



## 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 \*2023 Pricing*

## BEFORE YOU VISIT

- Children under 11 years must be accompanied by someone 16 years old or older (16 & 17: max. of 2 children & adults: max. of 4 children)
- Children under 8 years must remain "WITHIN ARMS REACH" of guardian.
- Children 9 & 10 years must be ACTIVELY SUPERVISED by a guardian.
- The PRRA is not responsible for any lost or stolen articles. Lockers in all change rooms are free to use for the day but you must supply your own lock.

**Locks can also be purchased at reception.**



Visit our Website  
for the Latest Information &  
Online Schedules

**StridePlace.ca**

## 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 Aquatics



A PLACE FOR FAMILY FUN



## Shindleman Aquatic Centre January 5 - March 26th 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 to 7:00		Fitness Swim (Member)	Fitness Swim (Member)	Fitness Swim (Member)	Fitness Swim (Member)	Fitness Swim (Member)	Fitness Swim (Member)
7:00 to 8:00	Fitness Swim (Member)	CP Sea Lions (2 Lanes) 6:30-8:00				CP Sea Lions (2 Lanes) 6:30-8:00	
8:00 to 9:00	7:00-9:30	6:00-8:30	6:00-8:30	6:00-8:30	6:00-8:30	6:00-8:30	6:00-8:30
9:00 to 10:00							
10:00 to 11:00		Cancer Care 9:30 - 10:30	Rentals 9:00 - 11:00	Aquafit 9:30-10:30	Rentals 9:00 - 11:00	Rentals 9:00 - 11:00	Swim Lessons 9:00 - 12:30
11:00 to 12:00				Visions of Independence 10:30 - 11:30			
12:00 to 1:00	Public Swim	Fitness Swim 12:00 - 1:00	Public Shallow Water 11:30 -1:00 Fitness Swim 11:30 - 1:00	Public Shallow Water 11:30 -1:00 Fitness Swim 11:30 - 1:00	Public Shallow Water 11:30 -1:00 Fitness Swim 11:30 - 1:00	Aquafit 11:30-12:30	
1:00 to 2:00		Rentals	Aquafit 1:15- 2:15	Swim Lessons 1:00 - 2:00	Aquafit 1:15- 2:15	Toonie Swim 12:30 - 2:00	Aquafit 12:30 - 1:30
2:00 to 3:00	10:00-5:00	1:00-3:30	Rentals 2:15-3:15		Rentals 2:15-3:15	Rentals 2:00-3:30	
3:00 to 4:00							Public Swim
4:00 to 5:00		Swim Lessons 4:00 - 7:00		Swim Lessons 4:00-7:00			
5:00 to 6:00	Rentals 5:00- 8:00	Fitness Swim (2 Lanes) 4:00-7:00	Public Shallow Water 5:00-6:45 CP Sea Lions 5:00-7:00	CP Sea Lions 4:30-5:30 Fitness Swim (2 Lanes) 5:30-7:00	Public Shallow Water 5:00-6:45 CP Sea Lions (6 Lanes) 5:00-6:50	Public Swim 4:30- 8:00	
6:00 to 7:00		Adult Swim Lessons 7:00 - 8:00		Toonie Swim 7:00-9:00			
7:00 to 8:00		Aquafit 8:00 - 9:00	Aquafit 7:15-8:15		Aquafit 7:00 - 8:00		
8:00 to 9:00			Fitness Swim 8:15-9:00		Fairholme 8:00 - 9:00		

\* Schedule may change without notice, please check our website at [www.strideplace.ca](http://www.strideplace.ca) for any changes \* If the pool reaches its max capacity, the lifeguards will be limiting access as needed.

### AQUATIC ADMISSION

Adult (18 - 54) 7.00      Infant (0 - 2) 4.00  
 Senior (55+) 7.00      Youth (3 - 17) 7.00  
 Family (2 Adults & 3 Youth) 30.00

\* Prices include applicable taxes. \* 2023 Prices

### AQUATIC ACCESSORIES

Lifejacket Rentals      No Charge /per use  
 Leak Proof Diapers      No Charge /with admission  
 Locks      5.50 /each

\* Prices includes applicable taxes \* 2023 Prices



### AQUAFIT CLASSES

Mondays: 8-9pm  
 Tuesdays: 1:15-2:15pm & 7:15-8:15pm  
 Wednesdays: 9:30-10:30am  
 Thursdays: 1:15-2:15pm & 7-8pm  
 Fridays: 11:30-12:30pm  
 Saturdays: 12:30-1:30pm

**\* included in aquatic & active memberships \* drop-ins welcome**

Trained Lifeguards teach aquafit classes for motivational purposes. The staff are not certified fitness instructors. Please be sure to participate at your ability level and let staff know immediately if you have any abnormal pain or discomfort. Those with medical conditions, new participants and those adding exercise into their life should seek medical advice prior to participating as there is an inherent risk of injury in any physical activity including the aquafit programs.

**\$8.00 Drop In \* Schedule until March 26th 2023**