

Township of
Langley



Est. 1873

Aldergrove Credit Union Community Centre Public Swim Schedule

October 9 - December 21



Recreation Culture
& Parks



Stay **ACTIVE** | Stay **INVOLVED** | Stay **HEALTHY**

tol.ca/swim

Pacific Plunge

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Length Swim	7:00 - 9:00am	←----- 6:30 - 9:00am -----→					
Pacific Zone Public Swim			9:00am - 3:00pm		9:00am - 3:00pm		9:00am - 1:00pm
Lessons and Laps	9:00am - 12:00pm		3:00 - 6:00pm	9:00am - 1:00pm	3:00 - 6:00pm	9:00am - 1:00pm	1:00 - 4:00pm
Pacific Zone Public Swim	12:00 - 9:00pm	9:00am - 9:30pm	6:00 - 9:30pm	1:00 - 9:30pm	6:00 - 9:30pm	1:00 - 9:30pm	4:00 - 9:30pm

AquaFit

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No classes	Express Deep-Robics 11:00 - 11:45am 4		Express Deep-Robics 11:00 - 11:45am 4	No classes	No classes	No classes
	Express Deep Aqua-Bata 12:00 - 12:45pm 5		Express Deep Aqua-Bata 12:00 - 12:45pm 5			
		Deep Water-Robics 6:30 - 7:30pm 4				

AquaFit Class Descriptions

DROP-IN:

Express Deep Water-Robics & Deep Water-Robics ④

Go deep and experience the exhilaration of aerobic exercise without the impact. Use specifically designed equipment to maintain buoyancy while you amplify the natural resistance of water.

Express Aqua-Bata ⑤

Achieve remarkable results in both aerobic and anaerobic capacity with this express class featuring 20-second exercise intervals alternating with 10 seconds of rest.

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Fitness Intensity Levels: ① Low ② Low-Moderate ③ Moderate ④ Moderate-High ⑤ High

Must be 14 years of age or older to attend these classes listed above.

Facility Features

Morning Length Swim

- minimum three 25 m lanes available for morning
- lanes typically allocated as leisure, slow, and medium/fast
- sauna, steam room, and hot tubs are open

Lessons and Laps

- swimming lessons will be running
- two 25 m lanes available

Pacific Zone - Public Swim

- all ages welcome
- minimum one 25 m lane available
- diving boards and rope swing open



ACUCC

Aldergrove Credit Union Community Centre

27032 Fraser Highway
604.857.4299

Mon - Sat 6:30am - 9:30pm
Sun 7:00am - 9:00pm

PR18-577