



# Whitehorse Lions Aquatic Centre

## Updated Spring Drop-in at the Canada Games Centre

Sunday, May 9<sup>th</sup> – Friday, June 11<sup>th</sup>



updated May 5, 2021

[whitehorse.ca/play](https://whitehorse.ca/play) 668-8360

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Leisure Pool</b>							
<b>Drop-in Accessibility Swim</b>		7:30 am – 8:30 am	7:30 am – 9:00 am 12:00 pm – 1:00 pm	7:30 am – 9:00 am	7:30 am – 9:00 am 12:00 pm – 1:00 pm	7:30 am – 8:30 am	
<b>Drop-in Adult Swim</b>	8:00 pm – 10:00 pm	8:00 pm – 10:00 pm	8:00 pm – 10:00 pm	8:00 pm – 10:00 pm	8:00 pm – 10:00 pm		
<b>Oh My Aching Body*</b>			12:10 pm – 12:55 pm		12:10 pm – 12:55 pm		
<b>Drop-in Family Swim</b>	5:30 pm – 8:00 pm	11:30 am – 3:00 pm	10:30 am – 12:00 pm 6:00 pm – 8:00 pm	10:30 am – 1:00 pm	10:30 am – 12:00 pm 6:00 pm – 8:00 pm	8:30 am – 3:00 pm 6:00 pm – 10:00 pm	1:00 pm – 4:00 pm 7:30 pm – 10:00 pm
<b>Registered Family Time - Shared</b>	7:00 am – 9:30 am 3:00 pm – 5:30 pm					3:00 pm – 6:00 pm	7:00 am – 9:30 am 4:00 pm – 7:30 pm
<b>Lap Pool</b>							
<b>Aquafit*</b>		11:05 am – 11:50 am	11:05 am – 11:50 am 8:10 pm – 8:55 pm	11:05 am – 11:50 am	11:05 am – 11:50 am 8:10 pm – 8:55 pm	11:05 am – 11:50 am	
<b>Drop-in 25m Lane Swim</b>	9:45 am – 10:00 pm	5:30 am – 3:15 pm 7:45 pm – 10:00 pm	5:30 am – 8:30 am 10:45 am – 1:00 pm 2:30 pm – 3:45 pm 6:00 pm – 10:00 pm	5:30 am – 8:30 am 10:45 am – 1:00 pm 7:45 pm – 10:00 pm	5:30 am – 8:30 am 10:45 am – 1:00 pm 2:30 pm – 3:45 pm 6:00 pm – 10:00 pm	5:30 am – 10:00 pm	3:00 pm – 10:00 pm
<b>Registered 25M Lane Swim or Physio Swim</b>		1:00 pm – 3:15 pm	8:30 am – 10:45 am 1:00 pm – 2:30 pm	8:30 am – 10:45 am 1:00 pm – 3:15 pm	8:30 am – 10:45 am 1:00 pm – 2:30 pm	1:00 pm – 3:15 pm	10:05 am – 10:50 am
<b>Hot Tub</b>							
<b>Drop-in Hot Tub Time</b>	3:00 pm – 10:00 pm	5:30 am – 7:30 am 11:30 am – 3:30 pm 8:00 pm – 10:00 pm	5:30 am – 7:30 am 10:30 am – 1:00 pm 2:30 pm – 3:45 pm 6:00 pm – 10:00 pm	5:30 am – 7:30 am 10:30 am – 1:00 pm 8:00 pm – 10:00 pm	5:30 am – 7:30 am 10:30 am – 1:00 pm 2:30 pm – 3:45 pm 6:00 pm – 10:00 pm	5:30 am – 7:30 am 8:30 am – 10:00 pm	7:00 am – 10:00 am 1:00 pm – 10:00 pm

Facilitated Program

\*These programs require an access key tag. Tags can be picked up any time during the day of the class at reception.

### Hours of Operation

**Monday – Friday**

5:30 am – 10:00 pm

**Saturday and Sunday**

7:00 am – 10:00 pm

**May 24, Victoria Day**

Closed



# Pool Descriptions

Arrive ready to swim. Bring your own bag to store personal belongings on deck.

