

Aquafit Programs

Aqua Stretch

A program designed for gentle water stretching, range of motion exercises, muscle strengthening and relaxation techniques. Takes place in a warm pool with a water temperature over 90 degrees Fahrenheit.

Aquafit - Deep

Deep Water Aquafit is a water exercise class set to music and is open to individuals who are 16 years of age or older. Those under 16 years of age who display behaviour appropriate to the class may participate.

Aquafit - Shallow

Shallow aquafit is a water exercise class set to music and open to all individuals 16 years of age and older. Those under 16 years of age who display behaviour appropriate to the class may participate.

Aquafit - Shallow Ladies ONLY

Ladies only - Shallow aquafit is a water exercise class set to music and open to all individuals 16 years of age and older. Those under 16 years of age who display behaviour appropriate to the class may participate.

Diaper Fit

A program designed for parents with babies. Floatation seats are provided so that parents can participate in a shallow water aquafit class and have babies within arms reach. Babies must be able to sit upright on their own. This is a great way to get fit, have fun, and enjoy time with your child. For children who are not toilet trained, they must wear swimmer pull ups (e.g. Huggies, Gabby's.) These may be purchased at the pool. No diapers, disposable or cloth, are permitted.

Program Name	Age	Location	Day	Time	Begins	Classes	Code	Fee
Aqua Stretch	16 yrs+	Thornhill C.C.	Mon	10:00 am-10:45 am	Sep. 27	11	177237	\$77.41
Aqua Stretch	16 yrs+	Thornhill C.C.	Tue	11:00 am-11:45 am	Sep. 28	12	177239	\$84.19
Aqua Stretch	16 yrs+	Thornhill C.C.	Wed	1:30 pm- 2:15 pm	Sep. 29	12	177242	\$84.19
Aqua Stretch	16 yrs+	Thornhill C.C.	Wed	7:00 pm- 7:45 pm	Sep. 29	12	177240	\$84.19
Aqua Stretch	16 yrs+	Thornhill C.C.	Thu	12:00 pm-12:45 pm	Sep. 30	12	177241	\$84.19
Aquafit - Deep	16 yrs+	Centennial C.C.	Fri	8:45 am- 9:30 am	Oct. 1	12	176545	\$56.50
Aquafit - Deep	16 yrs+	Centennial C.C.	Fri	11:45 am-12:30 pm	Oct. 1	12	176546	\$56.50
Aquafit - Deep	16 yrs+	Centennial C.C.	Sat	8:00 am- 8:45 am	Oct. 2	10	176547	\$47.46
Aquafit - Deep	16 yrs+	Centennial C.C.	Mon	11:45 am-12:30 pm	Oct. 4	10	176540	\$47.46
Aquafit - Deep	16 yrs+	Centennial C.C.	Tue	11:45 am-12:30 pm	Oct. 5	11	176541	\$51.98
Aquafit - Deep	16 yrs+	Centennial C.C.	Wed	7:45 am-8:30 am	Oct. 6	11	178121	\$51.98
Aquafit - Deep	16 yrs+	Centennial C.C.	Wed	8:45 am- 9:30 am	Oct. 6	11	176542	\$51.98
Aquafit - Deep	16 yrs+	Centennial C.C.	Wed	11:45 am-12:30 pm	Oct. 6	11	176543	\$51.98
Aquafit - Deep	16 yrs+	Centennial C.C.	Thu	11:45 am-12:30 pm	Oct. 7	11	176544	\$51.98
Aquafit - Shallow	16 yrs+	Angus Glen C.C.	Wed	10:15 am-11:00 am	Sep. 8	12	176637	\$56.50
Aquafit - Shallow	16 yrs+	Angus Glen C.C.	Wed	8:00 pm- 8:45 pm	Sep. 8	12	176638	\$56.50
Aquafit - Shallow	16 yrs+	Angus Glen C.C.	Mon	10:00 am-10:45 am	Sep. 13	10	176635	\$47.46
Aquafit - Shallow	16 yrs+	Angus Glen C.C.	Mon	8:30 pm- 9:15 pm	Sep. 13	10	176636	\$47.46
Aquafit - Shallow	16 yrs+	Centennial C.C.	Mon	8:45 am- 9:30 am	Oct. 4	10	176548	\$47.46
Aquafit - Shallow	16 yrs+	Centennial C.C.	Mon	8:00 pm- 8:45 pm	Oct. 4	10	176549	\$47.46
Aquafit - Shallow	16 yrs+	Centennial C.C.	Tue	8:45 am- 9:30 am	Oct. 5	11	176550	\$51.98
Aquafit - Shallow	16 yrs+	Centennial C.C.	Wed	8:00 pm- 8:45 pm	Oct. 6	11	176551	\$51.98
Aquafit - Shallow	16 yrs+	Centennial C.C.	Thu	8:45 am- 9:30 am	Oct. 7	11	176552	\$51.98
Aquafit - Shallow	16 yrs+	Milliken Mills C.C.	Mon	8:00 pm- 8:45 pm	Sep. 27	9	177208	\$42.94
Aquafit - Shallow	16 yrs+	Milliken Mills C.C.	Tue	9:15 am-10:00 am	Sep. 28	9	177206	\$42.94
Aquafit - Shallow	16 yrs+	Milliken Mills C.C.	Thu	9:15 am-10:00 am	Sep. 30	9	177207	\$42.94
Aquafit - Shallow	16 yrs+	Thornhill C.C.	Tue	6:30 pm- 7:15 pm	Sep. 28	12	177249	\$56.50
Aquafit - Shallow	16 yrs+	Thornhill C.C.	Thu	8:00 pm- 8:45 pm	Sep. 30	12	177250	\$56.50
Aquafit - Shallow Ladies ONLY	All Ages	Milliken Mills C.C.	Wed	8:00 pm- 8:45 pm	Sep. 29	9	177209	\$42.94
Aquafit - Shallow Ladies ONLY	All Ages	Thornhill C.C.	Wed	6:00 pm- 6:45 pm	Sep. 29	12	177251	\$56.50
Diaper Fit	16 yrs+	Angus Glen C.C.	Fri	11:30 am-12:15 pm	Sep. 10	12	176644	\$56.50
Diaper Fit	16 yrs+	Angus Glen C.C.	Mon	10:45 am-11:30 am	Sep. 13	11	176643	\$47.46

