

Drop-in Waterfit & Masters Schedule

Effective: July 2 – September 2, 2024

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Waterfit ❤️	8:30-9:30am Inst: Various 4:30-5:30pm Inst: Ainsley	8:30-9:30am Inst: Various	8:30-9:30am Inst: Susanne 4:30-5:30pm Inst: Various	8:30-9:30am Inst: Karen	8:30-9:30am Inst: Wanda 4:30-5:30pm Inst: Ainsley	8:00-9:00am Inst: Mary-Jane	
Masters Swimming		7:30-8:30pm Inst: Quinn		7:30-8:30pm Inst: Quinn			

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.

Masters Swimming

A supervised drop-in swim workout for all ages and skill levels. Come work on your strokes in a fun inclusive non-competitive environment. The focus will be on lane swimming for fitness, and the ability to swim several lengths is required.

Notes & Information

Facility Hours on Statutory Holidays: (None of these classes run on holidays)
 Monday, August 5 - CLOSED
 Monday, September 2 - CLOSED

