

HOLIDAY AQUATICS SCHEDULE | December 26th, 2022–January 1st, 2023

Group Fitness See our Aquafit classes on page 2!



	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>Boxing Day Facility Hours 12p-8pm</p> <p>LENGTHS Lane & Open Swim 12pm-8pm</p>	<p>LENGTHS Lane Swim 5:30am-8:45am</p> <p>LENGTHS Lane & Open Swim 11:30am-12pm 1pm-5:30pm (Limited) 5:30pm-6:30pm</p> <p>WIDTHS Open Swim 6:45pm-8pm</p>	<p>LENGTHS Lane Swim 5:30am-8:45am</p> <p>LENGTHS Lane & Open Swim 11:30am-12pm 1pm-5:30pm (Limited) 5:30pm-6:30pm</p> <p>WIDTHS Open Swim 6:45pm-7:30pm</p> <p>LENGTHS Lane Swim 7:45pm-10pm</p>	<p>LENGTHS Lane Swim 5:30am-8:45am</p> <p>WIDTHS Lane & Open Swim 1pm-6:30pm (Limited) Lane Swim 6:45pm-7:30pm Lane Swim 7:45pm-10pm</p>	<p>LENGTHS Lane Swim 5:30am-8:45am</p> <p>LENGTHS Lane & Open Swim 12pm-5:30pm (Limited) 5:30pm-10pm</p>	<p>New Year's Eve Facility Hours 7am-5pm</p> <p>LENGTHS Lane Swim 7am-10am</p> <p>LENGTHS Lane & Open Swim 10am-5pm</p>	<p>New Year's Day Facility Hours 12pm-8pm</p> <p>LENGTHS Lane & Open Swim 12pm-5pm</p> <p>LENGTHS Lane Swim 5pm-8pm</p>
LANE SWIM (Leisure Pool)		5:30am-7:45am	5:30am-9:45am	5:30am-7:45am	5:30am-9:45am	7am-9:45am	
OPEN SWIM (Leisure Pool)	12pm-8pm	9am-1pm 2pm-8pm	11am-1pm 2pm-10pm	9am-1pm 2pm-10pm	11am-10pm	10am-5pm	1:30pm-8pm
\$4 PARENT/TOT (Leisure Pool Only)		8am-9am	10am-11am	8am-9am	10am-11am		
MEMBER ONLY SWIM							12pm-1:30pm
\$4 SWIM (Both Pools)		8pm-10pm					
ADULT ONLY SWIM AGES 18+ (Competition Pool)		LENGTHS 12pm-1pm	LENGTHS 12pm-1pm	WIDTHS 12pm-1pm			
3m DIVING BOARD 1m DIVING BOARD	12pm-7:45pm 12pm-7:45pm	2p-5:30p/8p-9:45p 8pm-9:45pm	2pm-5:30pm ----		2p-5:30p/7p-9:45p 7pm-9:45pm	12pm-4:45pm 12pm-4:45pm	1:30pm-5pm 1:30pm-5pm
WATER SLIDES	12pm-7:45pm	7pm-9:45pm	2pm-5:30pm		6pm-9:45pm	12pm-4:45pm	12pm-6:45pm
SWIM LESSONS							

*Please note – This week, the Hot Tub closes at 6pm every Saturday, and the Tots Pool closes at 5pm every Sunday, for routine maintenance.

HOLIDAY DROP-IN GROUP FITNESS SCHEDULE | Dec. 26th-Jan 1st

M	T	W	T	F
Boxing Day Facility Hours 12p-8pm	SHALLOW AQUAFIT 9am-9:50am Liudmilla COMPETITION POOL	SHALLOW AQUAFIT 9am-9:50am Naoko COMPETITION POOL	CARDIO CORE AQUAFIT 9am-9:50am Liudmilla COMPETITION POOL	DEEP AQUAFIT 9am-9:50am Jackie COMPETITION POOL
	DEEP AQUAFIT 10:15am-11:05am Jackie COMPETITION POOL	SHALLOW AQUAFIT 10:15am-11:05am Joanne COMPETITION POOL	SHALLOW AQUAFIT 10:15am-11:05am Naoko COMPETITION POOL	SHALLOW AQUAHIT 10:15am-11:05am Lianne COMPETITION POOL
	GENTLE AQUAFIT 1pm-1:50pm Naoko LEISURE POOL	AQUA YOGA 1pm-1:50pm Laura LEISURE POOL	GENTLE AQUAFIT 1pm-1:50pm Donna LEISURE POOL	
	SHALLOW AQUAHIT 6:45pm-7:35pm Liudmilla COMPETITION POOL	AQUA DANCE 6:45pm-7:35pm Calvin COMPETITION POOL	SHALLOW AQUAFIT 6:45pm-7:35pm Julie COMPETITION POOL	

AQUAFIT

- Aquafit classes are 50 minutes 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 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.

DAY PASSES *(photo identification is required with the purchase of every day pass)*

- Day passes provide access to all areas of the Centre, including our group fitness classes. For rates, please visit the [Day Pass](#) section of our website.

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 *(can be used during swim lesson times, even if there is no open swim)*

- 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.
- Consult the list of health and safety precautions listed outside Sauna doors before entering.

HOT TUB *(can be used during swim lesson times, even if there is no open swim)*

- All Hot Tub users **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 & 48" tall to ride the blue water slide.

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.

MEMBER ONLY SWIM

- Members can bring a guest at the day pass rate to these swims (1 guest per member max).
- Giant inflatable available on Saturdays from 5:30pm-7pm!
- For membership rates and information, visit the [Membership](#) section of our website.

\$4 PARENT/TOT SWIM AND \$4 SWIM

- Passes for the \$4 Parent/Tot and \$4 Swim are sold 15 minutes before the start of the swim until 15 minutes before the end of the swim.
- The \$4 Parent/Tot Swim pass includes **one parent/guardian with a tot ages 0-4 years old**; an additional parent/guardian will need to purchase a \$4 pass.

Schedule last updated: December 15th, 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