

Gordon Head Recreation Centre

☎ 250-475-7100

Drop-in Aquafit & Masters Schedule

Effective: June 30 – September 1, 2025

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquafit ❤️	8:30-9:30am Inst: Michelyn 4:30-5:30pm Inst: Ainsley	8:30-9:30am Inst: Various	8:30-9:30am Inst: Susanne 4:30-5:30pm Inst: Michelyn	8:30-9:30am Inst: Karen	8:30-9:30am Inst: Various 4:30-5:30pm Inst: Amanda	8:00-9:00am Inst: Mary-Jane	8:00-9:00am Inst: Crissy
Masters Swimming		7:30-8:30pm Inst: Sarah		7:30-8:30pm Inst: Taylor			

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 CLOSED on Statutory Holidays:

Tuesday, July 1

Monday, August 4

Monday, September 1



PARKS, RECREATION
& COMMUNITY SERVICES