

Spring 2024 Aqua Fitness Programs

April 9 to June 21, 2024



Aqua Fitness Payment Options:

Pre-registration is required for all classes

QSWC.ca | 613-966-4632

Payment Type	Cost
Drop-in per visit	\$10.50/class (includes HST)
Season Pass	\$286 (includes HST, price prorated daily after April 8) (\$26 per week)

Date	Program	Time	Start	End	# of Classes	No Classes	Pool
Mon	Aqua Fitness	9:00-9:50am	April 15	June 17	9	May 20	Main
Mon	Aqua Fitness	10:00-10:50am	April 15	June 17	9	May 20	Main
Mon	Therapy Fitness	1:00-1:50pm	April 15	June 17	9	May 20	Therapy
Tues	Aqua Fitness	8:00-8:45am	April 9	June 18	10	May 14	Main
Tues	Therapy Fitness	9:00-9:50am	April 9	June 18	10	May 14	Therapy
Tues	Therapy Fitness	10:00-10:45am	April 9	June 18	10	May 14	Therapy
Tues	Aqua Fitness	6:00-6:50pm	April 9	June 18	10	May 14	Main
Wed	Aqua Fitness	9:00-9:50am	April 10	June 19	11	---	Main
Wed	Aqua Fitness	10:00-10:50am	April 10	June 19	11	---	Main
Wed	Diaper Fitness	1:00-1:30pm	April 10	June 19	11	---	Therapy
Wed	Parkinson's Aquatic Therapy Fitness	1:30-2:00pm	April 10	June 19	11	---	Therapy
Thurs	Aqua Fitness	8:00-8:45am	April 11	June 20	11	---	Main
Thurs	Therapy Fitness	9:00-9:50am	April 11	June 20	11	---	Therapy
Thurs	Aqua Fitness	7:00-7:50pm	April 11	June 20	11	---	Main
Fri	Aqua Fitness	9:00-9:50am	April 12	June 21	11	---	Main
Sun	Aqua Cross Training	11:00-11:55am	April 14	June 16	9	May 19	Main
Sun	Aqua Mind & Body	12:10-12:55pm	April 14	June 16	9	May 19	Therapy

Please note: instructor schedules may change

Registration opens March 25, 2024