



CITY OF IQALUIT

AQUATIC CENTRE GRAND OPENING WEEKEND INFORMATION

January 26-29, 2017

The City of Iqaluit is pleased to invite residents and visitors to enjoy the Aquatic Centre during the opening weekend. To enhance your experience while visiting the centre, please refer to the following information.

Access and Parking:

The front entrance is designated for pedestrians and cyclists. The back door entrance can be used by anyone and is accessible. Parking is available at the back door. There are accessible parking spaces and space designated carpooling (2 or more people in the same vehicle). **Additional off-site parking** is available next to Elks Lodge. Parking is not permitted on the street or along side the building.



Facility Reminders:

- Leave valuables at home, use lockers to store belongings. Bring your own lock or rent one at the Guest Services Desk
- Cell phone use is not permitted in the dressing rooms, pool area or gym
- The facility is scent-free, please leave sprays, perfume and other scented products at home
- The change rooms for the pool and fitness centre are located upstairs. A universal/family change room is available and can be used by anyone. Please use the stalls for changing. Designated Female and Male change rooms are also available.
- All change rooms are accessible. The universal change room has a spacious room that is convenient for persons who need assistance.
- Distress call buttons are located in the elder's room, fitness centre, pool area and change rooms. These call buttons can be used if immediate assistance is required. The call button alerts staff at the guest services desk and allows for two-way communication.
- There is an elevator located in the centre of the main corridor that can transport guests to the second floor (pools, change rooms, guest services, fitness centre access)
- Public Washrooms are available on the main floor.

Facility Admission Policy:

- For everyone’s safety, children ages 7 and under may not be left unattended in any area of the Aquatic Centre.
- Children ages 7 and under must be directly supervised by a parent or caregiver ages 14 years or older.



Pool Reminders:

- Children ages 7 and under must be directly supervised and within arms reach of an adult while in the swimming pool
- Swim diapers are mandatory for children who are reliant on diapers must wear approved swim diapers (available in the retail section of Big Racks Pita Shack)
- Swim suits, no cut-off shorts, clean t-shirts and shorts are permitted, Lycra or nylon shirts preferred-cotton not recommended
- Outdoor footwear is not permitted on the pool deck.
- A swim test conducted by a lifeguard, of 2 widths of the shallow end is required before can children can swim in the deep end
- Children must be a minimum of 1.02 meters tall to use the waterslide. Height line located at base of the slide.
- Lifejackets (PFD's) available for children

Swim Descriptions:

Public Swim: Take the plunge! Public swims are available for all ages (note admission policy). Water features available, hot tub and saunas available (adults).
Family Swim: A great activity for the whole family! Must include at least one caregiver, some water features available, diving board, waterslide available. Hot tub and saunas available for adults.
Teen Swim: A fun-filled night for teens ages 13-18! Teenagers can socialize with friends, listen to music while swimming and participate in water sports. Hot tub and water features are available. Sign in is required at the entrance.

Adult Open Swim: Feel like a kid again! Adult ages 19+ have access lane swimming, water games, waterslide, hot tub and sauna. Some water features available.
Parent and Tot Swim: This swim is great way to help young children get comfortable in the water. It is also a fun playtime for children under 5 years old and their caregivers.
Adult Lane Swim: Lane swimming is a great way to get in shape and improve overall health. Lanes are available for all skill levels.
Aquafit: Getting healthier never felt so good! This invigorating class held in the pool improves cardio conditioning, muscular strength and endurance using the buoyancy and resistance of the water giving you a safe, effective, and fun workout! It also allows a break from 'impact' on the body without pounding your joints, ligaments and tendons. Beginner welcome!
L'il Okpiks Family Fun Program: For parents and children under 10 years of age. Join us for crafts, snacks and a swim. Parents/caregivers must participate with their children for the duration of the program. The program is free, funded in part by Qikiqtani Inuit Association. Sign-in is required.



Gym reminders:

- Only indoor gym shoes are permitted
- No revealing clothing, no scoop-neck or muscle shirts, no cut off-shorts or sharp or metallic decorations on clothing
- Ages 14 and up may use the gym
- Please take advantage of our free gym orientations
- Anyone with pre-existing medical conditions should consult a physician prior to taking part in fitness activities

Try a fitness class in the new Fitness Studio!

Opening Weekend Fitness Class Descriptions:

Get Ripped!: This workout will challenge all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. We will start off with lifting lighter loads at high reps to increase your muscular endurance. Get ready to work with dumbbells and other equipment from time to time for a full body workout. Be prepared to be challenged, and enjoy a great sweat! NO COORDINATION Necessary! This is a straightforward muscle-conditioning workout that will bring definition to your muscles, get ready to Get Ripped!
Jump Rope Intervals: Because jumping rope incorporates all the muscle groups and joints of the upper and lower body, it has greater fat-burning benefits than most cardiovascular activities. Not only do you

work your heart and burn body fat, but you will also gain speed and quickness, develop agility, coordination and balance, and boost strength and power. This is definitely one of the best ways to train for overall fitness! New to jumping? Grab a ropeless jumper and join in the fun!!!

