

# SCHSS Health & Wellness

## Swim & Gym 👗



Available to all Coldwater, Nooaitch, and Shackan members living <u>ON reserve</u> (within these 3 communities) **CONTINUING PROGRAM.** <u>MUST</u> Phone in to SCHSS @250-378-9745 to register (only registered individuals will have free entry).

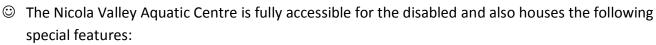
#### **Pool Hours:**

#### Monday, Wednesday, Friday

- Early Bird 6am 8am
- Public Swim/Programs 9am 1pm
- Public Swim/Programs 3:30pm 8:30pm

#### Did you know:

- The Nicola Valley Aquatic Centre is located at 2040 Mamette Avenue in Merritt (behind Subway)
- Nicola Valley Aquatic Centre's Indoor Pool is 25m X12m, has 6 lanes, and is 28°C (82°F).
- ③ The Pool is Ozone/Electronator Sanitized



- ightarrow A separate leisure pool whose temperature is set warmer then the main tank for patrons comfort
- ☆ 1 metre diving board
- ☆ Family change rooms
- 🖈 🛛 A Sauna
- ☆ Hot Tubs
- ☆ A Whirlpool
- ☆ A Tots' pool with Water sprays
- A Lazy river & Vortex pool (ideal for rehabilitation)
- Comfortable Poolside viewing terrace
- ☆ A Fully Equipped Fitness room

### Please Note: Participants responsible for own transportation.



