

Annual Aquatic Membership

Adult: 385.00/year **Youth:** 225.00/year
155.00/3mth 90.00/3mth
Senior: 260.00/year **Family:** 925.00/year
130.00/3mth 350.00/3mth

*Aquatic Membership Includes:
Public Swim, Lap / Fitness Swim & Aquafit. Includes
both Shindleman & Splash Island. * 2020 Prices*

Public Swim Rates

Adult (18 - 54) 7.00 **Infant (0 - 2)** 3.00
Senior (55+) 7.00 **Youth (3 - 17)** 7.00
Family (2 Adults & 3 Youth) 30.00

** Includes applicable taxes. * 2020 Prices*

Private Rental Rates

Local Group 135.00/hour
Visitor Group 195.00/hour

** up to 60 people before extra lifeguards are
required at an additional cost.*

** Prices includes applicable taxes. * 2020 Prices*

Other Aquatic Inquiries

Aquafit (fitness program) See schedules on reversed side
Pool Party Package See Meeting Room Brochure
Splash Island (seasonal) See Splash Island Brochure
Questions / Inquiries Contact Reception 204-857-7772

Aquatic Centre Rules

- * Children 10 years of age and younger must be accompanied by a parent, guardian or designate (caregiver) who is at least 12 years of age and is responsible for their direct supervision. All children 8 years and under must remain within arms reach of the guardian at all times.
- * Please shower before entering the pool to remove oils, creams & make up.
- * When using water wings, belts or lifejackets children must be within arms reach of their guardian.
- * Street shoes are not permitted on the pool deck.
- * No person shall bring a glass container onto the deck area of the pool or facility.
- * Food or beverages (other than water) are not allowed in the pool area.
- * No person infected with a communicable disease or having open sores on his or her body shall enter the water.
- * Diving is not allowed.
- * Proper swimming attire is required.
- * Aqua diapers are strongly recommended for children under 3 year of age. (Available at front Desk)
- * The PRRA is not responsible for any lost or stolen articles.
- * No person shall engage in play hazardous to him/herself or others around the pool or facility.
- * Decision of the Lifeguard is final

Stride Place

Stride Place - PRRA Inc.

A Place for You...

245 Royal Rd South Portage la Prairie, MB

Mailing: Box 1059 Portage la Prairie, MB R1N3C5

Phone: 204.857.PPRA (7772)

Fax: 204.239.1520

info@prra.ca

StridePlace.ca

Stride Place

Shindleman Aquatic Centre Information

January - March 2020



Portage Regional
Recreation Authority Inc.

A Place for Fun....

SHINDLEMAN AQUATIC CENTRE SCHEDULE January 6 - March 20

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00 to 7:00		(Members Only) Fitness Swim	(Members Only)	(Members Only) Fitness Swim	(Members Only)	(Members Only) Fitness Swim		
7:00 to 8:00		CP Sea Lions (2 Lanes Only) 6:30 - 8:00	Fitness Swim 6:00 - 9:00	CP Sea Lions (2 Lanes Only) 6:30 - 8:00	Fitness Swim 6:00 - 9:00	CP Sea Lions (2 Lanes Only) 6:30 - 8:00	(Members Only) Fitness Swim	
8:00 to 9:00	(Members Only)	(4 Lanes Only) 6:30 - 9:00		(4 Lanes Only) 6:30 - 9:00		(4 Lanes Only) 6:30 - 9:00	Fitness Swim 7:00 - 9:00	
9:00 to 10:00	8:00 - 10:00		Available for Rental		Available for Rental		Swim Lessons	
10:00 to 11:00		Private Rental 9:30 - 10:30	9:00 - 10:30	Available for Rental	Available for Rental	Available for Rental	Swim Lessons	
11:00 to 12:00	Public Swim 10:00 - 6:00		*NEW* Parent and Tot Aquafit 10:30 - 11:30 *registration required*	9:00 - 11:30	9:00 - 11:30	9:00 - 11:30	9:00 - 12:00	
12:00 to 1:00		Toonie Swim 11:00 - 12:00	Public Shallow Water Only 11:30 - 1:30	Public Shallow Water Only 11:30 - 1:30	Public Shallow Water Only 11:30 - 1:30	Public Shallow Water Only 11:30 - 1:30	Toonie Swim 11:30 - 1:00	Aquafit 12:00 - 1:00
1:00 to 2:00		Fitness Swim 12:00 - 12:30	Fitness Swim 11:30 - 1:30	Fitness Swim 11:30 - 1:30	Fitness Swim 11:30 - 1:30	Fitness Swim 11:30 - 1:30		
2:00 to 3:00		Aquafit 12:30 - 1:30						
3:00 to 4:00		Available for Rental 1:30 - 3:30	Senior Aquafit (55+) 1:30 - 2:30	Available for Rental 1:30 - 3:30	Senior Aquafit (55+) 1:30 - 2:30	Available for Rental 1:00 - 3:30	Public Swim 1:00-6:00	
4:00 to 5:00			Senior Swim 2:30 - 3:30		Senior Swim 2:30 - 3:30			
5:00 to 6:00		Swim Lesson 4:30-7:00	Public Shallow Water Only 4:30 - 7:00	Swim Lesson 4:30-7:00	Public Shallow Water Only 4:30 - 7:00	Public Shallow Water Only 4:30 - 7:00	Public Swim	
6:00 to 7:00		Fitness Swim 4:30 - 7:00	CP Sea Lions 4:30-7:00 (5 Lanes)	Fitness Swim 4:30 - 7:00 (1 Lane)	CP Sea Lions 4:30-7:00 (5 Lanes)	CP Sea Lions 4:30-7:00 (5 Lanes)		
7:00 to 8:00	Available for Rental	Adult Swim Lessons 7:00 - 8:00	Aquafit 7:00 - 8:00	Toonie Swim 7:00 - 9:00	Aquafit 7:00 - 8:00pm	Aquafit 7:00 - 8:00pm	Public Swim	
8:00 to 9:00	6:00-9:00	Aquafit 8:00 - 9:00			Fairholme 8:00 - 9:00	Fairholme 8:00 - 9:00	Available for Rental 6:00-9:00	

Free Swim Dates: January 15, February 19 and March 18 all at 7:00pm - 9:00pm *NEW* Parent and Tot Aquafit (10 weeks) NO CLASS TUESDAY Jan 28th or Tuesday Feb 25

* Schedules are subject to change Please check www.strideplace.ca for any changes

* Schedules Subject to change without notice, see www.StridePlace.ca for the latest schedule * If the pool reaches its max capacity, the lifeguards will be limiting access as needed.



Aquatic Accessories

Lifejacket Rentals	No Charge /per use <i>(Shindelman only)</i>
Leak Proof Diapers	No Charge with admission
Locks	4.00 /each

** Prices includes applicable taxes.*



[Facebook.com/StridePlace](https://www.facebook.com/StridePlace)

Aquafit Classes

Monday	12:30 - 1:30pm
Monday	8:00 - 9:00pm
Tuesday	7:00 - 8:00pm
Thursday	7:00 - 8:00pm
Saturday	12:00 - 1:00pm

Senior Aquafit: (55+ years)
Tuesday & Thursday 1:30 - 2:30pm

** included in aquatic & active memberships * \$8 drop-in*

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.