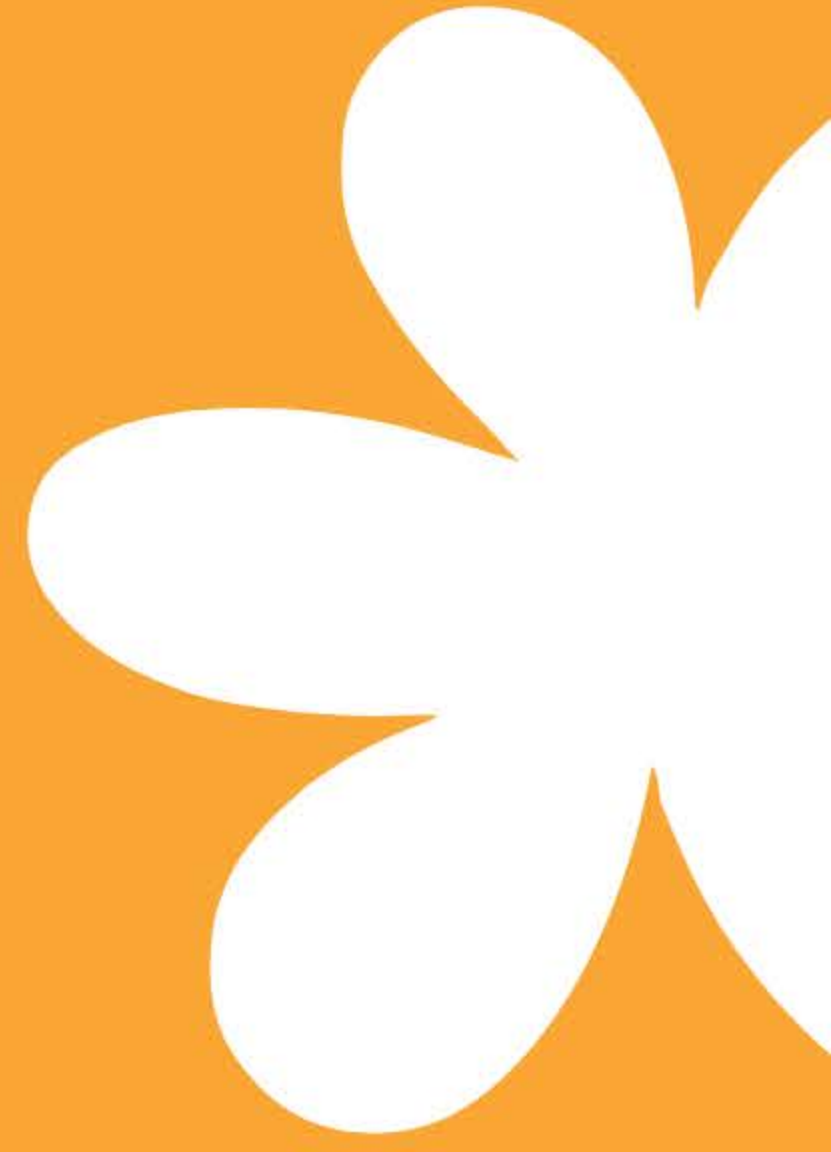


MARCH BREAK SCHEDULE

Fitness,
Aquatics &
Gymnasium
Schedules



MARCH
13-18



**Child & Youth
programs will
not be running
this week**



Group Fitness Schedule

Sunday

9:15-10:15am
Aerobics &
Bollywood Dance
(Fitness Studio)

Monday

9:15-10:00am
Aerobics &
Bollywood Dance
(Fitness Studio)

9:15-10:00am
Aqua Fit
(Pool)

10:30-11:00am
Joints in Motion
(Fitness Studio)

11:15-12:00pm
Aqua R.O.M
(Pool)

12:10-12:50pm
The Greatest HIITs
(Fitness Studio)

