


Monday	Tuesday	Wednesday	Thursday	Friday
<b>Aqua-Advanced</b> 8:35-9:30am	<b>Deep Water Aqua</b> 8:35-9:25am	<b>Aqua-Advanced</b> 8:35-9:30am	<b>Deep Water Aqua</b> 8:35-9:25am	<b>Aqua-Advanced</b> 8:35-9:30am
<b>Aqua-Light</b> 9:40-10:25am	<b>Aqua-Therapy</b> 8:35-9:20am	<b>Aqua-Light</b> 9:40-10:25am	<b>Aqua-Therapy</b> 8:35-9:20am	<b>Aqua-Light</b> 9:40-10:25am
<b>Aqua-Therapy</b> 2:05-2:50pm	<b>Aqua-Therapy</b> 2:05-2:50pm		<b>Aqua-Therapy</b> 2:05-2:50pm	<b>Aqua Fit Fees</b> Single: \$ 6.90 10x pass \$ 62.05 30x pass \$186.30  <b>Aqua Therapy Fees</b> Single: \$ 5.50 10x pass \$ 50.00 30x pass \$148.20
Class participants can use the hot tub, leisure pool and other aquatic facilities for up to 1/2 hr. after their class.	<b>Evening Aquafit</b> 7:15-8:00pm		<b>Evening Aquafit</b> 7:15-8:00pm	
	<b>Deep Water Aquafit</b> 8:15-9:00pm	<b>Deep Water Aquafit</b> 8:15-9:00pm		



## Drop In Aqua Fit Classes

### Aqua-Advanced

This is a high intensity fitness class held in the shallow end of the lap pool. The class is a mix of strength and cardio moves followed by a satisfying stretch for all your major muscle groups. Equipment such as noodles, exercise buoys, and paddles are used during most of the classes. No classes on Statutory Holidays.

Mon/Wed/Fri 8:35-9:30am  
Jan 4-Mar 16  
no class Jan 2

### Aqua-Light

This is a light to moderate intensity fitness class held in the shallow end of the lap pool. There will be little or no jumping during this class which covers a variety of strength, flexibility and endurance exercises. This class is perfect for people getting started in water fitness or for those who are pregnant.

No classes on Statutory Holidays.  
Mon/Wed/Fri 9:40-10:25am  
Jan 4-Mar 16  
no class Jan 2

### Morning Deep Water

This is a moderate to high intensity fitness class held in the deep end of the lap pool. Participants usually wear a "fitness belt" to provide flotation while they are in the deep water. This no impact class includes complete cardio training as well as an exceptional workout for your abdominal and back muscles.

Tues/Thurs 8:35-9:25am  
Jan 4-Mar 15

## Aquatic Exercise Therapy



Aqua-therapy will benefit men and women who would like to use the water to strengthen injured muscles or exercise weak, arthritic joints. It is a mild exercise program led by a qualified and experienced instructor. The program is excellent for people with a long term disability and it is a good way to build your strength before or after surgery. With 5 classes per week you can choose to attend as many or as few as you want. Referral by a Physiotherapist or Doctor required.

-Mon, Tues & Thurs: 2:05-2:50pm  
no afternoon class Tues Jan 3  
-Tues & Thurs: 8:35-9:20am



Drop-In: \$ 5.50  
10x pass: \$ 50.00  
30x pass: \$148.20

prices include hst