

**Drop-In Water Fitness Classes**

Looking for something different? Try AquaFit Shallow or Deep Water...this provides physical conditioning using water as resistance. Muscles are toned and strengthened without the aches and pains sometimes experienced after exercising on dry land. These classes are designed for all fitness levels and vary based on Instructor teaching style. All instructors are certified aquatic fitness professionals. All classes are 60 minutes long, and include warm up and cool down.

**Schedule in effect to May 31, 2010**

SPORTS CENTRE POOL - Vanier Drive			
	MON	WED	FRI
Morning	Shallow 9 am	Shallow 9 am	Shallow 9 am
Afternoon	Shallow 50+ 1:15pm	Shallow 50+ 1:15pm	Shallow 50+ 1:15pm
Evening	Deep 7:15pm	Deep 7:15pm	

AQUATIC CENTRE - Lerwick Road						
	MON	TUE	WED	THU	FRI	SAT
Morning	Deep 7:35am Deep 10:15am	Shallow 9:15am	Deep 7:35am Deep 10:15am	Shallow 9:15am	Deep 7:35am Deep 10:15am	Shallow 9:15am
Afternoon		Warm Shallow 2 pm		Warm Shallow 2 pm		
Evening		Deep 7:15pm		Deep 7:15pm		

**Swim Fit (Ages 16+)**

This program is a coached swim workout. Structured swim sessions provide an opportunity to increase physical fitness and improve stroke techniques. All abilities are welcome!

	MON	TUE	WED	THU	FRI
SPORTS CENTRE		8-9 pm		8-9 pm	
AQUATIC CENTRE	9-10 am		9-10 am		9-10 am

Please note special schedules will be in effect Winter break December 19, 2009 to January 3, 2010 (see pages 7 & 8) & Spring break March 6-14, 2010.

**Come join us February 5, 2010** at the Comox Valley Aquatic Centre for our annual fit for heart event!



This heart and stroke foundation programs gives you the chance to participate in fun, new fitness activities. Funds raised support research, advocacy, health education and healthy living. The kick off for this program and fundraising will be in December! For more information contact the Sports and Aquatic centres program leader at 250-334-9622 ext 225.