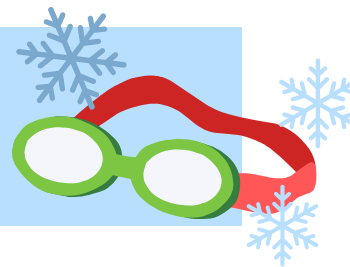


# AQUATIC SCHEDULE

Effective December 20 - 27, 2025



**Holiday Hours in effect December 24, 25 and 26, 2025**

**For our most current schedule visit [panoramarecreation.ca](https://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+).



SATURDAY DEC 20	SUNDAY DEC 21	MONDAY DEC 22	TUESDAY DEC 23	WEDNESDAY DEC 24	THURSDAY DEC 25	FRIDAY DEC 26	SATURDAY DEC 27
<b>Leisure pool, hot Tub, River, Sauna and Steam open Mon-Fri, 6am-9:30pm, Sa/Su 7am-8:30pm.</b>							
Lap Swimming, Water Walking 7am-12pm	Lap Swimming, Water Walking 7am-12pm	Lap Swimming, Water Walking 6-7:45am	Lap Swimming, Water Walking 6-7:45am	Lap Swimming, Water Walking 6am-12pm	<b>WE ARE CLOSED HAPPY HOLIDAYS</b>		Lap Swimming, Water Walking 7am-12pm
		Water Walking 8-10am	Water Walking 8-9am			Lap Swimming, Water Walking 11am-12pm	
Fun Swim 12-3pm	Fun Swim 12-3pm	Lap Swimming, Water Walking 10am-12pm	Lap Swimming, Water Walking 9am-1pm	Fun Swim 12-2:30pm			Fun Swim 12-3pm
		Lap Swimming 12-1pm				Fun Swim 12-3pm	
Lap Swimming, Water Walking 3-6:30pm	Lap Swimming, Water Walking 3-6:30pm	Fun Swim 1-4pm	Fun Swim 1-4pm				Lap Swimming, Water Walking 3-6:30pm
		Lap Swimming, Water Walking 4-6:30pm	Lap Swimming, Water Walking 4-6:30pm			Lap Swimming, Water Walking 3-5pm	
Fun Swim 6:30-8:30pm	Fun Swim 6:30-8:30pm	Fun Swim 6:30-9:30pm	Fun Swim 6:30-9:30pm				Fun Swim 6:30-8:30pm

## AQUAFIT SCHEDULE

**Holiday hours in effect for December 24, 25, 26 (No classes)**

MONDAY DEC 22	TUESDAY DEC 23	WEDNESDAY DEC 24	THURSDAY DEC 25	FRIDAY DEC 26
Deep Water Aquafit 8-9am	Combo Aquafit 8-9am	<b>NO CLASSES</b>	<b>NO CLASSES</b>	<b>NO CLASSES</b>
Shallow Water Aquafit 9-10am				
Light & Easy 12-1pm				

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](https://panoramarecreation.ca)



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

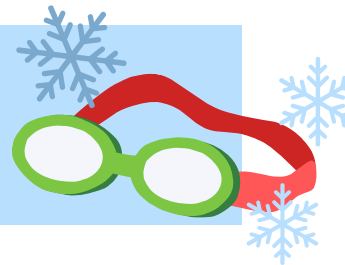


[@panoramarec](https://instagram.com/panoramarec)

2025-11-24

# AQUATIC SCHEDULE

Effective December 20 - 27, 2025



**Holiday Hours in effect December 24, 25 and 26, 2025**

**For our most current schedule visit [panoramarecreation.ca](https://panoramarecreation.ca) or scan the QR Code.**

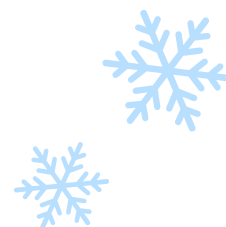
Schedule subject to change without notice.

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## 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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