

AQUATIC SCHEDULE

Effective August 1 - 16



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.

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

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.



panoramarecreation.ca



[/panoramarecreation](https://www.facebook.com/panoramarecreation)



[@panoramarec](https://www.instagram.com/panoramarec)

2025-06-30

AQUAFIT SCHEDULE

Effective August 1 - 16



For holiday hours and our most current schedule visit panoramarecreation.ca or scan the QR Code.

Schedules 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 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		

WATERSLIDE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1-7pm	1-7pm	1-7pm	1-7pm	1-3:45pm	12-3pm	12-2:45pm
				6:30-9pm	6:30-8:30pm	6:30-8:30pm

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.

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.

