

# FALL 2017 AQUATICS SCHEDULE | September 18th-November 19th



	M	T	W	T	F	S	S
<b>LANE SWIM</b> (Competition Pool)	5:30am-8:45am <b>LENGTHS</b>  9am-11am <b>WIDTHS</b>  1pm-7pm 8pm-10pm <b>LENGTHS</b>	5:30am-9:45am <b>LENGTHS</b>  10am-11am 4pm-7pm <i>(limited 2 lanes)</i> <b>WIDTHS</b> 7pm-10pm <b>WIDTHS</b>  11:15am-12pm 1pm-3:45pm <b>LENGTHS</b>	5:30am-8:45am <b>LENGTHS</b>  9am-10am <b>WIDTHS</b>  10:15am-11am 1pm-10pm <b>LENGTHS</b>	5:30am-9:45am <b>LENGTHS</b>  10am-11am 4pm-7pm 7pm-9pm <i>(limited 2 lanes)</i> 9pm-10pm <b>WIDTHS</b>  11:15am-12pm 1pm-3:45pm <b>LENGTHS</b>	5:30am-8:45am <b>LENGTHS</b>  9am-10am <b>WIDTHS</b>  10:15am-12pm 1pm-7pm 7pm-8pm <i>(limited 2 lanes)</i> 8pm-10pm <b>LENGTHS</b>	7am-8:45am <b>LENGTHS</b>  9am-1pm <i>(limited 2 lanes)</i> <b>WIDTHS</b>  1:15pm-5:30pm 8pm-10pm <b>LENGTHS</b>	7am-8:15am <b>LENGTHS</b>  12:30pm-6:50pm <b>LENGTHS</b>
<b>OPEN SWIM</b> (Leisure Pool)	5:30am-4pm 6:30pm-10pm	5:30am-4pm 6:30pm-10pm	5:30am-4pm 6:30pm-10pm	5:30am-4pm 6:30pm-10pm	5:30am-12:30pm 4:30pm-10pm	7am-8:30am 12:30pm-5:30pm 8pm-10pm	7am-8:30am 1pm-6:50pm
<b>\$3 PARENT/TOT</b> (Leisure Pool and Play Features)	10am-11am	8am-9am	10am-11am	8am-9am	10am-11am		
<b>MEMBER ONLY SWIM</b>						6pm-8pm <b>BOTH POOLS</b>	12pm-1pm <b>LEISURE POOL</b>
<b>ADULT ONLY SWIM</b> (Competition Pool)	11:15am-1pm	12pm-1pm	11am-1pm	12pm-1pm	12pm-1pm		
<b>\$3 SWIM</b> (Both pools)		8pm-10pm			8am-10am	8pm-10pm	<b>FEMALE ONLY</b> 7pm-8:15pm <b>MALE ONLY</b> 8:30pm-9:45pm
<b>3m DIVING BOARDS</b> <b>1m DIVING BOARDS</b>	2pm-3:30pm 2pm-3:30pm	2p-3:30p/7p-9:45p 2p-3:30p/7p-9:45p	2pm-3:30pm 2pm-3:30pm	2p-3:30p/7p-9p 2p-3:30p/7p-9p	9:15pm-9:45pm 8:15pm-9:45pm	8pm-9:45pm 1p-5:30p/8p-9:45p	
<b>WATER SLIDES</b>	6:30pm-9:45pm	6:30pm-9:45pm	6:30pm-9:45pm	6:30pm-9:45pm	4pm-9:45pm	1pm-5:15pm 8pm-9:45pm	1pm-6:50pm
<b>GROUP FITNESS</b>	<b>SHALLOW AQUAFIT</b> 9am-10am Jackie  <b>DEEP AQUAFIT</b> 10am-11am Jackie	<b>CARDIO CORE AQUAFIT</b> 10am-11am Liudmilla  <b>GENTLE AQUAFIT</b> 1pm-1:40pm Ashley  <b>SHALLOW AQUAFIT</b> 6pm-6:50pm Jackie	<b>SHALLOW AQUAFIT</b> 9am-10am Candice  <b>SHALLOW AQUAFIT</b> 7pm-7:50pm Adele	<b>CARDIO CORE AQUAFIT</b> 10am-11am Liudmilla  <b>GENTLE AQUAFIT</b> 1pm-1:40pm Ashley  <b>SHALLOW AQUAFIT</b> 6pm-6:50pm Jackie	<b>SHALLOW AQUAFIT</b> 9am-10am Candice  <b>COMBO AQUAFIT</b> 11am-11:50am Linda	<b>HYDRORIDER</b> 8am-8:45am Jacob	<b>DEEP AQUAFIT</b> 6pm-6:50pm Jackie
<b>SWIMMING LESSONS</b>	4pm-7pm	4pm-6:30pm	4pm-7pm	9am-12pm 4pm-7pm	12:30pm-6:30pm	8:30am-1pm	8:30am-12:30pm

\*Please note – The Hot Tub closes at 8:45pm every Saturday, and the Tots Pool closes every Sunday at 8:15pm, for routine maintenance.

