

FALL 2023 AQUATICS SCHEDULE | October 2nd–8th

Group Fitness See our Aquafit classes on page 2!



	M	T	W	T	F	S	S
LANE SWIM Competition Pool <i>(Lane swimming only – min. 3 lanes unless noted)</i> OPEN SWIM Competition Pool <i>(Open space for floating/playing)</i>	LENGTHS Lane Swim 5:30am-8:45am WIDTHS Lane Swim 9am-11:15am LENGTHS Lane & Open Swim 11:30am-12pm 1pm-5pm 7pm-9:50pm	LENGTHS Lane Swim 5:30am-8:45am WIDTHS Open Swim 9am-10am 10:15am-11:15am LENGTHS Lane & Open Swim 11:30am-12pm 1pm-3:45pm WIDTHS Lane Swim 4pm-6:30pm (Limited) Open Swim 7pm-8pm	LENGTHS Lane Swim 5:30am-8:45am WIDTHS Lane Swim 9am-11:15am LENGTHS Lane & Open Swim 11:30am-12pm 1pm-3:45pm WIDTHS Open Swim 6:45pm-7:30pm LENGTHS Lane Swim 7:45pm-9:50pm	LENGTHS Lane Swim 5:30am-8:45am WIDTHS Lane Swim 9am-11:15pm LENGTHS Lane & Open Swim 11:30am-12pm 1pm-3:45pm WIDTHS Lane Swim 6:45pm-7:30pm 7:45pm-9:50pm	LENGTHS Lane Swim 5:30am-8:45am WIDTHS Open Swim 9am-10am 10:15am-11:45am LENGTHS Lane & Open Swim 12pm-4pm Lane Swim 6:45pm-7:30pm Lane & Open Swim 7:45pm-9:50pm	LENGTHS Lane Swim 7am-12:30pm Lane & Open Swim 12pm-5pm	LENGTHS Lane Swim 7am-11am Lane & Open Swim 11:15pm-5pm Lane Swim 5pm-8:50pm
LANE SWIM (Leisure Pool)	5:30am-9:45am	5:30am-7:45am	5:30am-9:45am	5:30am-7:45am	5:30am-9:45am	7am-9:45am	7am-9:45am
OPEN SWIM (Leisure Pool)	11am-9:50pm	9am-1pm 2pm-3:45pm 7pm-8pm	11am-1pm 2pm-3:45pm 7pm-9:50pm	9am-1pm 2pm-3:45pm 7pm-9:50pm	11am-9:50pm	10am-5pm	10am-12pm 1:30pm-8:50pm
\$4 PARENT/TOT (Leisure Pool Only)	10am-11am	8am-9am	10am-11am	8am-9am	10am-11am		
MEMBER ONLY SWIM						5:30pm-7:30pm BOTH POOLS	12pm-1:30pm LEISURE POOL
\$4 SWIM (Both Pools)		8pm-9:50pm				7:30pm-8:50pm	
ADULT ONLY SWIM AGES 18+ (Competition Pool)	LENGTHS 12pm-1pm	LENGTHS 12pm-1pm	LENGTHS 12pm-1pm	LENGTHS 12pm-1pm			
3m DIVING BOARD 1m DIVING BOARD	1pm-3:30pm ----	8pm-9:45pm 8pm-9:45pm	1pm-3:30pm ----			7:30pm-8:45pm 7:30pm-8:45pm	1:30pm-5pm ----
WATER SLIDES	7pm-9:45pm	7pm-9:45pm		7pm-9:45pm	7pm-9:45pm	1p-5p/7:30p-8:45p	12pm-7:45pm
SWIM LESSONS		4pm-7pm	4pm-7pm	4pm-7pm	4pm-6:45pm		

*Please note – The Hot Tub closes Saturday at 6pm, and the Tots Pool closes at 5pm every Sunday, for routine maintenance.

