

Gordon Head Recreation Centre

☎ 250-475-7100

# Drop-in Aquafit & Masters Schedule

*Effective: September 2 – December 19, 2025*

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Aquafit</b> ❤️	9:00-10:00am Inst: Michelyn 5:30-6:30pm Inst: Ainsley	9:00-10:00am Inst: Lucia 10:00-11:00am Inst: Lucia	9:00-10:00am Inst: Lucia 5:30-6:30pm Inst: Julia	9:00-10:00am Inst: Karen 10:00-11:00am Inst: Karen	9:00-10:00am Inst: Crissy	8:00-9:00am Inst: Mary-Jane	
<b>Masters Swimming</b>		8:30-9:30pm Inst: Taylor		8:30-9:30pm Inst: Sophia			

## Aquafit

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)

September 30      8:00am-4:00pm

October 13      8:00am-4:00pm

November 11      8:00am-4:00pm



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