Yoga Easy Flow: A 45 min Yoga Fit inspired workout appropriate for most healthy beginners who want to complement their practice with sport-specific (running and weightlifting) poses for stretching, balance, focus and relaxation. The poses and sequences promote healthy joints and strong, flexible muscles and tendons, benefiting athletes and fitness enthusiasts alike. Regular yoga practice should improve your performance in your sport, reduce your risk of injury, and add to your overall enjoyment. Mats are available if you don't have your own.

Shockwave: Dubbed "the most efficient total-body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms. The advantage of using rowing as the cardiovascular exercise is that it's low impact and works almost every major muscle group. This truly unique workout is designed in such a way that it builds a sense of camaraderie and accountability that will push you to do your best.

Step: Want a fun way to get a high intensity, yet low impact workout. With a portable platform with height adjustable risers, you will do choreographed exercise routines up, onto, down and around the step for great cardio fitness, as well as exceptional training to shape the lower body. Your coordination will be tested at times! To increase your level of intensity, just add risers! **Beginners welcome! Allow yourself 5-6 consecutive classes to understand and follow the choreography. If you want strong legs, a lifted butt and a functionally fit core – step this way!!!!

Pump It!: This class is a mixture of aerobic exercise with weight lift training. You'll burn calories, improve your overall strength, and shape and tone muscles! Come and get your body moving and your blood pumping!

Stretch It!: A series of sports inspired stretches to help your flexibility, range of motion, balance and posture. Most beneficial if your body is already warmed up. A great plan for the end of any workout!

Ab Blast/Express: 30 minutes packed with strength and stability exercises for the abdominals and back. This class is a great way to target the core muscles with challenges for all levels. No regular crunches here!

Body Blast: Work your muscles in every way possible in this class designed to build strength, add definition, increase your bone density, and decrease your body fat by increasing your lean muscle. Research has proven that by adding lean muscle to the body you can speed up your metabolism and burn more calories when you work out and at rest. You will use hand weights, body bars, medicine balls, tubing and your own body weight to change the shape of your body. No muscle gets neglected in this class!

AquaFit: This invigorating class held in the pool improves cardio conditioning, muscular strength and endurance using the buoyancy and resistance of the water giving you a safe, effective, and fun workout! It also allows a break from 'impact' on the body without pounding your joints, ligaments and tendons. Getting healthier never felt so good!

<p>Ab Blast/Express: 30 minutes packed with strength and stability exercises for the abdominals and back. This class is a great way to target the core muscles with challenges for all levels. No regular crunches here!</p>
<p>Mat Pilates: The great thing about Pilates is that it works for everyone! Men, women, young and old, athletes, dancers, or those needing rehabilitation can all benefit from this wonderful method Unique combination of fitness techniques from dance, yoga and Pilates resulting in the ultimate workout that will challenge both your mind and body. Get the strong and lean body your have always wanted!!!</p>
<p>Silver Sneakers: A group exercise class designed to meet the needs of the active older adult using a variety of fitness tools to enhance strength, balance, and flexibility. Its intended for individual's who have desire for more cardiovascular and muscular endurance conditioning . Combining fun with fitness to increase cardiovascular and muscular endurance power with low impact aerobic choreography</p>
<p>Kickbox Boot Camp: Workout your frustrations in this high-intensity, mixed-impact workout that burns fat and relieve stress while giving you a great sense of self-confidence. Jab, cross, hook, upper-cut, kick, block and more in this dynamic, heart-pumping workout that promotes total body conditioning. All fitness levels welcome. Kickbox your way into high-energy intervals. You will kick, punch - and then get your boot camp on! Great way to maximize your time!</p> <p>Teen Gym Night</p>
<p>Teen night at the gym: Anyone between the ages of 14 and 18 are welcome to come and join us in the gym. Fitness Centre equipment orientations and open access to weights, boxing, cardio and sports conditioning equipment for teens only.</p>
<p>Teen Fitness Class: A fitness class for teens! Get active and try out a fitness class with great music and fun instructors! Ages 14-18.</p>
<p>Gym Orientation: Learn how to safely and effectively use the various cardio equipment and weight machines to get the best results at the gym. Using the F.I.T.T. principle you will learn how to design your own fitness program including, cardio, strength and flexibility components, to help you reach your health and fitness goals!</p>
<p>Stay tuned for the Winter/Spring 2017 Pool and Fitness Schedules and Programs!</p>