1:00-1:45pm
Fun Fitness
(Fitness Studio)

2:30-3:15PM
Forever Aqua
(Pool)

5:15-6:00pm
Cardio Kick and Core
(Fitness Studio)

6:15-7:00pm
Cycle Fit
(Fitness Studio)

7:15-8:00pm
Yoga
(Fitness Studio)

Tuesday

9:15-10:00am
Aqua Fit
(Pool)

9:15-10:15am
Muscle Fit
(Fitness Studio)

10:30-11:30am
Zumba
(Fitness Studio)

11:15am-12:00pm
Aqua R.O.M
(Pool)

12:10-12:50pm
Cycle Fit
(Fitness Studio)

5:00-5:45pm
Tabata Tuesday
(Fitness Studio)

6:00-6:45pm
Cycle Fit
(Fitness Studio)

7:00-7:45pm Barre
(Fitness Studio)

Wednesday

9:15-10:00am
Aqua Fit
(Pool)

9:15-10:00am
Step Aerobics
(Fitness Studio)

10:30-11:00am
Joints in Motion
(Fitness Studio)

11:15-12:00pm
Aqua R.O.M
(Pool)

12:10-12:50pm
Glide it out
(Fitness Studio)

1:00-1:45pm
Zumba Gold
(Fitness Studio)

2:00-2:45pm
Silver HIIT h2o
(Pool)

5:30-6:00pm
Cycle Fit Intense
(Fitness Studio)

6:15-7:00pm
Yoga
(Fitness Studio)

Thursday

9:15-10:00am
Aqua Fit
(Pool)

9:15-10:15am
Muscle Fit
(Fitness Studio)

10:30am-11:15am
Stretch & Strength
(Fitness Studio)

11:15am-12:00pm
Aqua R.O.M
(Pool)

12:10-12:50pm
Cycle Fit
(Fitness Studio)

5:15-5:45pm
Strong 30
(Fitness Studio)

6:00-6:45pm
Cycle Fit
(Fitness Studio)

6:00-6:45pm
Zumba
(Auditorium)

Friday

9:15-10:00am
Aqua Fit
(Pool)

9:15-10:00am
Zumba
(Fitness Studio)

10:30-11:00am
Joints in Motion
(Auditorium)

11:15am-12:00pm
Aqua R.O.M
(Pool)

10:15-11:45am
Line Dancing
(Fitness Studio)

12:10-12:50pm
Functional Fitness
(Fitness Studio)

1:00-1:45pm
Forever Fit
(Fitness Studio)

2:00-2:45pm
Forever Aqua
(Pool)

Saturday

8:30-9:15am
Cycle Fit
(Fitness Studio)

9:30-10:15am
Core Conditioning
(Fitness Studio)

10:30-11:00am
Mobility & Flexibility
(Auditorium)



- Clean all equipment after use.
- Respect class size limits – wait outside of Studio until previous classes are cleared out.

Class Descriptions

Aquafit: This total body conditioning class combines cardiovascular training with strength benefits using the water as resistance. It is taught with both shallow and deep water (suspended) options so you can choose which end of the pool is best for you! Experience the benefits of water exercise with this low impact workout that is easier on the joints and allows for a gentle extension of your range of motion. Located in the pool. **Intermediate.**

Aqua R.O.M: Using light strengthening exercises and relaxation in the warm waters of the leisure pool, Aqua R.O.M (Range of Motion) encourages use of full range of motion in easy movements. This class can help those with arthritis, joint issues and low mobility. Located in the Pool. **Beginner.**

SILVER HIIT h2o: Take your HIIT to the water! High Intensity Interval Training is low to moderate intensity intervals that are alternated with high intensity intervals coinciding with the properties of water set at a slower pace for those just beginning or the older adult looking for something different. Located in the Pool. **Intermediate.**

Aerobics & Bollywood Dance: A fusion of various Indian and other styles of dance for a fun, high energy class. Come feel the music in this class where there are no defined dance rules. Located in the Studio. **Intermediate.**

