



October & November 2018

Killam Regional Aquatic Center

Aquatic Programs at a Quick Glance

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Sizes		9am-10am		9am-10am			
Deep Water	7pm-8pm	9am-10am	7pm-8pm	9am-10am			
Fit Swim	9am-10am		9am-10am		9am-10am		
Lane Swim	6am-7am	7pm-8pm	6am-7am	7pm-8pm	6am-7am		
	4pm-5pm (October) 1Lane	4pm-5pm (October/ November)1Lane	4pm-5pm (October) 1Lane	4pm-5pm (October/ November)1Lane			
Advanced Aqua Sizes	5pm-6pm						
Red Cross Swimming Lessons	10am-12pm (October)	10am-12pm (November)	10am-12pm (October)	10am-12pm (November)			
	4:30pm-6:00pm (October)	4:30pm-6:30pm (October & November)	4:30pm-6:00pm (October)	4:30pm-6:30pm (October & November)			
Public Swim	9am-10am Teach Pool		9am-10am Teach Pool		9am-10am Teach Pool		2pm-5pm Full Pool

<https://killamrecreation.maxgalaxycanada.net>

780-385-3080

Aquatic Program Details

Aqua Sizes: Multi-Level workout offers both cardiovascular and muscle conditioning using the water resistance to condition the entire body. The workout is done in fairly shallow water. Done mostly vertically and without swimming.

Deep Water: This class offers a combination of cardiovascular and muscle conditioning using floatation devices. Deep water is a great way to burn calories and tone up in a total non impact environment. It is recommended that you be comfortable in deep water with out assistance.

Fit Swim: This program is non-competitive. Thanks to the buoyancy of water, you will be strengthening your muscles and improving your cardiovascular fitness without subjecting your body to additional wear and tear. Work out in water provided equal resistance through your full range of motion. This program is also fantastic for our internal organ's and lymphatic system. During this time you may choose to swim lanes, conduct your own aquatic aerobics, or work on rehabilitation moves.

Aqua Sizes Advanced: This class is for the advanced aqua sizer who wants an hour of working out hard. You will strengthen your muscles and improve your cardiovascular fitness. This work out is done in fairly shallow water.

Lane Swim: A non competitive environment where an individual can come swim lengths at their own pace. We have premade work outs available on deck or you may follow your own plan.

Red Cross Swimming Lessons: Red Cross Swim is Canada's largest and most recognized swimming and water safety program. With an emphasis on swimming skills, water safety, and fitness activities, red cross swim sets the foundation for a lifetime of swimming and fitness.

October:

Red Cross Preschool Levels: Mondays & Wednesdays October 1 to October 29. 10am-12:30pm

Red Cross Kids: Monday, Tuesday, Wednesday, and Thursdays. October 15 to October 25. 4:30pm –6:30pm

November:

Red Cross Preschool Levels: Tuesdays & Thursdays November 6 to November 29. 10am-12:30pm

Red Cross Kids: Tuesdays & Thursdays November 1 to November 29. 4:30pm-6:30pm

To register for a class or lessons visit our site: <https://killamrecreation.maxgalaxycanada.net>

Public Swimming: Come out enjoy the aquatic center. Children under the age of 8 must be within arm's reach of an adult and actively supervised at all times.

Holiday Closure: Monday October 8 (Thanksgiving) and Sunday November 11 (Remembrance Day)