

WINTER 2026 AQUATICS SCHEDULE | January 5 - 11

Group Fitness See our Aquafit classes on page 2!



	M	T	W	T	F	S	S
LANE SWIM Competition Pool (Lane swimming only – min. 3 lanes unless noted)	LENGTHS Lane Swim 5:30am-8:45am	LENGTHS Lane Swim 7am-8:15am					
OPEN SWIM Competition Pool (Open space for floating/playing)	WIDTHS Open Swim 9am-10:50am	WIDTHS Open Swim 9am-10:50am	WIDTHS Lane Swim 9am-10:50am	WIDTHS Lane Swim 9am-10:50am	WIDTHS Lane Swim 9am-10:50am	WIDTHS Open Swim 9am-10:50am	LENGTHS Lane & Open Swim 1pm-5pm
	LENGTHS Lane & Open Swim 11:15am – 12pm	LENGTHS Lane & Open Swim 12pm-5pm					
	1pm-4:45pm	1pm-3:45pm	1pm-3:45pm	1pm-3:45pm	1pm-3:45pm	1pm-3:45pm	Lane Swim 5pm-8:50pm
	Lane Swim 7pm-8pm	Lane Swim 4pm-5:30pm	Lane Swim (Limited 1 Lane)	Lane Swim 4pm-6:30pm	Lane Swim (Limited 2 Lane)	Lane Swim 7:45pm-9:50pm	
	Lane & Open Swim 8:15pm-9:50pm						
LANE SWIM (Leisure Pool)	5:30am-9:45am	5:30am-7:45am	5:30am-9:45am	5:30am-7:45am	5:30am-9:45am	7am-8:15am	7am-8am
OPEN SWIM (Leisure Pool)	11am-1pm 2pm-4pm 5pm-9:50pm	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	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-4pm ----	8pm-9:45pm 8pm-9:45pm	1pm-3:45pm ----	1pm-3:45pm ----		7:30p-8:45p 3p-5p/7:30p-8:45p	1:30pm-5:00pm ----
WATER SLIDES	7pm-9:30pm	7pm-9:30pm	7pm-9:30pm	7pm-9:30pm	7pm-9:30pm	3p-5p/7:30p-8:30p	12pm-8pm
SWIM LESSONS		4pm-7pm	4pm-7pm	4pm-7pm	4pm-7pm	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.

WINTER 2026 DROP-IN GROUP FITNESS SCHEDULE

M	T	W	T	F
SHALLOW AQUAFIT 9am-9:50am COMPETITION POOL	DEEP AQUAFIT 9am-9:50am COMPETITION POOL	SHALLOW AQUAFIT 9am-9:50am COMPETITION POOL	SHALLOW AQUAHIT 9am-9:50am COMPETITION POOL	SHALLOW AQUAFIT 9am-9:50am COMPETITION POOL
DEEP AQUAFIT 10am-10:50am COMPETITION POOL	SHALLOW AQUAPUMPED 10am-10:50am COMPETITION POOL	SHALLOW AQUAFIT 10am-10:50am COMPETITION POOL	CARDIO CORE AQUAPUMPED 10am-10:50am COMPETITION POOL	DEEP AQUAFIT 10am-10:50am COMPETITION POOL
AQUA YOGA 1pm-1:50pm LEISURE POOL	GENTLE AQUAFIT 1pm-1:50pm LEISURE POOL	AQUA YOGA 1pm-1:50pm LEISURE POOL	GENTLE AQUAFIT 1pm-1:50pm LEISURE POOL	
SHALLOW AQUAFIT 6:45pm-7:35pm COMPETITION POOL		SHALLOW AQUAFIT 6:45pm-7:35pm COMPETITION POOL	SHALLOW AQUAFIT 6:45pm-7:35pm 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 [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: **January 2, 2026**

Please note this schedule is subject to changes and cancellations. Notices and updates to the schedule are posted on our website www.canadagamescentre.ca