

# All-in Rates

## Membership and Services

### All-in Membership:

Membership Type	12 Months Best Value (pay per month)	3 Months	1 Month
Adult (18- 64yrs)	\$ 548 (\$45.67/mo.)	\$176.50 equals \$58.83/mo.	\$66
Youth (10-17yrs)* Full-Time Students* Older Adult (65+yrs)* Person with a Disability*	\$438.40 (\$36.53/mo.)	\$141.20 equals \$47.07/mo.	\$52.80

### Land Personal Training: 60 Minute Sessions

Sessions	Private	Semi-private (2 people)
1-4 sessions	\$54/session	\$36.10/person/session
5-9 sessions	\$48.60/session	\$32.49/person/session
10+ sessions	\$43.20/session	\$28.88/person/session

### Group Training Rates: 60 Minute Sessions

	Private
Group training (3-6 people)	\$15/person/session
Team training (8-20 people)	\$109.65/session of team training



## Therapeutic Pool Personal Training: 45 Minute Sessions

Sessions	Private
1-4 sessions	\$42/session
5+ sessions	\$33.60/session

## Therapeutic Pool Personal Training: 60 Minute Sessions

Sessions	Private	Semi-private (2 people)
1-4 sessions	\$56.00/session	\$47.00/person/lesson
5+ sessions	\$44.80/session	\$37.60/person/lesson

## Squash Lesson Rates: 40 Minute Lessons

Lessons	Private	Semi-private (2 people)
1-4 lessons	\$46.70/lesson	\$31.10/person/lesson
5-9 lessons	\$42.03/lesson	\$27.99/person/lesson
10+ lessons	\$37.36/lesson	\$24.88 /person/lesson

- For more information on training sessions or squash lessons visit the customer service desk at any community centre.