

DROP IN AQUAFIT



FALL POOL SHUTDOWN SCHEDULE

☎ 250-475-7600

October 20 - November 10

SAANICH COMMONWEALTH PLACE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Deep Aquafit ♥♥♥ *In Competition Pool		9:15-10:05 am <i>Jackie</i>			

Annual Maintenance Closure & Extended Aquatic Closure

- Oct 20th - Nov 10th: The Competition Pool will be open, while the rest of the pool area will remain closed
- Wednesday, Nov 12th: Resumption of full aquatic operation including Aquafit.
- All Aquafit classes will run in the Competition Pool during this time. The temperature of the water in the Competition Pool is colder than the other pools in the facility at 26 degrees Celsius.

Why the extended closure?

A new, modern waterslide is coming to Saanich Commonwealth Place, marking the return of one of our most popular amenities. The new slide replaces the 32-year-old slide, which has been closed for almost two years.

Featuring colourful, patterned fibreglass sections that enhance the thrill of the riders' experience, the new slide is being built by Vancouver-based company, Whitewater West.

We thank you for your patience and look forward to welcoming you back to celebrate the opening of the new waterslide this fall!

**All times subject to change. Please check schedule the day of your class.

Flip over for more details

Water Fitness Drop-in Descriptions

All classes welcome participants 13yrs+. For your convenience when choosing a drop in class we have now listed the intensity beside the class. However, modifications can be shown in all classes.

♥ Suitable for everyone from beginners to the more advanced. Emphasizes fun, and effective workouts; challenging options given for experienced participants.

♥♥ Suitable for participants ready to improve technique and increase intensity while still emphasizing proper form. Best suited for individuals who are already actively exercising.

♥♥♥ Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

DEEP AQUAFIT ♥♥

This is a non-impact, high energy, moderate workout in the deep water. Floatation belts are used and the class can be easily modified for all fitness levels. During this schedule, the Deep Aquafit classes will take place in the Competition Pool which is colder than the other pools in the facility.