

# Drop-in Aquafit & Masters Schedule

Effective: March 30<sup>th</sup> – June 14<sup>th</sup>, 2026

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: Lauren 10:00-11:00am Inst: Lauren	9:00-10:00am Inst: Peggy 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: Talia		8:30-9:30pm Inst: Noah			

**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)

Friday, April 3<sup>rd</sup>            8:00am-4:00pm

Monday, April 6<sup>th</sup>            8:00am-4:00pm

Monday, May 18<sup>th</sup>            8:00am-4:00pm



PARKS, RECREATION  
& COMMUNITY SERVICES