

AQUATIC FITNESS DROP-IN SCHEDULE

FALL 2025



Effective September 1 – December 20, 2025

Schedule subject to change

View in real time online: seaparc.ca

No classes on Sep 1, Sep 30, Oct 13, Nov 11

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>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 11:00 - 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 (Shallow/Deep-Focus)

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

Aqua Fit: Water Walking

Low-impact exercise to help increase mobility, dexterity and flexibility in 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 Wendy Johnson. They focus on stroke correction, endurance building and skill development.

Scan to View



Live Aquatic Fitness
Drop-in Schedule

