

FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 am - 8:50 am Regular Aquacize		8 am - 8:50 am Regular Aquacize		8 am - 8:50 am Regular Aquacize	
9 am - 9:50 am Regular Aquacize	9 am - 9:50 am Regular Aquacize	9 am - 9:50 am Regular Aquacize	9 am - 9:50 am Regular Aquacize	9 am - 9:50 am Regular Aquacize	
10:30 am - 11:20 am Regular Aquacize	10:30 am - 11:20 am Regular Aquacize	10:30 am - 11:20 am Regular Aquacize	10:30 am - 11:20 am Regular Aquacize	10:30 am - 11:20 am Regular Aquacize	
12 pm - 12:50 pm Regular Aquacize	12 pm - 12:50 pm Regular Aquacize	12 pm - 12:50 pm Regular Aquacize	12 pm - 12:50 pm Regular Aquacize	12 pm - 12:50 pm Regular Aquacize	12 pm - 12:50 pm Regular Aquacize
			6 pm - 6:50 pm Deep Aquacize	6 pm - 6:50 pm Regular Aquacize	

As per **Re-Open Saskatchewan** guidelines, class sized capacity is limited to 8 persons. Please pre-register at <http://www.cityofyorkton.perfectmind.com> All patrons must exit the water at the end of each class.

Regular Aquacize: Regular Aquacize gives the participant the option to work at a transitional depth, and gives excellent cardio, strength and flexibility training. Suitable for everyone. Regular Aquacize is in the Wave Pool and there is a zero-depth

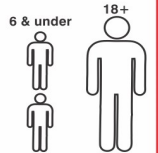
Deep Aquacize: This class occurs in deep water in the Lap Pool and is intended for strong swimmers. Focus on using the waters resistance for core, cardio and strength. Float belts provided. A stairway access is available to enter the pool.

Par-Q and you! In order to provide a safe exercise environment we require all participants to fill out a short Par-Q form. If you are new to Aquacize at the Water Park or have not filled out a form previously talk to your instructor at your next class to get a copy.

SWIM ADMISSION PROCESS

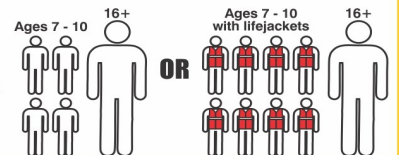
RED Bands

- All children 6 and under MUST be accompanied by a parent/guardian (18+ years)
- Children must remain within direct supervision and within arm's reach
- Maximum of 2 children per each parent/guardian (1:2)



YELLOW Bands

- Children 7 to 10 years MUST be accompanied by a parent/guardian (16+ years)
- Children must remain within direct supervision and within arm's reach
- Maximum of 4 children per each parent/guardian (1:4)



GREEN Bands

- Children 7 to 10 years who pass the Waterpark Admission Swim Test MAY swim unaccompanied
- Children with green bands may be asked to take the test again if aquatic staff are concerned that they cannot demonstrate the ability to maintain the Waterpark Admission Swim Test

