

Drop-In Aquatic Schedule (effective January 5 - March 31)

Aquatic Visits

Drop-In Aquatic Classes

- program descriptions on reverse

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Bird Lengths 6:00-8:15am <i>Hot Tub/Sauna available</i>		Early Bird Lengths 6:00-8:15am <i>Hot Tub/Sauna available</i>		Early Bird Lengths 6:00-8:15am <i>Hot Tub/Sauna available</i>	Everyone Welcome Swim 2:00-3:55pm <i>Hot Tub/Sauna available</i>
Aqua HIIT 8:30-9:30am <i>Hot Tub available</i>		Aqua DEEP 8:30-9:30am <i>Hot Tub available</i>		Aqua HIIT 8:30-9:30am <i>Hot Tub available</i>	
Parent & Tot Swim 8:30-9:25am		Parent & Tot Swim 8:30-9:25am		Parent & Tot Swim 8:30-9:25am	
Aqua LITE 11:00-11:45am <i>Hot Tub available</i>	Swim & Shape Up 11:00-11:45am <i>Hot Tub/Sauna available</i>	Aqua LITE 11:00-11:45am <i>Hot Tub available</i>	Swim & Shape Up 11:00-11:45am <i>Hot Tub/Sauna available</i>	Aqua DEEP 11:00-11:45am <i>Hot Tub available</i>	
Therapy Swim 11:00am-12:00pm	Therapy Swim 11:00am-12:00pm	Therapy Swim 11:00am-12:00pm	Therapy Swim 11:00am-12:00pm	Therapy Swim 11:00am-12:00pm	
Noon Lengths / Parent & Tot / Therapy Swim 12:00-12:55pm <i>Hot Tub/Sauna available</i>	Noon Lengths / Parent & Tot / Therapy Swim 12:00-12:55pm <i>Hot Tub/Sauna available</i>	Noon Lengths / Parent & Tot / Therapy Swim 12:00-12:55pm <i>Hot Tub/Sauna available</i>	Noon Lengths / Parent & Tot / Therapy Swim 12:00-12:55pm <i>Hot Tub/Sauna available</i>	Noon Lengths / Parent & Tot / Therapy Swim 12:00-12:55pm <i>Hot Tub/Sauna available</i>	
					Everyone Welcome Swim 1:30-3:25pm <i>Hot Tub/Sauna available</i>
					Everyone Welcome Swim 6:30-7:55pm <i>Hot Tub/Sauna available</i>

SUNDAY

Everyone Welcome Swim
 1:30-3:25pm
Hot Tub/Sauna available

Schedule is subject to change. For up-to-date information, visit 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).

SPECIAL SWIMS:

PRO D DAY EVERYONE WELCOME SWIM

MONDAY, FEBRUARY 3 1:00-2:00pm
TUESDAY, FEBRUARY 4 1:00-2:00pm

FAMILY DAY FREE SWIM

MONDAY, FEBRUARY 17 12:00-1:30pm
2:00-3:30pm

GAMER 'POOL'OOZA

FRIDAY, MARCH 14 6:30-8:30pm
\$5.25 admission Watch for details on ticket sales

SPRING BREAK EVERYONE WELCOME SWIMS

Monday-Friday, March 17- 21 1:00-2:00pm
Monday-Friday, March 24 - 28 1:00-2:00pm

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 on the 2025 Winter Activity Guide online at www.ladysmith.ca/programs



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