

WINTER 2019 AQUATICS SCHEDULE | March 11th-17th

Group Fitness Turn me over to see our Aquafit classes!



	M	T	W	T	F	S	S
<p>LANE SWIM Competition Pool <i>(Lane swimming only – min. 3 lanes unless noted)</i></p> <p>OPEN SWIM Competition Pool <i>(Open space for floating/playing)</i></p>	<p>5:30am-8:45am (Lane Swim) 7am-8:45am (Open Swim) LENGTHS</p> <p>9am-11am (Lane & Open Swim) WIDTHS</p> <p>11:15am-12pm (Lane & Open Swim) LENGTHS</p> <p>1pm-4pm (Lane & Open Swim) 4pm-9pm (Lane Swim) 9pm-10pm (Lane & Open Swim) LENGTHS</p>	<p>5:30am-9:45am (Lane Swim) 7am-9:45am (Open Swim) LENGTHS</p> <p>10am-11am (Lane & Open Swim) WIDTHS</p> <p>11:15am-12pm 1pm-3:30pm (Lane & Open Swim) LENGTHS</p> <p>3:45pm-7pm 7pm-8pm <i>(limited 1-2 lanes)</i> (Lane Swim) 8pm-10pm (Lane & Open Swim) WIDTHS</p>	<p>5:30am-8:45am (Lane Swim) 7am-8:45am (Open Swim) LENGTHS</p> <p>9am-10am (Lane & Open Swim) WIDTHS</p> <p>10:15am-12pm (Lane & Open Swim) LENGTHS</p> <p>1pm-4pm (Open Swim) 1pm-10pm (Lane Swim) LENGTHS</p>	<p>5:30am-9:45am (Lane Swim) 7am-9:45am (Open Swim) LENGTHS</p> <p>10am-11am (Lane & Open Swim) WIDTHS</p> <p>11:15am-12pm 1pm-3:30pm (Lane & Open Swim) LENGTHS</p> <p>3:45pm-8:30pm (Lane Swim) 8:30pm-10pm (Lane & Open Swim) WIDTHS</p>	<p>5:30am-8:45am (Lane Swim) 7am-8:45am (Open Swim) LENGTHS</p> <p>9am-10am (Lane & Open Swim) WIDTHS</p> <p>10:15am-11am (Open Swim) 10:15am-12pm 1pm-4pm 4pm-9pm <i>(limited 2 lanes)</i> (Lane Swim) 9pm-10pm (Lane & Open Swim) LENGTHS</p>	<p>7am-9:15am (Lane Swim) LENGTHS</p> <p>9:30am-1pm (Lane Swim) WIDTHS</p> <p>1:15pm-5:30pm 8pm-10pm (Lane & Open Swim) LENGTHS</p>	<p>7am-6:50pm (Lane Swim) 5pm-6pm (Open Swim) 9pm-10pm (Lane & Open Swim) LENGTHS</p>
OPEN SWIM (Leisure Pool)	5:30am-4pm 6:45pm-10pm	5:30am-10pm	5:30am-4pm 6:45pm-10pm	5:30am-10pm	5:30am-10pm	7am-5:30pm 8pm-10pm	7am-12pm 1pm-6:50pm 9pm-10pm
\$3 PARENT/TOT (Leisure Pool and Play Features)	10am-11am	8am-9am	10am-11am	8am-9am	10am-11am		
MEMBER ONLY SWIM						6pm-8pm BOTH POOLS	12pm-1pm LEISURE POOL
ADULT ONLY SWIM AGES 18+ (Competition Pool)	12pm-1pm	12pm-1pm	12pm-1pm	12pm-1pm	12pm-1pm		
\$3 SWIM (Both Pools)		8pm-10pm			8am-10am	8pm-10pm	FEMALE ONLY 7pm-8pm MALE ONLY 8:15pm-9pm 9pm-10pm
3m DIVING BOARDS 1m DIVING BOARDS	2pm-3:30pm 2pm-3:30pm	2p-3:30p/8p-9:45p 2p-3:30p/8p-9:45p	2pm-3:30pm 2pm-3:30pm	2pm-3:30pm 2pm-3:30pm	9pm-9:45pm 9pm-9:45pm	1p-5:30p/8p-9:45p 1p-5:30p/8p-9:45p	
WATER SLIDES	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 9pm-9:45pm
DROP-IN SESSIONS (AGES 16+)			Water Polo 8:30pm-9:45pm		Lifesaving Sport 8pm-9pm		
SWIMMING LESSONS	4pm-7pm		4pm-7pm				

