Aquatic Fitness Drop-in Schedule
Fall 2026

Effective Sept 6 – Dec 19, 2026

No classes Mon Sept 7, Wed Sept 30, Mon Oct 12, Wed Nov 11
Check live schedule online

Mon	Tue	Wed	Thu	Fri
AquaFit Shallow Focus 9:00–9:55 am	**AquaFit** Shallow Focus 9:00–9:55 am	**AquaFit** Shallow Focus 9:00–9:55 am	**AquaFit** Shallow Focus 9:00–9:55 am	**AquaFit** Shallow Focus 9:00–9:55 am
AquaFit Deep Focus 10:05–11:00 am	**AquaFit** Water Walking 10:05–11:00 am	**AquaFit** Deep Focus 10:05–11:00 am	**AquaFit** Water Walking 10:05–11:00 am	**AquaFit** Deep Focus 10:05–11:00 am
	Swim Fit 11:00–12:05 pm		**Swim Fit** 11:00–12:05 pm	
AquaFit Shallow Focus 7:05–8:00 pm		**AquaFit** Shallow Focus 7:05–8:00 pm		
		Swim Fit 8:05–9:00 pm		

Aqua Fit

AquaFit classes are a fun, challenging workout with little to no impact on joints. Classes are labeled as "shallow-focus" or "deep-focus" but are always designed for both water depths; moves are suitable for both or are modified.

Aqua Fit: Water Walking

A low-impact movement class aimed at increase mobility, dexterity, and flexibility. Movements focus on proper posture and alignment through the available range of motion. This class is suitable for those with arthritis, osteoporosis, or pre/ post-surgery.

Swim Fit

A drop-in swim workout focused on stroke correction, improving endurance, and developing skills. Great for those training for triathlons, open-water swimming, surfing, or former club swimmers coming back to their sport. New swimmers are welcome daily, meet the other participants and coach on deck at the shallow end of the lap pool. Swimmers need a recognizable front crawl they can perform for a minimum of 50 m. Sessions are taught by a dedicated group of coaches - Wendy Johnson and Hailey Tory

Schedule Changes

View the Live Schedule in Xplore Rec at seaparc.ca or Scan

AQUAFIT

Last Updated Aug 12, 2026