

# MURC Aquatic drop-in schedule

Effective April 1 to May 5, 2024

Programming on April 8 and May 29 from 9 a.m. to 2 p.m. will be cancelled. All dates, times and prices are subject to change without notice.

**Drop in or  
register**

at [georgina.ca/pool](http://georgina.ca/pool)  
to secure your spot

## Monday

### Lane swim

6 a.m. – 8:30 a.m.

### Therapy pool swim

6 a.m. – 8:30 a.m.

### Aqua combo

9 a.m. – 9:45 a.m.

### Parent and child swim

9 a.m. – 11 a.m.

### Aqua bootcamp

10 a.m. – 10:45 a.m.

### Accessibility swim

11 a.m. – 12:30 p.m.

### Older adult swim

12:30 p.m. – 2 p.m.

### Public swim

6:45 p.m. – 8 p.m.

### Lane swim

8 p.m. – 9 p.m.

### Therapy pool swim

8 p.m. – 9 p.m.

## Tuesday

### Lane swim

6 a.m. – 8:30 a.m.

### Therapy pool swim

6 a.m. – 8:30 a.m.

### Aqua combo

9 a.m. – 9:45 a.m.

### Lane swim

10:30 a.m. – 12 p.m.

### Therapy pool swim

10:30 a.m. – 12 p.m.

### Accessibility swim

12:30 p.m. – 2 p.m.

### Aqua Stretch

2 p.m. – 2:45 p.m.

### Aqua bootcamp

7:15 p.m. – 8 p.m.

### Lane swim

8 p.m. – 9 p.m.

### Therapy pool swim

8 p.m. – 9 p.m.

## Wednesday

### Lane swim

6 a.m. – 8:30 a.m.

### Therapy pool swim

6 a.m. – 8:30 a.m.

## Mommy and Me Aquafit

9 a.m. – 9:45 a.m.

### Parent and child swim

9 a.m. – 11 a.m.

### Aqua Deep

10 a.m. – 10:45 a.m.

### Accessibility swim

11 a.m. – 12:30 p.m.

### Older adult swim

12:30 p.m. – 2 p.m.

### Public swim

6:45 p.m. – 8 p.m.

### Lane swim

8 p.m. – 9 p.m.

### Therapy pool swim

8 p.m. – 9 p.m.

## Thursday

### Lane swim

6 a.m. – 8:30 a.m.

### Therapy pool swim

6 a.m. – 8:30 a.m.

### Aqua combo

9 a.m. – 9:45 a.m.

### Lane swim

10:30 a.m. – 12 p.m.

### Therapy pool swim

10:30 a.m. – 12 p.m.

### Accessibility swim

12:30 p.m. – 2 p.m.

### Aqua stretch

2 p.m. – 2:45 p.m.

### Aqua bootcamp

7:15 p.m. – 8 p.m.

### Lane swim

8 p.m. – 9 p.m.

### Therapy pool swim

8 p.m. – 9 p.m.

## Friday

### Lane swim

6 a.m. – 8:30 a.m.

### Therapy pool swim

6 a.m. – 8:30 a.m.

### Parent and child swim

9 a.m. – 11 a.m.

### Aqua Zumba

10 a.m. – 10:45 a.m.

## Accessibility swim

11 a.m. – 12:30 p.m.

## Older adult swim

12:30 p.m. – 2 p.m.

## Public swim

6:45 p.m. – 8:30 p.m.

## Saturday

### Lane swim

1:30 p.m. – 3 p.m.

### Therapy pool swim

1:30 p.m. – 3 p.m.

### Public swim

3 p.m. – 5 p.m.

## Sunday

### Parent and child swim

8:45 a.m. – 10:15 a.m.

### Lane swim

1:30 p.m. – 3 p.m.

### Therapy pool swim

1:30 p.m. – 3 p.m.

### Public swim

3 p.m. – 5 p.m.

## Legend

**Accessibility swim:** All pools. For individuals with accessibility needs.

**Aqua combo:** Shallow and deep water. Medium intensity.

**Aqua Zumba:** Fusion of Latin rhythms and water-based exercises for a low-impact high-energy workout.

**Lane swim:** Access to lap pool. Aged 10 years and up.

**Mommy and Me Aquafit:** Parents will follow an instructor's lead to water aerobic exercises that incorporate baby in their seat.

**Older adult swim:** For adults over 55 years. Access to lap pool.

**Parent and child swim:** Access to beach pool. Children 9 years and under.

**Public swim:** All age access to all pools. Wrist band policy will be in effect.

**Therapy pool swim:** Access to therapy pool. Aged 10 years and up.



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Scan to register and secure your spot, or visit [georgina.ca/pool](http://georgina.ca/pool).

