




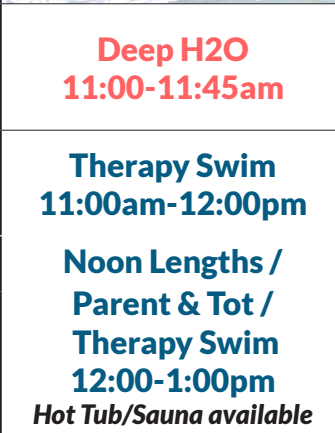
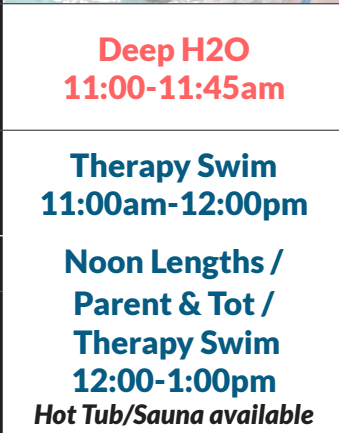
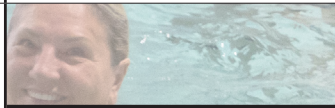



# Drop-In Aquatic Schedule (effective January 7 - March 31)

Come take a dip in the pool with these 'drop-in' activities. Ladysmith Parks, Recreation & Culture offers a variety of drop-in aquatic visits and aquatic fitness programs ALL INCLUDED WITH A DROP-IN ADMISSION, PUNCH PASS OR MONTHLY PASS! With a variety of classes and times, there's something for everyone!

## Aquatic Visits

## Drop-In Aquatic Classes

- program descriptions on reverse

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<div>Early Bird Lengths 6:00-8:15am <i>Hot Tub/Sauna available</i></div>		<div>Early Bird Lengths 6:00-8:15am <i>Hot Tub/Sauna available</i></div>		<div>Early Bird Lengths 6:00-8:15am <i>Hot Tub/Sauna available</i></div>		
<div>AM Aquafit 8:30-9:30am</div>		<div>AM Aquafit 8:30-9:30am</div>		<div>AM Aquafit 8:30-9:30am</div>		
<div>Parent &amp; Tot Swim 8:30-9:30am</div>		<div>Parent &amp; Tot Swim 8:30-9:30am</div>		<div>Parent &amp; Tot Swim 8:30-9:30am</div>		
<div>Adaptive Aqua Fitness 11:00-11:45am</div>		<div>Adaptive Aqua Fitness 11:00-11:45am</div>		<div>Adaptive Aqua Fitness 11:00-11:45am</div>	<div>Everyone Welcome Swim 2:00-4:00pm <i>Hot Tub/Sauna available</i></div>	
<div>Therapy Swim 11:00am-12:00pm</div>		<div>Therapy Swim 11:00am-12:00pm</div>		<div>Therapy Swim 11:00am-12:00pm</div>	<div>Therapy Swim 11:00am-12:00pm</div>	
<div>Noon Lengths / Parent &amp; Tot / Therapy Swim 12:00-1:00pm <i>Hot Tub/Sauna available</i></div>		<div>Noon Lengths / Parent &amp; Tot / Therapy Swim 12:00-1:00pm <i>Hot Tub/Sauna available</i></div>		<div>Noon Lengths / Parent &amp; Tot / Therapy Swim 12:00-1:00pm <i>Hot Tub/Sauna available</i></div>	<div>Noon Lengths / Parent &amp; Tot / Therapy Swim 12:00-1:00pm <i>Hot Tub/Sauna available</i></div>	
<div>Everyone Welcome Swim 6:30-8:00pm <i>Hot Tub/Sauna available</i></div>		<div>Everyone Welcome Swim 6:30-8:00pm <i>Hot Tub/Sauna available</i></div>		<div>Everyone Welcome Swim 6:30-8:00pm <i>Hot Tub/Sauna available</i></div>	<div>Everyone Welcome Swim 2:00-4:00pm <i>Hot Tub/Sauna available</i></div>	
						

## SUNDAY

**Everyone Welcome Swim**  
**2:00-4:00pm**  
*Hot Tub/Sauna available*

**PLEASE NOTE:** Sauna is not available during aquatic fitness programs

Pool is cleared 5 minutes **BEFORE** end time.

Children 7yrs+ can attend unaccompanied, children under 7yrs must be accompanied by an adult 19yrs+ (2 children/1 adult).

# SPECIAL SWIMS

## FREE Swim sponsored by Lisa Marie Barron

Sunday, January 21 2:00-4:00pm

## Pro D Everyone Welcome Swim

Monday, February 5 1:00-2:00pm

Tuesday, February 6 1:00-2:00pm

## Dive-In Cinema - Watch for details coming soon!

Friday, February 9 6:30-8:30pm

## Family Day Swims

Monday, February 19 12:00-1:15pm & 1:30-2:45pm

## Spring Break Everyone Welcome Swim

Monday-Friday, March 11 - 15 1:00-2:00pm

Monday-Friday, March 18 - 22 1:00-2:00pm

## Surprise Pool Event - Watch for details coming soon!

Friday, March 22 6:30-8:30pm

## Aquatic Visits

### Length Swims

Kick start your day with some early morning laps or get your kilometer of lengths in at lunch during our length swims. There will be four lanes; casual, slow, medium and fast. Please pick the lane most appropriate for your swim speed.

### Therapy Swim

If you need the warmth of the Therapy Teach Pool to loosen up your muscles, decrease the gravity on your joints, to work on pre or post-surgery exercises or just to get in some unassisted walking with the support of the water then the Ladysmith Therapy Swim is for you.

Please note: if you require assistance to and from the change room or in and out of the pool, you will be required to have an aid with you to assist you.

### Parent and Tot Swim

Do you have a tiny human who needs to burn off energy in the morning? We have just the thing to make that happen while having fun in the pool! The Parent & Tot swim is geared towards children not yet school aged and their caregiver.

### Everyone Welcome Swim

A great time to enjoy the main pool and the therapy pool, diving board, climbing wall and slides. No length swimming during this time.

## Drop In Aquatic Fitness Classes

### Adaptive Aqua Fitness

A program for clients with arthritis and other mobility limitations. This is a low to moderate intensity class focused on safe and functional exercises. Be sure to bring your own full water bottle to class each session.

### AquaFit

A highly energized aquatic fitness workout delivered by certified fitness instructors. These classes provide a well-rounded, head-to-toe workout. Be sure to bring your own water bottle filled for each class.

### Deep H2O

These invigorating, impact-free classes work and tone all muscle groups. Participants combine cardiovascular work, deep-water running, jogging, bicycling and cross-country skiing movements. Class focuses on muscular strength motions that work the body's major muscle groups as well as motions that work the core and improve balance. A buoyancy belt is required to create and maintain proper balance and posture. Be sure to bring your own full water bottle to class.

For information on admission prices, check on the 2024 Winter Activity Guide online at [www.ladysmith.ca/programs](http://www.ladysmith.ca/programs)



**PARKS  
RECREATION  
& CULTURE**

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