

## Aquatic Fitness

Fee: FREE Members / \$8.00 Non-Member Adults, \$7.00 Non-Member Seniors

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am	Deep Water Aquafit 8:15-9:00am	Deep Water Walk/Run 8:15-9:00am	Deep Water Aquafit 8:15-9:00am	Deep Water Mix-it Up! Instructors Choice! 8:15-9:00am	Deep Water Walk/Run 8:15-9:00am
9:00am <i>*Instruction starts at 9:05 and ends at 9:50am*</i>	Shallow Water Aquafit 9:00-10:00	Low Impact Aquafit 9:00-10:00	Shallow Water Aquafit 9:00-10:00	Low Impact Aquafit 9:00-10:00am	Shallow Water Aquafit 9:00-10:00am
10:00am					Parent and Tot Water Fitness 10:15-10:45am <i>Ages 8-18 Months</i> <i>*followed by an open swim</i>
7:00pm	Shallow Water Express Aquafit 7:30-8:15pm		Shallow Water Express Aquafit 7:10-7:55pm		

**Parent and Tot Water Fitness classes** have a max of 10 participants. Please call or visit front desk to sign up.

**Members** can sign up **2 days** prior to the class.

**Non Members** can sign up **30 minutes** before the class. Pre-registered no shows could be bumped.

Connect With Us!



[www.ingersoll.ca](http://www.ingersoll.ca)



[communityservices@ingersoll.ca](mailto:communityservices@ingersoll.ca)



519-425-1181



Ingersoll Community Services Dept.