

AQUATIC FITNESS DROP-IN SCHEDULE

WINTER 2026



Effective January 4 – March 14, 2026

Schedule subject to change

View in real time online: seaparc.ca

No classes on Feb 16

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

Regular drop-in admission rates applied. All Aquatic Fitness classes included in Active Pass memberships.

Class Descriptions

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 with support from Neil Harvey.

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Live Aquatic Fitness
Drop-in Schedule

AQUAFIT