[whitehorse.ca/play](http://whitehorse.ca/play) **668-8360**



**Capacities\*:** Leisure Pool: 30 people | Aquafit: 16 people | Oh My Aching Body: 6 people | Drop-in Lanes: 5 people per double lane | Kayak Polo: 20 people | Registered swims: see description  
 \*subject to change to meet COVID requirements.

LEISURE POOL SWIMS	<b>Drop-in Accessibility Swim</b>	A quiet time for adults, persons with disabilities and accompanied youth to use the leisure pool for physiotherapy or rehabilitation purposes.
	<b>Drop-in Adult Swim</b> Ages 19+	A relaxing time for adults to use the leisure pool in designated areas.
	<b>Oh My Aching Body*</b>	This low-impact, therapeutic class occurs in the warmth of the Leisure Pool. Designed to help relieve chronic pain conditions and introduce the basics of aquafitness.
	<b>Drop-in Family Swim</b>	Spend family time together in the Leisure Pool. Limited features and no toys available. Family bubbles are asked to maintain a 2m/6ft physical distance from each other.  <i>Children 0-6 years must be within arms' reach at all times and a ratio of 1 adult to 3 children is enforced.</i>
	<b>Registered Family Time - Shared</b>	Spend family time together in the Leisure Pool for 60 minutes. This swim is for 2 separate family bubbles of up to 15 people each that share the Leisure Pool. Family bubbles are asked to maintain a 2m/6ft physical distance from each other.  <i>Children 0-6 years must be within arms' reach at all times and a ratio of 1 adult to 3 children is enforced.</i>
LAP POOL SWIMS	<b>Aquafit*</b>	Physical conditioning is obtained by using water for resistance. Workouts include a combination of cardio and muscle focus. All classes occur in the shallow end, but seasoned participants can choose to use the deep end.
	<b>Drop-in 25m Lane Swim</b> Ages 12+	This is a shared time in a double lane. Swim in a circular pattern. Know your speed and choose the appropriate lane.
	<b>Registered 25m Lane Swim</b> Ages 12+	Book a lane for, 1 person, in the Lap Pool for 45 minutes.
	<b>Registered 25m Physio Swim</b> Ages 12+ <i>schedule is subject to change.</i>	Book the lane, for 1 person, along the wall with the accessible stairs for 45 minutes. Designed for swimmers who need the stairs, want the comfort of the wall, or are using the lane for physiotherapy or rehabilitation purposes.

SWIRL POOL	<b>Drop-in Hot Tub</b>	Four designated areas of the Hot Tub are available for use on a first come first serve basis. Each area can accommodate 2 people from the same bubble for a maximum of 8. Masks are required when entering and exiting or resting on the ledge. We recommend a maximum stay of 15 minutes for adults and 5 minutes for children.
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## PLAN YOUR VISIT TO THE POOL

- Come ready to swim, in your swimsuit
- Check in at reception and get your wristband
- Enter Pool through viewing area
- Shower prior to entering the water using the on deck shower
- Change rooms are only available after your swim (no showers at this time)
- Exit pool area via the change rooms

<p><b>Drop-in: Accessibility Swim, Family Swim, Hot Tub, Adult Swim, Lane Swim, Kayak Polo*, Oh My Aching Body*, Aquafit*</b></p> <ul style="list-style-type: none"> <li>• First come, first served</li> <li>• Swim time may be limited to 1 hour if others are waiting to enjoy the activity</li> </ul> <p><i>*These programs require an access key tag. Tags can be picked up any time during the day of the class at reception.</i></p>	<p><b>Registered: 25m Lane Swim, 25m Physio Swim, Family Time - Shared</b></p> <ul style="list-style-type: none"> <li>• Book online: <a href="http://whitehorse.ca/play">whitehorse.ca/play</a></li> <li>• times available 3 days prior, at 7:00 am</li> <li>• Individuals may book once per day</li> <li>• Family bubbles may book once per week</li> </ul> <p><b>How to Cancel:</b> You can cancel a booking in-person, on the phone (668-8360) or email (<a href="mailto:cgccsrgroup@whitehorse.ca">cgccsrgroup@whitehorse.ca</a>) up to 4 hours prior to the start time.</p>
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**Tips for happy lane mates:**

- Know your speed and choose the appropriate lane, relative to those already swimming.
- A guard may ask you to move lanes if needed.
- When stopped at the wall, stay to one side of the lane.
- Always swim in a circle pattern, even if there are only 2 of you.