



North Peace Leisure Pool Fitness

Aqua Fitness Schedule October 3 - December 31, 2023

Pre-registration is required for Aqua Float, Fitness Swimmer, Aqua Tots, and Learn to Dive. Schedules are subject to change without notice.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Deep	9:15 - 10am			8:15 - 9pm		9 - 9:45am	
Shallow		9 - 9:45am		9 - 9:45am	8:15 - 9pm		9:15 - 10am
Float *		8:15 - 9pm					
Cycle		6:45 - 7:30am	6:45 - 7:30am 8:15 - 9pm	6:45 - 7:30am	6:45 - 7:30am	6:45 - 7:30am	
Low		11 - 11:45am		11 - 11:45am		11 - 11:45am	
Fitness Swimmer *	10 - 10:45am						10:15 - 11am
Stretch			9 - 9:45am		9 - 9:45am		
Tots *	11:15am - 12pm						11:15am - 12pm
Learn to Dive *				7:15pm - 8pm			

*Registration required.

Aqua Deep/Shallow | Lap Pool

This class aims to give you a full body work-out while focusing on cardio and balance.

Aqua Float | Lap Pool

This features exercise on AquaBases! Similar to a paddle board or floating yoga mat, this class really works to develop your core strength, cardiovascular endurance and flexibility.

Aqua Cycle | Leisure Pool

A low impact, low resistance, intense workout on stationary spin bikes. Bring water shoes for the ride!

Fitness Swimmer | Lap Pool

For swimmers 8-18 who want to improve their overall physical fitness in the water. Fitness Swimmer provides a structured approach based on accepted training principles and practices including interval training. Recommended be able to swim 50m without stopping.

Aqua Stretch | Leisure Pool

Takes place in the warm leisure pool and has a focus on balance and range of motion.

Aqua Low | Lap Pool

Held in the shallow end of our lap pool, this class is a full body work-out with low intensity movements.

Aqua Tots | Leisure Pool

Held in the leisure pool, this postnatal class helps introduce baby (4 months+) to the water while you socialize with others and bring fitness back into your life.

Learn to Dive | Lap Pool

Teaches youth to dive off diving boards in a safe manner.

Drop-in Pool Fitness Rates

ALL FEES ARE +TAX

	DROP-IN	VISIT PASS (6)	VISIT PASS (12)
YOUTH AQUAFIT	\$4.00	\$20.00	\$40.00
ADULT AQUAFIT	\$7.00	\$35.00	\$70.00
SENIOR AQUAFIT	\$4.00	\$20.00	\$40.00

Monthly Pool Fitness Pass Rates

ALL FEES ARE +TAX

	1 MO.	3 MO.	6 MO.	12 MO.
YOUTH AQUAFIT	\$40.00	\$114.00	\$216.00	\$422.40
ADULT AQUAFIT	\$70.00	\$199.50	\$378.00	\$736.20
SENIOR AQUAFIT	\$40.00	\$114.00	\$216.00	\$422.40

