



ATIKOKAN SWIMMING POOL

SWIMMING LESSONS

Taught by our swimming pool instructors, our fun and rewarding swimming lessons give children life long skills to help them be safe in and around the water. Our 6 week program will help build self-confidence while providing a fun learning environment and helping children to achieve their goals.



PARENTS AND TOTS

Spend quality time with your child while you both have fun learning and socializing.

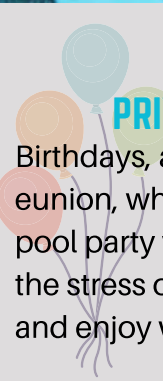
PUBLIC & FAMILY SWIM

Enjoy the use of the slide, diving board, and water toys or just splashing around. These recreational swim opportunities are a great way to spend time with family or friends.



PRIVATE RENTALS

Birthdays, anniversaries, family reunion, whatever the celebration a pool party will make it better. Take the stress out of planning an event and enjoy water play.



FITNESS PROGRAMS

AQUAFIT

Jump in and make a splash with this dynamic cardio workout that tones and tapers the entire body. Shallow and deep water workouts offered.

LENGTH SWIMMING

Swim lengths with the opportunity for instructors to provide stroke correction and guidance in a variety of workout levels.

AQUABIKE

An all-body workout like a spin class, but in 4 feet of water, without the pain or the overheating!

AQUABOARD

Aqua Board Stability Training (ABST) workouts are great for people looking to get a workout that is gentle on the body, yet still high intensity. After just a few weeks you will notice your strength, endurance, and overall fitness increase.

for more information on any of our programs, please call 597-1234 (office) or 597-6478 (pool) or visit our website at atikokan.ca