

# FALL 2021 AQUATICS SCHEDULE | October 4th-October 24th



	M	T	W	T	F	S	S
<p><b>LANE SWIM</b> Competition Pool <i>(Lane swimming only – min. 3 lanes unless noted)</i></p> <p><b>OPEN SWIM</b> Competition Pool <i>(Open space for floating/playing)</i></p>	<p><b>LENGTHS</b> Lane Swim 6am-8:45am</p> <p><b>WIDTHS</b> Lane Swim 9am-11:15am</p> <p><b>LENGTHS</b> Lane &amp; Open Swim 11:30am-12pm 1pm-5pm Lane Swim 7pm-9pm</p>	<p><b>LENGTHS</b> Lane Swim 6am-8:45am</p> <p><b>WIDTHS</b> Open Swim 9am-10pm Lane Swim 10:15am-12pm <b>Lane &amp; Open Swim</b> 1pm-3:45pm 7:15pm-9pm</p>	<p><b>LENGTHS</b> Lane Swim 6am-8:45am</p> <p><b>WIDTHS</b> Lane Swim 9am-11:15am</p> <p><b>LENGTHS</b> Lane &amp; Open Swim 11:30am-12pm 1pm-3:45pm</p> <p><b>WIDTHS</b> Lane Swim 6:45pm-7:30pm</p> <p><b>LENGTHS</b> Lane Swim 7:45pm-9pm</p>	<p><b>LENGTHS</b> Lane Swim 6am-8:45am</p> <p><b>WIDTHS</b> Lane Swim 9am-12pm Open Swim 11:15am-12pm <b>Lane &amp; Open Swim</b> 1pm-3:45pm Lane Swim 6:45pm-9pm</p>	<p><b>LENGTHS</b> Lane Swim 6am-8:45am</p> <p><b>WIDTHS</b> Open Swim 9am-10am Lane Swim 10:15am-11:45am</p> <p><b>LENGTHS</b> Lane Swim 12pm-5pm <b>Lane &amp; Open Swim</b> 7pm-9pm</p>	<p><b>LENGTHS</b> Lane Swim 7am-8:15am <b>Lane &amp; Open Swim</b> 1pm-7pm</p>	<p><b>LENGTHS</b> Lane Swim 7am-8am <b>Lane &amp; Open Swim</b> 11am-5pm Lane Swim 5pm-7pm</p>
<b>OPEN SWIM (Leisure Pool)</b>	7am-4pm 5pm-9pm	6am-12:45pm 2pm-2:45pm 7:15pm-9pm	7am-12:45pm 2pm-3:45pm 6:45pm-9pm	6am-12:45pm 2pm-2:45pm 6:45pm-9pm	6am-12pm 7pm-9pm	7am-8:15am 1pm-7pm	7am-8am 12pm-7pm
<b>ADULT ONLY SWIM AGES 18+ (Competition Pool)</b>	<b>LENGTHS</b> 12pm-1pm	<b>WIDTHS</b> 12pm-1pm	<b>LENGTHS</b> 12pm-1pm	<b>WIDTHS</b> 12pm-1pm			
<b>3m DIVING BOARD 1m DIVING BOARD</b>	---- 1pm-3:30pm	1p-3:30p/7:30p-8:45p 1p-3:30p/7:30p-8:45p	---- 1pm-3:30pm	1pm-3:30pm 1pm-3:30pm	---- 7pm-8:45pm	1pm-6:45pm 1pm-6:45pm	---- 1:30pm-5pm
<b>WATER SLIDES</b>		6:45pm-8:45pm			7pm-8:45pm	1pm-6:45pm	12pm-6:45pm
<b>SWIM LESSONS</b>		4pm-7pm	3:45pm-6:45pm	4pm-6:45pm	12pm-3pm 4pm-7pm	8:30am-1pm	8am-12pm
<b>AQUAFIT CLASSES</b>	<p><b>SHALLOW AQUAFIT</b> 9am-9:50am Donna COMPETITION POOL</p> <p><b>SHALLOW AQUAHIIT</b> 10:15am-11:05am Lianne COMPETITION POOL</p>	<p><b>SHALLOW AQUAFIT</b> 9am-9:50am Liudmilla COMPETITION POOL</p> <p><b>DEEP AQUAFIT</b> 10:15am-11:05am Jackie COMPETITION POOL</p> <p><b>GENTLE AQUAFIT</b> 1pm-1:50pm Linda LEISURE POOL</p> <p><b>SHALLOW AQUAHIIT</b> 6:45pm-7:35pm Amber COMPETITION POOL</p>	<p><b>SHALLOW AQUAFIT</b> 9am-9:50am Candice COMPETITION POOL</p> <p><b>SHALLOW AQUAFIT</b> 10:15am-11:05am Joanne COMPETITION POOL</p> <p><b>AQUA YOGA</b> 1pm-1:50pm Candice LEISURE POOL</p> <p><b>AQUA DANCE</b> 6:45pm-7:35pm Calvin COMPETITION POOL</p>	<p><b>CARDIO CORE AQUAFIT</b> 9am-9:50am Liudmilla COMPETITION POOL</p> <p><b>AQUA STRENGTH</b> 10:15am-11:05am Liudmilla/Jackie COMPETITION POOL</p> <p><b>GENTLE AQUAFIT</b> 1pm-1:50pm Linda LEISURE POOL</p> <p><b>SHALLOW AQUAFIT</b> 6:45pm-7:35pm Heatheranne COMPETITION POOL</p>	<p><b>DEEP AQUAFIT</b> 9am-9:50am Jackie COMPETITION POOL</p> <p><b>SHALLOW AQUAHIIT</b> 10:15am-11:05am Lianne COMPETITION POOL</p>		

## Aquatics Information – As of October 4th, 2021

### 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\*

- 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.

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

### WATER SLIDES

- Users must be at least 42” tall to ride the yellow water slide and 48” tall to ride the blue water slide.

### AQUAFIT

- All Aquafit classes are 45 minutes and take place 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 Strength** | Water exercise routine that concentrates on weight training using water dumbbells, with cardio and core benefits.

- **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.

### 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: **October 20th, 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)