

SPRING 2017 AQUATICS SCHEDULE | April 3rd-June 18th



	M	T	W	T	F	S	S
LANE SWIM (Competition Pool)	5:30am-8:45am LENGTHS 9am-10am WIDTHS 10:15am-5pm 5pm-7pm <i>(limited 2 lanes)</i> 8pm-10pm LENGTHS	5:30am-9:45am LENGTHS 10am-11am 4pm-7pm <i>(limited 2 lanes)</i> 7pm-10pm WIDTHS 11:15am-3:45pm LENGTHS	5:30am-8:45am LENGTHS 9am-10am WIDTHS 10:15am-4pm 4pm-9pm <i>(limited 2 lanes)</i> 9pm-10pm LENGTHS	5:30am-9:45am LENGTHS 10am-11am 4pm-6pm <i>(limited 2 lanes)</i> 6pm-10pm WIDTHS 11:15am-3:45pm LENGTHS	5:30am-4pm 4pm-8pm <i>(limited 2 lanes)</i> 8pm-10pm LENGTHS	7am-8am 8am-8:45am <i>(limited 2 lanes)</i> LENGTHS 9am-12:45pm <i>(limited 2 lanes)</i> WIDTHS 1pm-5:30pm <i>(limited 2 lanes)</i> 8-10pm LENGTHS	7am-8:15am LENGTHS 8:30am-9am <i>(limited 2 lanes)</i> WIDTHS 1pm-6:50pm LENGTHS
OPEN SWIM (Leisure Pool)	5:30am-4pm 6:30pm-10pm	5:30am-4pm 6:30pm-10pm	5:30am-4pm 6:30pm-10pm	5:30am-4pm 6:30pm-10pm	5:30am-12:30pm 12:30-6:30pm <i>(limited 2 lanes)</i> 6:30pm-10pm	7am-8:30am 12:30pm-5:30pm 8pm-10pm	7am-8:30am 1pm-6:50pm
\$3 PARENT/TOT (Leisure Pool and Play Features)	10am-11am	8am-9am	8am-9am	8am-9am	10am-11am		
MEMBER ONLY SWIM						6pm-8pm BOTH POOLS	12pm-1pm LEISURE POOL
ADULT ONLY SWIM (Competition Pool)	12pm-1pm <i>(No music)</i>	12pm-1pm	12pm-1pm <i>(No music)</i>	12pm-1pm	12pm-1pm <i>(No music)</i>		
\$3 SWIM (Both pools)		8pm-10pm			8am-10am	8pm-10pm	FEMALE ONLY 7pm-8:15pm MALE ONLY 8:30pm-9:45pm
3m DIVING BOARDS 1m DIVING BOARDS	2pm-3:30pm 2pm-3:30pm	2pm-3:30pm 2pm-3:30pm	2pm-3:30pm 2pm-3:30pm	2pm-3:30pm 2pm-3:30pm	9:15pm-9:45pm 8:15pm-9:45pm	8pm-9:45pm 1p-5:30p/8p-9:45p	3pm-5pm 3pm-5pm
WATER SLIDES	6:30pm-9:45pm	6:30pm-9:45pm	6:30pm-9:45pm	6:30pm-9:45pm	4pm-9:45pm	1pm-5:15pm 8pm-9:45pm	1pm-6:50pm
GROUP FITNESS	SHALLOW AQUAFIT 9am-10am Jackie DEEP AQUAFIT 11am-12pm Jackie	CARDIO CORE AQUAFIT 10am-11am Liudmilla SHALLOW AQUAFIT 6pm-6:50pm Jackie	SHALLOW AQUAFIT 9am-10am Ruslan SHALLOW AQUAFIT 7pm-7:50pm Adele HYDRORIDER 8pm-8:50pm Jacob	CARDIO CORE AQUAFIT 10am-11am Liudmilla ARTHRITIS CLASS 1pm-1:45pm Ashley SHALLOW AQUAFIT 6pm-6:50pm Jackie	COMBO AQUAFIT 11am-11:50am Linda	HYDRORIDER 8am-8:45am Jacob	DEEP AQUAFIT 6pm-6:50pm Jackie
SWIMMING LESSONS	4pm-6:30pm	4pm-6:30pm	4pm-6:30pm	4pm-6:30pm	12:30pm-6:30pm	8:30am-12:30pm	8:30am-12:30pm

*Please note – The Hot Tub closes at 8:45pm every Saturday, and the Tots Pool closes every Sunday at 8:15pm, for routine maintenance.

