Thursday, April 1, 2021

Aquafit: Deep Water
Date and Time: Thursday, April 1 07:00 a.m. - 7:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Deep Water Aquafit - cardio workout, aquafit instruction is 45 minutes

Lane Swim
Date and Time: Thursday, April 1 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 minute lane swim, 1 person per lane

Aquafit: Shallow Water
Date and Time: Thursday, April 1 08:00 a.m. - 8:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes

Lane Swim
Date and Time: Thursday, April 1 08:00 a.m. - 8:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Lane Swim

AquaCardio
Date and Time: Thursday, April 1 08:00 a.m. - 8:45 a.m.
Address: 600 Heritage Dr, Kitchener, ON
45 Minute Aquafitness. Taught in Alcove.

Aqua Strength
Date and Time: Thursday, April 1 08:15 a.m. - 9:15 a.m.
Address: 350 Margaret Ave, Kitchener, ON
Aqua Strength - Warm Pool - Aqua Strength instruction is 45 minutes

Aquafit: Warm Water Aqua Strength
Date and Time: Thursday, April 1 08:30 a.m. - 9:15 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON
Warm Water Aquafit - aquafit instruction is 45 minutes
**Book Your Bubbles**

Date and Time: Thursday, April 1 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON

Exclusive use of Swirl Pool with jets. Max 6 per registration.

**Lane Swim**

Date and Time: Thursday, April 1 08:45 a.m. - 9:30 a.m.
Address: 600 Heritage Dr, Kitchener, ON

45 minute lane swim, 1 person per lane

**Lane Swim**

Date and Time: Thursday, April 1 09:00 a.m. - 10:00 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Lane Swimming, 1 swimmer per lane, pool shared with aquafit class

**Aqua Cardio**

Date and Time: Thursday, April 1 09:00 a.m. - 9:45 a.m.
Address: 350 Margaret Ave, Kitchener, ON

Aqua Cardio

**Aquafit: Shallow Water**

Date and Time: Thursday, April 1 09:00 a.m. - 9:45 a.m.
Address: 253 Fischer-Hallman Rd, Kitchener, ON

Shallow Water Aquafit - cardio workout, aquafit instruction is 45 minutes, pool shared with lane swim

**Adult Swim**

Date and Time: Thursday, April 1 09:30 a.m. - 10:30 a.m.
Address: 350 Margaret Ave, Kitchener, ON

Adult Swim - Warm Pool

**AquaCardio Deep**

Date and Time: Thursday, April 1 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON

Deep Water Aquafitness class, 45 minutes

**Book Your Bubbles**

Date and Time: Thursday, April 1 09:30 a.m. - 10:15 a.m.
Address: 600 Heritage Dr, Kitchener, ON

Exclusive use of Swirl Pool with jets. Max 6 per registration.