

Gordon Head Recreation Centre

☎ 250-475-7100

# Drop-in Aquafit & Masters Schedule

*Effective: September 8 – December 20, 2026*

| PROGRAM                 | MONDAY                       | TUESDAY                                                     | WEDNESDAY                                                  | THURSDAY                                                    | FRIDAY                                                         | SATURDAY                       | SUNDAY                      |
|-------------------------|------------------------------|-------------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------------|--------------------------------|-----------------------------|
| <b>Aquafit ♥</b>        | 5:30-6:30pm<br>Inst: Ainsley | 9:00-10:00am<br>Inst: Jaela<br>10:00-11:00am<br>Inst: Jaela | 9:00-10:00am<br>Inst: Peggy<br>5:30-6:30pm<br>Inst: Crissy | 9:00-10:00am<br>Inst: Karen<br>10:00-11:00am<br>Inst: Karen | 9:00-10:00am<br>Inst: Crissy<br>5:30-6:30pm<br>Inst: Cassandra | 8:00-9:00am<br>Inst: Mary-Jane | 8:00-9:00am<br>Inst: Rashin |
| <b>Masters Swimming</b> |                              | 8:30-9:30pm<br>Inst: Lily                                   |                                                            | 8:30-9:30pm<br>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)

Wednesday, September 30<sup>th</sup> 8:00am – 3:00 pm

Monday, October 12<sup>th</sup> 8:00am – 3:00 pm

Wednesday, November 11<sup>th</sup> 8:00am – 3:00 pm



PARKS, RECREATION  
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