

**Indoor Walking Available Mondays, Wednesdays & Fridays**  
**FREE Swims Friday nights**  
**January 5<sup>th</sup> – 11<sup>th</sup>**

**Monday January 5<sup>th</sup>**

Lane Swim	7:00-8:30am
Aquafit	9:35-10:30am
Adult Open Swim	10:30-11:30am (no lanes)
Indoor Walking	10:30-11:30am
Lane Swim	12:00-1:30pm
Aquatherapy	12:00-12:50pm (Warm Water Pool Only, Pre-registration required)
Leisure Swim	1:30-2:30pm

**Tuesday January 6<sup>th</sup>**

Family Swim	10:00-11:30am
Adult Lane Swim	12:00-1:30 pm
Aqua Thai Chi	12:15-1:15 pm (Experienced participants Warm Water Pool drop-in)
Low Sensory	6:00-7:00pm
Open/Lane Swim	7:30-8:30pm (2 lanes only)

**Wednesday January 7<sup>th</sup>**

Lane Swim	7:00-8:30am (5 lanes for Adults, 1 lane for Youth ages 10+)
Aquafit	9:35-10:30am
Adult Open Swim	10:30-11:30am (no lanes)
Indoor Walking	10:30-11:30am
Lane Swim	12:00-1:30pm
Aquatherapy	12:00-12:50pm (Warm Water Pool Only, Pre-registration required)
Leisure Swim	1:30-2:30pm
Open/Lane Swim	6:30-7:25pm (2 lanes available)

**Thursday January 8<sup>th</sup>**

Lane Swim	7:00-8:00am
Leisure Swim	8:00-9:00am
Baby & Me	9:10-10:00am (Pre-registration online, Main Pool)
Family Swim	10:30-11:30 (no lanes)
Lane Swim	12:00-1:30pm
Aqua Tai Chi	12:00-1:00pm (Experienced participants Warm Water Pool drop-in)
Leisure Swim	1:30-2:30pm (Tai Chi for new comers WWP drop-in)

**Friday January 9<sup>th</sup>**

Lane Swim	7:30-8:30am
Aquafit	9:35-10:25am
Family Swim	10:30-11:30am
Lane Swim	12:00-1:30pm
Leisure Swim	1:30-2:30pm
Indoor Walking	1:30-2:30pm
<b>FREE OPEN SWIM</b>	<b>7:00-8:00pm</b> (no lanes)

**Saturday January 10<sup>th</sup>**

Lessons	9:00-12:30 pm– Week 1
Lane Swim	12:30-1:45pm
Open Swim	2:00-3:00pm

**Sunday January 11<sup>th</sup>**

Open/Lane Swim	2:00-3:30pm (2 lanes available)
Lessons	4:00-6:15pm – Week 1

## ADMISSION & PROGRAM DESCRIPTIONS:

\*\*See Website for Admission Standards and most current program schedule  
(last minute changes may happen)

[www.collingwood.ca/recreation/aquatics](http://www.collingwood.ca/recreation/aquatics)

**Lane Swim** - Main pool designated for lengths & warm-water pool for exercise. Ages 16 years+ (unless otherwise indicated on the schedule). Lane markers for "slow, medium, fast" swimmers, lanes are to be shared

**Adult Leisure Swim** - Lanes available for lengths in the main pool & open for general exercise. Both pools available. 16 years+

**Family Swim** - Designated for families (guardians/parents + child(ren)), both pools available. No adult swimming available during these times.

**Youth Swim** - Open access to both pools. Ages 10-17.

**Open Swim** - Open access to both pools. All ages may attend.

**Aquafit** - Instructed Aqua Aerobics access to both pools with music. Ages 16 years+

**Aquatherapy** - Instructed therapeutic exercises, warm water pool only. Registration is required.

**Baby & Me AquaFit:** Pre-Registration is open 3 weeks prior to the class you wish to attend. When registering, please just register the parent/guardian. Should you register but then are unable to attend, please call to withdraw so that we can register someone else. Enjoy a full body workout and some fun with your 4 months to 2-year-old child in the pool. Our welcoming, easy-going environment allows you to meet other caregivers & babies and enjoy the benefits of postnatal exercise. Each class includes cardio, core and muscular endurance while incorporating your baby through the movements. Please dress baby in an official swim diaper and bring a water bottle. We provide a floatie or lifejacket for each class. All fitness levels are welcome! Moms, dads, grandparents or other caregivers are welcome. The cost is \$5.00 per adult per class. Participants must pre-register online to secure their spot as spaces are limited.

**Low Sensory Swim** – A quieter swim time with dimmed lights, no music, and reduced capacity. Designed for individuals who have physical disabilities or are sensitive to sensory input, such as those with autism or sensory processing disorders.