

Programs and Services*

(Wellness Pass included in dollar value)

Dollar Value	Point Value
\$20-\$49	25
\$50-\$74	50
\$75-\$99	75
\$100-\$124	100
\$125-\$149	125
\$150-\$174	150
\$175-\$199	175
\$200-\$224	200
\$225-\$249	225
\$250-\$274	250
\$275-\$299	275
\$300-\$324	300
\$325-\$349	325
\$350-\$374	350
\$375-\$399	375
\$400-\$424	400
\$425-\$449	425
\$450-\$474	450
\$475-\$499	475
\$500-\$524	500
\$525-\$549	525
\$550-\$574	550
\$575-\$599	575
\$600-\$624	600
\$625-\$649	625
\$650-\$674	650
\$675-\$699	675
\$1075-\$1099	1075
\$1275-\$1299	1275
\$1525-\$1549	1525

* includes Registered Programs, Wellness Program Pass, Pre-booked Childminding and Professional Services.

Passes

10 - Visit Pass	
Type	Point Value
Adult	75
Senior	50
Youth	50
Child	25
Family	175

One Month	
Type	Point Value
Adult	50
Senior	25
Youth	25
Child	25
Family	150

Three Month	
Type	Point Value
Adult	150
Senior	100
Youth	100
Child	50
Family	N/A



Memberships

Pre- Authorized	
Type	Point Value (per month)
Adult	50
Senior	25
Youth	20
Child	20

Corporate Pre-Authorized	
Type	Point Value (per month)
Adult	30
Senior	15
Youth	10
Child	10

Family of Staff Pre-Authorized	
Type	Point Value (per month)
Adult	30
Senior	15
Youth	10
Child	10

Daytime Pre- Authorized	
Type	Point Value (per month)
Adult	25
Senior	25

Annual	
Type	Point Value (upon purchase)
Adult	500
Senior	350
Youth	280
Child	280

Corporate Annual	
Type	Point Value (per month)
Adult	400
Senior	250
Youth	150
Child	150

Family of Staff Annual	
Type	Point Value (per month)
Adult	400
Senior	250
Youth	150
Child	150

Daytime Annual	
Type	Point Value (upon purchase)
Adult	375
Senior	275

Run/Walk Annual	
Type	Point Value (upon purchase)
Adult	125
Senior	100
Youth	50
Child	50

Run/Walk Pre- Authorized	
Type	Point Value (per month)
Adult	20
Senior	15
Youth	10
Child	10

Redeem for these rewards:

500 pts	TLC Waterbottle
750 pts	TLC T-Shirt
1000 pts	\$20 TLC Gift Card
2000 pts	\$50 TLC Gift Card
3000 pts	\$100 TLC Gift Card
4000 pts	\$150 TLC Gift Card
5000 pts	\$200 TLC Gift Card
6000 pts	\$250 TLC Gift Card
7000 pts	\$300 TLC Gift Card
8000 pts	\$350 TLC Gift Card
9000 pts	\$400 TLC Gift Card
10000 pts	\$450 TLC Gift Card
11000 pts	FREE TLC Annual Membership

Special Promotions

Various points - follow us on Twitter, Facebook or Instagram to be notified of upcoming offers!

Aquatic Programs

Courses	
Type	Point Value
Starfish - Swim Kids 3	50
Swim Kids 4 - Swim Kids 6	75
Swim Kids 7 - Swim Kids 10	100
Private Lessons	100
Stroke Improvement	50
Learn to Dive & Tween/Teen Swim Basics	75
JLC	200
Adult 45min/60min Courses	50
Masters Swimming	125

Certifications	
Type	Point Value
1 Day Certification	75
2 Day Certification	125
3 Day Certification	175
4 Day Certification	225
5 Day Certification	275

Children & Youth Programs

Courses	
Type	Point Value
Active Kids Preschool	1400
Home School Physical Education	200
30/45 Minute Courses	25
60 Minute Courses	50
90 Minute Courses	50
Youth RX	25
Moonlight Madness	25
Home Alone	25
Babysitting Course	50

Camps	
Type	Point Value
1 Full Day Camp	25
3 Day Half Day Camp	50
3 Day Full Day Camp	100
4 Day Half Day Camp	75
5 Day Half Day Camp	85
4 Day Full Day Camp	175
4 or 5 Day Pre/Post Care	25
4 or 5 Day Mid Day Care	20

No points for pre/post/mid day care less than 4 days

Adult Programs

Courses	
Type	Point Value
30/45 Minute Courses	25
60 Minute Courses	50
Pickleball	75
Specialty 60 min Courses	100

Professional Services	
Type	Point Value Member/ Non-Member
Consultation/Single Session	50/50
3 Individual Sessions	150/175
5 Individual Sessions	250/275
9 Individual Sessions	425/475
12 Individual Sessions	575/650
Small Group Single Session	25/50
Small Group 3 Sessions	100/125
Small Group 5 Sessions	175/200
Small Group 9 Sessions	275/325
Small Group 12 Sessions	350/425
Nutrition - Connect Session	150/175
Nutrition - Adapt Session	225/275
Nutrition - Refin Session	75/75
Nutrition - Explore Session	425/475

fitness class passes

Type	Point Value Member/ Non-Member
CEP Consultation	25/50
CEP Assessment Package	75/75
CEP Single Session	75/75
CEP 4 Sessions	275/350
CEP Extensive Package	350/400
Fitness Assessment	75/75
Body Composition Analysis	25/50

