

# WINTER 2022 AQUATICS SCHEDULE | March 7th-13th

	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
<b>LANE SWIM</b> Competition Pool <i>(Lane swimming only – min. 3 lanes unless noted)</i>	<b>LENGTHS</b> 6am-7am 7:30am-8:30am 12pm-1pm 1:30pm-2:30pm 3pm-4pm 7:30pm-8:30pm	<b>LENGTHS</b> 6am-7am 7:30am-8:30am 12pm-1pm 1:30pm-2:30pm 3pm-4pm 8pm-9pm	<b>LENGTHS</b> 6am-7am 7:30am-8:30am 12pm-1pm 1:30pm-2:30pm 3pm-4pm 8pm-9pm	<b>LENGTHS</b> 6am-7am 7:30am-8:30am 12pm-1pm 1:30pm-2:30pm 3pm-4pm <b>WIDTHS</b> 8pm-9pm	<b>LENGTHS</b> 6am-7am 7:30am-8:30am 12pm-1pm 1:30pm-2:30pm 3pm-4pm 7:45pm-8:45pm	<b>LENGTHS</b> 7am-8am	<b>LENGTHS</b> 7am-8am 8:30am-9:30am 10am-11am 11:30am-12:30pm 4:15pm-5:15pm 5:45pm-6:45pm
<b>LANE SWIM</b> Leisure Pool <i>(3 Lanes)</i>	<b>LENGTHS</b> 7:30am-8:30am 9am-10am 10:30am-11:30am 12pm-1pm 1:30pm-2:30pm 3pm-4pm 6pm-7pm 7:30pm-8:30pm	<b>LENGTHS</b> 6am-7am 7:30am-8:30am 9am-10am 10:30am-11:30am 12pm-1pm 3pm-4pm 8pm-9pm	<b>LENGTHS</b> 7:30am-8:30am 9am-10am 10:30am-11:30am 12pm-1pm 3pm-4pm 8pm-9pm	<b>LENGTHS</b> 6am-7am 7:30am-8:30am 9am-10am 10:30am-11:30am 12pm-1pm 3pm-4pm 8pm-9pm	<b>LENGTHS</b> 6am-7am 7:30am-8:30am 9am-10am 10:30am-11:30am 12pm-1pm 1:30pm-2:30pm 3pm-4pm 7:45pm-8:45pm	<b>LENGTHS</b> 7am-8am	<b>LENGTHS</b> 7am-8am
<b>OPEN SWIM</b>						1:30pm-2:30pm 3:15pm-4:15pm 5pm-6pm <b>BOTH POOLS</b>	1pm-2pm 2:30pm-3:30pm <b>BOTH POOLS</b>
<b>WATER SLIDES</b>						1:30pm-2:30pm 3:15pm-4:15pm 5pm-6pm	1pm-2pm 2:30pm-3:30pm
<b>SWIM LESSONS</b>		4pm-7pm	4pm-7pm	4pm-7pm	4pm-7:30pm	8am-1pm	8am-12:30pm
<b>AQUAFIT CLASSES</b>	<b>SHALLOW AQUAFIT</b> 9am-9:50am Naoko Max. 35 people <b>COMPETITION POOL</b>  <b>SHALLOW AQUAFIT</b> 9am-9:50am Naoko Max. 35 people <b>COMPETITION POOL</b>  <b>SHALLOW AQUAFIT</b> 10:30am-11:20am Lianne Max. 35 people <b>COMPETITION POOL</b>	<b>SHALLOW AQUAFIT</b> 9am-9:50am Liudmilla Max. 35 people <b>COMPETITION POOL</b>  <b>DEEP AQUAFIT</b> 10:30am-11:20am Jackie Max. 35 people <b>COMPETITION POOL</b>  <b>GENTLE AQUAFIT</b> 1:30pm-2:30pm Linda Max. 20 people <b>LEISURE POOL</b>  <b>SHALLOW AQUAFIT</b> 6:45pm-7:35pm Mandy Max. 35 people <b>COMPETITION POOL</b>	<b>SHALLOW AQUAFIT</b> 9am-9:50am Candice Max. 35 people <b>COMPETITION POOL</b>  <b>SHALLOW AQUAFIT</b> 10:30am-11:20am Joanne Max. 35 people <b>COMPETITION POOL</b>  <b>AQUA YOGA</b> 1:30pm-2:30pm Laura Max. 20 people <b>LEISURE POOL</b>  <b>AQUA DANCE</b> 6:45pm-7:35pm Calvin Max. 35 people <b>COMPETITION POOL</b>	<b>CARDIO CORE AQUAFIT</b> 9am-9:50am Liudmilla Max. 35 people <b>COMPETITION POOL</b>  <b>SHALLOW AQUAFIT</b> 10:30am-11:20am Naoko Max. 35 people <b>COMPETITION POOL</b>  <b>GENTLE AQUAFIT</b> 1:30pm-2:30pm Linda Max. 20 people <b>LEISURE POOL</b>  <b>SHALLOW AQUAFIT</b> 6:45pm-7:35pm Heatheranne Max. 35 people <b>COMPETITION POOL</b>	<b>DEEP AQUAFIT</b> 9am-9:50am Jackie Max. 35 people <b>COMPETITION POOL</b>  <b>SHALLOW AQUAFIT</b> 10:30am-11:20am Lianne Max. 35 people <b>COMPETITION POOL</b>		

## Aquatics Information – as of March 7th, 2022

- For the latest protocols and details for Aquatics activities including booking, please visit the [COVID-19](#) section of our website.

### 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](#))

### OPEN SWIM

- Maximum of 30 people when in Leisure Pool only and 75 people when in both Pools; 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 spray features.
- Personal toys (including puddle jumpers), fins, mermaid tails, monofins, snorkels, and/or aquatic masks are not allowed during Open Swim. Should you or your child need flotation support for the pools, we have lifejackets, PFDs, and flotation belts onsite, simply ask a lifeguard.
- 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.

### DRY SAUNA\*

- Users of the Dry Sauna must be 16 years of age or older. Sauna capacity is 3 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.
- 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 4 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

### WATER SLIDES

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

### 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 35 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: **March 4th, 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)