



WINTER 2024 AQUA FITNESS DROP-IN SCHEDULE

Effective January 7 – March 15 • Schedule subject to change
For the most up to date schedule, please visit our website www.seaparc.ca
No classes on Monday February 19 (Family Day)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Aqua Fit <i>Shallow-Focus</i> 8:00-8:55am
	Aqua Fit <i>Shallow-Focus</i> 9:00-9:55am	Aqua Fit <i>Shallow-Focus</i> 9:00-9:55am	Aqua Fit <i>Shallow-Focus</i> 9:00-9:55am	Aqua Fit <i>Shallow-Focus</i> 9:00-9:55am	Aqua Fit <i>Shallow-Focus</i> 9:00-9:55am	
	Aqua Fit <i>Deep-Focus</i> 10:05-11:00am	Aqua Fit: Water Walking 10:05-11:00am	Aqua Fit <i>Deep-Focus</i> 10:05-11:00am	Aqua Fit: Water Walking 10:05-11:00am	Aqua Fit <i>Deep-Focus</i> 10:05-11:00am	
		Swim Fit 11:05-12:05pm		Swim Fit 11:05-12:05pm		
	Aqua Fit <i>Shallow-Focus</i> 7:05-8:00pm			Aqua Fit <i>Shallow-Focus</i> 7:05-8:00pm		

Aqua Fitness Descriptions

Aqua Fit

Aqua Fit classes are always designed for both shallow and deep water aqua fit participants and will provide you with a fun and challenging workout with little to no impact on your joints!

Aqua Fit: Water Walking

Low-impact exercise to help increase mobility, dexterity and flexibility of the body. Focus on proper posture and alignment through full range of motion movements. This class is great for those with arthritis, osteoporosis or pre/post-surgery.

Swim Fit

Join this one hour swim workout. These sessions are coached by Neil Harvey and Tara Neifer and they focus on stroke correction, endurance building and skill development.