



☎ 250-475-7100

Gordon Head Recreation Centre - Waterfit

Effective September 3 – December 22, 2019

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Deep Waterfit		9:00-10:00am (L)		9:00-10:00am (L)			
Mild Waterfit		10:00-11:00am (L)		10:00-11:00am (L)			
Shallow Waterfit	9:00-10:00am (L) 6:00-7:00pm (L)		9:00-10:00am (L) 6:00-7:00pm (L)		9:00-10:00am (L)	9:00-10:00am (L) (Deep Waterfit Participants Welcome)	
Aquatherapy (Rehab)	10:00am-12:00pm (R)		10:00am-12:00pm (R)		10:00am-12:00pm (R)		
Deep Water Recovery		12:00-1:00pm (S)		12:00-1:00pm (S)			
Waterworks		11:00am-12:00pm (L/S)		11:00am-12:00pm (L/S)			
Notes & Additional Information	(S) Indicates shared use (R) Indicates Registered program (L) Indicates one lane available Statutory Holidays: Regular classes cancelled on Stat Holidays weekends. Facility hours 8:00am-6:00pm Monday, October 14, and Monday, November 11: Shallow/Deep Waterfit 9:00-10:00am						