Barre: Barre is a hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. This class incorporate a ballet barre and use classic dance moves such as plies, alongside static stretches. Barre also focuses on high reps of small range movements. The classes will improve your balance, build strength, make you more flexible, burn calories, and improve stability through a stronger core. **Intermediate.**

Cycle Fit: Train your cardiovascular system on the stationary bike. Join the instructor in a class that is music-driven to train for endurance, get your heart pumping, and your legs moving. In a class, you will experience high-intensity drills, strength climbs and endurance rides, with the ability to do it all at a pace that suits you best. **Advanced.**

Cardio Kick & Core: A high energy class of boxing movements and core techniques that will kick your cardio fitness to the next level. Located in the Studio. **Intermediate to Advanced.**

Core Conditioning: A whole-body workout that can improve your overall fitness. This class involves a combo of cardio & strength exercises (with a strong focus on the core mat Pilates style), finishing off with stretch, breathing and muscle relaxation. Located in the Studio. **Intermediate to Advanced.**

Forever Aqua: Forever Aqua will increase your cardiovascular endurance, muscular endurance and flexibility while you benefit from reduced stress on your joints. This is a great class for beginners or the older adult. Located in the Pool. **Beginner.**

Forever Fit/Fun Fitness: This class has the benefit of improving posture, balance, coordination, range of motion, and flexibility. It involves low impact cardio and the use of light weights. Located in the Studio. **Beginner to Intermediate.**

Functional Fitness: A form of bodyweight and strength training that readies your body for daily activities. This class focuses on form and mastering the mechanics of each movement. **All levels.**

Glide It Out: A class utilizing gliders that target strength gain, fat burn & overall body coordination. This class offers a new challenge for familiar exercises. **Intermediate to Advanced.**

Hiit Strength & Core: A HIIT style class focusing on weight training & improving core strength. This class uses bars & free weights for a whole body burn. **Intermediate to Advanced.**

Joints In Motion: Enjoy mild strengthening and stretching exercises. This program can be for older adults and anyone needing slow gentle movement. Mondays & Wednesdays: Located in the studio. Fridays: Located in the Auditorium. **Beginner.**

Line Dancing: Get moving and learn how to line dance. Several dances will be taught during this social and fun filled time. The first 30 minutes of the class is for beginners. Located in the Studio. **All levels.**

Mobility & Flexibility: Lengthening and strengthening are important aspects of training. The Mobility & Flexibility class is a natural movement class which is great for recovery, to help keep you moving without pain, increase body awareness and leaving you feeling renewed and relaxed. **All levels.**

Muscle Fit: Strength training exercises using hand weights, body bars, stability balls and more. Perfect for all levels of fitness. Located in the Studio. **Intermediate to Advanced.**

Step Aerobics: Step aerobics is a fun choreographed cardiovascular workout utilizing 4-10 inch platforms to increase the intensity. As well as being an excellent fat burner, step aerobics strengthens the core and targets key muscle groups. **All levels.**

Stretch & Strength: Learn to strengthen your core, balance and flexibility. Learn functional movements and train to help lower the chance of injury and prepare you for daily tasks. Therabands and other equipment will be used. Located in the Studio. **Intermediate to Advanced.**

Strong 30: Start training to the beat. STRONG 30™ combines body weight, muscle conditioning, cardio, plyometric and explosive moves like high knees, burpees, and jumping jacks all SYNCed to original music. Located in the Studio. **Advanced.**

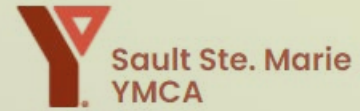
Tabata Tuesday: A form of high intensity interval training, Tabata has you working for 20 seconds then resting for 10 seconds throughout 8 cycles. Located in the Studio. **Intermediate to Advanced.**

