Gordon Head Recreation Centre Drop-in Waterfit & Masters Schedule

Effective: March 31 – June 15, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-10:00am Inst: Michelyn	9:00-10:00am Inst: Jaela	9:00-10:00am Inst: Susanne	9:00-10:00am Inst: Karen	9:00-10:00am Inst: Crissy	8:00-9:00am Inst: Mary-Jane	8:00-9:00am Inst: Cindy
Waterfit ♥ 5:30-6:30pm Inst: Ainsley	10:00-11:00am Inst: Jaela	5:30-6:30pm Inst: Various	10:00-11:00am Inst: Karen	5:30-6:30pm Inst: Various		
	8:30-9:30pm Inst: Jordan		8:30-9:30pm Inst: Various			
					s can be made for n	nost fitness levels,
			r strokes in a fun inclu	isive non-competitive	environment. The f	ocus will be on
Frida	y, April 18	ry Holidays: 8:00am	-3:00pm (None of the	se classes run on hol	idays)	******
on Mono Staff	day, May 19 Training: (early closu	ire) ol closes at 5:30pm			******	Saanich
	9:00-10:00am Inst: Michelyn 5:30-6:30pm Inst: Ainsley intense, self paced v participate in the de g in swim workout for a itness, and the abilit Frida Monce ion Staff	9:00-10:00am 9:00-10:00am Inst: Michelyn Inst: Jaela 5:30-6:30pm 10:00-11:00am Inst: Ainsley Inst: Jaela 8:30-9:30pm Inst: Jordan intense, self paced workout focusing on to participate in the deep water with a floata g in swim workout for all ages and skill level itiness, and the ability to swim several lenge Facility Hours on Statutor Friday, April 18 Monday, April 21 Monday, May 19 Staff Training: (early closu	9:00-10:00am Inst: Michelyn9:00-10:00am Inst: Jaela9:00-10:00am Inst: Susanne5:30-6:30pm Inst: Ainsley10:00-11:00am Inst: Jaela5:30-6:30pm Inst: Various8:30-9:30pm Inst: Jordan8:30-9:30pm Inst: JordanInst: Variousintense, self paced workout focusing on total body conditioning o participate in the deep water with a floatation belt, and those w ggin swim workout for all ages and skill levels. Come work on you titness, and the ability to swim several lengths is required.Facility Hours on Statutory Holidays: 8:00am Friday, April 18 Monday, April 21 Monday, May 19Staff Training: (early closure)	9:00-10:00am Inst: Michelyn9:00-10:00am Inst: Jaela9:00-10:00am Inst: Susanne9:00-10:00am Inst: Susanne5:30-6:30pm Inst: Ainsley10:00-11:00am Inst: Jaela5:30-6:30pm Inst: Various10:00-11:00am Inst: Various8:30-9:30pm Inst: Jordan5:30-6:30pm Inst: Various10:00-11:00am Inst: Karenintense, self paced workout focusing on total body conditioning held in both ends of to participate in the deep water with a floatation belt, and those wishing to participate in ggin swim workout for all ages and skill levels. Come work on your strokes in a fun inclu itness, and the ability to swim several lengths is required.Facility Hours on Statutory Holidays: 8:00am-3:00pm (None of the Friday, April 18 Monday, April 21 Monday, May 19onStaff Training: (early closure)	9:00-10:00am Inst: Michelyn 9:00-10:00am Inst: Jaela 9:00-10:00am Inst: Susanne 9:00-10:00am Inst: Karen 9:00-10:00am Inst: Karen 5:30-6:30pm Inst: Ainsley 10:00-11:00am Inst: Jaela 5:30-6:30pm Inst: Various 10:00-11:00am Inst: Karen 9:00-10:00am Inst: Crissy intense, self paced workout focusing on total body conditioning held in both ends of the pool. Modifications oparticipate in the deep water with a floatation belt, and those wishing to participate in the shallow water. 9 g In swim workout for all ages and skill levels. Come work on your strokes in a fun inclusive non-competitive fitness, and the ability to swim several lengths is required. Facility Hours on Statutory Holidays: 8:00am-3:00pm (None of these classes run on hol Friday, April 18 Monday, April 21 Monday, May 19 on Staff Training: (early closure) Staff Training: (early closure)	9:00-10:00am Inst: Michelyn S:30-6:30pm Inst: Jaela 9:00-10:00am Inst: Susanne 9:00-10:00am Inst: Karen 9:00-10:00am Inst: Crissy 8:00-9:00am Inst: Crissy 5:30-6:30pm Inst: Jaela 10:00-11:00am Inst: Jaela 10:00-11:00am Inst: Various 9:00-10:00am Inst: Crissy 8:00-9:00am Inst: Crissy inst: Ainsley 10:00-11:00am Inst: Jaela 10:00-11:00am Inst: Various 10:00-11:00am Inst: Various 9:00-10:00am Inst: Crissy intense, self paced workout focusing on total body conditioning held in both ends of the pool. Modifications can be made for m participate in the deep water with a floatation belt, and those wishing to participate in the shallow water. 9 g In swim workout for all ages and skill levels. Come work on your strokes in a fun inclusive non-competitive environment. The fitness, and the ability to swim several lengths is required. Facility Hours on Statutory Holidays: 8:00am-3:00pm (None of these classes run on holidays) Friday, April 18 Monday, April 21 Monday, May 19 staff Training: (early closure) Staff Training: (early closure)