

Georgina Leisure Pool Aquafit schedule

Effective April 1 to June 30, 2024

Monday

Aqua boot camp

9 a.m. – 9:45 a.m.

Gentle Aquafit

10 a.m. – 10:45 a.m.

Aqua stretch

11 a.m. – 11:45 a.m.

Aqua Combo

8:15 p.m. – 9 p.m.

Tuesday

Diaper fit

9 a.m. – 9:45 a.m.

Aqua deep

10 a.m. – 10:45 a.m.

Aqua Stretch

11 a.m. – 11:45 a.m.

Wednesday

Aqua boot camp

9 a.m. – 9:45 a.m.

Gentle Aquafit

10 a.m. – 10:45 a.m.

Aqua stretch

11 a.m. – 11:45 a.m.

Thursday

Aqua boot camp

9 a.m. – 9:45 a.m.

Aqua combo

10 a.m. – 10:45 a.m.

Aqua stretch

11 a.m. – 11:45 a.m.

Friday

Aqua boot camp

9 a.m. – 9:45 a.m.

Gentle Aquafit

10 a.m. – 10:45 a.m.

Aqua Stretch

11 a.m. – 11:45 a.m.

Sunday

Aqua boot camp

8:30 a.m. – 9:15 a.m.

Legend

Aqua boot camp: Shallow and deep water. High intensity.

Aqua combo: Shallow and deep water. Medium intensity.

Aqua stretch: Therapy pool. Low intensity.

Diaper fit: Registered program. With baby seats provided, parents will follow an instructor's lead to water aerobic exercises that incorporate baby in their seat.

Drop in or register online at georgina.ca/pool to secure your spot.

All dates, times and prices are subject to change without notice.



GEORGINA

Scan to register or visit
georgina.ca/pool or drop-in.