The Greatest HIIT'S: Bring your energy & imagination because this class follows a new circuit based on workout every week. **Intermediate to Advanced.**

Yoga: Join us for Yoga as we move through different poses with different focuses each class. Explore your range of motion, flexibility and breath in these all-levels classes. **All levels.**

Zumba/Zumba Gold: A cardio workout with Latin flavour and international zest. Zumba Gold is a cardio workout at a little slower pace. Located in the Studio. **All levels.**

Gymnasium Schedule



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

9:00 am-2:45 pm
Open Gym

3:00-4:30 pm
Adult Volleyball

6:00-8:45am
Open Gym

9:00-9:45am
Pickleball

9:45-10:30 am
March Break
Day Camps

10:45am-2:00 pm
Pickleball

2:00-7:15pm
Open Gym

7:30-8:30pm
Advanced
Volleyball

8:30-9:30pm
Open Gym

6:00-8:45am
Open Gym

9:00-9:45am
Pickleball

9:45-10:30 am
March Break
Day Camps

10:45am-12:00pm
Pickleball

12:00-2:00pm
Reserved

2:00-9:30 pm
Open Gym

6:00-8:45am
Open Gym

9:00-9:45am
Pickleball

9:45-10:30 am
March Break
Day Camps

10:45am-12:00pm
Pickleball

2:00-9:30pm
Open Gym

6:00-9:45am
Open Gym

10:00-11:00am
Childcare

11:15-11:45am
Open Gym

12:00-2:00pm
Reserved

2:00-7:15pm
Open Gym

7:30-8:30pm
Volleyball

8:30-9:30pm
Open Gym

6:00-8:45am
Open Gym

9:00am-9:45am
Pickle Ball

9:00-9:45am
Pickleball

9:45-10:30 am
March Break
Day Camps

10:45am-12:00pm
Pickleball

12:15-9:30pm
Open Gym

7:00am-6:30pm
Open Gym

Gymnasium Program Descriptions

Child & Youth Registered Programs

Youth Volleyball: Learn the basics and fundamentals of volleyball and develop skill to play! Participants will learn how to serve, volley, bump, block and more.

FUNDamentals Basketball: This program will focus on developing physical literacy learning the game of basketball. Participants will learn the fundamentals of basketball such as dribbling and shooting through drills.

All Sorts of Sports: This program is designed to introduce new and traditional sports to participants each week. Test your aim in a game of disc golf or throw your best pass in a game of indoor flag football.

FUNDamentals Hockey: Participants will develop physical literacy through floor hockey. Participants will learn the fundamentals of hockey such as stick handling, shooting, and passing through fun drills.

Youth Floor Hockey: This program participants will part take in weekly 3 on 3 or 4 on 4 scrimmages which will give participants the opportunity to use new skills or hone their previous skills in a safe environment. All participants will partake in a 15-minute skills session before each game. Teams will be broken up by staff to ensure fair play. All scrimmages will not include a goaltender.

YBC Skills: This program will promote physical literacy in Long-Term Development in Sport and Physical Activity. Participants will develop fundamental and advanced basketball skills using drills and fun activities each week.

Adult Programs

Volleyball: Serve, volley, bump, block and more for the new and experienced player.

*Advanced Volleyball is on Monday nights

Ages 15+

Mondays 7:30 PM - 8:30 PM

Thursdays 7:30 PM - 8:30 PM

Pickle ball: A fun racquet sport that combines the elements of tennis, badminton and table tennis.

