



☎ 250-475-7100

Gordon Head Recreation Centre - Waterfit

Effective January 3 – June 17, 2012

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquatherapy		12:00-1:00pm (S)		12:00-1:00pm (S)			
Deep Waterfit		9:00-10:00am (L)		9:00-10:00am (L)			
Mild Waterfit		10:00-11:00am (L)		10:00-11:00am (L)			
Shallow Waterfit	9:00-10:00am 6:00-7:00pm (L)		9:00-10:00am 6:00-7:00pm (L)		9:00-10:00am 6:00-7:00pm (L)	9:00-10:00am (L)	9:00-10:00am (L)
Rehab	10:00am-12:00pm (S)		10:00am-12:00pm (S)		10:00am-12:00pm (S)		
Waterworks		11:00am-12:00pm (S)		11:00am-12:00pm (S)			
Notes & Additional Information	(L) Indicates one lane available (S) Indicates shared use Statutory Holidays: Friday, April 6, Monday, April 9 & Monday, May 21: Shallow Waterfit 9:00-10:00am						