

# FALL 2025 AQUATICS SCHEDULE | September 15 - 21

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



|   | M   | T  | W  | T  | F   | S   | S  |
|---|---|--|--|--|---|---|--|
| <b>LANE SWIM</b><br><b>Competition Pool</b><br><i>(Lane swimming only – min. 3 lanes unless noted)</i><br><br><b>OPEN SWIM</b><br><b>Competition Pool</b><br><i>(Open space for floating/playing)</i> | <b>LENGTHS</b><br><b>Lane Swim</b><br>5:30am-8:45am<br><br><b>WIDTHS</b><br><b>Open Swim</b><br>9am-10:50am<br><br><b>LENGTHS</b><br><b>Lane &amp; Open Swim</b><br>11:15am – 12pm<br>1pm-4:45pm<br><b>Lane Swim</b><br>7pm-8pm<br><br><b>LENGTHS</b><br><b>Lane &amp; Open Swim</b><br>8:15pm-9:50pm | <b>LENGTHS</b><br><b>Lane Swim</b><br>5:30am-8:45am<br><br><b>WIDTHS</b><br><b>Open Swim</b><br>9am-10:50am<br><br><b>LENGTHS</b><br><b>Lane &amp; Open Swim</b><br>11:15am – 12pm<br>1pm-3:45pm<br><b>Lane Swim</b><br>4pm-6:30pm<br>(Limited 1 Lane)<br><br><b>WIDTHS</b><br><b>Open Swim</b><br>7pm-7:30pm<br><br><b>LENGTHS</b><br><b>Lane &amp; Open Swim</b><br>8pm-9:50pm | <b>LENGTHS</b><br><b>Lane Swim</b><br>5:30am-8:45am<br><br><b>WIDTHS</b><br><b>Lane Swim</b><br>9am-10:50am<br><br><b>LENGTHS</b><br><b>Lane &amp; Open Swim</b><br>11:15am – 12pm<br>1pm-3:45pm<br><b>Lane Swim</b><br>4pm-6:30pm<br>(Limited 1 Lane)<br><br><b>WIDTHS</b><br><b>Open Swim</b><br>7pm-7:30pm<br><br><b>LENGTHS</b><br><b>Lane &amp; Open Swim</b><br>8pm-9:50pm | <b>LENGTHS</b><br><b>Lane Swim</b><br>5:30am-8:45am<br><br><b>WIDTHS</b><br><b>Lane Swim</b><br>9am-10:50am<br><br><b>LENGTHS</b><br><b>Lane &amp; Open Swim</b><br>11:15am – 12pm<br>1pm-3:45pm<br><br><b>LENGTHS</b><br><b>Lane Swim</b><br>8pm-9:50pm | <b>LENGTHS</b><br><b>Lane Swim</b><br>5:30am-8:45am<br><br><b>WIDTHS</b><br><b>Open Swim</b><br>9am-10:50am<br><br><b>LENGTHS</b><br><b>Lane &amp; Open Swim</b><br>11:15am-3:45pm<br><b>Lane Swim</b><br>6:45pm-7:30pm<br><b>Lane &amp; Open Swim</b><br>7:45pm-9:50pm | <b>LENGTHS</b><br><b>Lane Swim</b><br>7am-8am<br><b>Lane &amp; Open Swim</b><br>1pm-5pm | <b>LENGTHS</b><br><b>Lane Swim</b><br>7am-8am<br><b>Lane &amp; Open Swim</b><br>12pm-5pm<br><b>Lane Swim</b><br>5pm-8:50pm |
| <b>LANE SWIM</b><br>(Leisure Pool)  | 5:30am-9:45am   | 5:30am-7:45am  | 5:30am-9:45am  | 5:30am-7:45am  | 5:30am-9:45am   | 7am-8am   | 7am-8am  |
| <b>OPEN SWIM</b><br>(Leisure Pool)  | 11am-1pm<br>2pm-4pm<br>5pm-9:50pm   | 9am-1pm<br>2pm-3:45pm<br>7pm-8pm   | 11am-1pm<br>2pm-3:45pm<br>7pm-9:50pm   | 9am-1pm<br>2pm-3:45pm<br>7pm-9:50pm  | 11am-9:50pm   | 1pm-5pm   | 1:30pm-8:50pm  |
| <b>\$4 PARENT/TOT</b><br>(Leisure Pool Only)  | 10am-11am   | 8am-9am  | 10am-11am  | 8am-9am  | 10am-11am   |   |  |
| <b>MEMBER ONLY SWIM</b>   |   |  |  |  |   | 5:30pm-7:30pm<br><b>BOTH POOLS</b>  | 12pm-1:30pm<br><b>LEISURE POOL</b>   |
| <b>\$4 SWIM (Both Pools)</b>  |   | 8pm-9:50pm   |  |  |   | 7:30pm-8:50pm   |  |
| <b>ADULT ONLY SWIM</b><br><b>AGES 18+</b><br>(Competition Pool)   | <b>LENGTHS</b><br>12pm-1pm  | <b>LENGTHS</b><br>12pm-1pm   | <b>LENGTHS</b><br>12pm-1pm   | <b>LENGTHS</b><br>12pm-1pm   |   |   |  |
| <b>3m DIVING BOARD</b><br><b>1m DIVING BOARD</b>  | 1pm-3:45pm<br>----  | 8pm-9:45pm<br>8pm-9:45pm   | 1pm-3:45pm<br>----   | 1pm-3:45pm<br>----   |   | 7:30p-8:45p<br>3p-5p/7:30p-8:45p  | 1:30pm-5:00pm<br>----  |
| <b>WATER SLIDES</b>   | 7pm-9:30pm  | 7pm-9:30pm   | 7pm-9:30pm   | 7pm-9:30pm   | 7pm-9:30pm  | 1p-5p/7:30p-8:30p   | 12pm-8pm   |
| <b>SWIM LESSONS</b>   |   | 4pm-6:45pm   | 4pm-6:45pm   | 4pm-6:45pm   | 4pm-6:45pm  | 8:30am-1pm  | 8am-12pm   |

