

WINTER 2024 AQUATICS SCHEDULE | March 25th–31st

Group Fitness See our
Aquafit classes on page 2!



| | M | T | W | T | F | S | S |
|---|---|---|---|---|--|--|--|
| LANE SWIM Competition Pool <i>(Lane swimming only – min. 3 lanes unless noted)</i> OPEN SWIM Competition Pool <i>(Open space for floating/playing)</i> | LENGTHS Lane Swim 5:30am-8:45am WIDTHS Lane Swim 9am-11:15am LENGTHS Lane & Open Swim 11:30am-12pm 1pm-5pm LENGTHS Lane & Open Swim 7:15pm-9:50pm | LENGTHS Lane Swim 5:30am-8:45am WIDTHS Open Swim 9am-10am 10:15am-11:15am LENGTHS Lane & Open Swim 11:30am-12pm 1pm-6:30pm WIDTHS Open Swim 6:45pm-8pm | LENGTHS Lane Swim 5:30am-8:45am WIDTHS Lane Swim 9am-11:15am LENGTHS Lane & Open Swim 11:30am-12pm 1pm-6:30pm WIDTHS Open Swim 6:45pm-7:30pm LENGTHS Lane Swim 7:45pm-9:50pm | LENGTHS Lane Swim 5:30am-8:45am WIDTHS Lane Swim 9am-11:15pm LENGTHS Lane & Open Swim 11:30am-12pm 1pm-6:30pm WIDTHS Lane Swim 6:45pm-7:30pm 7:45pm-9:50pm | March 29th Good Friday Facility Hours 8am-8pm LENGTHS Lane Swim 8am-8:45am WIDTHS Open Swim 9am-10am Lane Swim 10:15am-11:45am LENGTHS Lane & Open Swim 12pm-7:50pm | LENGTHS Lane Swim 7am-10am Lane & Open Swim 10:15am-5pm Lane Swim 5pm-8:50pm | LENGTHS Lane Swim 7am-10am Lane & Open Swim 10:15am-5pm Lane Swim 5pm-8:50pm |
| LANE SWIM (Leisure Pool) | 5:30am-9:45am | 5:30am-7:45am | 5:30am-9:45am | 5:30am-7:45am | 8am-9:45am | 7am-10:45am | 7am-9:45am |
| OPEN SWIM (Leisure Pool) | 11am-1pm 2pm-4pm 5pm-9:50pm | 9am-1pm 2pm-8pm | 11am-1pm 2pm-9:50pm | 9am-1pm 2pm-9:50pm | 11am-7:50pm | 11am-5pm | 10am-12pm 1:30pm-8:50pm |
| \$4 PARENT/TOT (Leisure Pool Only) | 10am-11am | 8am-9am | 10am-11am | 8am-9am | 10am-11am | | |
| MEMBER ONLY SWIM | | | | | | 5:30pm-7:30pm BOTH POOLS | 12pm-1:30pm LEISURE POOL |
| \$4 SWIM (Both Pools) | | 8pm-9:50pm | | | | 7:30pm-8:50pm | |
| ADULT ONLY SWIM AGES 18+ (Competition Pool) | LENGTHS 12pm-1pm | LENGTHS 12pm-1pm | LENGTHS 12pm-1pm | LENGTHS 12pm-1pm | | | |
| 3m DIVING BOARD 1m DIVING BOARD | 1pm-3:30pm ---- | 8pm-9:45pm 8pm-9:45pm | 1pm-3:30pm ---- | | 12pm-7:45pm 12pm-7:45pm | 11a-5p/7:30p-8:45p 11a-5p/7:30p-8:45p | 12pm-5pm ---- |
| BLUE WATER SLIDE | 7pm-9:45pm | 7pm-9:45pm | | 7pm-9:45pm | 12pm-7:45pm | 1p-5p/7:30p-8:45p | 12pm-7:45pm |
| SWIM LESSONS | | | | | | | |

*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 |
|--|--|---|---|---|
| SHALLOW AQUAFIT 9am-9:50am Naoko COMPETITION POOL | SHALLOW AQUAPUMPED 9am-9:50am Liudmilla COMPETITION POOL | SHALLOW AQUAFIT 9am-9:50am Naoko COMPETITION POOL | CARDIO CORE AQUAPUMPED 9am-9:50am Liudmilla COMPETITION POOL | March 29th Good Friday Facility Hours 8am-8pm |
| SHALLOW AQUAHIIT 10:15am-11:05am Naoko 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 Tam COMPETITION POOL | DEEP AQUAFIT 9am-9:50am Jackie COMPETITION POOL |
| AQUA YOGA 1pm-1:50pm Laura LEISURE POOL | GENTLE AQUAFIT 1pm-1:50pm Veronika LEISURE POOL | AQUA YOGA 1pm-1:50pm Laura LEISURE POOL | GENTLE AQUAFIT 1pm-1:50pm Donna LEISURE POOL | SHALLOW AQUAHIIT 10:15am-11:05am Lianne COMPETITION POOL |
| | SHALLOW AQUAHIIT 6:45pm-7:35pm Kyle-Lynn COMPETITION POOL | SHALLOW AQUAHIIT 6:55pm-7:35pm Veronika 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 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: **March 21st, 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