



SCHSS Health & Wellness Swim & Gym



Available to all Coldwater, Nooaitch, and Shackan members living ON reserve (within these 3 communities) **CONTINUING PROGRAM**. **MUST 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).
- ☺ The Pool is Ozone/Electronator Sanitized
- ☺ The Nicola Valley Aquatic Centre is fully accessible for the disabled and also houses the following special features:
 - ☆ A separate leisure pool whose temperature is set warmer than 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.

