

# AQUATICS SCHEDULE | April 5th-11th, 2021



	M	T	W	T	F	S	S	
LANE SWIM Competition Pool (4-8 Lanes)	6am-7am 7:45am-8:45am 1pm-2pm 2:45pm-3:45pm 4:30pm-5:30pm 6:15pm-7:15pm 8pm-9pm  <b>LENGTHS</b>	6am-7am 7:45am-8:45am 11:15am-12:15pm 1pm-2pm 2:45pm-3:45pm 4:30pm-5:30pm 8pm-9pm  <b>LENGTHS</b>	6am-7am 7:45am-8:45am 11:15am-12:15pm 1pm-2pm 2:45pm-3:45pm 4:30pm-5:30pm 8pm-9pm  <b>LENGTHS</b>	6am-7am 7:45am-8:45am 11:15am-12:15pm 1pm-2pm 2:45pm-3:45pm 4:30pm-5:30pm 8pm-9pm  <b>LENGTHS</b>  <b>WIDTHS</b>	6am-7am 7:45am-8:45am 11:15am-12:15pm 1pm-2pm 2:45pm-3:45pm 4:30pm-5:30pm  <b>LENGTHS</b>  <b>WIDTHS</b>	6am-7am 7:45am-8:45am 1pm-2pm 2:45pm-3:45pm 8pm-9pm  <b>LENGTHS</b>	7am-8am 8:45-9:45am 10:30-11:30am 12:15pm-1:15pm  <b>LENGTHS</b>	7am-8am 12:15pm-1:15pm 2pm-3pm  <b>LENGTHS</b>
LANE SWIM Leisure Pool (3 Lanes)	6am-7am 7:45am-8:45am 9:30am-10:30am 11:15am-12:15pm 1pm-2pm 2:45pm-3:45pm 4:30pm-5:30pm 6:15pm-7:15pm 8pm-9pm  <b>LENGTHS</b>	6am-7am 7:45am-8:45am 9:30am-10:30am 11:15am-12:15pm 1pm-2pm 4:30pm-5:30pm 6:15pm-7:15pm 8pm-9pm  <b>LENGTHS</b>	6am-7am 7:45am-8:45am 9:30am-10:30am 11:15am-12:15pm 1pm-2pm 2:45pm-3:45pm 4:30pm-5:30pm 8pm-9pm  <b>LENGTHS</b>	6am-7am 7:45am-8:45am 9:30am-10:30am 11:15am-12:15pm 1pm-2pm 2:45pm-3:45pm 8pm-9pm  <b>LENGTHS</b>	6am-7am 7:45am-8:45am 9:30am-10:30am 11:15am-12:15pm 1pm-2pm 2:45pm-3:45pm 8pm-9pm  <b>LENGTHS</b>	6am-7am 7:45am-8:45am 9:30am-10:30am 11:15am-12:15pm 1pm-2pm 6:15pm-7:15pm 8pm-9pm  <b>LENGTHS</b>	7am-8am 8:45-9:45am 10:30-11:30am 12:15pm-1:15pm  <b>LENGTHS</b>	7am-8am 8:45am-9:45am 10:30-11:30am 12:15pm-1:15pm 2pm-3pm  <b>LENGTHS</b>
OPEN SWIM						2pm-3pm 4pm-5pm 6pm-7pm  <b>COMPETITION &amp; LEISURE POOL</b>	3:45pm-4:45pm 5:45pm-6:45pm  <b>COMPETITION &amp; LEISURE POOL</b>	
AQUAFIT CLASSES	<b>AQUAFIT</b> 9:30am-10:15am Donna Max. 30 people <b>COMPETITION POOL</b>  <b>AQUAFIT</b> 11:15am-12pm Lianne Max. 30 people <b>COMPETITION POOL</b>	<b>AQUAFIT</b> 9:30am-10:15am Liudmilla Max. 30 people <b>COMPETITION POOL</b>  <b>AQUAFIT</b> 6:45pm-7:30pm Amber Max. 30 people <b>COMPETITION POOL</b>	<b>AQUAFIT</b> 9:30am-10:15am Aya Max. 30 people <b>COMPETITION POOL</b>  <b>GENTLE AQUAFIT</b> 1pm-1:45pm Linda Max. 20 people <b>LEISURE POOL</b>  <b>AQUAFIT</b> 6:45pm-7:30pm Jackie Max. 30 people <b>COMPETITION POOL</b>	<b>AQUAFIT</b> 9:30am-10:15am Liudmilla Max. 30 people <b>COMPETITION POOL</b>  <b>AQUAFIT</b> 6:45pm-7:30pm Terrilee Max. 30 people <b>COMPETITION POOL</b>	<b>AQUAFIT</b> 9:30am-10:15am Lianne Max. 30 people <b>COMPETITION POOL</b>  <b>AQUAFIT</b> 11:15am-12pm Candice Max. 30 people <b>COMPETITION POOL</b>			

