

## aqua schedule

## **MISSISSAUGA LOCATION**

2021 Cliff Road, Mississauga 905 275 0610 also available online at **www.onehealthclubs.com** 

## ALL AQUAFIT CLASSES ARE 45MINS IN LENGTH UNLESS NOTED EFFECTIVE JANUARY 15, 2024

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am	AQUA DEEP/ SHALLOW COMBO 9:30am 45 min - Daria NO LANE SWIM		AQUA SHALLOW 9:30am 45 min Joanne NO LANE SWIM		AQUA INTERVALS 9:30am Daria NO LANE SWIM		
						AQUAFIT 10:30am 45 min - Sandy NO LANE SWIM	
		MASTERS SYNCHRO TEAM 11:00am - 12:00pm ONE LANE OPEN		MASTERS SYNCHRO TEAM 11:00am - 12:00pm ONE LANE OPEN			
mid- day							
pm							
			AQUA TONE 6:00pm 45 min Sandy NO LANE SWIM				
					No lifeguard, swim at own risk. No one under 18 years of age (public health reguations).		

One Health Clubs encourages the use of pool etiquette by sharing the lanes through circled swimming.

**PLEASE NOTE:** No lane swimming during Agua fitness classes, unless noted.

One Health Clubs Aquatics Programs are now being offered! Visit our website for details - www.onehealthclubs.com

## **POOL ETIQUETTE**

Must wear a swimsuit in the pool, no workout clothes.

Please shower before entering the pool.

No use of pool noodles in lanes.

Aqua participants must register online to attend any Aqua classes.