

# FLC & Aquatics



University  
of Regina

Kinesiology &  
Health Studies

## Fitness & Lifestyle Centre

Membership holders must be aged 14+

Membership Rates	Drop-in	1 Month	3 Months	6 Months	12 Months
FLC User	\$10.00	\$35.50	\$95.85 \$31.95/month	\$181.05 \$30.18/month	\$319.50 \$26.63/month
High School Student & Senior	\$7.00				
FLC Couple PKG (2)	N/A	\$61.77	\$166.78 \$55.59/month	\$315.03 \$52.51/month	\$555.93 \$46.33/month
FLC Family PKG (3+)	N/A	\$80.62	\$217.67	\$411.16	\$725.58
Fitness and Lifestyle Hours of Operation:	Monday to Friday: 6:00 am to 10:00 pm				
	Saturday & Sunday: 8:00 am to 8:00 pm				

## Aquatics Centre

Membership holders must be aged 14+

Participants under the age of 14 are welcome in the pool during our weekend Recreation Swim Times

Membership Rates	Drop-in	1 Month	3 Months	6 Months	12 Months
Pool User	\$6.00	\$20.00	\$54.00	\$102.00	\$180.00
Youth (14-17), Senior	\$5.00		\$18/month	\$17/month	\$15/month
Child (13 and under)	\$4.00	Children can only swim on Saturday and Sunday Rec Times			
Lane Swim Times:	Monday/Wednesday/Friday: 6:30am to 9:15am Monday - Friday: 11:30am to 1:30pm				
Rec Swim Times:	Monday - Thursday: 8:30pm to 10:30pm				
Lane Swim Times:	Saturday: 3:30pm to 4:30pm		Sunday: 3:00pm to 4:00pm		
Rec Swim Times:	Saturday: 4:30pm to 6:00pm		Sunday: 4:00pm to 5:00pm		

## Fitness & Lifestyle and Aquatics Bundle

12 Month Aquatics and Fitness & Lifestyle Bundle	\$399.50 + GST
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All holders of 12 month FLC memberships (including the newly bundled FLC Aquatics Membership option) have access to URFit classes (including AquaFit) at no additional cost!

**U of R Student:** \$20.00 per calendar month for FLC and Aquatic Centre\*Included in tuition for on-campus students\*

## Locker Rentals

Full Locker	\$15.00/ per calendar month – Up to 12 months
Half Locker	\$12.00/ per calendar month – Up to 12 months

If you have any questions or concerns, please contact KHS Client Services at **306-585-4371** or email [khs.cs@uregina.ca](mailto:khs.cs@uregina.ca).

Facility Bookings: To book a facility, please email [ckhs.book@uregina.ca](mailto:ckhs.book@uregina.ca)