



Whitehorse Lions Aquatic Centre

Spring Drop-in at the Canada Games Centre

Monday, March 21st – Friday, June 10th, 2022



updated March 2, 2022

📍 whitehorse.ca/cgcschedule ☎️ 668-8360

Hours of Operation: Monday – Friday 5:30 am – 10:00 pm Saturday & Sunday 7:00 am – 10:00 pm
Apr. 15-18, Easter Weekend 8:00 am - 8:00 pm May 23, Victoria Day Closed

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|---|--|---|--|
| Leisure Pool | | | | | | | |
| Accessibility Swim | | 5:30 am – 8:45 am | 5:30 am – 8:45 am 12:00 am - 1:00 pm | 5:30 am – 8:45 am | 5:30 am – 8:45 am 12:00 am - 1:00 pm | 5:30 am – 8:45 am | |
| Family Swim | 7:00 am - 9:30 am 1:00 pm - 4:00 pm | 11:00 am – 1:00 pm | 10:45 am – 12:00 pm | 10:45 am – 1:00 pm | 10:45 am – 12:00 pm | 10:45 am – 1:00 pm | 7:00 am - 10:00 am 1:00 pm - 4:00 pm |
| Public Swim | 4:00 pm – 8:00 pm | 1:00 pm – 3:00 pm 6:15 pm – 8:00 pm | 6:15 pm - 8:00 pm | 6:15 pm – 8:00 pm | 6:15 pm – 8:00 pm | 2:45 pm – 10:00 pm | 4:00 pm – 10:00 pm |
| Oh My Aching Body 🗣️ | | | 12:05 pm – 12:50 pm | | 12:05 pm – 12:50 pm | | |
| Adult Swim | 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 | | |
| Lap Pool | | | | | | | |
| Lane Swim | 9:30 am – 10:00 pm | 5:30 am – 7:30 pm 8:00 pm – 10:00 pm | 5:30 am – 7:00 pm 8:00 pm – 10:00 pm | 5:30 am – 7:30 pm 8:00 pm – 10:00 pm | 5:30 am – 10:00 pm | 5:30 am – 8:00 pm | 10:00 am - 4:00 pm 6:00 pm – 10:00 pm |
| Physio Swim | | 12:00 pm - 1:00 pm | 12:00 pm - 1:00 pm 2:30 pm - 3:30 pm | 12:00 pm - 1:00 pm 2:30 pm - 3:30 pm | 12:00 pm - 1:00 pm 2:30 pm - 3:30 pm | 12:00 pm - 1:00 pm 2:30 pm - 3:30 pm | |
| Public Swim | 4:00 pm – 8:00 pm (with rope swing) | 1:00 pm – 3:00 pm 6:15 pm – 8:00 pm | | 6:15 pm – 8:00 pm | | | 6:00 pm – 10:00 pm (with rope swing) |
| Aquafit 🗣️ | | 11:05 am – 11:50 am | 11:05 am – 11:50 am 8:05 pm – 8:50 pm | 11:05 am – 11:50 am | 11:05 am – 11:50 am 8:05 pm – 8:50 pm | 11:05 am – 11:50 am | |
| Adult Swim | 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 | | |
| Water Polo 🗣️ | | | 8:00 pm - 9:00 pm | | | | |
| Kayak Polo 🗣️ | | | | | | 8:00 pm – 10:00 pm | |
| Hot Tub*, Sauna & Steam Room | 7:00 am - 10:00 pm | 5:30 am – 10:00 pm | 5:30 am – 10:00 pm | 5:30 am – 10:00 pm | 5:30 am – 10:00 pm | 5:30 am – 10:00 pm | 7:00 am - 10:00 pm |

This schedule is subject to change.

🗣️ Facilitated Program

* Hot Tub capacities reduced during lessons. See reverse for times.



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 some 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. |
| Kayak Polo ♿ <i>Ages 16+</i> | Paddle with members of the Yukon Canoe and Kayak Club. Open to everyone ages 16+ years. Some gear is provided; please bring your own if available. See yckc.ca for more information. |
| 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 some toys available. |
| Public Swim (Lap & Leisure Pool) | The lap pool, diving board, leisure pool, water slide are available for all to enjoy. Limited features and no toys available. |
| Water Polo | Join in a friendly game of water polo. Non-competitive. Everyone welcome. Equipment provided |



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.
- Shower prior to entering the water using the change room showers or on deck shower.
- 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 aquatic, aquatics@whitehorse.ca, 7 days prior, to determine availability.

REDUCED HOT TUB CAPACITIES

Hot tub capacities are reduced during lesson times for the following:

Mondays - Thursdays 3:30 PM - 6:15 PM

Saturdays 10:00 AM - 1:00 PM

Sundays 9:30 AM - 1:00 PM

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.