

## SHINDLEMAN AQUATIC CENTRE

Shindleman Aquatic Centre houses Manitoba's largest leisure/wave pool. The leisure pool includes 6-25metre swim lanes, lazy river, tots pool area, beach / ramp entry, 212 foot waterslide and 14 person whirlpool. Fun for the entire family!

## STRIDE PLACE HOURS

**Facility:** Daily: 5:35am - 11:30pm

**Reception:** Monday - Friday: 8am - 9pm  
Saturday & Sunday: 9am - 7pm

## MEMBERSHIP REQUIREMENTS

- \* Children 12 years of age and under are not permitted in the Viterra Fitness Centre.
- \* Youth 13 - 15 years of age must complete a gym tour prior to using the fitness centre.
- \* Seniors are defined as patrons who have reached their 55th birthday.
- \* Family is defined as family (up to five) residing at the same address. Maximum of two adults.

## GYM TOUR

The Gym Tour offers general information and basic instruction about the exercise equipment in the Viterra Fitness Centre. Check at Stride Place Reception to get more information.

## LOCKER RENTALS

Full Locker: 8.00 per month  
Half Locker: 6.00 per month  
Daily Locker: No Charge

*\* Locks are not provided but can be purchased at Stride Place reception.*

*\* Locker rentals available to PRRA Members Only.*

*\* PRRA is not responsible for lost or stolen items.*

## Stride Place - PRRA Inc.

A Place for You...

- 📍 245 Royal Rd South  
Portage la Prairie, MB
- 🕒 Monday - Friday: 8AM-9PM  
Saturday & Sunday: 9AM-7PM
- ☎ 204-857-7772
- ✉ info@prra.ca
- 🌐 StridePlace.ca
- 📘 StridePlace
- 📷 @stride\_place
- 🐦 @StridePlace



# PRRA Memberships



A PLACE FOR FITNESS

## PRRA MEMBERSHIPS

Whether you want to workout in our fitness centre, swim for fun or fitness, enjoy an invigorating fitness class or walk on the walking track, Stride Place has everything you need!

## ACTIVE MEMBERSHIPS

Membership Duration Options:

- Annual Membership - 3 Month Membership
- 1 Month Membership - 1 Week - Daily Admission

Choose the style that suits you best!

	Annual	3 Mth	1 Mth	1 Week	Daily
Adult (25-54)	500.00	168.00	82.00	45.00	10.00
Young Adult (18-24)	455.00	145.00	75.00	40.00	10.00
Youth (13-17)	335.00	143.00	70.00	40.00	8.00
Senior (55+)	335.00	143.00	70.00	40.00	8.00
Couple (2 Adults)	965.00	315.00	140.00	80.00	20.00
Family* (Family of 5)	1,225.00	370.00	150.00	85.00	30.00

\* Family is 2 Adults & 3 Children from the same physical address

\* Pricing may change without notice \*October 2022 Pricing

All Active Memberships Include:

- Viteria Fitness Centre Access
- Homestead CO-OP Walking Track Access
- Shindleman Aquatic Centre Access
- Daily Locker Rental Free with own Lock
- Optional Locker Rental \*based on availability
- Aquafit Classes

The Active Membership gives you exclusive access to all of our amenities within Stride Place & Splash Island

*\*Does not include lessons or private rental times*



Visit our Website for the  
Latest Information & Online Schedules

**StridePlace.ca**

## AQUATIC MEMBERSHIPS

<b>Adult:</b>	392.00/ year	164.00/ 3 month
<b>Youth:</b>	235.00/ year	97.00/ 3 month
<b>Senior:</b>	269.00/ year	143.00/ 3 month
<b>Family:</b>	965.00/ year	365.00/ 3 month

Aquatic Membership Includes:

Public Swim, Lap / Fitness Swim & Aquafit.

Includes both Shindleman & Splash Island.

*\* Pricing may change without notice \*October 2022 Pricing*



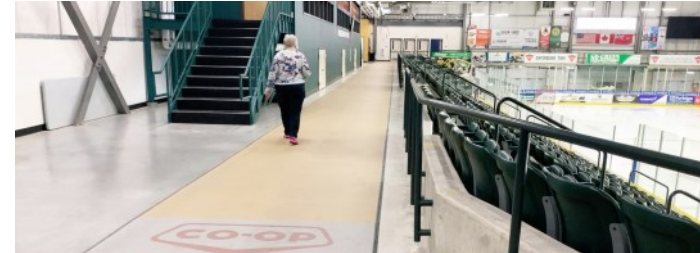
## VITERIA FITNESS CENTRE

The Viteria Fitness Centre is filled with user friendly equipment to challenge you! If you are a beginner or novice there is everything you need to achieve success, resulting in healthy and active lifestyle!

4 Treadmills, 4 Elliptical, 2 Steppers, 4 Stationary Bikes, 10 Weight Machines, Spin Bike, Rower, LateralX, Free Weights, Exercise Balls, Skipping Ropes, Jacob's Ladder, Medicine Balls and Aerobics Equipment.

**Viteria Fitness Centre Hours:**

**Monday - Sunday 5:35am - 11:30pm**



## HOMESTEAD CO-OP WALKING TRACK

Homestead Co-op Walking Track is 210 meters of track to walk, jog or run your way to better health! With two one meter-wide lanes, the track can accommodate users of all ages and abilities.

\* 210 meters = 687 feet

\* 5 laps = 1 kilometer (approx.)

\* 8 laps = 1 mile (approx.)

## WALKING TRACK MEMBERSHIP

All Users

**Annual:** \$160.00 **3 Months:** \$65.00 **Daily:** \$3.00

Walking Track Membership Includes:

Admission to the walking track during restricted membership only times.

### Walking Track Membership Access

The Walking Track will be open to Walking Track members, Active Pass Holders and those patrons who have purchased a daily admission only.

### Membership Access Times:

Monday - Friday: 5:35am – 4:00pm

Saturday & Sunday: 5:35am – 9:00am

*Walking Track may be closed on special occasions, check online at [www.StridePlace.ca](http://www.StridePlace.ca) or at the Stride Place Reception for closures and/or notices*