Older Adult - Aquafit

This is a low intensity water exercise class set to music. It is designed to meet the fitness needs of older adults with a variety of mobility restrictions and exercise needs.

Water Pilates

This program offers participants the opportunity to strengthen abdominal and back muscles and work on flexibility while exercising in a shallow warm water environment. This aquatic exercise program improves pelvic stability and abdominal control while encouraging participants to work on harmonizing mind and body.

Water Yoga

Learn basic moves to create the whole new aquatic experience that enables you to 'understand' the water. Focuses on techniques to improve posture, breathing, flexibility, core stabilization, coordination and muscular endurance using the soothing properties of the water.

Program Name	Age	Location	Day	Time	Begins	Classes	Code	Fee
Older Adult - Aquafit	55 yrs+	Angus Glen C.C.	Wed	9:15 am-10:15 am	Sep. 8	12	176649	\$56.50
Older Adult - Aquafit	55 yrs+	Angus Glen C.C.	Fri	9:00 am-10:00 am	Sep. 10	12	176650	\$56.50
Older Adult - Aquafit	55 yrs+	Angus Glen C.C.	Mon	9:00 am-10:00 am	Sep. 13	11	176648	\$51.98
Older Adult - Aquafit	55 yrs+	Centennial C.C.	Fri	10:30 am-11:30 am	Oct. 1	12	176555	\$56.50
Older Adult - Aquafit	55 yrs+	Centennial C.C.	Mon	10:30 am-11:30 am	Oct. 4	10	176553	\$47.46
Older Adult - Aquafit	55 yrs+	Centennial C.C.	Wed	10:30 am-11:30 am	Oct. 6	11	176554	\$51.98
Older Adult - Aquafit	55 yrs+	Milliken Mills C.C.	Tue	10:00 am-10:45 am	Sep. 28	9	177210	\$42.94
Older Adult - Aquafit	55 yrs+	Milliken Mills C.C.	Thu	10:00 am-10:45 am	Sep. 30	9	177211	\$42.94
Older Adult - Aquafit	55 yrs+	Thornhill C.C.	Mon	9:00 am-10:00 am	Sep. 27	11	177230	\$51.98
Older Adult - Aquafit	55 yrs+	Thornhill C.C.	Tue	10:00 am-11:00 am	Sep. 28	12	177231	\$56.50
Older Adult - Aquafit	55 yrs+	Thornhill C.C.	Tue	12:00 pm- 1:00 pm	Sep. 28	12	177232	\$56.50
Older Adult - Aquafit	55 yrs+	Thornhill C.C.	Wed	9:00 am-10:00 am	Sep. 29	12	177233	\$56.50
Older Adult - Aquafit	55 yrs+	Thornhill C.C.	Thu	9:00 am-10:00 am	Sep. 30	12	177234	\$56.50
Older Adult - Aquafit	55 yrs+	Thornhill C.C.	Thu	11:00 am-12:00 pm	Sep. 30	12	177235	\$56.50
Older Adult - Aquafit	55 yrs+	Thornhill C.C.	Fri	9:00 am-10:00 am	Oct. 1	12	177236	\$56.50
Water Pilates	16 yrs+	Thornhill C.C.	Wed	8:00 pm- 9:00 pm	Sep. 29	12	177247	\$84.19
Water Pilates	16 yrs+	Thornhill C.C.	Fri	10:00 am-11:00 am	Oct. 1	12	177248	\$84.19
Water Yoga	16 - 100 yrs	Thornhill C.C.	Mon	8:00 pm- 9:00 pm	Sep. 27	11	177243	\$77.41
Water Yoga	16 - 100 yrs	Thornhill C.C.	Tue	9:00 am-10:00 am	Sep. 28	12	177244	\$84.19
Water Yoga	16 - 100 yrs	Thornhill C.C.	Wed	10:00 am-11:00 am	Sep. 29	12	177245	\$84.19
Water Yoga	16 - 100 yrs	Thornhill C.C.	Thu	10:00 am-11:00 am	Sep. 30	12	177246	\$84.19

3 Reasons to Swim this Fall

1. More classes available

2. Smaller class sizes

3. Opportunities for private lessons

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