



# SCHSS Health & Wellness Swim & Gym

Available to ALL Coldwater, Nooaitch and Shackan band members, on and off reserve. 😊

**You MUST call in to SCHSS at 250-378-9745 to register.**

## Pool Hours:

Monday, Wednesday, Friday

- ⇒ Early Bird 6am - 8:15am
- ⇒ Public Swim/Programs 9am - 1:45pm
- ⇒ Public Swim/Programs 3:30pm - 7:30pm



Nicola Valley Aquatic Centre: Located at 2040 Mamette Avenue in Merritt

The Aquatic Center is fully accessible for the disabled and has the following special features:

- 6 lanes 25 meter Main Pool
- Rope Swing
- Lazy River & Vortex (ideal for rehabilitation)
- Leisure Pool
- Sauna
- Hot Tubs (2)
- Tot's Pool & Water Sprays
- Viewing Deck

**\*Please Note: Participants are responsible for their own transportation.**

## Nicola Valley Aquatic Centre Fitness Room:

Open Mondays through Friday 6am - 7:30pm

Saturdays 10am - 5pm

Sundays 12pm - 4pm

*\*Minimum age is 16 years old*

