

FIT LANES and AQUAFITNESS SCHEDULE

Monday July 4th, 2023 - Friday September 1st, 2023

Exceptions: Civic Holiday (August 7th) - No Aqua Fitness or Fit Lanes

FIT LANES

	Monday	Tuesday	Wednesday	Thursday	Friday
Atkinson	11:30 - 1:00 PM	11:30 - 1:00 PM	11:30 - 1:00 PM	11:30 – 1 pm	11:30 - 1:00 PM
		5:30 - 7:00PM		5:30 – 7 pm	5:30 - 7:00PM

* Please follow proper land etiquette and practice circle swimming wherever acceptable

* All fit lanes time require swimmer to be proficient in fitness swimming techniques

* Participants must be able to swim 25m continuously without stopping in the middle of the land for rest

AQUAFITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday
Atkinson	9:00 - 9:45 AM	9:00 - 9:45 AM	9:00 - 9:45 AM	9:00 - 9:45 AM	9:00 - 9:45 AM
	10:30 - 11:15 AM	10:30 - 11:15 AM	10:30 - 11:15 AM	10:30 - 11:15 AM	10:30 - 11:15 AM
		7:15- 8:00 PM		7:15 – 8:00 PM	

WATER WALKING (Self-Guided)

	Monday	Tuesday	Wednesday	Thursday	Friday
Atkinson	9:45 - 10:30 AM	9:45 - 10:30 AM	9:45 - 10:30 AM	9:45 - 10:30 AM	9:45 - 10:30 AM

Regular Admission Rates

Cash Only

Drop In Fee	\$ 6.00
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Fitness Memberships

CAN NOT be purchased at outdoor pools

One Month	\$ 38.30
Three Months	\$ 109.75
Six Months	\$ 197.20
Annual	\$ 346.50

To purchase a membership, please visit www.activewindsor.ca or call (519) 255-1161.

