



# Whitehorse Lions Aquatic Centre

## Fall Drop-in at the Canada Games Centre

Tuesday, September 7<sup>th</sup> – Friday, December 17<sup>th</sup>



updated November 15, 2021

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Leisure Pool</b>							
<b>Accessibility Swim</b>		5:30 am – 8:45 am	5:30 am – 8:45 am 10:45 am – 1:00 pm	5:30 am – 8:45 am	5:30 am – 8:45 am 10:45 am – 1:00 pm	5:30 am – 8:45 am	
<b>Family Swim</b>	7:00 am – 9:15 am 1:00 pm – 4:00 pm	11:00 am – 1:00 pm		10:45 am – 1:00 pm		10:45 am – 1:00 pm	7:00 am – 9:45 am 1:00 pm – 4:00 pm
<b>Public Swim</b>	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
<b>Oh My Aching Body*</b>			12:05 pm – 12:50 pm		12:05 pm – 12:50 pm		
<b>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>Lap Pool</b>							
<b>Family Swim</b>	1:00 pm – 4:00 pm						1:00 pm – 4:00 pm
<b>Lane Swim</b>	9:30 am – 10:00 pm	5:30 am – 7:30 pm 8:30 pm – 10:00 pm	5:30 am – 7:00 pm 8:00 pm – 10:00 pm	5:30 am – 7:30 pm 8:30 pm – 10:00 pm	5:30 am – 7:00 pm 8:00 pm – 10:00 pm	5:30 am – 8:00 pm	10:00 am – 4:00 pm 6:00 pm – 10:00 pm
<b>Physio Swim</b>		7:45 am – 8:45 am 12:00 pm – 1:00 pm	8:15 am – 9:00 am 12:00 pm – 1:00 pm	7:45 am – 9:00 am 12:00 pm – 1:00 pm	8:15 am – 9:00 am 12:00 pm – 1:00 pm	7:45 am – 9:00 am 12:00 pm – 1:00 pm 2:30 pm – 3:30 pm	
<b>Public Swim</b>	4:00 pm – 8:00 pm (with rope swing)	1:00 pm – 3:30 pm 6:15 pm – 8:00 pm		6:15 pm – 8:00 pm			6:00 pm – 10:00 pm (with rope swing)
<b>Aquafit*</b>		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	
<b>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>Kayak Polo*</b>						8:00 pm – 10:00 pm	
<b>Hot Tub Time</b>	7:00 am – 9:45 am 1:00 pm – 10:00 pm	5:30 am – 8:45 am 11:00 am – 3:30 pm 6:15 pm – 10:00 pm	5:30 am – 3:30 pm 6:15 pm – 10:00 pm	5:30 am – 3:30 pm 6:15 pm – 10:00 pm	5:30 am – 3:30 pm 6:15 pm – 10:00 pm	5:30 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.



# Pool Descriptions

[whitehorse.ca/cgcschedule](http://whitehorse.ca/cgcschedule)



## Hours of Operation

**Monday – Friday**  
5:30 am – 10:00 pm

**Saturday and Sunday**  
7:00 am – 10:00 pm

<b>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>Adult Swim</b> Ages 19+	A relaxing time for adults to use the leisure pool in designated areas.
<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>Family Swim</b>	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.
<b>Lane Swim</b> 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.
<b>Kayak Polo *</b> ♿	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 ykcc.ca for more information.
<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>Physio Swim</b> 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.
<b>Public Swim (Leisure Pool only)</b>	The leisure pool, water slide, hot tub are available for all to enjoy. Limited features and no toys available.
<b>Public Swim (Lap &amp; Leisure Pool)</b>	The lap pool, diving board, leisure pool, water slide, hot tub are available for all to enjoy. Limited features and no toys available. <i>Rope swing also available Saturday and Sunday evenings.</i>
<b>Hot Tub Time</b>	Hot Tub is 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

<b>Entire Aquatic Centre</b>	150 people
<b>Aquafit</b> ♿	20 people
<b>Oh My Aching Body</b> ♿	8 people
<b>Lane Swim</b>	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.
- 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](mailto:aquatics@whitehorse.ca), 7 days prior, to determine availability.

