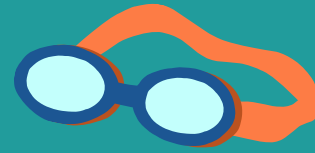


# AQUATIC SCHEDULE

Effective September 2 - 25, 2025



**Holiday Hours: 7am-5pm (Sep 1)**

For our 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+).



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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**LEISURE POOL, HOT TUB, RIVER, SAUNA AND STEAM OPEN MON-FRI, 6AM-9:30PM, SA/SU 7AM-8:30PM.**

Lap Swimming, Water Walking, Programs 6-7:45am	Lap Swimming, Water Walking, Programs 6-7:45am	Lap Swimming, Water Walking, Programs 6-7:45am	Lap Swimming, Water Walking, Programs 6-7:45am	Lap Swimming, Water Walking 6-7:45am	Lap Swimming, Water Walking, Programs 7-8:45pm	Programs, Lap Swimming, Water Walking 7-11:45am
Water Walking 8-10am	Water Walking 8-9am	Water Walking 8-9am	Water Walking 8-9am	Water Walking 8-9am		
Lap Swimming, Water Walking 10am-12pm *Sensory Swim 10-11am*		Lap Swimming, Water Walking, Programs 9am-12pm		Lap Swimming, Water Walking 9am-2pm	Programs 9am-12pm	
Lap Swimming 12-1pm	Lap Swimming, Water Walking 9am-3:30pm	Lap Swimming 12-1pm	Lap Swimming, Water Walking 9am-3:30pm *Sensory Swim 10-11am*	Lap Swimming 2-3pm		
Lap Swimming, Water Walking 1-3:45pm		Lap Swimming, Water Walking 1-3:30pm		Lap Swimming, Water Walking 3-3:45pm	Fun Swim 12-3:45pm	Fun Swim 12-2:45pm
Programs, Lap Swimming 4-7pm	Programs, Water Walking 3:30-7:30pm	Programs, Water Walking 3:30-7:30pm	Programs, Water Walking 3:30-7:30pm			
Programs, Lap Swimming, Water Walking 7-9pm				Programs, Lap Swimming 4-7pm	Programs, Lap Swimming 4-7pm	Programs 3-6pm
Lap Swimming, Water Walking 9-9:30pm	Leisure Pool Fun Swim, Lap Swimming 7:30-9:30pm	Leisure Pool Fun Swim, Lap Swimming 7:30-9:30pm	Leisure Pool Fun Swim, Lap Swimming 7:30-9:30pm	Leisure Pool Fun Swim, Lap Swimming, Programs 7-9:30pm	Leisure Pool Fun Swim, Lap Swimming 7-8:30pm	2\$ Fun Swim 6:15-8:30pm

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 September 2 - 25, 2025



**No Classes: Sep 1**

For our 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+).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Deep Water Aquafit</b> 8-9am	<b>Combo Aquafit</b> 8-9am	<b>Combo Aquafit</b> 8-9am	<b>Combo Aquafit</b> 8-9am	<b>Combo Aquafit</b> 8-9am
<b>Shallow Water Aquafit</b> 9-10am		<b>Light &amp; Easy</b> 12-1pm		
<b>Light &amp; Easy</b> 12-1pm				<b>Light &amp; Easy</b> 2-3pm

## 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 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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