



# Centre Wellington Community Sportsplex Aquafit Schedule

September 6, 2022 - January 27, 2023

These aquafit times will be in effect from Tuesday, September 6, 2022 through Friday, January 27, 2023. All classes are led by Certified Instructors and are geared to adults. **Pre-Registration is highly recommended** for all aquafit programs as many sessions quickly fill to capacity. Participants dropping in to programs will only be admitted if program capacities have not been met. **Schedule Changes:** Thanksgiving (Oct 10) classes cancelled, classes during the holiday season are subject to change.

AQUAFIT TYPE	General Aquafit	Leisure Pool Movement Enhancement	Leisure Pool Rehabilitation Aquafit
<b>MONDAY</b>	9:00am - 9:45am 10:00am - 10:45am	9:00am - 9:45am 10:00am - 10:45am 1:00pm - 1:45pm	
<b>TUESDAY</b>	8:45am - 9:30am 10:00am - 10:45am 8:00pm - 8:45pm	9:00am - 9:45am 10:00am - 10:45am 1:00pm - 1:45pm	
<b>WEDNESDAY</b>	9:00am - 9:45am 10:00am - 10:45am	9:00am - 9:45am 1:00pm - 1:45pm	10:00am - 10:45am
<b>THURSDAY</b>	9:00am - 9:45am 10:00am - 10:45am 8:00pm - 8:45pm	9:00am - 9:45am 10:00am - 10:45am	
<b>FRIDAY</b>	9:00am - 9:45am 10:00am - 10:45am	9:00am - 9:45am 1:00pm - 1:45pm	10:00am - 10:45am

## Aquafit Descriptions

**General Aquafit:** Use the resistance of water to assist in a quality low impact workout. The option of deep water aquafit will be made available to those interested.

**Leisure Pool Rehabilitation Aquafit:** These classes assist with recovery, increase flexibility and range of motion much faster and with less stress on the body than a typical post rehabilitation exercise class. These classes are taught in our warm leisure pool.

**Leisure Pool Movement Enhancement:** These classes are geared to participants with arthritis and other mobility challenges. Participants should expect to be taught a variety of range of motion exercises to help maintain and improve mobility and flexibility. These classes are taught in our warm leisure pool.



# Centre Wellington Community Sportsplex Fees and Booking

## Aquafit Booking

Classes/Swims may be booked 7 days in advance and up to 30 minutes prior to the activity. Please go to [www.centrewellington.ca](http://www.centrewellington.ca) to register. Please see the "How to Register" document for instructions. Payment by Visa Mastercard or valid membership only. Books of 10 virtual passes are purchased in the membership section. All swimmers must check in at the reception desk during office hours prior to entering the Aquatic Centre. Please bring your own lock for the facility lockers.

**To cancel an activity please call 519-846-9691 ext.903 (option 0) or email [parks@centrewellington.ca](mailto:parks@centrewellington.ca).**

## Aquafit Admission Prices

### Adult (18-55 years)

1 Ticket: \$8.30  
10 Tickets: \$70.55

### Senior (55 plus)

1 Ticket: \$7.50  
10 Tickets: \$63.75

## Aquafit Memberships

### Adult (18-55 years)

1 Month: \$79.85  
3 Months: \$237.55  
6 Months: \$398.75  
1 Year: \$701.85

### Senior (55 Plus)

1 Month: \$68.60  
3 Months: \$205.05  
6 Months: \$325.95  
1 Year: \$606.70

**\*Aquafit Memberships include Recreational Swims**

Updated Sept 20/22

Township of Centre Wellington - Parks and Recreation

CW Community Sportsplex - 550 Belsyde Avenue, Fergus

519-846-9691 ext. 903 (option 0)

[parks@centrewellington.ca](mailto:parks@centrewellington.ca)

[www.centrewellington.ca/parksandrecreation/](http://www.centrewellington.ca/parksandrecreation/)