

AQUATIC SCHEDULE

Effective November 12 - 30, 2026



For holiday hours and the most current schedule visit panoramarecreation.ca

or scan the QR Code. Schedule subject to change without notice.

Children under the age of 7 must be within arms reach of an adult (16 yrs+).



Leisure pool, Hot tub, River, Sauna and Steam open Mon-Fri, 6am-9:30pm, Sa/Su 7am-8:30pm.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Swim Club, Lap Swimming, Water Walking 7-8:15am	Lap Swimming, Water Walking 6-7:45am					Lap Swimming, Water Walking 7-8:45am
Lap Swimming, Water Walking 8:15am-12pm	Aquafit, Water Walking 8-10am	Aquafit, Water Walking 8-9am			Aquafit, Water Walking 8-10am	Programs 9am-12pm
	Lap Swimming, Water Walking 10am-12pm *Sensory swim 10-11am*	Lap Swimming, Water Walking 9am-4pm *School Swim 12-1pm*	Lap Swimming, Water Walking 9am-12pm	Lap Swimming, Water Walking 9am-3:15pm *Sensory swim 10-11am* *School Swim 12-1pm*	Swim Club, Lap Swimming, Water Walking 10am-2pm	
Fun Swim 12-2:45pm	Aquafit, Lap Swimming 12-1pm		Aquafit, Lap Swimming 12-1pm		Aquafit, Lap Swimming 2-3pm	Fun Swim 12:30-3:45pm
	Lap Swimming, Water Walking 1-4pm		Lap Swimming, Water Walking, 1-3:15pm *Sensory Swim 2-3pm*		Lap Swimming, Water Walking 3-4pm	
			Swim Club, Lap Swimming, Water Walking 3:15-4pm			
Programs 3-6:30pm	Swim Club, Lap Swimming 4-8pm	Programs 4-7pm	Programs, Lap Swimming 4-7:30pm	Programs 4-7pm	Swim Club, Lap Swimming 4-7pm	Swim Club, Lap Swimming 4-6pm
	Programs, Lap Swimming, Water Walking 8-9pm	Programs, Lap Swimming, Water Walking 7-8pm	Programs, Lap Swimming, Water Walking 7:30-8pm	Programs, Lap Swimming, Water Walking 7-8pm		
\$2 Fun Swim 6:30-8:30pm	Lap Swimming, Water Walking 9-9:30pm	Lap Swimming, Water Walking 8-9:30pm			Fun Swim, Lap Swimming 7-9:30pm	Swim Club, Fun Swim 6-8:30pm

Despite our best efforts, errors to published information may occur and schedules may change with short notice. In the event of an error or schedule change, the information provided by our receptionists will be deemed accurate. We apologize for any inconvenience.



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2026-10-20

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AQUAFIT SCHEDULE **NO CLASSES NOV 11, NOV 27**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Deep Aquafit 8-9am	Combo Aquafit 8-9am	Combo Aquafit 8-9am	Combo Aquafit 8-9am	Deep Aquafit 8-9am
Shallow Aquafit 9-10am				Shallow Aquafit 9-10am
Light & Easy Aquafit 12-1pm		Light & Easy Aquafit 12-1pm		Light & Easy Aquafit 2-3pm

WATERSLIDE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					12:30-3:45pm	12-2:30pm
4:15-7:45pm	4:15-8:45pm	4:15-8:45pm	4:15-8:45pm	5:15-8:45pm	6-8:15pm	6:30-8:15pm

AQUATIC SESSION DESCRIPTIONS

Aquafit Deep/Shallow/Combo	All classes will provide you with a challenging workout with little to no impact on your joints! The instructor will provide different options for cardio training, strength exercise, and stretching. Includes warm-up, 30-35 minutes of cardio and strength, and stretching at the end. Class length will be 55 minutes. Combo Aquafit will take place in both the shallow and deep ends of the Main Pool, Deep Water Aquafit will take place in the deep end of the main pool, and Shallow Water Aquafit in the shallow end of the main pool.
Aquafit Light & Easy	Located either in the main pool or leisure pool, Light & Easy is a light version of Shallow Water Aquafit designed for people who have recovered from an injury and/or surgery, live with arthritis or are currently sedentary. Class length will be 55 minutes.
Fun Swim	Spray toys, diving board, climbing wall, and waterslide available. Leisure pool only Fun Swim times will not have access to the diving board or climbing wall in main pool.
Lap Swimming	Minimum 3 lanes available in main pool.
Leisure	Leisure, Hot Tub, River, Sauna and Steam open.
Sensory Swim	An inclusive swim experience for all ages, abilities and neurodiversities. Expect gentle lighting with no music.
Programs	Programs running in pool such as group lessons, contracted lane bookings and adult swim teams.
Water Walking	1 lane in Leisure pool for Water Walking.
Swim Club	Swim Club practice time. Space may be limited.

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