



Whitehorse Lions Aquatic Centre

Summer Drop-in at the Canada Games Centre

Saturday, June 11th – Friday, August 12th, 2022



updated June 7, 2022

whitehorse.ca/cgcschedule 668-8360

	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 11:00 am – 1:00 pm	6:00 am – 8:30 am	
Family Swim	8:00 am – 1:00 pm	11:00 am – 1:00 pm		11:00 am – 1:00 pm		8:30 am – 1:00 pm	8:00 am – 1:00 pm
Public Swim	1:00 pm – 6:00 pm	1:00 pm – 3:30 pm 6:00 pm – 8:00 pm	1:00 pm – 3:30 pm 6:00 pm – 8:00 pm	1:00 pm – 3:30 pm 6:00 pm – 8:00 pm	1:00 pm – 3:30 pm 6:00 pm – 8:00 pm	1:00 pm – 8:00 pm	1:00 pm – 8:00 pm
Oh My Aching Body 🗣️			12:05 pm – 12:50 pm		12:05 pm – 12:50 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 – 8:00 pm	6:00 am – 8:00 pm	6:00 am – 8:00 pm	6:00 am – 8:00 pm	8:00 am – 8:00 pm
Physio Swim	8:00 am – 1:00 pm	12:00 pm – 1:00 pm	12:00 pm – 1:00 pm	12:00 pm – 1:00 pm	12:00 pm – 1:00 pm	12:00 pm – 1:00 pm	12:00 pm – 1:00 pm
Public Swim	1:00 pm – 6:00 pm	1:00 pm – 3:30 pm 6:00 pm – 8:00 pm	1:00 pm – 3:30 pm 6:00 pm – 7:00 pm	1:00 pm – 3:30 pm 6:00 pm – 8:00 pm	1:00 pm – 3:30 pm 6:00 pm – 7:00 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	
Adult Swim	6:00 pm – 8:00 pm						
Hot Tub*, Sauna & Steam Room	8:00 am – 8:00 pm	6:00 am – 8:00 pm	6:00 am – 8:00 pm	6:00 am – 8:00 pm	6:00 am – 8:00 pm	6:00 am – 8:00 pm	8:00 am – 8:00 pm

This schedule is subject to change.

🗣️ Facilitated Program

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



Hours of Operation
Monday – Friday
 6:00 am – 8:00 pm
Saturday and Sunday
 8:00 am – 8:00 pm

June 11, Kids' Triathlon
 2:00 pm – 8:00 pm
June 21, National Indigenous Peoples Day
July 1, Canada Day
August 15, Discovery Day
September 5, Labour Day

Annual Maintenance Shutdown:
All areas of the Whitehorse Lions Aquatic Centre are closed from August 13 - September 5, 2022.



Pool Descriptions

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 Ages 19+	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 Ages 12+	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 Ages 12+	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.

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.

TIPS FOR LANE SWIMMING



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.

MY SWIM IS FULL?

Some swim times in the leisure pool fill up. Here's how to wait for a spot:

1. Purchase your wrist band.
2. Only 1 member of your party needs to wait outside the pool. viewing area door entrance (there may be people ahead of you)
3. When space becomes available, a lifeguard will notify you.

Please note: If a swim is at capacity – patrons are asked to limit their swim to 1 hour to allow others to swim.

REDUCED HOT TUB CAPACITIES

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

Mondays - Thursdays

8:30 AM - 11:00 AM

3:30 PM - 6:00 PM

GROUPS OF 10+ PEOPLE

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