

GRAND TRUNK FITNESS & LEISURE CENTRE

SPRING 2014 AQUATIC SCHEDULE

13025-112 Street

FACILITY SCHEDULE: MARCH 30 – JUNE 28, 2014

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	7:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	7:30AM-6:30PM
FITNESS CENTRE	7:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7:30AM-7PM

AQUATIC SCHEDULE: MARCH 30 – JUNE 28, 2014

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM	6-8PM 2L	6-8AM 5L 11AM-12:30PM 5L 4-6PM 2L	6-8AM 5L 11AM-12:30PM 5L	6-8AM 5L 11AM-12:30PM 5L 4-6PM 2L	6-8AM 5L 11AM-12:30PM 5L	6-8AM 5L 11AM-12:30PM 5L 4-6PM 5L	
ADULT LANE SWIM	8-10PM	8-10PM	8-10PM	8-10PM	8-10PM		
PUBLIC SWIM	2-4PM				2-4PM		2-4PM
FAMILY SWIM	6-8PM						
KIDS AREA SWIM		11-12:30PM 6-8PM	11-12:30PM	11-12:30PM 6-8PM	11-12:30PM	11-12:30PM 4-7PM	
SHALLOW WATER AQUA FIT*	9-10AM	8-9AM 9-10AM 6-7PM 7-8PM		8-9AM 9-10AM 10-11AM* 6-7PM 7-8PM		8-9AM 9-10AM 6-7PM	8-9AM
KARATAQUATICS*	8-9AM		8-9AM		8-9AM		
HOT POOL & STEAM**	8-4PM** 6-10PM	6AM-1PM 4-10PM	6AM-1PM 4-10PM**	6AM-1PM 4-10PM	6AM-1PM 2-10PM**	6AM-1PM 4-7PM	8-4PM**
SWIM LESSONS	10AM-2PM	4-6PM	4-8PM	4-6PM	4-8PM		9AM-2PM
COMMUNITY SWIM***	4:15-5:45PM AREA 1 CASTLEDOWNS	FOR DISTRICT COMMUNITY MEMBERS YOUR COMMUNITY LEAGUE CARD IS REQUIRED FOR ADMISSION TO COMMUNITY LEAGUE RENTALS				7-9PM AREA 1	
BIRTHDAY PARTY AND CASUAL RENTAL TIME						9-10PM	4-9PM

- Schedule subject to change. Please visit www.edmonton.ca/RecCentreNotifications for updates on closures and cancellations.
- *No drop-in fitness classes on statutory holidays
- **Steam room and hot pool are closed when there are no swimming lessons – check at front desk or visit www.edmonton.ca for availability
- ***Community Swims are for current community league members, you will need your community card for access

DROP-IN AQUATIC PROGRAM DESCRIPTIONS

- Lane Swim:** A fitness oriented swim with lanes committed to swimming laps.
- Adult Lane Swim:** 18 YEARS AND OLDER. A fitness oriented swim with lanes committed to swimming laps.
- Family Swim:** A family oriented recreation and leisure swim for parent/guardians and their children. Please note that the same age restriction and supervision requirements apply to Family Swim, as detailed under "Public Swim."
- Kids Area Swim:** A recreation swim in a shallow area of the pool designed specifically for younger children.
- Public Swim:** ALL AGES WELCOME.
- **A maximum of 3 children under 8 years must be actively supervised in the pool (and on the immediate deck and amenities) by a responsible person 15 years and older. Keep children under 8 years at arms reach at all times. Children who are not supervised will not be allowed in the pool area.**
 - Everyone **must be able to swim 25 metres** on their front without stopping before entering water above shoulder depth. Youth under the age of 13 years **must demonstrate** this ability, and those 13 or older **may be asked**. If a lifejacket is used for the swim it must always be worn in deep water
- Community Swim:** A swim arranged with area-specific community leagues. A current community league membership card is required for entry. Please check at the facility or call your Community League for details.
- Shallow Water Aqua Fit:** Get wet get fit! Aqua Fit is a fun and energetic aerobic exercise class that uses the water for resistance. Exercising in the water is refreshing and easy on the bones and joints. Excellent for working on weight loss, overall fitness, cardio, muscle strength, core stability, range of motion, balance and coordination. A one hour class done to music and taught by certified instructors. Work at your own pace. No swimming skills required. A variety of drop in classes for all ages and abilities are offered at different times throughout the week.
- Karataquatics:** This program was created by the inspirational Tony Kaiser to contribute to the quality of life for others. By fusing his mastery of karate, and his understanding of the benefits of water, he developed a full body workout that is a hybrid of karate, strength, and endurance training. Done in the shallow end, this class alternates between cardio and resistance training. Perfect for those who prefer to workout without music

We're all in this Together!

Inexperienced or weak swimmers should go no deeper than chest deep water without a personal floatation device or lifejacket. Lifejackets are free at all City of Edmonton Indoor and Outdoor Pools.



Be safe in and around water – wear a lifejacket!