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

GROUP FITNESS

M	T	W	T	F	S	S
SHALLOW AQUAFIT 9am-9:50am Julie DEEP AQUAFIT 10am-10:50am Jackie	AQUA-STEP 9am-9:45am Liudmilla CARDIO CORE AQUAFIT 10am-10:50am Liudmilla GENTLE AQUAFIT 1pm-1:40pm Linda B SHALLOW AQUAFIT 6pm-6:50pm Jackie	SHALLOW AQUAFIT 9am-9:50am Katelyn SHALLOW AQUAFIT 7:30pm-8:20pm Adele	AQUA-HIIT 9am-9:45am Amber CARDIO CORE AQUAFIT 10am-10:50am Liudmilla GENTLE AQUAFIT 1pm-1:40pm Linda B SHALLOW AQUAFIT 6pm-6:50pm Jackie	SHALLOW AQUAFIT 9am-9:50am Candice COMBO AQUAFIT 11am-11:50am Katelyn	HYDRORIDER 8am-8:45am George	DEEP AQUAFIT 6pm-6:50pm Jackie

AQUAFIT | Classes are 50mins in length unless otherwise specified.

AQUA-HIIT | 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.

AQUA-STEP | Step (or cannonball) into our liquid gym! This workout is in the Competition Pool (shallow end), making use of steps, (and your abdominal muscles!) to work on cardiovascular endurance, muscular strength, stability and balance. Water shoes recommended. **Drop-in Card required due to limited steps. Cards for Aqua-Step are available 30 minutes before class start time at the Customer Service Desk.**

CARDIO CORE AQUAFIT | High level aerobic workout in shallow water to challenge your cardiovascular system, build muscle tone and improve overall fitness.

COMBO AQUAFIT | Moderate to high level aerobic shallow and deep water workout. Challenge your cardiovascular system and core with travelling and build muscle and tone during the strength section to improve your 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.

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. Water shoes required. **Cards for Hydrorider are available 30 minutes before class start time at the Customer Service Desk.**

SHALLOW AQUAFIT | Challenge your cardiovascular system, tone muscles & improve overall fitness in a shallow water aerobic workout.

DROP-IN WATER POLO (Ages 16+)

Must be comfortable in deep water. Included with your membership or day pass. No sign-up or experience required. If you have not played the sport, coaches will lead you through the basics of Water Polo and participate in a scrimmage during this drop-in session.

DROP-IN LIFESAVING (Ages 16+)

Must be comfortable in deep water. Included with your membership or day pass. No sign-up or experience required. If you are not familiar with the sport, coaches will lead you through the basics of Lifesaving Sport and practice basic skills during this drop-in session.

\$3 PARENT/TOT SWIM AND \$3 SWIM

Please note: Passes for the \$3 Parent/Tot and \$3 Swim are sold 15 minutes before the start of the swim until 15 minutes before the end of the swim.

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](#).

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.

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 water slide and 48" tall to ride the blue water slide.

***NOTE:** Hot Tub and Dry 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 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.

Adult	\$10.52	Senior	\$7.52
Young Prof.	\$7.52	Youth	\$6.04
Family	\$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:
March 8th, 2019

Please note this schedule is subject to changes and cancellations. Notices and updates to the schedule are posted on our website www.canadagamescentre.ca or stop by our Customer Service Desk.

MARCH BREAK 2019 AQUATICS SCHEDULE | March 18th-24th

Group Fitness Turn me over to see our Aquafit classes!



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