

# WINTER 2022 AQUATICS SCHEDULE | January 24th-30th



|  | M  | T  | W  | T   | F  | S  | S  |
|--|--|--|--|---|--|--|--|
| <b>LANE SWIM<br/>Competition Pool</b><br><i>(Lane swimming only – min. 3 lanes unless noted)</i> | <b>LENGTHS</b><br>6am-7am<br>7:30am-8:30am<br>12pm-1pm<br>1:30pm-2:30pm<br>3pm-4pm<br>4:30pm-5:30pm<br>6pm-7pm<br>7:30pm-8:30pm  | <b>LENGTHS</b><br>6am-7am<br>7:30am-8:30am<br>12pm-1pm<br>1:30pm-2:30pm<br>3pm-4pm<br>4:30pm-5:30pm<br>8pm-9pm<br><br><b>WIDTHS</b><br>6pm-7pm   | <b>LENGTHS</b><br>6am-7am<br>7:30am-8:30am<br>12pm-1pm<br>1:30pm-2:30pm<br>3pm-4pm<br>4:30pm-5:30pm<br>8pm-9pm<br><br><b>WIDTHS</b><br>6pm-7pm   | <b>LENGTHS</b><br>6am-7am<br>7:30am-8:30am<br>12pm-1pm<br>1:30pm-2:30pm<br>3pm-4pm<br>4:30pm-5:30pm<br><br><b>WIDTHS</b><br>6pm-7pm<br>8pm-9pm  | <b>LENGTHS</b><br>6am-7am<br>7:30am-8:30am<br>12pm-1pm<br>1:30pm-2:30pm<br>3pm-4pm<br>4:30pm-5:30pm<br>6pm-7pm<br>7:30pm-8:30pm  | <b>LENGTHS</b><br>7am-8am<br>8:30am-9:30am<br>10am-11am<br>11:30am-12:30pm<br>1pm-2pm<br>2:30pm-3:30pm<br>4pm-5pm<br>5:30pm-6:30pm | <b>LENGTHS</b><br>7am-8am<br>8:30am-9:30am<br>10am-11am<br>11:30am-12:30pm<br>1pm-2pm<br>2:30pm-3:30pm<br>4pm-5pm<br>5:30pm-6:30pm |
| <b>LANE SWIM<br/>Leisure Pool</b><br><i>(3 Lanes)</i>  | <b>LENGTHS</b><br>7:30am-8:30am<br>9am-10am<br>10:30am-11:30am<br>12pm-1pm<br>1:30pm-2:30pm<br>3pm-4pm<br>4:30pm-5:30pm<br>6pm-7pm<br>7:30pm-8:30pm                                  | <b>LENGTHS</b><br>6am-7am<br>7:30am-8:30am<br>9am-10am<br>10:30am-11:30am<br>12pm-1pm<br>3pm-4pm<br>4:30pm-5:30pm<br>6pm-7pm<br>8pm-9pm  | <b>LENGTHS</b><br>7:30am-8:30am<br>9am-10am<br>10:30am-11:30am<br>12pm-1pm<br>3pm-4pm<br>4:30pm-5:30pm<br>6pm-7pm<br>8pm-9pm   | <b>LENGTHS</b><br>6am-7am<br>7:30am-8:30am<br>9am-10am<br>10:30am-11:30am<br>12pm-1pm<br>3pm-4pm<br>4:30pm-5:30pm<br>6pm-7pm<br>8pm-9pm   | <b>LENGTHS</b><br>6am-7am<br>7:30am-8:30am<br>9am-10am<br>12pm-1pm<br>1:30pm-2:30pm<br>3pm-4pm<br>4:30pm-5:30pm<br>6pm-7pm<br>7:30pm-8:30pm  | <b>LENGTHS</b><br>7am-8am<br>8:30am-9:30am<br>10am-11am<br>11:30am-12:30pm<br>1pm-2pm<br>2:30pm-3:30pm<br>4pm-5pm<br>5:30pm-6:30pm | <b>LENGTHS</b><br>7am-8am<br>8:30am-9:30am<br>10am-11am<br>11:30am-12:30pm<br>1pm-2pm<br>2:30pm-3:30pm<br>4pm-5pm<br>5:30pm-6:30pm |
| <b>AQUAFIT CLASSES</b>   | <b>SHALLOW AQUAFIT</b><br>9am-9:50am<br>Donna<br>Max. 30 people<br>COMPETITION POOL<br><br><b>SHALLOW AQUAFIT</b><br>10:30am-11:20am<br>Lianne<br>Max. 20 people<br>COMPETITION POOL | <b>SHALLOW AQUAFIT</b><br>9am-9:50am<br>Liudmilla<br>Max. 30 people<br>COMPETITION POOL<br><br><b>DEEP AQUAFIT</b><br>10:30am-11:20am<br>Jackie<br>Max. 30 people<br>COMPETITION POOL<br><br><b>GENTLE AQUAFIT</b><br>1:30pm-2:30pm<br>Linda<br>Max. 