# Whitehorse Lions Aquatic Centre

**Summer Drop-in** at the Canada Games Centre  
Saturday, June 10th - Friday, August 11th, 2023

[whitehorse.ca/cgcschedule](http://whitehorse.ca/cgcschedule)  
668-8360

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**Leisure Pool**

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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
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<tbody>
<tr>
<td><strong>Accessibility Swim</strong></td>
<td>5:30 am – 8:45 am</td>
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<tr>
<td><strong>Family Swim</strong></td>
<td>8:00 am - 1:00 pm</td>
<td>11:00 am – 1:00 pm</td>
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<tr>
<td><strong>Public Swim</strong></td>
<td>1:00 pm – 6:00 pm</td>
<td>1:00 pm – 8:00 pm</td>
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<tr>
<td><strong>Oh My Aching Body 😊</strong></td>
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<td>12:05 pm – 12:50 pm</td>
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<td><strong>Adult Swim</strong></td>
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**Lap Pool**

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<td><strong>Lane Swim</strong></td>
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<td><strong>Physio Swim</strong></td>
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<tr>
<td><strong>Aquafit 😊</strong></td>
<td>11:05 am – 11:50 am</td>
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**Hot Tub*, Sauna & Steam Room**

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

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**Hours of Operation**  
Monday – Friday  
5:30 am – 8:00 pm  
Saturday and Sunday  
8:00 am – 8:00 pm

**Facility Closed:**  
Jun. 21, Jul. 1, Aug. 21, Sep. 4

**Annual Pool Maintenance**  
All areas fo the Whitehorse Lions Aquatic Centre are closed from Aug. 12 - Oct. 2, 2023

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## 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 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
The lap pool, 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.

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## 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
- Tuesday & Thursday: 5:45 PM - 8:00 PM

## GROUPS OF 10+ PEOPLE
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.