AQUAFIT

Please note: Water shoes are required for Hydrorider and Aquastep classes.

Shallow Aquafit

An aerobic workout in shallow water. Challenge your cardiovascular system and build muscle tone to improve overall fitness.

Deep Aquafit

An aerobic workout in deep water. Challenge your cardiovascular system and build muscle tone to improve overall fitness.

Cardio Core Aquafit

A high level aerobic workout in shallow water. Challenge your cardiovascular system and build muscle tone to improve overall fitness.

Combo Aquafit

A moderate to high level aerobic workout conducted in both shallow and deep water. Challenge your cardiovascular system and core with travelling, build muscle and tone during the strength section to improve your overall fitness.

Aquastep

A unique aquatic fitness class where steps are used to increase intensity and difficulty. Challenge your core and stability by building and toning muscles and increasing cardio for overall health and fitness.

Hydrorider

A unique stationary bike class where you pedal while immersed up to your waist in the water. Bikes are adjustable to allow for a wide variety of users.

Classes are 55 mins in length unless otherwise specified.

Hydrorider/Aquastep Sign-in Policy

- 1) Sign-up commences up to 90 minutes before the class starts & can be done in person at Customer Service Desk.
- 2) No sign-ups will be taken over the phone.
- 3) Each person must sign themselves up and cannot sign another person in.
- 4) Once signed in, participants will be given a Hydrorider card to be turned in to the instructor at the beginning of the class in order to participate.
- 5) Hydrorider/Aquastep classes are available to participants 14 years of age and older.

AGE POLICIES

Children 7 years of age or younger MUST remain within arm's reach of a parent or guardian (18+ years) at a ratio of 1 adult for every 2 children in the Aquatics Centre.

Youth 8-11 years old must have a parent or guardian in the building at all times.

Hot Tub*

Users of the hot tub must be 16 years of age or older. Hot tub capacity is 14 participants.

Water Slides

Users must be at least 42" tall to ride the yellow waterslide and 48" tall to ride the blue waterslide.

Dry Sauna*

The sauna is an infrared or dry sauna (no steam) and is located on the pool deck.

There is to be absolutely no water poured on the element.

All sauna users must be 16 years of age or older.

Sauna is co-ed and appropriate attire must be worn at all times.

After using the sauna, participants must rinse off before entering the pool or hot tub.

Please consult the list of health and safety precautions listed outside of the sauna doors before entering.

***Note:** Hot tub and Sauna can be used during swim lesson times, even if there is no open swim.

LANE SWIM

Lane availability

During Lane Swim times, 3 or more lanes are available, unless listed as "limited" space. Limited = 1-2 lanes.

Tips for happy lane mates

- Each lane is designated a different speed: Fast, Medium, or Slow. Consider your abilities relative to those already in the lane and decide on the lane in which you'd feel most comfortable. Your lane choice may alter from one session to the next depending on your workout intensity or who else is sharing the lane.
- Always swim in a counter-clockwise fashion, even if only two of you are in the lane. This will allow others to join without confusion or collision.

Tips for happy lane mates (continued)

- Be cautious and courteous when passing or being passed. If you accidentally kick someone, a quick apology as acknowledgment goes a long way.
- When stopped at the wall, stay to one side of the lane. And when starting a length, be mindful of not cutting immediately in front of anyone.
- Not mandatory, but we find a smile and greeting to lane mates when the opportunity presents itself tends to make the whole experience more enjoyable for all.

LIFESAVING SOCIETY SWIM TO SURVIVE PROGRAM

Nova Scotia Grade 3 students participate in survival training and learn the essentials of how to be safe around water. **The program runs weekdays October to June from 9:30am-2pm.**

INCLUDED IN YOUR DAY PASS OR MEMBERSHIP

Your membership or day pass gains you entry to our daily aquatics programs on this schedule, with the exception of the Member Only swims, offered to CGC members only.

Day pass rates

Come play for an hour, or the entire day. Your day pass purchase lets you take it all in over the course of the same day. Prices do not include tax.

Adult	\$10.52	Senior	\$7.52
Student	\$7.52	Youth	\$6.04
Family	\$20.52		

Photo identification is required with the purchase of every day pass. Alternatively, bring along your ID for your next visit and we'll take a picture of you for our system, and your ID won't be required going forward.

Schedule last updated: **April 1st, 2017**

Please note this schedule is subject to changes and cancellations. Notices and updates to the schedule are posted on our website www.canadagamescentre.ca or stop by the Customer Service Desk.