\*Please note – The Hot Tub closes Saturday at 8pm, and the Tots Pool closes at 7pm every Sunday, for routine maintenance.

## FALL 2025 DROP-IN GROUP FITNESS SCHEDULE

| M   | T  | W   | T   | F   |
|---|--|---|---|---|
| <b>SHALLOW AQUAFIT</b><br>9am-9:50am<br>COMPETITION POOL<br><br><b>DEEP AQUAFIT</b><br>10am-10:50am<br>COMPETITION POOL<br><br><b>AQUA YOGA</b><br>1pm-1:50pm<br>LEISURE POOL | <b>DEEP AQUAFIT</b><br>9am-9:50am<br>COMPETITION POOL<br><br><b>SHALLOW AQUAPUMP</b><br>10am-10:50am<br>COMPETITION POOL<br><br><b>GENTLE AQUAFIT</b><br>1pm-1:50pm<br>LEISURE POOL<br><br><b>SHALLOW AQUAFIT</b><br>6:45pm-7:35pm<br>COMPETITION POOL | <b>SHALLOW AQUAFIT</b><br>9am-9:50am<br>COMPETITION POOL<br><br><b>SHALLOW AQUAFIT</b><br>10am-10:50am<br>COMPETITION POOL<br><br><b>AQUA YOGA</b><br>1pm-1:50pm<br>LEISURE POOL<br><br><b>SHALLOW AQUAFIT</b><br>6:45pm-7:35pm<br>COMPETITION POOL | <b>SHALLOW AQUAHIT</b><br>9am-9:50am<br>COMPETITION POOL<br><br><b>CARDIO CORE AQUAPUMPED</b><br>10am-10:50am<br>COMPETITION POOL<br><br><b>GENTLE AQUAFIT</b><br>1pm-1:50pm<br>LEISURE POOL<br><br><b>SHALLOW AQUAFIT</b><br>6:45pm-7:35pm<br>COMPETITION POOL | <b>SHALLOW AQUAFIT</b><br>9am-9:50am<br>COMPETITION POOL<br><br><b>DEEP AQUAFIT</b><br>10am-10:50am<br>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).
- Giant inflatable available on Saturdays from 5:30pm-7pm!
- For membership rates and information, visit the [Memberships](#) 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: **September 17, 2025**

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)