

# WINTER 2024 AQUATICS SCHEDULE | February 19th–25th

\*\*\*Group Fitness\*\*\* See our Aquafit classes on page 2!



	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>Heritage Day Facility Hours 8am-8pm</b></p> <p><b>LENGTHS</b> Lane Swim 8am-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-7:50pm</p>	<p><b>LENGTHS</b> Lane Swim 5:30am-8:45am</p> <p><b>WIDTHS</b> Open Swim 9am-10am 10:15am-11:15am</p> <p><b>LENGTHS</b> Lane &amp; Open Swim 11:30am-12pm 1pm-3:45pm</p> <p><b>LENGTHS</b> Lane Swim 4pm-5:30pm (Limited 1 Lane)</p> <p><b>WIDTHS</b> Open Swim 7pm-8pm</p>	<p><b>LENGTHS</b> Lane Swim 5:30am-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>LENGTHS</b> Lane Swim 4pm-6:30pm (Limited)</p> <p><b>WIDTHS</b> Open Swim 6:45pm-7:30pm</p> <p><b>LENGTHS</b> Lane Swim 7:45pm-9:50pm</p>	<p><b>LENGTHS</b> Lane Swim 5:30am-8:45am</p> <p><b>WIDTHS</b> Lane Swim 9am-11:15pm</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 7:45pm-9:50pm</p>	<p><b>LENGTHS</b> Lane Swim 5:30am-8:45am</p> <p><b>WIDTHS</b> Open Swim 9am-10am 10:15am-11:45am</p> <p><b>LENGTHS</b> Lane &amp; Open Swim 12pm-4pm Lane Swim 4:30pm-6:45pm (Limited 1 Lane) 6:45pm-7:30pm Lane &amp; Open Swim 7:45pm-9:50pm</p>	<p><b>LENGTHS</b> Lane Swim 7am-8:15am Lane &amp; Open Swim 12:45pm-5pm</p>	<p><b>LENGTHS</b> Lane Swim 7am-8am Lane &amp; Open Swim 11:15am-5pm Lane Swim 5pm-8:50pm</p>
<b>LANE SWIM (Leisure Pool)</b>	8am-9:45am	5:30am-7:45am	5:30am-9:45am	5:30am-7:45am	5:30am-9:45am	7am-8:15am	7am-8am
<b>OPEN SWIM (Leisure Pool)</b>	11am-1pm 2pm-7:50pm	9am-1pm 2pm-3:45pm 7pm-8pm	11am-1pm 2pm-3:45pm 7pm-9:50pm	9am-1pm 2pm-3:45pm 7pm-9:50pm	11am-9:50pm	1pm-5pm	10am-12pm 1:30pm-8:50pm
<b>\$4 PARENT/TOT (Leisure Pool Only)</b>	10am-11am	8am-9am	10am-11am	8am-9am	10am-11am		
<b>MEMBER ONLY SWIM</b>						5:30pm-7:30pm <b>BOTH POOLS</b>	12pm-1:30pm <b>LEISURE POOL</b>
<b>\$4 SWIM (Both Pools)</b>		8pm-9:50pm				7:30pm-8:50pm	
<b>ADULT ONLY SWIM AGES 18+ (Competition Pool)</b>	<b>LENGTHS</b> 12pm-1pm	<b>LENGTHS</b> 12pm-1pm	<b>LENGTHS</b> 12pm-1pm	<b>LENGTHS</b> 12pm-1pm			
<b>3m DIVING BOARD 1m DIVING BOARD</b>	1pm-7:45pm ----	8pm-9:45pm 8pm-9:45pm	1pm-3:30pm ----			1p-5p/7:30p-8:45p 7:30pm-8:45pm	1:30pm-5pm ----
<b>WATER SLIDES</b>	2pm-7:45pm	7pm-9:45pm		7pm-9:45pm	7pm-9:45pm	1p-5p/7:30p-8:45p	12pm-7:45pm
<b>SWIM LESSONS</b>		4pm-7pm	4pm-7pm	4pm-7pm	4pm-7pm	8:30am-1pm	8am-12pm

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

## WINTER 2024 DROP-IN GROUP FITNESS SCHEDULE

M	T	W	T	F
<p><b>Heritage Day Facility Hours 8am-8pm</b></p> <p><b>SHALLOW AQUAFIT</b> 9am-9:50am Naoko <b>COMPETITION POOL</b></p> <p><b>SHALLOW AQUAFIT</b> 9am-9:50am Naoko <b>COMPETITION POOL</b></p> <p><b>SHALLOW AQUAHIIT</b> 10:15am-11:05am Naoko <b>COMPETITION POOL</b></p> <p><b>GENTLE AQUAFIT</b> 1pm-1:50pm Veronika <b>LEISURE POOL</b></p>	<p><b>SHALLOW AQUAPUMPED</b> 9am-9:50am Liudmilla <b>COMPETITION POOL</b></p> <p><b>DEEP AQUAFIT</b> 10:15am-11:05am Jackie <b>COMPETITION POOL</b></p> <p><b>GENTLE AQUAFIT</b> 1pm-1:50pm Veronika <b>LEISURE POOL</b></p> <p><b>SHALLOW AQUAHIIT</b> 6:45pm-7:35pm Kyle-Lynn <b>COMPETITION POOL</b></p>	<p><b>SHALLOW AQUAFIT</b> 9am-9:50am Naoko <b>COMPETITION POOL</b></p> <p><b>SHALLOW AQUAFIT</b> 10:15am-11:05am Joanne <b>COMPETITION POOL</b></p> <p><b>AQUA YOGA</b> 1pm-1:50pm Laura <b>LEISURE POOL</b></p> <p><b>AQUAHIIT</b> 6:55pm-7:35pm Veronika <b>COMPETITION POOL</b></p>	<p><b>CARDIO CORE AQUAPUMPED</b> 9am-9:50am Liudmilla <b>COMPETITION POOL</b></p> <p><b>SHALLOW AQUAFIT</b> 10:15am-11:05am Tam <b>COMPETITION POOL</b></p> <p><b>GENTLE AQUAFIT</b> 1pm-1:50pm Donna <b>LEISURE POOL</b></p> <p><b>SHALLOW AQUAFIT</b> 6:45pm-7:35pm Julie <b>COMPETITION POOL</b></p>	<p><b>DEEP AQUAFIT</b> 9am-9:50am Jackie <b>COMPETITION POOL</b></p> <p><b>SHALLOW AQUAHIIT</b> 10:15am-11:05am Lianne <b>COMPETITION POOL</b></p>

### 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 Aquapumped** | 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 / Shallow Aquapumped** | 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).
- 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: February 15th, 2023

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)