

# Drop-In Aquatic Schedule (effective July 2 - August 15)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Early Bird Lengths</b> 6:00-8:15am <i>Hot Tub/Sauna available</i>		<b>Early Bird Lengths</b> 6:00-8:15am <i>Hot Tub/Sauna available</i>		<b>Early Bird Lengths</b> 6:00-8:15am <i>Hot Tub/Sauna available</i>	
<b>Aqua HIIT</b> 8:30-9:30am <b>Parent &amp; Tot Swim</b> 8:30-9:30am <i>Hot Tub available</i>		<b>Aqua DEEP</b> 8:30-9:30am <b>Parent &amp; Tot Swim</b> 8:30-9:30am <i>Hot Tub available</i>		<b>Aqua HIIT</b> 8:30-9:30am <b>Parent &amp; Tot Swim</b> 8:30-9:30am <i>Hot Tub available</i>	<b>Everyone Welcome Swim</b> 1:30-3:30pm <i>Hot Tub/Sauna available</i>
<b>Aqua LITE</b> 11:00-11:45am	<b>Swim &amp; Shape Up</b> 11:00-11:45am <i>Hot Tub/Sauna available</i>	<b>Aqua LITE</b> 11:00-11:45am	<b>Swim &amp; Shape Up</b> 11:00-11:45am <i>Hot Tub/Sauna available</i>	<b>Aqua DEEP</b> 11:00-11:45am	
<b>Therapy Swim</b> 11:00am-12:00pm <i>Hot Tub available</i>					
<b>Noon Lengths / Parent &amp; Tot / Therapy Swim</b> 12:00-1:00pm <i>Hot Tub/Sauna available</i>					<b>SUNDAY</b>
<b>Everyone Welcome Swim</b> 1:00-2:00pm <i>Hot Tub/Sauna available</i>					
<b>Everyone Welcome Swim</b> 6:30-7:30pm <i>Hot Tub/Sauna available</i>					<b>Everyone Welcome Swim</b> 1:30-3:30pm <i>Hot Tub/Sauna available</i>

**Schedule is subject to change.** For up-to-date information, visit [www.ladysmith.ca/programs](http://www.ladysmith.ca/programs)

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

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

Pool is cleared 5 minutes BEFORE end time

# SPECIAL SWIMS:

## POP UP POOL PARTIES

THURSDAYS 6:30-7:30pm

A different theme each week!

Regular admission rates apply

## SHUT DOWN POOL PARTY

THURSDAY, AUG 14 6:30-8:30pm

\$5.25 admission

96566

\*There will be no Thursday evening  
Everyone Welcome Swim\*

The Aquatic Centre will be **CLOSED**  
from August 16 to  
**September 7**  
for annual  
maintenance



## 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.

### Swim and Shape Up

With two lanes available for lane swimming, and a self-directed workout posted on the chalkboard, this is a great time to work out in the pool at your own pace.

### 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

### Aqua LITE

An ideal class for those motivated to relieve joint stiffness, improve mobility, and develop strength, balance and posture.

LOW to MODERATE intensity level.

Mondays 11:00-11:45am

Wednesdays 11:00-11:45am

### Aqua DEEP

A class that will give participants a great cardio workout and tone muscles with no impact on their joints. Buoyancy belts are recommended during this class.

MODERATE intensity level.

Wednesdays 8:30-9:30am

Fridays 11:00-11:45am

### Aqua HIIT

A high energy water workout that may include both shallow and/or deep water.

MODERATE to HARD intensity level.

Mondays 8:30-9:30am

Fridays 8:30-9:30am

For information on admission prices, check out the 2025 Summer Activity Guide online at [www.ladysmith.ca/programs](http://www.ladysmith.ca/programs)



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INFO / REGISTRATION 250.245.6424

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