

UNIVERSE SATELLITE AQUATIC CENTRE

Home of the Rocanville Tiger Sharks



CURRENT
POOL SCHEDULE



THE POOL IS OPEN

WATER WALKING

JOIN US MONDAYS &
WEDNESDAYS
10 AM - 11 AM

What is Water Walking?

A gentle, low-impact self-led time to walk laps in the shallow end of the pool

- Improves mobility & flexibility
- Builds strength safely
- Boosts cardiovascular health
- Fun & social environment

All Levels Welcome!

SENIOR AQUATIC FITNESS CLASS

JOIN US TUESDAYS &
THURSDAYS
11 AM - 12 PM

Looking for a gentle, effective way to build strength and stability?

- Low impact, joint friendly movement
- Light cardio at a comfortable pace
- Focus on mobility and balance
- Gentle strength training to support everyday life

AQUAFIT

JOIN US
MONDAYS &
WEDNESDAYS
9 AM - 10 AM

TUESDAYS &
THURSDAYS
7 PM - 8 PM

Join our high-energy Aquafit class and experience a full-body workout that is fun and effective

LANE SWIM

Looking for a focused, self-paced workout in the water? Lane swim is your time to dive in and swim your way!

What is Lane Swim?

A designated time slot for swimmers who want to swim laps continuously - no classes, no distractions.

- Improve & perfect your strokes
- Build endurance and stamina
- Clear your mind & reduce stress
- Swim at your own pace

WE'RE ALSO TAKING BOOKINGS FOR BIRTHDAY PARTIES & PRIVATE RENTALS!

To book a rental or to inquire about courses please email rocanvillepool@gmail.com

818 FRANCIS AVE. | ROCANVILLE, SK. | 1-306-645-2011

FOLLOW US ON FACEBOOK AND INSTAGRAM TO STAY UP TO DATE WITH SPECIAL EVENTS AND CHANGES!



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