AQUATICS DROP-IN FITNESS SCHEDULE
July 1 – August 31, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Deep Dive Tank 9:05 a.m. – 9:55 a.m.	**Aqua Deep** Dive Tank 6:05 a.m. – 6:55 a.m.	**Aqua Deep** Dive Tank 9:05 a.m. – 9:55 a.m.	**Aqua Deep** Dive Tank 6:05 a.m. – 6:55 a.m.	**Mind / Body** Lazy River 9:05 a.m. – 9:55 a.m.	**Drop-in Water Volleyball** 25M Pool 7:30 p.m. – 8:30 p.m.	**Drop-in Water Polo** Dive Tank 8:30 a.m. – 10 a.m.
Seniors Deep Dive Tank 10:10 a.m. – 10:55 a.m.	**Aqua Shallow** 25M Pool 7:50 a.m. – 8:40 a.m.	**Seniors Deep** Dive Tank 10:10 a.m. – 10:55 a.m.	**Aqua Shallow** 25M Pool 7:50 a.m. – 8:40 a.m.	**Seniors Deep** Dive Tank 10:10 a.m. – 10:55 a.m.		
Aqua Ease Lazy River 11:05 a.m. – 11:55 a.m.	**Splash Social** Lazy River 9:05 a.m. – 9:55 a.m.	**Aqua Ease** Lazy River 11:05 a.m. – 11:55 a.m.	**Splash Social** Lazy River 9:05 a.m. – 9:55 a.m.	**Aqua Ease** Lazy River 11:05 a.m. – 11:55 a.m.		
Seniors Shallow 25M Pool 12 p.m. – 12:45 p.m.	**Aqua Zumba** 25M Pool 8 p.m. – 8:55 p.m.	**Seniors Shallow** 25M Pool 12 p.m. – 12:45 p.m.	**Aqua Zumba** 25M Pool 8 p.m. – 8:55 p.m.	**Seniors Shallow** 25M Pool 12 p.m. – 12:45 p.m.		
	Aqua Deep Dive Tank 8:05 p.m. – 8:55 p.m.		**Drop-in Water Polo** Dive Tank 8 p.m. – 9 p.m.			

Hours are based on current availability and are subject to change | No classes on statutory holidays, for holiday hours visit **cityofgp.com**

For more information, contact the City of Grande Prairie at **780-538-0300 (311)** or **info@cityofgp.com** | Updated May 1, 2025

Physical print schedules are phasing out in 2025. Check out drop-in availability at **cityofgp.com/schedules** or programs at **cityofgp.com/programs**.

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Aqua Deep: A little bit of everything; cardio, endurance, strength, and flexibility training. Participants work through various movements to keep the workout interesting and challenging. This class is held in deep water, a flotation belt is available.

Aqua Ease: This is a specialty class for those participants with mobility issues, balance issues or are looking for a gentle fitness class. Increased flexibility and range of motion are benefits of attending.

Aqua Shallow: A little bit of everything; cardio, endurance, strength, and flexibility training. Participants work through various movements to keep the workout interesting and challenging.

Aqua Zumba: Aqua Zumba is a water-based workout that blends high-energy Zumba moves with low-impact aqua fitness—adapting the movements of Zumba dance rhythms to the water and using the water to increase the participants' aerobic & muscular fitness levels.

Mind / Body: A gentle, low impact aquatic fitness class. This class uses water to decrease gravity as the instructor takes you through a series of exercise and stretches focusing on relaxation to allow a deeper stretch.

Seniors Deep: This class is suitable for older adults. Various movements benefitting the whole body with cardio, endurance, strength, and flexibility. This class occurs in the deep water with a flotation belt.

Seniors Shallow: This class is suitable for older adults. Various movements benefitting the whole body with cardio, endurance, strength and flexibility.

Splash Social: This class is an excellent cardio and resistance exercise option that also offers a fun and social environment. Not only can it help strengthen and tone many muscle groups while being gentle on your body, but it's also a great way to connect with others and enjoy a supportive community as you work toward your fitness goals.

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