



MARINERS CENTRE

Play · Connect · Entertain



SPRING PROGRAM GUIDE 2024

March - June

THE GUIDE

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**BECOME A MEMBER
FOR FULL ACCESS TO
BOTH OUR FACILITIES!**

Membership Rates

	Monthly Pass	3-Month Membership	Annual Membership	Annual Monthly PMTS	Facility Drop-In	Pool Drop-In
Adult	\$81	\$219	\$650	\$60	\$9.50	\$6.50
Senior/ Youth/ Student	\$53	\$142	\$419	\$39	\$6.50	\$5.25
Household	\$121	\$326	\$965	\$89	\$15.75	\$12.75
10 Punch Pass (Adult Pricing Only)	\$85	All prices listed do not include *HST				



UPCOMING COURSES

Bronze Medallion **(\$250)**

March 20, 22, 23, 24

Wednesdays **ONLINE**: 4:00 PM - 8:00 PM
Friday **ON SITE**: 5:00 PM - 9:00 PM
Sat/Sun **ON SITE**: 8:00 PM - 5:00 PM

Bronze Cross **(\$275)**

April 10, 13, 14, 17, 20, 21

Wednesdays **ONLINE** 4:00 PM - 8:00 PM
Sat/Sun 8:00 AM - 5:00 PM

National Lifeguard - Pool **(\$375)**

April 24, 27, 28 & May 1, 8, 15, 18
EXAM DAY May 19

Wednesday **ONLINE** 4:00 PM - 8:00 PM
Sat/Sun **ON SITE** 8:00 AM - 5:00PM

Participants must bring
their own fox 40 whistle.

Swim for Life Instructor **(\$250)**

May 31 & June 1, 2

Friday **ON SITE** 5:00 PM - 9:00 PM
Sat/Sun **ON SITE** 8:00 AM - 5:00 PM

Additional dates may be required
for apprenticeship hours.

Basic Workplace First Aid **(\$75)**

March 2

ON SITE 8:00 AM - 5:00 PM
This is formerly Emergency First Aid and
includes all required books.

Intermediate First Aid **(\$125)**

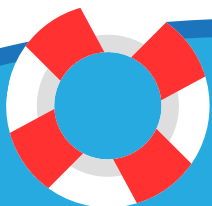
March 2, 3

ON SITE 8:00 AM - 5:00 PM
This is formerly Standard First Aid and
includes all required books.

First Aid Recert **(\$75)**

March 3

ON SITE 8:00 AM - 5:00 PM





Day Camps

SUMMER SWIM CAMP!

Ages 6-12



Single Day of Camp (\$37)

- 8:00 AM - 4/5:30PM

Full Week of Camp (\$157)

- 8:00 AM - 4/5:30PM

Full Month of Camp (\$525)

- 8:00 AM - 4/5:30PM

Drop Off at 8:00 AM

Pick up between

4:00 PM & 5:30PM

KIDS SWIM TWICE A DAY



SWIM LESSONS

INCLUDED WITH EVERY 2 WEEK REGISTRATION



EVERY DAY



PLAY
GAMES,
 PARTICIPATE IN
PHYSICAL ACTIVITY,
 CREATE WORKS OF
ART,
 LEARN SOME
SWIM SKILLS
 AND HAVE
FUN



Each week will include fun themes focussed on Arts, Discovery and Learning, Nature and Outdoors, Sports, and a fun Mystery Day to spark the imagination!

Join Us This Summer
July 2 - August 31

Kids will participate in a variety of activities, outings, and of course lots of swimming!

Lunch and snacks not provided.





Swim Lessons

SWIM LESSONS

MON/WED LESSONS

THURSDAY LESSONS

FRIDAY LESSONS

	APRIL 3 - APRIL 29	MAY 6 - JUNE 3	APRIL 4 - MAY 23	APRIL 5 - MAY 24
PRESCHOOL 1	4:35 - 5:05 PM	5:15 - 5:45 PM	3:50 - 4:20 PM	
PRESCHOOL 2	4:30 - 5:00 PM	5:15 - 5:45 PM	3:50 - 4:20 PM	
PRESCHOOL 3	3:55 - 4:25 PM 5:15 - 5:45 PM	4:30 - 5:00 PM		5:20 - 5:50 PM
PRESCHOOL 4	5:10 - 5:40 PM	3:55 - 4:25 PM 5:50 - 6:20 PM	5:10 - 5:40 PM	
PRESCHOOL 5	5:10 - 5:40 PM	3:55 - 4:25 PM	3:55 - 4:25 PM	
SWIMMER 1	3:50 - 4:20 PM 5:55 - 6:25 PM	4:35 - 5:05 PM 5:10 - 5:40 PM		
SWIMMER 2	4:35 - 5:05 PM 5:50 - 6:20 PM	3:50 - 4:20 PM 5:15 - 5:45 PM		
SWIMMER 3	3:55 - 4:25 PM 5:10 - 5:40 PM	4:35 - 5:05 PM		5:15 - 5:45 PM
SWIMMER 4	5:15 - 5:45 PM	3:55 - 4:25 PM 5:55 - 6:25 PM	4:30 - 5:00 PM	
SWIMMER 5	4:15 - 5:00 PM			5:50 - 6:35 PM
SWIMMER 6			4:35 - 5:20 PM	5:50 - 6:35 PM

Swim lesson registration can only be done in person or by phone. In order to register all fees must be paid in full.

