

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	Start Date	# of Classes	Code	Fee
Aqua Stretch	16 yrs+	Thornhill C.C.	Mon.	10:00 a.m. - 10:45 a.m.	Jun. 27	9	189484	\$63.28
		Thornhill C.C.	Mon.	7:00 p.m. - 7:45 p.m.	Jun. 27	9	189481	\$63.28
		Thornhill C.C.	Tue.	10:00 a.m. - 10:45 a.m.	Jun. 28	10	189486	\$70.06
		Thornhill C.C.	Wed.	1:30 p.m. - 2:15 p.m.	Jun. 29	10	189483	\$70.06
		Thornhill C.C.	Wed.	7:00 p.m. - 7:45 p.m.	Jun. 29	10	189482	\$70.06
		Thornhill C.C.	Thu.	10:00 a.m. - 10:45 a.m.	Jun. 30	10	189485	\$70.06
Aquafit - Deep	16 yrs+	Centennial C.C.	Mon.	11:45 a.m. - 12:30 p.m.	Jun. 27	9	189145	\$42.94
		Centennial C.C.	Tue.	11:45 a.m. - 12:30 p.m.	Jun. 28	10	189146	\$47.46
		Centennial C.C.	Wed.	7:45 a.m. - 8:30 a.m.	Jun. 29	10	189155	\$47.46
		Centennial C.C.	Wed.	8:45 a.m. - 9:30 a.m.	Jun. 29	10	189147	\$47.46
		Centennial C.C.	Wed.	11:45 a.m. - 12:30 p.m.	Jun. 29	10	189156	\$47.46
		Centennial C.C.	Thu.	11:45 a.m. - 12:30 p.m.	Jun. 30	10	189148	\$47.46
		Centennial C.C.	Fri.	8:45 a.m. - 9:30 a.m.	Jul. 8	10	189149	\$47.46
		Centennial C.C.	Fri.	11:45 a.m. - 12:30 p.m.	Jul. 8	10	189158	\$47.46
		Morgan Park	Thu.	10:00 a.m. - 10:45 a.m.	Jul. 7	9	186026	\$42.94
Aquafit - Shallow	16 yrs+	Angus Glen C.C.	Mon.	8:00 a.m. - 8:45 a.m.	Jun. 13	11	186336	\$51.98
		Angus Glen C.C.	Mon.	8:00 p.m. - 8:45 p.m.	Jun. 13	11	186335	\$51.98
		Angus Glen C.C.	Wed.	8:00 a.m. - 8:45 a.m.	Jun. 15	12	186337	\$56.50
		Angus Glen C.C.	Wed.	8:00 p.m. - 8:45 p.m.	Jun. 15	12	186338	\$56.50
		Angus Glen C.C.	Fri.	8:00 a.m. - 8:45 a.m.	Jun. 17	11	186339	\$51.98
		Centennial C.C.	Mon.	8:45 a.m. - 9:30 a.m.	Jun. 27	9	189132	\$42.94
		Centennial C.C.	Mon.	8:00 p.m. - 8:45 p.m.	Jun. 27	9	189137	\$42.94
		Centennial C.C.	Tue.	8:45 a.m. - 9:30 a.m.	Jun. 28	10	189134	\$47.46
		Centennial C.C.	Wed.	8:00 p.m. - 8:45 p.m.	Jun. 29	10	189135	\$47.46
		Centennial C.C.	Thu.	8:45 a.m. - 9:30 a.m.	Jun. 30	10	189136	\$47.46
		Milliken Mills C.C.	Sun.	8:00 p.m. - 8:45 p.m.	Jun. 26	9	188905	\$42.94
		Milliken Mills C.C.	Mon.	8:15 a.m. - 9:00 a.m.	Jun. 27	9	186554	\$42.94
		Milliken Mills C.C.	Wed.	8:15 a.m. - 9:00 a.m.	Jun. 29	9	186555	\$42.94
		Milliken Mills C.C.	Thu.	7:30 p.m. - 8:15 p.m.	Jul. 7	9	186556	\$42.94
Morgan Park	Mon.	10:00 a.m. - 10:45 a.m.	Jul. 4	8	186024	\$38.42		
Aquafit - Shallow Ladies ONLY	16 yrs+	Milliken Mills C.C.	Tue.	7:30 p.m. - 8:15 p.m.	Jul. 5	9	189240	\$42.94
Diaper Fit	16 yrs+	Angus Glen C.C.	Fri.	12:45 p.m. - 1:30 p.m.	Jun. 17	11	187463	\$51.98

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	Start Date	# of Classes	Code	Fee
Older Adult - Aquafit	55 yrs+	Angus Glen C.C.	Mon.	11:30 a.m. - 12:30 p.m.	Jun. 13	11	187464	\$51.98
		Angus Glen C.C.	Wed.	11:30 a.m. - 12:30 p.m.	Jun. 15	12	187465	\$56.50
		Centennial C.C.	Mon.	10:30 a.m. - 11:30 a.m.	Jun. 27	9	189171	\$42.94
		Centennial C.C.	Wed.	10:30 a.m. - 11:30 a.m.	Jun. 29	10	189172	\$47.46
		Centennial C.C.	Fri.	10:30 a.m. - 11:30 a.m.	Jul. 8	9	189173	\$42.94
		Milliken Mills C.C.	Tue.	11:30 a.m. - 12:15 p.m.	Jun. 28	9	187161	\$42.94
		Milliken Mills C.C.	Thu.	11:30 a.m. - 12:15 p.m.	Jun. 30	9	187162	\$42.94
		Morgan Park	Fri.	10:00 a.m. - 10:45 a.m.	Jul. 8	9	186028	\$42.94
		Thornhill C.C.	Mon.	9:00 a.m. - 9:45 a.m.	Jun. 27	9	189501	\$42.94
		Thornhill C.C.	Tue.	12:00 p.m. - 12:45 p.m.	Jun. 28	10	189502	\$42.94
		Thornhill C.C.	Wed.	9:00 a.m. - 9:45 a.m.	Jun. 29	10	189503	\$42.94
		Thornhill C.C.	Thu.	9:00 a.m. - 9:45 a.m.	Jun. 30	10	189506	\$42.94
		Thornhill C.C.	Thu.	12:00 p.m. - 12:45 p.m.	Jun. 30	10	189504	\$42.94
Thornhill C.C.	Fri.	9:00 a.m. - 9:45 a.m.	Jul. 8	9	189505	\$42.94		
Water Pilates	16 yrs+	Thornhill C.C.	Wed.	8:00 p.m. - 9:00 p.m.	Jun. 29	10	189511	\$63.28
		Thornhill C.C.	Fri.	10:00 a.m. - 11:00 a.m.	Jul. 8	8	189512	\$63.28
Water Yoga	16 yrs+	Thornhill C.C.	Mon.	8:00 p.m. - 9:00 p.m.	Jun. 27	9	189513	\$63.28
		Thornhill C.C.	Tue.	9:00 a.m. - 10:00 a.m.	Jun. 28	10	189514	\$70.06
		Thornhill C.C.	Thu.	2:30 p.m. - 3:30 p.m.	Jun. 30	10	189515	\$70.06