



# Aquatic Fitness Schedules

Updated Jun 1, 2018

Drop-in fitness classes are a great way to get fit in a social and friendly environment. Instructors can teach to multiple levels and are happy to find modifications when necessary. Fitness schedules are subject to change without notice.

Gibsons & District Aquatic Facility						
Effective Apr 1 to Jun 30, 2018 except statutory holidays.						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-9:55am <b>Aquafit - Deep</b>	9:00-9:55am <b>Aquafit – Shallow</b>  11:30am-12:00pm <b>Gentle Waves</b>  2:00-2:45pm <b>Deep H2O Running</b> <i>(1:00-1:45pm Jun 26 only)</i>	9:00-9:55am <b>Aquafit - Deep</b>	9:00-9:55am <b>Aquafit – Shallow</b>  11:30am-12:00pm <b>Gentle Waves</b>  2:00-2:45pm <b>Deep H2O Running</b> <i>(1:00-1:45pm Jun 28 only)</i>	9:00-9:55am <b>Aquafit – Shallow</b>	9:00-9:55am <b>Aquafit – Shallow</b>	

Pender Harbour Aquatic & Fitness Centre						
Effective Apr 1 to Jun 30, 2018 except statutory holidays.						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-9:50am <b>Aquafit</b>  10:00-10:45am <b>Gentle Waves</b>		9:00-9:50am <b>Aquafit</b>  10:00-10:45am <b>Aquafit Shallow</b>		9:00-9:50am <b>Aquafit</b>  10:00-10:45am <b>Gentle Waves</b>		

See next page for **Sechelt Aquatic Centre** schedule.

Admission to Aquafit:

- Included in your **MYPASS**
- Pay drop-in admission at the facility: **Adult \$7 / Senior \$6 / Teen \$5.25 / Child \$4.25**



# Aquatic Fitness Schedules

## Sechelt Aquatic Facility

Effective Apr 1 to Jun 30, 2018 except statutory holidays. **There will be no classes during Annual Maintenance Closure May 26 to Jun 23.**

**Summer Hours in effect Jun 24 to Aug 31, Mon to Fri, 8:30 pm closing time.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-8:55am <b>Aquafit - Deep</b>	7:00-7:55am <b>Deep H2O Running</b>	8:00-8:55am <b>Aquafit - Deep</b>	7:00-7:55am <b>Deep H2O Running</b>	8:00-8:55am <b>Aquafit - Deep</b>	9:10-10:00am <b>Aquafit - Shallow</b>	
9:00-9:55am <b>Aquafit - Deep</b>	9:00-9:55am <b>Aquafit - Shallow</b>	9:00-9:55am <b>Aquafit - Deep</b>	9:00-9:55am <b>Aquafit - Shallow</b>	9:00-9:55am <b>Aquafit - Deep</b>		
10:00-10:45am <b>Gentle Waves</b>	10:00-10:45am <b>Gentle Waves</b>	10:30-11:30am <b>Swim Fit</b>	10:00-10:45am <b>Gentle Waves</b>			
10:30-11:30am <b>Swim Fit</b>						

<b>AQUAFIT</b>	Aquafit is a low-impact, self-paced class, suited to all levels. Experience a variety of movements and training techniques designed to improve muscle strength, aerobic fitness, flexibility, balance, core stabilization and posture. <b>Shallow</b> is done with the support of the pool bottom, <b>Deep</b> is done with a flotation device so participants are suspended in water and unable to touch the bottom. <b>If Deep or Shallow is not specified, either option is available.</b>
<b>DEEP H2O RUNNING</b>	Deep water running is a great form of cross training, excellent to deal with and prevent injuries due to impact on hard surface running. Flotation waist belts available.
<b>GENTLE WAVES</b>	A fitness class at a gentle pace for people just starting a fitness program and wanting to ease in, those with arthritis or other joint concerns, or just wanting a shorter length of exercise time.
<b>SWIM FIT</b>	Stroke drills and swim workouts for all fitness levels are provided during this length swim to help improve and develop your swimming endurance. This self-led program allows you to progress at your own rate while increasing your cardiovascular capacity.

Admission to Aquafit:

- Included in your **MYPASS**
- Pay drop-in admission at the facility: **Adult \$7 / Senior \$6 / Teen \$5.25 / Child \$4.25**