

Georgina Leisure Pool

Drop-in Swim Schedule

5279 Black River Rd., Sutton

Schedule in effect from Jan. 8 to March 31, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Boot Camp 9 a.m. – 9:45 a.m. Gentle Aquafit 10 a.m. – 10:45 a.m. Aqua Stretch 2:30 p.m. – 3:15 p.m. Lane Swim 6:30 a.m. – 7:30 a.m. 7:30 a.m. – 8:30 a.m. Noon – 1 p.m. 2:30 p.m. – 3:30 p.m. 8:15 p.m. – 9:15 p.m. Older Adult Swim 11 a.m. – noon Parent and Child Swim 10 a.m. – noon Therapy Pool Swim 6:30 a.m. – 7:30 a.m. 7:30 a.m. – 8:30 a.m. Noon – 1 p.m. 8:15 p.m. – 9:15 p.m. Aqua Combo 8:15 p.m. – 9 p.m.	Aqua Deep 9 a.m. – 9:45 a.m. Aqua Stretch 11 a.m. – 11:45 a.m. Diaper Fit 10 a.m. – 10:45 a.m. Lane Swim 7:30 a.m. – 8:30 a.m. Noon – 1 p.m. 8:15 p.m. – 9:15 p.m. Older Adult Swim 11 a.m. – noon Public Swim 6:45 p.m. – 8:15 p.m. Therapy Pool Swim 7:30 a.m. – 8:30 a.m. Noon – 1 p.m. 8:15 p.m. – 9:15 p.m.	Aqua Combo 9 a.m. – 9:45 a.m. Gentle Aquafit 10 a.m. – 10:45 a.m. Aqua Stretch 2:30 p.m. – 3:15 p.m. Lane Swim 6:30 a.m. – 7:30 a.m. 7:30 a.m. – 8:30 a.m. Noon – 1 p.m. 2:30 p.m. – 3:30 p.m. 8:15 p.m. – 9:15 p.m. Parent and Child Swim 10 a.m. – noon Older Adult Swim 11 a.m. – noon Therapy Pool Swim 6:30 a.m. – 7:30 a.m. 7:30 a.m. – 8:30 a.m. Noon – 1 p.m. 8:15 p.m. – 9:15 p.m. Aqua Boot Camp 7:15 p.m. – 8 p.m.	Aqua Boot Camp 9 a.m. – 9:45 a.m. Aqua Stretch 11 a.m. – 11:45 a.m. Diaper Fit 10 a.m. – 10:45 a.m. Lane Swim 6:30 a.m. – 7:30 a.m. 7:30 a.m. – 8:30 a.m. Noon – 1 p.m. 8:15 p.m. – 9:15 p.m. Older Adult Swim 11 a.m. – noon Public Swim 6:45 p.m. – 8:15 p.m. Therapy Pool Swim 6:30 a.m. – 7:30 a.m. 7:30 a.m. – 8:30 a.m. Noon – 1 p.m. 8:15 p.m. – 9:15 p.m.	Aqua Boot Camp 9 a.m. – 9:45 a.m. Gentle Aquafit 10 a.m. – 10:45 a.m. Lane Swim 6:30 a.m. – 7:30 a.m. 7:30 a.m. – 8:30 a.m. Noon – 1 p.m. 1 p.m. – 2 p.m. Older Adult Swim 11 a.m. – noon Parent and Child Swim 10 a.m. – noon Therapy Pool Swim 6:30 a.m. – 7:30 a.m. 7:30 a.m. – 8:30 a.m. Noon – 1 p.m. 1 p.m. – 2 p.m.
Saturday	Sunday			
Lane Swim 12:45 p.m. – 1:45 p.m. Public Swim 2 p.m. – 3:30 p.m. Therapy Pool Swim 12:45 p.m. – 1:45 p.m.	Aqua Boot Camp 8:30 a.m. – 9:15 a.m. Lane Swim 12:45 p.m. – 1:45 p.m. Public Swim 2 p.m. – 3:30 p.m. Therapy Pool Swim 12:45 p.m. – 1:45 p.m.	Aqua Boot Camp: Shallow and deep water. High intensity. Aqua Combo: Shallow and deep water. Medium intensity. Gentle Aquafit: Shallow and deep water. Low intensity. Aqua Stretch: Therapy Pool. Low intensity. Diaper Fit: Pre-registration required. With baby seats provided, parents will follow an instructor’s lead to water aerobic exercises that incorporate baby in their seat. Lane swim: Access to lap pool. Older adult swim: For adults over 55 years. Access to lap pool.		

Pre-registration is recommended. Register online at georgina.ca/swim to secure your spot or drop in and join the program if space is available.

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



GEORGINA

georgina.ca/swim
905-722-1429