

SPORTS PAVILION



GENERAL INFORMATION



INFORMATION

HOURS OF OPERATION

Monday to Friday 7 a.m. to 9 p.m.
Saturday and Sunday 7 a.m. to 9 p.m.

**The Pavilion's hours of operation remain the same during statutory holidays except for:*

⇒ New Year's Day (January 1)	CLOSED
⇒ Good Friday (Easter Weekend)	7 a.m. to 2 p.m.
⇒ Easter (Sunday)	7 to 2 p.m.
⇒ Victoria Day (May)	7 to 2 p.m.
⇒ Canada Day (July 1)	CLOSED
⇒ New Brunswick Day (August)	CLOSED
⇒ Labour Day (September)	CLOSED
⇒ Thanksgiving (October)	7 a.m. to 2 p.m.
⇒ Christmas Eve (December 24)	7 a.m. to 2 p.m.
⇒ Christmas (December 25)	CLOSED
⇒ Boxing Day (December 26)	CLOSED
⇒ New Year's Eve (December 31)	7 a.m. to 2 p.m.



SPORTS PAVILION REGULAR SCHEDULE

from
7 a.m. Tuesday after Labour Day
to
4 p.m. Friday of the third
full week of June

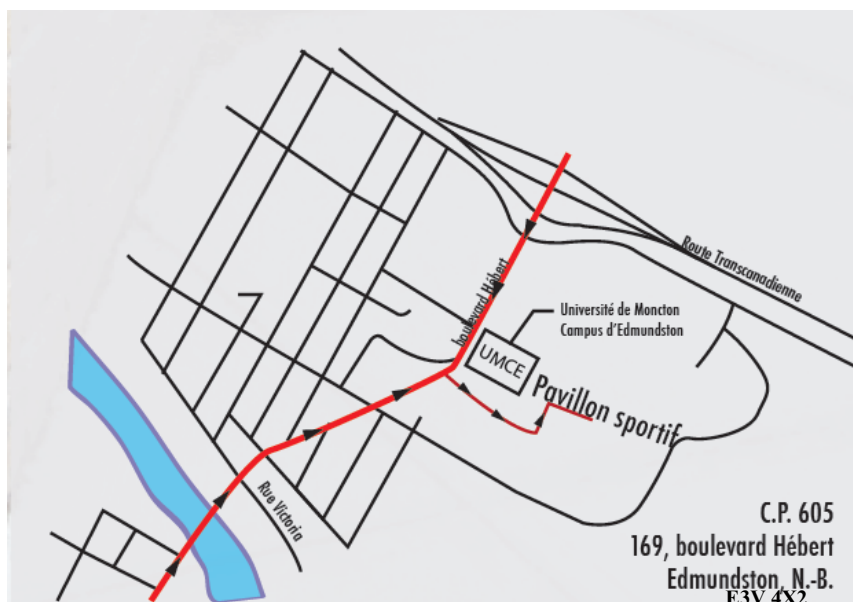


To make a reservation for an activity of your choice, please call 739-2122.

You do not have to reserve for the walking track.

We accept the following payment methods:
Visa, Mastercard, debit, check, cash.

DIRECTIONS



RULES

WALKING TRACK



- 1) Users must have proof of a paid entry fee or an appropriate pass before using the walking track.
- 2) Children younger than 12 must be supervised and with an adult at all times.
- 3) Cardio equipment is reserved for users 16 and older.
- 4) No group or gathering can be held on the track without prior consent.
- 5) Personal belongings such as sports bags, coats, etc. are not allowed on the track. Please use the lockers.
- 6) Walkers and runners must use appropriate shoes. Spiked shoes are not allowed.
- 7) Please use different shoes or sneakers from what you wear outdoors.
- 8) In-line roller skates, scooters, and skateboards are forbidden.
- 9) Your warm-up and/or stretching session must take place outside the walking track.
- 10) Please pay extra attention as you enter the walking track to avoid colliding with other walkers or runners.
- 11) Pay attention to the walking and running lanes.
- 12) You must follow a clock-wise or counter clock-wise direction during your walk or run. The direction is indicated on a daily basis on a board which you can see as you enter the track.
- 13) You must walk or run at all times. For the safety of all, stopping to chat or watch sports on the lower decks is prohibited.
- 14) Please do not walk or run more than two people side by side. Pay attention to the people who are coming from the opposite direction. You must move if you are not in the right lane.
- 15) Food is prohibited. Only bottles of water are allowed.
- 16) The track could be closed during special events.
- 17) Users that don't follow the rules could lose their user's pass.
- 18) It is prohibited to walk with a double stroller or two strollers side by side.
- 19) Sprints or other such exercises are not permitted. The track is reserved for walking and jogging.

RULES

GYMNASIUM

- 1) Users must have proof of a paid entry fee or an appropriate pass in their possession before using the walking track. When using the gymnasium, users must keep their pass with them at all times.
- 2) Please use different shoes or sneakers from what you wear outdoors.
- 3) Food is prohibited. Only bottles of water are allowed.
- 4) Cloakroom users must make sure that their belongings are properly stored in the lockers.
- 5) Only coaches and program participants are authorized in the gymnasium. Parents and guests must stay in the glass section located outside the gymnasium.
- 6) People must arrive and exit the gymnasium by the cloakroom. The use of other doors is prohibited.
- 7) Only the multisport pavilion personnel are authorized inside the equipment room. If you need specific equipment, you must ask an employee to provide you with the equipment.
- 8) The gymnasium may be closed during special events.
- 9) Users that don't follow the rules could lose their user's pass.



RULES

SWIMMING POOLS & DIVING BOARDS

SWIMMING POOLS RULES

- 1) All children 6 and under must be accompanied by an adult (16 years or older). There is a maximum of 2 children per adult.
- 2) Said adult must be at arm's reach and must be able to reach the child at all times.
- 3) Foul language is prohibited.
- 4) Do not run around the pools.
- 5) Do not disturb or push other swimmers.
- 6) Food is prohibited. Only bottles of water are allowed.
- 7) The pools may be closed during special events.
- 8) The saunas are accessible to customers aged 16 and over.



ACTIVITIES AVAILABLE

Pavilion Sector

- ⇒ Walking Track
- ⇒ Cardio equipment
- ⇒ Tennis
- ⇒ Badminton
- ⇒ Pickle-ball
- ⇒ Volleyball
- ⇒ Squash
- ⇒ Racquetball



Wall climbing

- ⇒ Public climbing
- ⇒ Climbing for accredited members



Aquatic sector

- ⇒ Public swimming and lengths
- ⇒ Aquatic programs
 - * Swimming lessons for children and adults
 - * 3e vague (exercise program for senior citizens)
 - * Diverse aqua exercise programs
(Aqua Workout, Aqua Flow, Aqua Circuit, Aqua Course)
 - * Mommy's fitness (Exercise programs for new mothers and their baby)

