

DROP-IN AQUATICS FITNESS CLASS

December 1 – 21, 2025

Facility Impacts

Holiday Schedule Dec. 22 – Jan. 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Deep Dive Tank 9:05 a.m. – 9:55 a.m.	Aqua Shallow 25M Pool 7:50 a.m. – 8:40 a.m.	Aqua Deep Dive Tank 9:05 a.m. – 9:55 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.		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 Deep Dive Tank 9:05 a.m. – 9:55 a.m.	Seniors Deep Dive Tank 10:10 a.m. – 10:55 a.m.	Aqua Deep Dive Tank 9:05 a.m. – 9:55 a.m.	Seniors Shallow 25M Pool 12 p.m. – 12:45 p.m.		
Seniors Shallow 25M Pool 12 p.m. – 12:45 p.m.	Aqua Challenge: 4-Week Series PRE-REGISTER** 7 p.m. – 8 p.m.	Seniors Shallow 25M Pool 12 p.m. – 12:45 p.m.	Aqua Challenge: 4-Week Series PRE-REGISTER** 7 p.m. – 8 p.m.			
	Aqua Zumba 25M Pool 8 p.m. – 8:55 p.m.		Aqua Zumba 25M Pool 8 p.m. – 8:55 p.m.			
			Drop-in Water Polo Dive Tank 8 p.m. – 9 p.m.			

**Pre-register at cityofgp.com/programs

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

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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 Challenge: 4-Week Series: A high energy, full-body water workout using all areas of the pool, from shallow to deep. Expect cardio bursts, strength moves and yoga inspired stretches for a balanced, refreshing four week challenge. This is a paid, registered class and registration is required.

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 and muscular fitness levels.

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.

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DROP-IN AQUATICS FITNESS CLASS HOLIDAY SCHEDULE

December 22, 2025 – January 3, 2026

Facility Impacts

Dec. 23 (Dive-In Movie Night): Early Close 7 p.m.

Dec. 24: Early Close 11:30 a.m.

Dec. 25 & 26: Closed

Dec. 31: Early Close 11:30 a.m.

Jan. 1: 12 p.m. – 4:30 p.m.

Dec. 22 Monday	Dec. 23 Tuesday	Dec. 24 Wednesday	Dec. 25 Thursday	Dec. 26 Friday	Dec. 27 Saturday	Dec. 28 Sunday
Merry Fitmas Splash Deep 9:05 a.m. – 9:55 a.m.	Tinsel Town Tunes Deep 9:05 a.m. – 9:55 a.m.	No Classes	Facility Closed	Facility Closed		
Merry Fitmas Seniors Splash Deep 10:10 a.m. – 10:55 a.m.					Aqua Deep 10:10 a.m. – 10:55 a.m.	
Festive Frolics Shallow 11:05 a.m. – 11:55 a.m.						
	Dive In Movie Night 7:30 p.m. – 9:30 p.m.					
						Aqua Deep 11:05 a.m. – 11:55 a.m.

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Dec. 25 & 26: Closed

Dec. 31: Early Close 11:30 a.m.

Jan. 1: 12 p.m. – 4:30 p.m.

Dec. 29 Monday	Dec. 30 Tuesday	Dec. 31 Wednesday	Jan. 1 Thursday	Jan. 2 Friday	Jan. 3 Saturday
		No Classes	No Classes	<div>Rippling New Year</div> <div>Shallow</div> <div>7:50 a.m. – 8:40 a.m.</div>	
<div>Merry Fitmas Splash</div> <div>Deep</div> <div>9:05 a.m. – 9:55 a.m.</div>	<div>New Year Celebration</div> <div>Deep</div> <div>9:05 a.m. – 9:55 a.m.</div>				
<div>Merry Fitmas Seniors Splash</div> <div>Deep</div> <div>10:10 a.m. – 10:55 a.m.</div>				<div>Aqua Deep</div> <div>10:10 a.m. – 10:55 a.m.</div>	<div>Aqua Deep</div> <div>10:10 a.m. – 10:55 a.m.</div>
<div>12 Moves of Holiday</div> <div>Shallow</div> <div>11:05 a.m. – 11:55 a.m.</div>				<div>Year at a Glance</div> <div>Shallow</div> <div>11:05 a.m. – 11:55 a.m.</div>	
				<div>Wavy Winter Wonderland</div> <div>Deep</div> <div>7 p.m. – 8 p.m.</div>	

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Jan. 1: 12 p.m. – 4:30 p.m.

Merry Fitmas Splash: Join us for a joyful deep-water fitness class that combines fun movement, energizing music, and festive spirit. Stay active, laugh a little, and celebrate the season the healthy way, one splash at a time!

Merry Fitmas Seniors Splash: For our merry movers and shakers! Enjoy great music, laughter, and community spirit while keeping fit and festive all season long!

Festive Frolics: Dive into holiday cheer! This playful aquatic workout features festive games, jolly tunes, and splashes of laughter to kick off your holiday season in style.

Tinsel Town Tunes: A merry music-themed class where every move matches a Christmas hit! Dance, splash, and stretch to your favourite seasonal songs in a joyful, low-impact workout.

New Year Celebration: Ring in the new year early with an energizing splash party! Celebrate the year gone by with upbeat routines, sparkling energy, and a few surprise challenges in the water.

Year at a Glance: Start the year fresh! This class blends the best moves from all your favourite aquatic workouts — cardio, strength, and relaxation — to set a positive tone for the year ahead.

12 Moves of Holiday: A festive countdown workout! Complete 12 creative water moves inspired by the “12 Days of Christmas” — a splashy mix of fun and fitness for all levels.

Wavy Winter Wonderland: Immerse yourself in a winter-themed aquatic escape. Cool tunes, flowing movements, and wave-like exercises bring a chill (but cozy!) winter vibe to your workout.

Rippling New Year: Make waves with resolutions that stick! This invigorating session combines cardio bursts and smooth stretches to help you flow confidently into the new year.

Splish Splash Dash: A fast-paced, high-energy water workout with quick intervals and plenty of fun! Perfect for shaking off the holiday treats and splashing into a strong start for January.

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