Prior to registration, participants must complete a free assessment, at any of our public swims; Or have participated in previous lessons, to be placed in the level best suited for their needs.

NOTE all programs and schedules are subject to change.

Sessions include 8 half hour lessons, aside from swimmer 5 & 6 which run for 45 minutes.



SATURDAY LESSONS

APRIL 6 - MAY 25

PARENT AND TOT 1/2	10:30 - 11:00 AM
PARENT AND TOT 2/3	11:10 - 11:40 AM
ADULT BASICS 1	8:30 - 9:15 AM
ADULT BASICS 2	9:30 - 10:15 AM
CANADIAN SWIM PATROL (SWIMMER 7, 8 & 9)	10:35 - 11:35 AM

SWIM LESSONS CONTINUED



HOW TO.... IN THE GYM



Learn how to use equipment and start your fitness journey started with the tools you need to be safe in the gym.

(Wednesdays (9:00 AM))

April 3: STAGE 1

April 17: STAGE 2

May 1: STAGE 1

May 15: STAGE 3

May 29: STAGE 1

June 12: STAGE 4

June 26: STAGE 1

July 10: STAGE 5

July 24: STAGE 1

Stage One
Basic PIN SELECTED WEIGHT EQUIPMENT

Stage Two
Basic DUMBBELL Form and Lifts

Stage Three A
Basic BARBELL Form and Lifts

Stage Four
Basic PLATE LOADED WEIGHT EQUIPMENT

Stage Five
Basic CABLE MACHINE / TRX EQUIPMENT

Thursdays (5:00PM)

April 11: STAGE 3

April 25: STAGE 4

May 9: STAGE 3

May 23: STAGE 2

June 6: STAGE 3

June 20: STAGE 1

July 4: STAGE 3

July 18: STAGE 4



MARINERS ON MAIN FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am							
10:30am	Chair Yoga	LiveWell	Chair Yoga	LiveWell	Gentle Mat Yoga	Tabata	
11:30am		Gentle Fitness		Gentle Fitness		Free Class	
noon	Full Body Toning	Step Aerobics	HIIT	Circuit	ZUMBA Spin		
4:30pm	ZUMBA						
4:45pm	Spin		Spin		Full Body Toning		
5:00pm		Step Aerobics		Circuit			
5:30pm	Full Body Toning						

NOTE all schedules are subject to change.

BASKETBALL

- Shirts and shoes must be worn at all times
- Youth are welcome to the basketball court anytime it is not reserved for a program

PUBLIC SKATE

- Youth under 13 must be accompanied by an adult (19+) AND MUST wear a helmet
- Helmets are encouraged for those 13+
- Strollers are only permitted on the ice during family skate
- Viewing seats are available for those not skating

PUBLIC SWIM

- Swim diapers must be worn in addition to bathing suits, by all toddlers
- Youth 7 years and under must be within arms reach of an adult (18+)
- Youth 8-11 must be accompanied by someone 15+