## AQUAFIT

**Please note:** Water shoes are required for Hydrorider.

### Shallow Aquafit

An aerobic workout in shallow water. Challenge your cardiovascular system and build muscle tone to improve overall fitness.

### Deep Aquafit

An aerobic workout in deep water. Challenge your cardiovascular system and build muscle tone to improve overall fitness.

### Cardio Core Aquafit

A high level aerobic workout in shallow water. Challenge your cardiovascular system and build muscle tone to improve overall fitness.

### Combo Aquafit

A moderate to high level aerobic workout conducted in both shallow and deep water. Challenge your cardiovascular system and core with travelling, build muscle and tone during the strength section to improve your overall fitness.

### Gentle Aquafit

This class is an ideal activity for relieving stiffness and arthritis pain using warm water exercise. It will help to improve your posture, balance, strength, endurance, flexibility, and improve joint movement leading to a healthier lifestyle.

### Hydrorider

A unique stationary bike class where you pedal while immersed up to your waist in the water. Bikes are adjustable to allow for a wide variety of users.

Classes are 50 mins in length unless otherwise specified.

### Hydrorider Sign-in Policy

- Sign-up commences up to 90 minutes before the class starts & can be done in person at Customer Service Desk. No sign-ups will be taken over the phone.
- Once signed in, participants will be given a Hydrorider card to be turned in to the instructor at the beginning of the class in order to participate.
- Each person must sign themselves up and cannot sign another person in.
- Hydrorider classes are available to participants 12 years of age and older.

## AGE POLICIES

**Children 7 years of age or younger** MUST remain within arm's reach of a parent or guardian (18+ years) at a ratio of 1 adult for every 2 children in the Aquatics Centre. **Youth 8-11 years old** must have a parent or guardian in the building at all times.

Children ages 0-4 years old may attend a \$3 Sunday Swim of the opposite gender with a parent or guardian as per our [Change Room Age Policies](#).

### Hot Tub\*

Users of the hot tub must be 16 years of age or older. Hot tub capacity is 14 participants.

### Water Slides

Users must be at least 42" tall to ride the yellow waterslide and 48" tall to ride the blue waterslide.

### Dry Sauna\*

The sauna is an infrared or dry sauna (no steam) and is located on the pool deck.

There is to be absolutely no water poured on the element.

All sauna users must be 16 years of age or older.

Sauna is co-ed and appropriate attire must be worn at all times.

After using the sauna, participants must rinse off before entering the pool or hot tub.

Please consult the list of health and safety precautions listed outside of the sauna doors before entering.

**\*Note:** Hot Tub and Sauna can be used during swim lesson times, even if there is no open swim.

## LANE SWIM

### Lane availability

During Lane Swim times, 3 or more lanes are available, unless listed as "limited" space. Limited = 1-2 lanes.

### Tips for happy lane mates

- Each lane is designated a different speed: Fast, Medium, or Slow. Consider your abilities relative to those already in the lane and decide on the lane in which you'd feel most comfortable. Your lane choice may alter from one session to the next depending on your workout intensity or who else is sharing the lane.
- Always swim in a counter-clockwise fashion, even if only two of you are in the lane. This will allow others to join without confusion or collision.

### Tips for happy lane mates (*continued*)

- Be cautious and courteous when passing or being passed. If you accidentally kick someone, a quick apology as acknowledgment goes a long way.
- When stopped at the wall, stay to one side of the lane. And when starting a length, be mindful of not cutting immediately in front of anyone.
- Not mandatory, but we find a smile and greeting to lane mates when the opportunity presents itself tends to make the whole experience more enjoyable for all.

## LIFESAVING SOCIETY SWIM TO SURVIVE PROGRAM

Nova Scotia Grade 3 students participate in survival training and learn the essentials of how to be safe around water. **The program runs weekdays October to June from 9:30am-2pm.**

### INCLUDED IN YOUR DAY PASS OR MEMBERSHIP

Your membership or day pass gains you entry to our daily aquatics programs on this schedule, with the exception of the Member Only swims, offered to CGC members only.

### Day pass rates

Come play for an hour, or the entire day. Your day pass purchase lets you take it all in over the course of the same day. Prices do not include tax.

<b>Adult</b>	\$10.52	<b>Senior</b>	\$7.52
<b>Student</b>	\$7.52	<b>Youth</b>	\$6.04
<b>Family</b>	\$20.52		

**Photo identification is required with the purchase of every day pass.** Alternatively, bring along your ID for your next visit and we'll take a picture of you for our system, and your ID won't be required going forward.

Schedule last updated: **November 3, 2017**

**Please note this schedule is subject to changes and cancellations. Notices and updates to the schedule are posted on our website [www.canadagamescentre.ca](http://www.canadagamescentre.ca) or stop by the Customer Service Desk.**