

Minoru Centre for Active Living & Watermania Drop-In Aquafit Class Schedule

FALL 2023 – EFFECTIVE SEP 5

Aquafit schedules and instructors subject to change. Classes are cancelled on statutory holidays. Floatation belts are provided for all deep water classes.

MINORU CENTRE FOR ACTIVE LIVING						
SUN	MON	TUE	WED	THU	FRI	SAT
Power Water Shallow 8:15–9:00am			Rise and Shine Shallow 7:00–7:45am		Aqua Conditioning Deep 8:15–9:00am	Aqua Conditioning Deep 8:15–9:00am
	Power Water Shallow 9:15–10:00am	Power Water Shallow 9:15–10:00am	Aqua Conditioning Deep 9:15–10:00am	Power Water Shallow 9:15–10:00am		
	Seniors Splash Shallow 1:15–2:00pm		Seniors Splash Shallow 1:15–2:00pm			
	Power Water Shallow 6:15–7:00pm	Power Water Shallow 6:15–7:00pm	Power Water Shallow 6:15–7:00pm	Power Water Shallow 6:15–7:00pm		

WATERMANIA				
MON	TUE	WED	THU	FRI
Aqua Conditioning Deep 9:00–9:45am	Yoga 9:00–10:00am	Aqua Conditioning Deep 9:00–9:45am		Aqua Conditioning Deep 9:00–9:45am

WATERMANIA POOL

Annual Maintenance Closure: Aug 28–Sep 24, 2023.
Fitness Centre will remain open during the closure dates.

No classes due to swim meets:

- Thu, Oct 12
- Thu, Oct 26
- Fri, Oct 27
- Fri, Dec 15

MINORU CENTRE FOR ACTIVE LIVING POOL

Annual Maintenance Closure: Oct 30–Nov 26, 2023.

No classes due to Aquatic and Fitness conference:

- Fri, Oct 20
- Sat, Oct 21

Aquafit Descriptions, Etiquette, Memberships & Drop-In Fees

AQUAFIT CLASS DESCRIPTIONS

AQUA CONDITIONING DEEP

Strengthen deep muscles of the core for a combined cardiovascular and muscle conditioning workout.

POWER WATER SHALLOW

Build stamina and strength in this heart-pumping mix of low impact and power moves. Enjoy a full body workout complete with cardiovascular and strength training.

RISE AND SHINE SHALLOW

Start the morning off right in this invigorating and fun total body workout.

SENIORS SPLASH SHALLOW

Ease aching joints and add strength, balance and power to everyday movements. Enjoy a mix of cardiovascular, strength, balance and flexibility for a well-rounded workout with less impact.

AQUAFIT ETIQUETTE

Keep workouts fun and safe for all with these guidelines:

- Be respectful to all staff and fellow participants during group workouts in the shared aquatic space.
- Arrive on time to class; latecomers are not permitted 5 minutes after start time.
- Use lockers for personal belongings and store all equipment in a safe area to the side.
- Participate in the warm up, cool down and stretch to help prevent injury. Each component of the class is equally important.
- Listen to your body and work at your own pace. Ask for help if needed.
- Keep hydrated! Drink water before, during and after the class.
- If you are new to the class, arrive early and introduce yourself to the instructor. Review the [PAR-Q+ Form](#) annually to ensure you are ready to begin exercise.

MEMBERSHIPS & VISIT CARDS

Memberships and Visit Cards are valid for use of the fitness centres, pools and aquafit classes. All memberships are non-refundable and non-transferable.

1 Month Membership

Youth (13–18 yrs)/Senior (55+ yrs)	\$61
Adult (19–54 yrs)	\$75

Monthly Continuous Membership

Youth (13–18 yrs)/Senior (55+ yrs)	\$40
Adult (19–54 yrs)	\$49

Drop-In

Youth (13–18 yrs)/Senior (55+ yrs)	\$6.20
Adult (19–54 yrs)	\$7.65

1 Year Membership

Youth (13–18 yrs)/Senior (55+ yrs)	\$446
Adult (19–54 yrs)	\$550

10 Visit Card

Youth (13–18 yrs)/Senior (55+ yrs)	\$49.60
Adult (19–54 yrs)	\$61.10

Valid Community Centre Membership

Add-on Fee	\$4.70
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