

Gordon Head Recreation Centre

Drop-in Waterfit Schedule

☎ 250-475-7100

Effective: Dec. 21, 2024 – Jan. 5, 2025

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Waterfit ❤️	9:00-10:00am Inst: Susanne	9:00-10:00am Inst: Various	9:00-10:00am Inst: Susanne	9:00-10:00am Inst: Amanda	9:00-10:00am Inst: Various	8:00-9:00am Inst: Mary-Jane	

Waterfit

A fun, moderate to intense, self paced workout focusing on total body conditioning held in both ends of the pool. Modifications can be made for most fitness levels, for those wishing to participate in the deep water with a floatation belt, and those wishing to participate in the shallow water.

Notes & Information

Holiday Schedule 2024/2025

Statutory Holidays - Facility Closed

Christmas Day Wednesday, December 25

Boxing Day Thursday, December 26

New Years Day Wednesday, January 1

Adjusted Hours

Christmas Eve Sunday, December 24; Pool closes at 3:30pm. Facility closes at 4:00 pm

New Years Eve Sunday, December 31; Pool closes at 3:30pm. Facility closes at 4:00 pm



PARKS, RECREATION
& COMMUNITY SERVICES