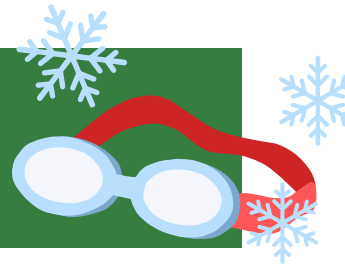


AQUATIC SCHEDULE

Effective December 28, 2025 - January 4, 2026



Holiday hours in effect for December 31 & January 1 (No Aquafit 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+).



SUNDAY DEC 28	MONDAY DEC 29	TUESDAY DEC 30	WEDNESDAY DEC 31	THURSDAY JAN 1	FRIDAY JAN 2	SATURDAY JAN 3	SUNDAY JAN 4
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		Lap Swimming, Water Walking 6-7:45am	Lap Swimming, Water Walking 7am-12pm	Lap Swimming, Water Walking 7am-12pm
	Water Walking 8-10am	Water Walking 8-9am		Lap Swimming, Water Walking 11-12pm	Water Walking 8-10am		
Fun Swim 12-3pm	Lap Swimming, Water Walking 10am-12pm	Lap Swimming, Water Walking 10am-12pm			Lap Swimming, Water Walking 10am-12pm	Fun Swim 12-3pm	Fun Swim 12-3pm
	Lap Swimming 12-1pm	Lap Swimming 12-1pm	Fun Swim 12-3pm	Fun Swim 12-3pm	Lap Swimming 12-1pm		
Lap Swimming, Water Walking 3-6:30pm	Fun Swim 1-4pm	Fun Swim 1-4pm			Fun Swim 1-4pm	Lap Swimming, Water Walking 3-6:30pm	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	Lap Swimming, Water Walking 3-5pm	Lap Swimming, Water Walking 4-6:30pm		
Fun Swim 6:30-8:30pm	Fun Swim 6:30-9:30pm	Fun Swim 6:30-9:30pm			Fun Swim 6:30-9:30pm	Fun Swim 6:30-8:30pm	Closed for Staff Training

AQUAFIT SCHEDULE

Holiday hours in effect for December 31 & January 1. (No classes)

MONDAY DEC 29	TUESDAY DEC 30	WEDNESDAY DEC 31	THURSDAY JAN 1	FRIDAY JAN 2
Deep Water Aquafit 8 - 9am	Combo Aquafit 8-9am	NO CLASSES	NO CLASSES	Deep Water Aquafit 8 - 9am
Shallow Water Aquafit 9 - 10am				Shallow Water Aquafit 9 - 10am
Light & Easy 12 - 1pm				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



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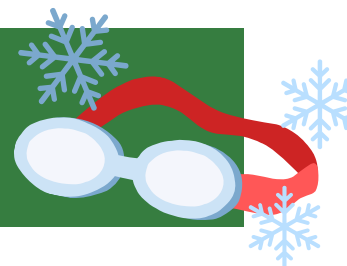


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2025-11-24

AQUATIC SCHEDULE

Effective December 28, 2025 - January 4, 2026



Holiday hours in effect for December 31 & January 1 (No classes)

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

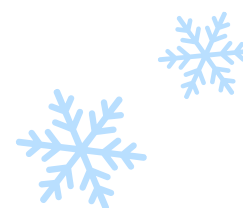
Schedule subject to change without notice.

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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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