

Aquafit Descriptions & Schedule Information

August 31 - December 19, 2026

Aquafit Drop-In: \$10.30
 Aquafit 10 Pass: \$92.70
 Aquafit 1 Month Membership: \$51.56

Aqua Baby & Me	This class is offered in the Leisure Pool on Fridays from 1:00-1:45 PM. Nadine P. is the instructor for this class. Enjoy a full body workout and some fun with your 6-18 month old baby in the pool with our Baby & Me aquafit class. Each class includes cardio, core and muscular endurance while incorporating your baby through song and movement. All fitness levels are welcome – please ensure babies are dressed in official swim diaper and swim attire. Floatation devices will be provided for each class.
Aqua Move & Groove	This class is offered in the Lap Pool on Wednesdays and Fridays from 12:00-12:45 PM. Nadine P. is the instructor for this class. A dynamic water-based fitness class with a “tropical vibe” that incorporates the low-impact benefits of aqua-fit with the energy and fun of dance. Using the natural resistance of water, participants, engage in choreographed routines designed to strengthen and tone muscles while improving cardiovascular health. Get your groove on to great music that will get your heart pumping & feet thumping!
H2O Power	This class is offered in the Lap Pool on Mondays from 8:00-8:45 AM, Tuesdays & Thursdays from 9:00-9:45AM. Lesa R. is the instructor for these classes. This is an active Ager’s class that focuses on the shallow end but may use the deep end of the pool from time to time. Participants can expect to work on power & intensities as they perform various movements to gain range of motion, strength & coordination from waters liquid weight room. A mixture of various styles of power workouts, like HIIT, Tabata, kickboxing will to keep you on your toes.
Stride, Stretch & Recovery	This class is offered in the Leisure Pool on Wednesdays from 9:00-9:45 AM. Nadine P. is the instructor for this class. The class will feature water walking sequences with added focus on balance, core and gait challenges, interspersed with stretching segments for an ideal blend of strength and flexibility suitable for all populations. Great for pre-post hip & knee surgery.

Please note:

The facility will be closed on Labour Day (September 7, 2026) & Thanksgiving (October 12, 2026).

Schedule may change without notice. For the most up to date schedule please visit – www.loyalist.ca/recreation



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Aqua Combo/Aqua Cardio & Strength	This class is offered in the Lap Pool on Tuesdays from 7:00-7:45 PM. Andrea W. is the instructor for this class. This class is offered on Wednesdays from 8:00-8:45 AM. Lynn B. is the instructor for this class. This class is offered in the Lap Pool on Fridays from 8:00-8:45 AM. Sue B. is the instructor for this class. This is an invigorating workout that utilizes both the deep and shallow ends of the pool. Aqua Cardio & Strength: A shallow water class that focuses on increasing your cardio and muscular strength with variations given.
Deep Water Running	This class is offered in the Lap Pool on Saturdays from 5:00-5:45 PM. Sue B. is the instructor for this class. Suspended with a floatation belt in the deep water with the option of being tethered; participants can improve their cardiovascular fitness and muscular conditioning through a high intensity interval workout. Focusing on correct running posture and movements. New and experienced runners welcome! This class is ideal for those recovering from injuries by minimizing stress on joints, bones, muscles, tendons, and ligaments.
Shallow & Strong	This class is offered in the Leisure Pool on Thursdays from 8:00-8:45 PM. Sue S. is the instructor for this class. Please note that this class is Women's only as it is a part of our Women's Only Public Swim programming. This class slows down the pace with little-to-no-cardio, while increasing the intensity to build core and overall body strengthening. With a focus on mind and body connection to achieve balance and focused muscle strengthening we incorporate Tai Chi and Yoga-similar moves as an extension of our shallow aquafit moves you may experience in an Aqua Combo class. Please talk with the instructor before class if you've got specific needs so they can be accommodated within the class.
Aqua Bootcamp	This class is offered in the Lap Pool on Mondays from 12:00-12:45 PM. Lynn B. is the instructor for this class. This is a more challenging workout that focuses training with speed, power, and intensity. Modifications can be made for beginners or those looking for a lighter workout. Please speak to the instructor before the class begins.
Aquabilities	This class is offered in the Leisure Pool on Monday's from 9:00-9:45 AM, Tuesdays & Thursdays from 10:00-10:45 AM. Lesa R. is the instructor for these classes. This class is focused on functional mobility without high impact movements in the warm pool. Designed to improve your body mechanics, muscle strength, and range of motion to preform your daily activities with confidence.

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Program Type	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Baby & Me						1:00 - 1:45 PM Instructor: Nadine P Pool: Leisure Pool	
Aqua Move & Groove				12:00-12:45 PM Instructor: Nadine P Pool: Lap Pool		12:00-12:45 PM Instructor: Nadine P Pool: Lap Pool	
H2O Power		8:00 - 8:45AM Instructor: Lesa R Pool: Lap Pool	9:00 - 9:45AM Instructor: Lesa R Pool: Lap Pool		9:00 - 9:45AM Instructor: Lesa R Pool: Lap Pool		
Stride, Stretch & Recovery				9:00 - 9:45 AM Instructor: Nadine P Pool: Leisure Pool			
Aqua Combo / Aqua Cardio & Strength			7:00 - 7:45PM Instructor: Andrea W Pool: Lap Pool	8:00 - 8:45AM Instructor: Lynn B Pool: Lap Pool		8:00 - 8:45AM Instructor: Sue B Pool: Lap Pool	
Deep Water Running							5:00 - 5:45PM Instructor: Sue B Pool: Lap Pool
Shallow & Strong					8:00 - 8:45PM Instructor: Sue S Pool: Leisure Pool *Women only program		
Aqua Bootcamp		12:00 - 12:45PM Instructor: Lynn B Pool: Lap Pool					
Aquabilities		9:00 - 9:45AM Instructor: Lesa R Pool: Leisure Pool	10:00 - 10:45AM Instructor: Lesa R Pool: Leisure Pool		10:00 - 10:45AM Instructor: Lesa R Pool: Leisure Pool		