

Fall Aquatics Schedule

Effective September 3 - December 31, 2008

Facility hours: Mon - Fri 6 am - 9:45 pm, Sat & Sun 8 am - 5:15 pm

A minimum of 2 swim lanes are available during all pool hours

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 - 7:30 am Masters Swim	6:30 - 7:15 am Aqua Rise	6:30 - 7:30 am Masters Swim		6:30 - 7:30 am Masters Swim	9:00 - 9:30 am Red Cross Swim Preschool Level 1,2
					9:30 - 10:00 am Red Cross Swim Preschool Level 2,3
7:45 - 8:45 am Masters Swim		7:45 - 8:45 am Masters Swim	7:45 - 8:45 am Swim for Speed		10:00 - 10:45 am Aqua Lite
10:15 - 11:00 am Aqua Lite		10:15 - 11:00 am Aqua Lite		10:15 - 11:00 am Aqua Lite	11:00 - 11:45 am AquaAdults Level III
11:15am - 12:00 pm WorkShape		11:15am - 12:00 pm WorkShape		11:15am - 12:00 pm WorkShape	11:45am - 1:15 pm Private Swim Lessons
12:00 - 1:00 pm Intro to Masters by Total Immersion (TI)	12:15 - 1:00 pm Aqua Recover		12:15 - 1:00 pm Aqua Recover		12:30 - 2:00 pm Family Swim
1:10 - 1:40 pm Aqua X-Press Aqua Jogging	1:00 - 2:00 pm Masters Swim	1:10 - 1:40 pm Aqua X-Press Aqua Jogging	1:00 - 2:00 pm Masters Swim		SUNDAY
5:15 - 6:15 pm Deep Water Rev' Up	5:15 - 6:15 pm Power Hour	5:15 - 6:15 pm Deep Water Rev' Up	5:15 - 6:15 pm Power Hour		10:00 - 11:00 am Power Hour
6:30 - 7:30 pm Intermediate Masters	6:30 - 7:15 pm AquaAdults Level I	6:30 - 7:30 pm Intermediate Masters	6:30 - 7:15 pm AquaAdults Level II		11:30am - 12:15 pm Private Swim Lessons
8:00 - 9:00 pm Swim for Speed					12:30 - 2:00 pm Family Swim

Last update: Nov 7/08 - schedule subject to change.

POOL LANES:


During the following days and times there are possible 1/2 lane bookings in the pool

Tuesday, 7:15 - 10am
Wednesday, 7:30 - 9:00pm
Thursday: 6:30 - 7:45am,
9:00 - 11am, 8:00 - 9:30pm
Fridays, 8:00-10:00am

PLEASE NOTE:

Prior to class, please let your instructor know if you have any medical conditions which may affect your ability to exercise.

Classes may be cancelled due to low participation.

 = Registration required, there is a fee for both members and non-members

Fall Drop-In Schedule - Aquatics Descriptions

MILD TO MODERATE

Family Swim - This is open swim with no instruction, parents must be within arms reach of children at all times. Children in diapers must wear Lil' Swimmers™ or equivalent. Max three children (up to 15yrs) per adult. Minimum of one child required. Free for Members, Non-Members \$10.00.

Aqua Lite - Designed to improve mobility, strength and general fitness with low impact. Recommended for those who have joint pain, restricted mobility or are recovering from an injury.

Aqua Recover - A gentle class designed for those recovering from injury, managing a chronic joint condition or looking for a fun energy boost. This class will safely ease you back on the path to full function, increased energy levels and reduced pain

Swim Evaluations

Delta Police Force Swim Evaluations conducted upon request.

Private Swim Lessons

45 minutes private swim lessons will assist you to:

- Increase your comfort in the water.
- Improve your stroke efficiency
- Develop your technique

Contact Member Services
at 604 895 5777
to arrange a lesson.

MODERATE TO CHALLENGING

Aqua Jogging - This is a perfect program for anyone recovering from an injury or simply looking to train in a zero impact environment. This class will challenge your cardio endurance and teach proper water running technique.

Deep Water Rev' Up - This total body workout provides cardiovascular training while focusing on strengthening the core and lower body with no impact. (Floatation belts are provided).

Aqua Rise - This 45-minute class uses water resistance and body weight in a low impact setting. While focusing on core stability and cardiovascular movements this high energy class is designed to challenge and motivate you. A great way to start the day!

Power Hour - A 60-minute high energy class that uses water resistance and body weight to challenge your cardiovascular system and muscle strength.

Aqua X-press - A 30-minute high energy class that uses water resistance and body weight to challenge your cardiovascular system and muscle strength.