FALL DROP-IN GROUP FITNESS SCHEDULE

M	T	W	T	F
<p>SHALLOW AQUAFIT 9am-9:50am Naoko COMPETITION POOL</p> <p>SHALLOW AQUAHIIT 10:15am-11:05am Naoko COMPETITION POOL</p>	<p>SHALLOW AQUAFIT 9am-9:50am Liudmilla COMPETITION POOL</p> <p>DEEP AQUAFIT 10:15am-11:05am Jackie COMPETITION POOL</p> <p>GENTLE AQUAFIT 1pm-1:50pm Dylan LEISURE POOL</p> <p>SHALLOW AQUAHIIT 6:45pm-7:35pm Tam COMPETITION POOL</p>	<p>SHALLOW AQUAFIT 9am-9:50am Naoko COMPETITION POOL</p> <p>SHALLOW AQUAFIT 10:15am-11:05am Joanne COMPETITION POOL</p> <p>AQUA YOGA 1pm-1:50pm Laura LEISURE POOL</p> <p>AQUA DANCE 6:45pm-7:35pm Sundhea COMPETITION POOL</p>	<p>CARDIO CORE AQUAFIT 9am-9:50am Liudmilla COMPETITION POOL</p> <p>SHALLOW AQUAFIT 10:15am-11:05am Tam COMPETITION POOL</p> <p>GENTLE AQUAFIT 1pm-1:50pm Donna LEISURE POOL</p> <p>SHALLOW AQUAFIT 6:45pm-7:35pm Julie COMPETITION POOL</p>	<p>DEEP AQUAFIT 9am-9:50am Jackie COMPETITION POOL</p> <p>SHALLOW AQUAHIIT 10:15am-11:05am Lianne COMPETITION POOL</p>

AQUAFIT

- Aquafit classes are 50 minutes in the Competition & Leisure Pools for ages 12+ years
- Late entry to classes will not be permitted.
- **Aqua Dance** | Liven up your workout week with Aqua Dance. We are bringing the party to the pool with this invigorating, high energy class! No experience necessary.
- **Aqua Yoga** | All-levels yoga that's easy on the body and good for the soul. This low-impact class will help you gain flexibility and balance, while using your own buoyancy as an advantage. Suitable for most non-swimmers, as this class is in a heated, shallow pool. Space is limited due to pool size/depth.
- **Cardio Core Aquafit** | High level aerobic workout in shallow water to challenge your cardiovascular system, build muscle tone and improve overall fitness.
- **Deep Aquafit** | Aerobic deep water workout to challenge your cardiovascular system, tone muscles and improve fitness.
- **Gentle Aquafit** | An ideal activity for relieving stiffness and arthritis pain using warm water exercise. This class will help improve posture, balance, strength, endurance, flexibility, and joint movement leading to a healthier lifestyle.
- **Shallow Aquafit** | Challenge your cardiovascular system, tone muscles & improve overall fitness in a shallow water aerobic workout.
- **Shallow AquaHIIT** | High Intensity Interval Training: Just add water! Aqua HIIT will give you a mix of muscular strength, power, and cardiovascular training by alternating periods of hard work and recovery. Multi-level instruction is given so everyone can have the workout best suited for them.

DAY PASSES *(photo identification is required with the purchase of every day pass)*

- Day passes provide access to all areas of the Centre, including our group fitness classes. For rates, please visit the [Day Pass](#) section of our website.

LANE SWIM

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

TIPS FOR HAPPY LANE MATES

- Always swim in a counter-clockwise fashion, even if only two of you are in the lane.
- 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. While you don't have to social distance while in the pool, we still encourage you to do so.
- 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.

DRY SAUNA *(can be used during swim lesson times, even if there is no open swim)*

- 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.
- Consult the list of health and safety precautions listed outside Sauna doors before entering.

HOT TUB *(can be used during swim lesson times, even if there is no open swim)*

- All Hot Tub users **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 water slide & 48" tall to ride the blue water slide.

AGE POLICIES

- Children 7 years old or younger **MUST** remain within arms' reach of a parent or guardian (18+ years) at a ratio of 1 adult to 2 children.
- Youth ages 8 to 11 years old **MUST** have an adult remain on-site within close proximity of the Aquatics Centre.

MEMBER ONLY SWIM

- Members can bring a guest at the day pass rate to these swims (1 guest per member max).
- For membership rates and information, visit the [Membership](#) section of our website.

\$4 PARENT/TOT SWIM AND \$4 SWIM

- Passes for the \$4 Parent/Tot and \$4 Swim are sold 15 minutes before the start of the swim until 15 minutes before the end of the swim.
- The \$4 Parent/Tot Swim pass includes **one parent/guardian with a tot ages 0-4 years old**; an additional parent/guardian will need to purchase a \$4 pass.

Schedule last updated: **September 29th, 2023**

Please note this schedule is subject to changes and cancellations. Notices and updates to the schedule are posted on our website www.canadagamescentre.ca