\*Please note – Tots Pool, Dry Sauna, Hot Tub, Diving Boards, Water Slides and Spray Features are not available.

## As of March 5th, 2021

- Member and Non-Member Access via Memberships and Day Passes. More details available online in the [Facility Reopening](#) section of our website.
- The Aquatics Centre is open for lane swimming, open swims and Aquafit classes.
- All activities require booking. Activities can be booked online or in-person as early as 7 days in advance and up to the hour before, provided there is still space available. You can also book more than one time slot/day. Participants who do not show up for their bookings more than twice in a 2-week period will be unable to book for 7 days. (More on [Booking](#) available online)
- Lane swimmers, Aquafit and open swim participants will not have access to the facility any earlier than 10mins prior to their activity start time. Please bring photo ID with you.
- Masks must be worn while inside the CGC when not directly involved in your activity – i.e. masks must be worn while heading to and from your lane, while in the hallways, washrooms and change rooms, and while talking to other members/visitors and staff.
- Wet change rooms are available for Aquatics activities only; limited lockers and showers available; bags permitted in areas on deck.
- Maximum of 10mins after activity to exit the change rooms to support our cleaning protocols.
- Wet change rooms options return to the following designations: Family/Universal; Women's Wet; Men's Wet.

### LANE SWIM

- Come ready to swim: Arrive in your swimsuit, bring your goggles, swim cap, water bottle, towel and flip flops/water shoes with you.
- Lane Swim is lengths in the Competition Pool (4-8 lanes) and Leisure Pool (3 lanes).
- Lane swim is available for ages 12+ years and booked in 1-hour increments.
- Three people per lane in Competition Pool; two people per lane in Leisure Pool.
- Aquatics staff will assist onsite with lane assignments and matching speeds.
- Flotation belts, flutter boards, pull buoys and hand paddles will be available. You may bring your own personal equipment as listed above, but it must be rinsed off before entering the pool. Snorkels are not permitted. Please do not share your personal equipment.

### 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.

### OPEN SWIM

- Maximum of 60 people when in both pools and 25 people when in Leisure Pool only; all must book online or in-person (maximum number includes those in the water and on deck). Please refer to the age policies below.
- Minimal pool toys available; no access to slides, diving boards, or spray features
- Pool deck access through the Wet Change Rooms ([see change room safety protocols](#))

**\*Please note:** Due to system constraints, Family Day Passes cannot be booked online. To book into an Open Swim under a Family Day Pass, please call Customer Service at 902.490.2400 ext. 7.

### AQUAFIT

- Come ready for Aquafit: Arrive in your swimsuit, bring your goggles, swim cap, water bottle, towel and flip flops/water shoes with you.
- All Aquafit classes are 45 minutes and take place in the Competition & Leisure Pools for ages 12+ years
- Maximum of 30 participants (Competition Pool) and 20 participants (Leisure Pool) per class to support social distancing
- Equipment-free classes where possible. Flotation belts available by request.
- Participants must book their class attendance online or in-person at least one hour prior to the class start. Late entry to classes will not be permitted.
- **Aquafit** challenges your cardiovascular system, build strength and improve overall fitness using the water for resistance and buoyancy. Choose shallow or deep water as space allows.
- **Gentle Aquafit** is 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.

### 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. (i.e. Accompanying adult can either book in for another activity around the facility at the same time, or book into the swim even if they are only watching from the deck).

Schedule last updated: **March 23rd, 2021**

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)