Ages 18+

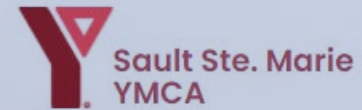
Monday 9:00 AM - 2:00 PM

Tuesday 9:00 AM - 11:45 AM

Wednesday 9:00 AM - 2:00 PM

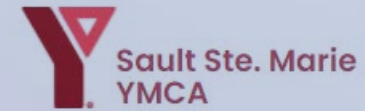
Thursday 9:00 AM - 11:45 AM

Main Pool Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00-11:45am Open Swim (2 lanes)</p> <p>12:00-4:30pm Open Swim</p>	<p>6:00-7:30am Soo Y Dolphins</p> <p>7:45-9:00am Endurance</p> <p>9:15-10:00am Aquafit</p> <p>10:15-2:15pm Open Swim (2 lanes)</p> <p>2:30-3:15pm Forever Aqua</p> <p>3:15-4:00pm Open Swim</p> <p>4:00-5:30pm Soo Y Dolphins</p> <p>6:00-7:15pm Endurance</p> <p>7:30-8:30pm Underwater Hockey</p>	<p>6:00-7:30am Soo Y Dolphins</p> <p>7:45-9:00am Endurance</p> <p>9:15-10:00am Aquafit</p> <p>10:45-12:00pm Open Swim (2 lanes)</p> <p>12:15-1:15pm March Break Day Camps</p> <p>1:15-8:30pm Open Swim (2 lanes)</p>	<p>6:00-7:30am Soo Y Dolphins</p> <p>7:45-9:00am Endurance</p> <p>9:15-10:00am Aquafit</p> <p>10:15-12:00pm Open Swim (2 lanes)</p> <p>12:15-1:15pm March Break Day Camps</p> <p>2:00-2:45pm Silver HIIT h2o</p> <p>3:00-4:00pm Open Swim</p> <p>4:00-5:00pm Soo Y Dolphins</p> <p>5:15-8:30pm Open Swim (1 lane)</p>	<p>6:00-7:30am Soo Y Dolphins</p> <p>7:45-9:00am Endurance</p> <p>9:15-10:00am Aquafit</p> <p>10:15-12:00pm Open Swim (2 lanes)</p> <p>12:15-1:15pm March Break Day Camps</p> <p>1:15-8:30pm Open Swim (1 lane)</p>	<p>6:00-8:00am Closed</p> <p>8:00-9:00am Endurance</p> <p>9:15-10:00am Aquafit</p> <p>10:15-12:00pm Open Swim (2 lanes)</p> <p>12:15-1:15pm March Break Day Camps</p> <p>1:15-1:45pm Forever Aqua</p> <p>2:00-2:45pm Forever Aqua</p> <p>3:00-4:15pm Open Swim (2 lanes)</p> <p>4:30-6:30pm Soo Y Dolphins</p> <p>6:45-8:30pm Open Swim (1 lane)</p>	<p>7:15-9:30am Soo Y Dolphins</p> <p>9:30am-6:30pm Open Swim (2 Lanes)</p>

Leisure Pool Schedule



Sunday

9:00am-4:30pm
Open Swim

Monday

6:00-11:00am
Open Swim

11:15am-12:00pm
Aqua R.O.M

12:15-8:30pm
Open Swim

Tuesday

6:00-9:45am
Open Swim

10:00-10:30am
Childcare

11:15am-12:00pm
Aqua R.O.M

12:15-1:15pm
March Break
Day Camps

1:15-1:45pm
Open Swim

2:00-2:30pm
Reserved

2:45-8:30pm
Open Swim

Wednesday

6:00-11:00am
Open Swim

11:15am-12:00pm
Aqua R.O.M

12:15-1:15pm
March Break
Day Camps

1:15-8:30pm
Open Swim

Thursday

6:00-11:00am
Open Swim

11:15am-12:00pm
Aqua R.O.M

12:15-1:15pm
March Break
Day Camps

1:15-1:45pm
Open Swim

2:00-2:30pm
Reserved

2:45-8:30pm
Open Swim

Friday

6:00-8:00am
Closed

8:00-11:00am
Open Swim

11:15am-12:00pm
Aqua R.O.M

12:15-1:15pm
March Break Day
Camps

1:15-8:30pm
Open Swim

Saturday

7:30am-6:30pm
Open Swim