



Whitehorse Lions Aquatic Centre

Summer Drop-in at the Canada Games Centre

Saturday, June 12th at 2:00 pm – Friday, August 13th

whitehorse.ca/play 668-8360



updated June 10, 2021

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Leisure Pool							
Accessibility Swim		6:00 am – 8:30 am	6:00 am – 8:30 am 11:00 am – 1:00 pm	6:00 am – 8:30 am	6:00 am – 8:30 am 12:00 pm – 1:00 pm	6:00 am – 8:30 am	
Family Swim	8:00 am – 1:00 pm	8:30 am – 1:00 pm		11:00 am – 1:00 pm		11:00 am – 1:00 pm	8:00 am – 1:00 pm
Public Swim	1:00 pm – 6:00 pm	1:00 pm – 3:30 pm 6:15 pm – 8:00 pm	1:00 pm – 3:30 pm 6:15 pm – 8:00 pm	1:00 pm – 3:30 pm 6:15 pm – 8:00 pm	1:00 pm – 3:30 pm 6:15 pm – 8:00 pm	1:00 pm – 8:00 pm	1:00 pm – 8:00 pm
Oh My Aching Body*			12:10 pm – 12:55 pm		12:10 pm – 12:55 pm		
Adult Swim	6:00 pm – 8:00 pm						
Lap Pool							
Lane Swim	8:00 am – 8:00 pm	6:00 am – 8:00 pm	6:00 am – 4:30 pm 6:00 pm – 8:00 pm	6:00 am – 8:45 am 10:00 am – 4:30 pm 6:00 pm – 8:00 pm	6:00 am – 4:30 pm 6:00 pm – 8:00 pm	6:00 am – 8:45 am 10:00 am – 8:00 pm	11:00 am – 8:00 pm
Physio Swim	8:00 am – 1:00 pm 6:00 pm – 8:00 pm	6:00 am – 7:00 am 10:00 am – 11:00 am 12:00 pm – 1:00 pm 6:00 pm – 8:00 pm	6:00 am – 7:00 am 12:00 pm – 1:00 pm	6:00 am – 7:00 am 12:00 pm – 1:00 pm 7:00 pm – 8:00 pm	6:00 am – 7:00 am 12:00 pm – 1:00 pm	6:00 am – 7:00 am 12:00 pm – 1:00 pm	11:00 am – 1:00 pm
Public Swim	1:00 pm – 6:00 pm	1:00 pm – 3:30 pm	1:00 pm – 3:30 pm	1:00 pm – 3:30 pm	1:00 pm – 3:30 pm	1:00 pm – 8:00 pm	1:00 pm – 8:00 pm
Aquafit*		11:05 am – 11:50 am	11:05 am – 11:50 am 7:05 pm – 7:50 pm	11:05 am – 11:50 am	11:05 am – 11:50 am 7:05 pm – 7:50 pm	11:05 am – 11:50 am	
Hot Tub Time	8:00 am – 8:00 pm	6:00 am – 3:30 pm 6:15 pm – 8:00 pm	6:00 am – 8:45 am 11:00 am – 3:30 pm 6:15 pm – 8:00 pm	6:00 am – 8:45 am 11:00 am – 3:30 pm 6:15 pm – 8:00 pm	6:00 am – 8:45 am 11:00 am – 3:30 pm 6:15 pm – 8:00 pm	6:00 am – 8:45 am 11:00 am – 8:00 pm	8:00 am – 8:00 pm

This schedule is subject to change

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

6:00 am – 8:00 pm

Saturday and Sunday

8:00 am – 8:00 pm

June 12

2:00 pm – 8:00 pm

**June 21, Indigenous Peoples Day
July 1, Canada Day**

August 16, Discovery Day

September 6, Labour Day

Closed



Pool Descriptions

whitehorse.ca/cgcschedule



Accessibility Swim	A quiet time for adults, persons with disabilities and accompanied youth to use the leisure pool for physiotherapy or rehabilitation purposes.
Adult Swim <i>Ages 19+</i>	A relaxing time for adults to use the leisure pool in designated areas.
Aquafit* 🗣️	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.
Family Swim	Spend family time together in the Leisure Pool. All children must be with an adult and all adults must be with children. Limited features and no toys available.
Lane Swim <i>Ages 12+</i>	The lap pool is set up for length swimming in double lanes. Swim in a circular pattern. Know your speed and choose the appropriate lane.
Oh My Aching Body* 🗣️	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.
Physio Swim <i>Ages 12+</i>	Designed for swimmers who need the stairs, want the comfort of the wall or are using the lane for physiotherapy or rehabilitation purposes.
Public Swim (Leisure Pool only)	The leisure pool, water slide, hot tub are available for all to enjoy. Limited features and no toys available.
Public Swim (Lap & Leisure Pool)	The lap pool, diving board, leisure pool, water slide, hot tub are available for all to enjoy. Limited features and no toys available.
Hot Tub Time	Four designated areas of the Hot Tub are available for use on a first come first serve basis. We recommend a maximum stay of 15 minutes for adults and 5 minutes for children.

Please note: Children 0-6 years must be within arms' reach at all times and a ratio of 1 adult to 3 children is enforced.

Capacities	
Aquafit 🗣️	20 people
Oh My Aching Body 🗣️	10 people
Family Swim	30 people
Public Swim	30 people (Leisure Pool only) 50 people (Lap & Leisure Pool)
Lane Swim	7 people per double lane

PLAN YOUR VISIT TO THE POOL

- We recommend you come ready to swim, in your swimsuit to minimize change room time (capacities are in effect).
- Check in at reception to assure availability and get your wristband.
- Enter pool through aquatic hallway.
- Mask are required in change rooms and up to the pool deck.
- Shower prior to entering the water using the change room showers or on deck shower.
- Swimmers can remove their mask once on deck. All coaches, staff, and non-swimming patrons must remain masked.
- Exit pool through the change rooms.
- Limit your change room time to 10 minutes.

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.

We may be unable to accommodate groups of 10+ people in any swim without advanced noticed. Contact aquatics at aquatics@whitehorse.ca, 7 days prior, to determine availability.

