

DROP-IN AQUATICS FITNESS CLASS

October 6 – November 30, 2025

Facility Impacts

Oct. 13 (Thanksgiving): Open 12 p.m. – 4:30 p.m.

Oct. 24 (Dive-In Movie Night): Early Close 7 p.m.

Nov. 11 (Remembrance Day): Open 12 p.m. – 4:30 p.m.

Nov. 28 (Dive-In Movie Night): Early Close 7 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>Aqua Deep</div> <div>Dive Tank</div> <div>9:05 a.m. – 9:55 a.m.</div> <div></div>	<div>Aqua Shallow</div> <div>25M Pool</div> <div>7:50 a.m. – 8:40 a.m.</div> <div></div>	<div>Aqua Deep</div> <div>Dive Tank</div> <div>9:05 a.m. – 9:55 a.m.</div> <div></div>	<div>Aqua Shallow</div> <div>25M Pool</div> <div>7:50 a.m. – 8:40 a.m.</div> <div></div>	<div>Seniors Deep</div> <div>Dive Tank</div> <div>10:10 a.m. – 10:55 a.m.</div> <div></div>		<div>Drop-in Water Polo</div> <div>Dive Tank</div> <div>8:30 a.m. – 10 a.m.</div> <div></div>
<div>Seniors Deep</div> <div>Dive Tank</div> <div>10:10 a.m. – 10:55 a.m.</div> <div></div>	<div>Aqua Deep</div> <div>Dive Tank</div> <div>9:05 a.m. – 9:55 a.m.</div> <div></div>	<div>Seniors Deep</div> <div>Dive Tank</div> <div>10:10 a.m. – 10:55 a.m.</div> <div></div>	<div>Aqua Deep</div> <div>Dive Tank</div> <div>9:05 a.m. – 9:55 a.m.</div> <div></div>	<div>Seniors Shallow</div> <div>25M Pool</div> <div>12 p.m. – 12:45 p.m.</div> <div></div>		
<div>Seniors Shallow</div> <div>25M Pool</div> <div>12 p.m. – 12:45 p.m.</div> <div></div>	<div>Aqua Challenge: 4-Week Series</div> <div>PRE-REGISTER**</div> <div>7 p.m. – 8 p.m.</div> <div></div>	<div>Seniors Shallow</div> <div>25M Pool</div> <div>12 p.m. – 12:45 p.m.</div> <div></div>	<div>Aqua Challenge: 4-Week Series</div> <div>PRE-REGISTER**</div> <div>7 p.m. – 8 p.m.</div> <div></div>			
	<div>Aqua Zumba</div> <div>25M Pool</div> <div>8 p.m. – 8:55 p.m.</div> <div></div>		<div>Aqua Zumba</div> <div>25M Pool</div> <div>8 p.m. – 8:55 p.m.</div> <div></div>			
			<div>Drop-in Water Polo</div> <div>Dive Tank</div> <div>8 p.m. – 9 p.m.</div> <div></div>			

**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

Check out drop-in availability at cityofgp.com/schedules or programs at cityofgp.com/programs | Updated September 29, 2025



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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 various areas of the pool — shallow, deep, and everything in between. Expect cardio bursts, strength moves, and even yoga-inspired stretches for a balanced, refreshing 4-week challenge.

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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