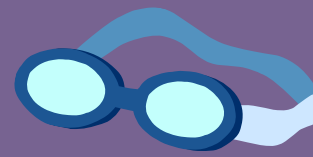


AQUATIC SCHEDULE

Effective April 30 - June 26, 2025



For holiday hours and our 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.

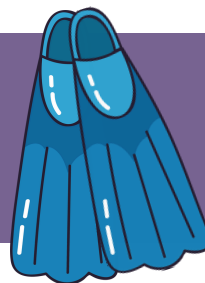
Holiday Hours in Effect May 19, 2025.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Programs, Lap Swimming, Water Walking 6-7:45am	Programs, Lap Swimming, Water Walking 6-7:45am	Programs, Lap Swimming, Water Walking 6-7:45am	Programs, Lap Swimming, Water Walking 6-7:45am	Programs, Lap Swimming, Water Walking 6-7:45am	Lap Swimming, Water Walking 7-8:45am	Lap Swimming, Water Walking 7am-12pm
Programs, Water Walking 8-10am	Programs, Water Walking 8-9am	Programs, Water Walking 8-9am	Programs, Water Walking 8-9am	Programs, Water Walking 8-10am	Programs, Water Walking 8:45am-12:15pm	
Lap Swimming, Water Walking *Sensory Swim 10-11am* 10-12pm	Lap Swimming, Water Walking 9-4pm	Programs, Lap Swimming, Water Walking 9am-12pm	Lap Swimming, Water Walking *Sensory Swim 10-11am* 9-4pm	Programs, Lap Swimming, Water Walking 10am-2pm		
Programs, Lap Swimming 12-1pm		Programs, Lap Swimming 12-1pm		Programs, Lap Swimming 2-3pm	Fun Swim 12:30-4pm	Fun Swim 12-2:45pm
Lap Swimming, Water Walking 1-4:00pm		Lap Swimming, Water Walking 1-4pm		Lap Swimming, Water Walking 3-4pm		Programs, Water Walking 2:45-6:15pm
Programs 4-5:30pm	Programs 4-7pm	Programs 4-7pm	Programs 4-7pm	Programs 4-5:30pm	Lap Swimming, Water Walking 4-6:30pm	
Lap Swimming, Programs 5:30-7pm				Lap Swimming, Programs 5:30-7:30pm		
Lap Swimming, Water Walking, Programs 7-9:30pm	Lap Swimming, Leisure Pool Fun Swim 7-9:30pm	Lap Swimming, Leisure Pool Fun Swim 7:00-9:30pm	Lap Swimming, Leisure Pool Fun Swim 7-9:30pm	Lap Swimming, Leisure Pool Fun Swim 7:30-9:30pm	Lap Swimming, Leisure Pool Fun Swim 6:30-8:30pm	\$2 Fun Swim 6:30-8:30pm

Oops! 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.

AQUAFIT SCHEDULE

Effective April 30 - June 26, 2025



Holiday hours in effect for February 17th-No classes.

For holiday hours and our 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+).

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

AQUATIC SESSION DESCRIPTIONS

Leisure Pool, Hot Tub, Sauna & Steam Room	The leisure pool, hot tub, sauna and steam room are open (excluding holidays): <ul style="list-style-type: none"> Monday-Friday, 6am-9:30pm Saturday/Sunday, 7am-8:30pm
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.
Main Pool Transition	Lanes ropes are removed or changed for swim club/aquafit.
Programs	Programs running in pool such as group lessons, contracted lane bookings and adult swim teams.
Sensory Swim	An inclusive swim experience for all ages, abilities and neurodiversities. Expect gentle lighting with no music.
Water Walking	1 lane in Leisure pool for Water Walking.

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