

# ACT RECREATION CENTRE

## AQUATIC DROP-IN SCHEDULE SUMMER 2016 | JULY 3 – SEPT 3

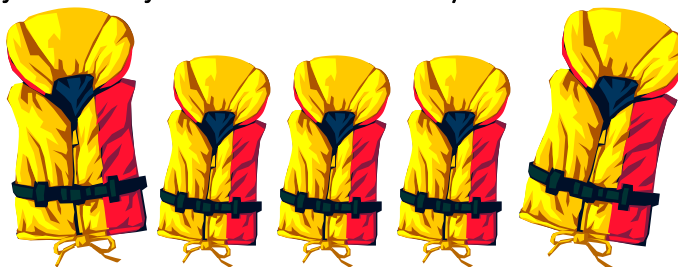
FACILITY SCHEDULE							
	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	9AM-9PM	8:30AM-9PM	8:30AM-9PM	8:30AM-9PM	8:30AM-9PM	8:30AM-9PM	8:30AM-9PM
INDOOR PLAYGROUND		9AM-12PM		9AM-12PM		9AM-12PM	
BIRTHDAY PARTY AND CASUAL RENTAL TIME	4:30-6:30PM		5-6PM		5-6PM	5-6PM	11-12PM 4-6PM
AQUATIC SCHEDULE							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
PUBLIC SWIM	2:30-4:30PM 6:30-9PM	8:30-9:30AM 12-5PM	8:30-9:30AM 12-5PM 7-9PM	8:30-9:30AM 12-5PM	8:30-9:30AM 12-5PM 7-9PM	8:30-9:30AM 12-1PM 2-5PM 7-9PM	8:45-11AM 2-4PM 7-9PM
FAMILY SWIM	11AM-1PM		6-7PM		6-7PM	6-7pm	6-7pm
ADULT SWIM		7-9PM		7-9PM			
EXCLUSIVE PWD	1-2:30PM						
SWIM LESSONS		9:30A-12PM 4:45-7PM	9:30A-12PM	9:30A-12PM 4:45-7PM	9:30A-12PM	9:30A-12PM	8:45-11AM
HOT TUB	11AM-1PM 2:30-4:30PM 6:30-9PM	8:30AM-5PM 7-9PM (A)	8:30AM-5PM 6-7PM(F) 7-9PM	8:30AM-5PM 7-9PM (A)	8:30AM-5PM 6-7PM(F) 7-9PM	8:30AM-5PM 7PM-9PM	8:45A-11AM 2-4PM 6:30-9PM
FACILITY PLUS PASS SCHEDULE							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
SHALLOW WATER AQUAFIT		8:30-9:30AM					
WATER WORKS		12-1PM		12-1PM		12-1PM	

- Schedule subject to change. Please visit [www.edmonton.ca/RecCentreNotifications](http://www.edmonton.ca/RecCentreNotifications) for updates on closures and cancellations.
- No drop-in classes on statutory holidays.

ACTIVITY DESCRIPTIONS	
LANE SWIM	A fitness oriented swim with lanes committed to swimming laps.
PUBLIC SWIM	<p>ALL AGES WELCOME.</p> <ul style="list-style-type: none"> <li>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.</li> <li>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</li> </ul>
FAMILY SWIM	A family oriented recreation and leisure swim for parent/guardians and their children.
SHALLOW WATER AQUAFIT	Get fit! Aquafit is a fun and energetic aerobic exercise class that uses the water for resistance. Low to zero impact is easy on bones and joints. A one-hour class set to music and taught by certified instructors. Work at your own pace, no swimming skills required.
ADULT SWIM	18 YEARS AND OLDER. A recreation and leisure opportunity for Adults only. This may or may not be combined with Adult Lane Swim.
WATER WORKS	Water Works is an aquatic exercise program specifically for people with muscle, joint or mobility problems. A trained instructor takes participants through soothing, slow movements in the swimming pool, all accompanied by soft music. Relieve stiffness, increase flexibility, and restore or maintain muscle strength. Water Works is safe and easy, and perfect for arthritis or fibromyalgia sufferers.
EXCLUSIVE SWIM FOR PERSONS WITH DISABILITIES	This swim is exclusive to the ACT Recreation Centre. A swim for persons with disabilities and their caregivers/families.
HOT TUB	Facility amenity to warm you up.

## 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!