20 people<br>LEISURE POOL<br><br><b>SHALLOW AQUAFIT</b><br>6:45pm-7:35pm<br>Mandy<br>Max. 30 people<br>COMPETITION POOL | <b>SHALLOW AQUAFIT</b><br>9am-9:50am<br>Candice<br>Max. 30 people<br>COMPETITION POOL<br><br><b>SHALLOW AQUAFIT</b><br>10:30am-11:20am<br>Joanne<br>Max. 30 people<br>COMPETITION POOL<br><br><b>AQUA YOGA</b><br>1:30pm-2:30pm<br>Laura<br>Max. 30 people<br>LEISURE POOL<br><br><b>AQUA DANCE</b><br>6:45pm-7:35pm<br>Calvin<br>Max. 30 people<br>COMPETITION POOL | <b>CARDIO CORE AQUAFIT</b><br>9am-9:50am<br>Liudmilla<br>Max. 30 people<br>COMPETITION POOL<br><br><b>AQUA STRENGTH</b><br>10:30am-11:20am<br>Liudmilla/Jackie<br>Max. 30 people<br>COMPETITION POOL<br><br><b>GENTLE AQUAFIT</b><br>1:30pm-2:30pm<br>Linda<br>Max. 20 people<br>LEISURE POOL<br><br><b>SHALLOW AQUAFIT</b><br>6:45pm-7:35pm<br>Heatheranne<br>Max. 30 people<br>COMPETITION POOL | <b>DEEP AQUAFIT</b><br>9am-9:50am<br>Jackie<br>Max. 30 people<br>COMPETITION POOL<br><br><b>SHALLOW AQUAFIT</b><br>10:30am-11:20am<br>Lianne<br>Max. 30 people<br>COMPETITION POOL |  |  |

## Aquatics Information – As of December 21st, 2021

- Member and Non-Member Access via Memberships and Day Passes. More details available online in the [COVID-19](#) section of our website.
- 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 performing 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; 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.

### LANE SWIM

- Up to four people per lane in Competition Pool; two people per lane in Leisure Pool.
- 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.
- 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, but it must be rinsed off before entering the pool. Please do not share your personal equipment. Fins are only permitted during lane swim. On occasion during peak demand, the lifeguards may restrict usage of fins to ensure the safety of other swimmers.
- Snorkels and monofins are not permitted.

### 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.
- Pool deck access through the Wet Change Rooms ([see change room safety protocols](#))

### HOT TUB

- Users of the Hot Tub must be 16 years of age or older. Hot Tub capacity is 14 participants.
- Only available to individuals with an aquatics bookings at the same time. Not available for booking separately or in conjunction with a dry land activity.
- Maximum of 4 people at any one time to support social distancing

### 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.
- **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.

### 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: January 13th, 2022

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)