Pool Schedules



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LANES 6:00 AM - 8:45 AM	LANES 6:00 AM - 8:45 AM	LANES 6:00 AM - 8:45 AM	LANES 6:00 AM - 8:45 AM	LANES 6:00 AM - 8:45 AM		
AQUAFIT 9:00AM - 9:30 AM	SENIOR/ PARENT & TOT 9:00 AM - 10:00 AM	AQUAFIT 9:00 AM - 9:30 AM	SENIOR/ PARENT & TOT 9:00 AM - 10:00 AM	AQUAFIT 9:00 AM - 9:30 AM	LESSONS 8:30 AM - 11:30 AM	PARENT & TOT SWIM 9:00 AM - 10:30 AM
	LESSONS 10:30 AM - 11:30 AM	LESSONS 10:30 AM - 11:30 AM	LESSONS 10:30 AM - 11:30 AM	PUBLIC SWIM 10:30 AM - 11:30 AM		PUBLIC SWIM 10:45 AM - 11:45 AM
LANE SWIM 12:00 PM - 1:30 PM	LANE SWIM 12:00 PM - 1:30 PM	LANE SWIM 12:00 PM - 1:30 PM	LANE SWIM 12:00 PM - 1:30 PM	LANE SWIM 12:00 PM - 1:30 PM	LANE SWIM 12:00 PM - 1:30 PM	LANE SWIM 12:00 PM - 1:30 PM
PARENT & TOT SWIM 2:00 PM - 3:00 PM					BIRTHDAY PARTIES 2:00 PM - 3:00 PM	BIRTHDAY PARTIES 2:00 PM - 3:00 PM
SWIM LESSONS 3:45 PM - 6:30 PM	SWIM LESSONS 3:45 PM - 5:45 PM	SWIM LESSONS 3:45 PM - 6:30 PM	SWIM LESSONS 3:45 PM - 5:45 PM	WHITECAPS PRACTICE 4:00 PM - 5:00 PM	PUBLIC SWIM 3:15 PM - 4:15 PM	PUBLIC SWIM 3:15 PM - 4:15 PM
WHITECAPS PRACTICE 6:30 PM - 8:00 PM	WHITECAPS PRACTICE 5:00 PM - 8:15 PM	WHITECAPS PRACTICE 6:30 PM - 8:00 PM	WHITECAPS PRACTICE 5:00 PM - 8:15 PM	LESSONS 5:00 PM - 6:30 PM	PUBLIC SWIM 4:45 PM - 5:45 PM	PUBLIC SWIM 4:45 PM - 5:45 PM
				PUBLIC SWIM 6:45 PM - 7:45 PM	PUBLIC SWIM 6:00 PM - 7:00 PM	PUBLIC SWIM 6:00 PM - 7:00 PM
LANE SWIM 8:00 PM - 9:00 PM		LANE SWIM 8:00 PM - 9:00 PM		PUBLIC SWIM 8:00 PM - 9:00 PM		

**Aquafit
is almost
here!**

Swim Lessons

Available for
registration now!
Call or come in to
get your spot now!
902-742-2155

Aquafit

Includes a half hour
of self guided cool-
down time from
9:30-10:00m M/W/F

NOTE all schedules are subject to change.
For up to date schedules see our website.



Additional Programs

JOIN US THIS
SPRING

DROP IN

PARTY RENTALS

FITNESS



RACQUETBALL

KARATE

AND MORE!



To view schedules, prices, registration and more, visit www.marinerscentre.com, call us at 902-742-2155

OR send us an email at info@marinerscentre.com to book your birthday party now!



LATEST: What We Heard Report Released



On January 24th, 2024 the Mariners Centre Expansion Board released the What We Heard Report for the Mariners Centre Expansion project, summarizing the community's perspective and feedback on the facility's new design and potential improvements.

Between November and December 2023, the Mariners Centre conducted a comprehensive community engagement process. These engagement efforts generated insightful feedback and identified several common themes. We want to thank all community members who either participated in our in-person sessions or submitted feedback online.

The Mariners Centre Expansion Board and Project Committee are now reviewing this report and identifying what changes, based on your feedback, can be reflected in the final designs. Information on design changes and final concepts will be shared with the public as an addendum to this report in the future.

Read the Mariners Centre Expansion What We Heard Report by visiting our Expansion page at:

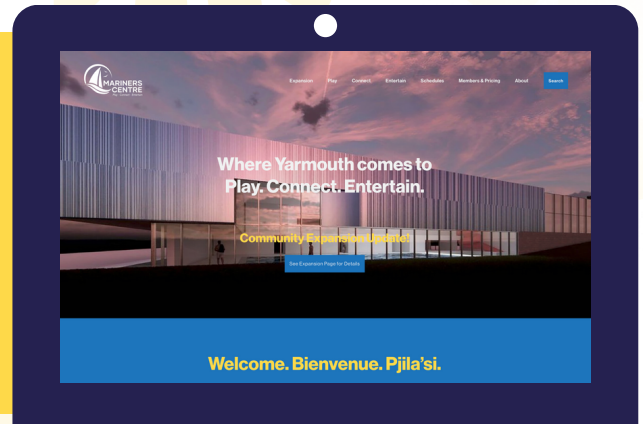
marinerscentre.com/expansion

GET IN TOUCH

FIND US ONLINE!

and view schedules for
Arenas, Pool, Fitness Classes, Gymnasium

www.marinerscentre.com



(902) 742-2155 | info@marinerscentre.com

HOURS

Seasonal
Closure Dates:

Mariners on Main:

Mon - Fri 6:00 AM - 9:00 PM

Sat - Sun 7:00 AM - 7:00PM

March 31

Mariners Centre:

Mon - Sun 8:00 AM - 9:00PM

None

FOLLOW US

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ON MAIN**
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