.

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**Attend any 12 Fitness or Water Fitness Classes for $48.50!**

Purchase a 12 Visit Pass at the Aquarena or Field House Customer Service Desk. Registration isn't required, drop in to any class!

*Not valid for Spin Classes.*

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**Schedule may change throughout the season - check out our website for notices and current schedule.**
FITNESS CLASS DESCRIPTIONS

**Absolute Abs**  Designed to tone, build and strengthen the abdominal muscles. Exercises targeting the core muscles to tone and define the abdominals as well as strengthen the back muscles. Absolute Abs will improve your posture and core strength.

**Body Bar**  This class combines high intensity cardio intervals with resistance training, using a body bar, dumbbells, and steps.

**Boot Camp**  Drills, sprints, weights, and sometimes a circuit, to build strength and endurance. Enjoy a tough and rewarding workout with lunges, squats, pushups, crunches, and a whole lot more.

**Cardio, Core & Tone**  A high intensity and full body workout targeting core, strength, stability, and toning. A variety of equipment, including dumbbells, body bars, and steps, may be used to promote cardiovascular benefits.

**Circuit To Work It - I**  Intense short interval complex exercises in a circuit formation emphasizing maximum muscle activation for each movement creating a heart-pounding cardio workout.

**Combat Warrior**  High-Intensity Body Weight Workout that combines Boxing, Kickboxing, Plyometrics and heart-pounding cardio moves to maximize fitness results. Ideal for hitting your ultimate fitness goals.

**Dance Fit**  Dance fit is a dance-based cardio class designed to get you moving to a variety of upbeat songs. It's a high-energy, easy to learn, calorie burning, crazy-exiting dance workout. In this class, you will sweat out your stress with diverse movements to strengthen and sculpt your body all while having a great time. No dance experience necessary!

**HIIT Plus**  (High Intensity Interval Training). Burn more calories in less time with high energy interval based training with intense bursts of exercises from one hundred percent effort followed by short, sometimes active, recovery time. Plus core strength and conditioning to sculpt and strengthen muscles for a total body workout. This class will burn fat, sculpt muscles, strengthen core, increase energy and endurance.

**Morning Fit**  This low impact cardio class is light on the joints, but offers a solid workout. It features easy to learn moves and fun, upbeat music, followed by a toning and core workout.

**Pilates & Toning**  This class begins with a Yoga style warm up and leads into Pilates moves designed to enhance muscle tone, strength and flexibility.

**Seniors Fitness**  This class is designed specifically with Seniors in mind, featuring low impact exercises to help improve strength, balance, and mobility.

**Spin Class**  Spin class is a fun cardiovascular workout using a stationary bicycle. Your instructor will simulate a variety of sprinting and hill climbing drills enabling you to build your cardiovascular fitness, muscle strength and endurance. Classes are for all levels. Seats can be booked up to 6 days in advance at the Field House or Aquarena Customer Service Centre. Payment is due at time of booking. There are 19 seats per class and drop-in space is based on availability.

**Step**  **Basic Step**  Traditional and basic moves, light choreography, and instruction on proper technique when using the step.

**Coreo-Step**  High energy class with traditional and challenging step moves, basic-intermediate choreography to the rhythm of the music and instruction on proper techniques using the step.

**Intermediate/Advanced Step**  A high intensity class with unique moves, as well as fun and challenging choreography.

**Total Body Conditioning**  A class designed to maximize time with a variety of calorie incinerating movements. Come ready for a challenge, and learn a new array of cardio and resistance training exercises.

**Ultimate Conditioning**  Conditioning sessions are designed for maximum calorie burn in the shortest amount of time. Come ready to blast your system with a huge variety of cutting edge cardio, muscle endurance and resistance training exercises.

**Water Fitness**  **Shallow**  Held in the shallow end of the Aquarena pool, this class uses low impact aerobic training to improve strength and cardio in a fun and beginner friendly environment.

**Deep**  Held in the deep end of the Aquarena or MUN pool, this class combines swimming with resistance training and water aerobics for a challenging and refreshing workout. All participants must be comfortable swimming in deep water, because the flotation devices provided are not life jackets.

**Yoga**  **Basic**  Introduce yourself to the benefits of Yoga, including improved flexibility and balance, muscle endurance, long and lean muscles, enhanced focus and stress relief.

**Zumba®**  Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. The routines feature interval-training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body. Add some Latin flavor into the mix and you’ve got Zumba!