

# AQUATIC SCHEDULE

Effective July 1 - July 31, 2026



For holiday hours and the most current schedule visit [panoramarecreation.ca](http://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
<b>Programs, Lap Swimming, Water Walking</b> 6-7:45am						
<b>Water Walking</b> 8-10am	<b>Water Walking</b> 8-9am			<b>Water Walking</b> 8-10am	<b>Lap Swimming, Water Walking</b> 7am-12pm	
	<b>Lap Swimming, Water Walking</b> 9-10am					
<b>Programs, Lap Swimming, Water Walking</b> 10am-12pm *Sensory Swim 10-11am*	<b>Programs, Lap Swimming, Water Walking</b> 10am-12pm		<b>Programs, Lap Swimming, Water Walking</b> 10am-12pm *Sensory Swim 10-11am*	<b>Programs, Lap Swimming, Water Walking</b> 10-1pm	<b>Fun Swim</b> 12-3pm	
<b>Lap Swimming</b> 12-1pm	<b>Lap Swimming, Water Walking</b> 12-1pm	<b>Lap Swimming</b> 12-1pm	<b>Lap Swimming, Water Walking</b> 12-1pm			
<b>Fun Swim</b> 1-3:45pm						
<b>Programs</b> 4-7pm				<b>Lap Swimming, Water Walking</b> 4-6:30pm	<b>Lap Swimming, Water Walking</b> 3-6:30pm	
<b>Programs, Lap Swimming, Water Walking</b> 7-8:30pm		<b>Lap Swimming, Water Walking</b> 7-9:30pm	<b>Programs, Lap Swimming, Water Walking</b> 7-8:30pm			
<b>Lap Swimming, Water Walking</b> 8:30-9:30pm				<b>Lap Swimming, Water Walking</b> 8:30-9:30pm	<b>Leisure Pool Fun Swim, Lap Swimming</b> 6:30-9:30pm	<b>Fun Swim</b> 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 July 1 - July 31



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Deep Aquafit</b> 8-9am	<b>Combo Aquafit</b> 8-9am	<b>Combo Aquafit</b> 8-9am	<b>Combo Aquafit</b> 8-9am	<b>Deep Aquafit</b> 8-9am
<b>Shallow Aquafit</b> 9-10am				<b>Shallow Aquafit</b> 9-10am
<b>Light &amp; Easy Aquafit</b> 12-1pm		<b>Light &amp; Easy Aquafit</b> 12-1pm		

## WATERSLIDE SCHEDULE

\*MUST BE 42" TO RIDE THE SLIDE

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 neurodiveristies. 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.

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