



# FALL AQUA FITNESS DROP-IN SCHEDULE

Effective September 5 – December 31, 2023 • Schedule subject to change

For the most up to date schedule, please visit our website [www.seaparc.ca](http://www.seaparc.ca)

Pool closed September 4, December 25 and 26 • No classes on September 30, October 9, November 11

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

## Aqua Fitness Descriptions

### Aqua Fit

This combined Aqua Fit class is 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.