



Aquatic Fitness Schedules

Drop-in fitness classes are a great way to get fit in a social and friendly environment. Instructors can teach to multiple levels and are happy to find modifications when necessary. Fitness schedules are subject to change without notice.
 13 + years. Updated Aug 28

Aquatic Fitness Gibsons & District Aquatic Facility						
Effective Sep 3 to Dec 31 except for statutory holidays. Schedules subject to change. For ages 13+ years, unless otherwise indicated.						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00 – 9:55 am Aquafit - Shallow	9:00 – 9:55 am Aquafit - Deep	9:00 – 9:55 am Aquafit - Shallow	9:00 – 9:55 am Aquafit - Deep	9:00 – 9:55 am Aquafit - Shallow		
11:00 – 11:45 am Deep H2O Running	11:30 am–12:00 pm Gentle Waves		11:30 am–12:00 pm Gentle Waves			
		1:00 – 1:45 pm Deep H2O Running		1:00 – 1:45 pm Deep H2O Running		

Aquatic Fitness Pender Harbour Aquatic & Fitness Centre						
Effective Sep 8 to Dec 20 except for statutory holidays. Schedules subject to change. For ages 13+ years, unless otherwise indicated.						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00 – 9:50 am Aquafit		9:00 – 9:50 am Aquafit		9:00 – 9:50 am Aquafit		
10:00 – 10:45 am Gentle Waves	10:45 –11:45 am Older Adult Keep Fit (60+): Land meets Water	10:00 – 10:45 am Aquafit Shallow	10:45 –11:45 am Older Adult Keep Fit (60+): Land meets Water	10:00 – 10:45 am Gentle Waves		

See next page for **Sechelt Aquatic Centre** schedule.

Admission to Aquafit:

- Included in your **MYPASS**
- Pay drop-in admission at the facility: **Adult \$7 / Senior \$6 / Teen \$5.25 / Child \$4.25**



Aquatic Fitness Schedules

Aquatic Fitness Sechelt Aquatic Facility

Effective Sep 3 to Dec 31 except for statutory holidays. Schedules subject to change.

For ages 13+ years, unless otherwise indicated.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
8:00 – 8:55 am Aquafit – Deep	7:00 – 7:55 am Deep H2O Running	8:00 – 8:55 am Aquafit – Deep	7:00 – 7:55 am Deep H2O Running	8:00 – 8:55 am Aquafit – Deep		
9:00 – 9:55 am Aquafit	9:00 – 9:55 am Aquafit – Shallow	9:00 – 9:55 am Aquafit	9:00 – 9:55 am Aquafit - Shallow	9:00 – 9:55 am Aquafit	9:10 – 9:55 am Aquafit - Shallow	
10:00 – 10:45 am Gentle Waves	10:00 – 10:45 am Gentle Waves		10:00 – 10:45 am Gentle Waves			
10:30 – 11:30 am Swim Fit (19+)		10:30 – 11:30 am Swim Fit (19+)				

AQUAFIT	Aquafit is a low-impact, self-paced class, suited to all levels. Experience a variety of movements and training techniques designed to improve muscle strength, aerobic fitness, flexibility, balance, core stabilization and posture. Shallow is done with the support of the pool bottom, Deep is done with a flotation device so participants are suspended in water and unable to touch the bottom. If Deep or Shallow is not specified, either option is available.
DEEP H2O RUNNING	Deep water running is a great form of cross training, excellent to deal with and prevent injuries due to impact on hard surface running. Flotation waist belts available.
GENTLE WAVES	A fitness class at a gentle pace for people just starting a fitness program and wanting to ease in, those with arthritis or other joint concerns, or just wanting a shorter length of exercise time.
SWIM FIT (19+)	Stroke drills and swim workouts for all fitness levels are provided during this length swim to help improve and develop your swimming endurance. This self-led program allows you to progress at your own rate while increasing your cardiovascular capacity.
OLDER ADULT KEEP FIT (60+) : LAND MEETS WATER	30 minutes of mild stretching and muscular exercises are performed on land (on mats in the gym) followed by 30 minutes of exercise in the water

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Sunshine Coast Regional District Recreation: www.scrd.ca/recreation

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