

# BONNIE DOON LEISURE CENTRE

## AQUATIC DROP-IN SCHEDULE SUMMER 2016 | JUL 3-SEP 3

### FACILITY SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	7AM-8:45PM	5:30AM-10:15PM	5:30AM-10:15PM	5:30AM-10:15PM	5:30AM-10:15PM	5:30AM-11:45PM	6AM-3:45PM 6PM-8:30PM
BIRTHDAY PARTY AND CASUAL RENTAL TIME	4:15-5:45P AFTER 9PM						4:15-5:45PM AFTER 9 PM

### AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM	7-12AM 8L 2-4PM 2L 7-9P 2L	5:30-8AM 8L 9AM-12PM 2L 1-7:30PM 2L 8:30-10:30PM 8L	5:30-8AM 6L 9AM-12PM 2L 1-7:30PM 2L 8:30-9:30PM 4L 9:30-10:30PM 8L	5:30-8AM 8L 9AM-12PM 2L 1-7:30PM 2L 8:30-10:30PM 8L	5:30-8AM 6L 9AM-12PM 2L 1-7:30PM 2L 8:30-9:30PM 4L 9:30-10:30PM 8L	5:30-8AM 8L 9AM-12PM 2L 1-10PM 2L 10-12AM 8L	6-8AM 8L 8AM-9AM 4L 9AM-12PM 8L 2-4PM 2L 7-9P 2L
PUBLIC SWIM	2-4PM 6-7:15PM SHALLOW 7:15P-9PM	1-4PM	1-4PM	1-4PM	1-4PM	1-4PM 7-10PM	2-4PM 6-9PM
ADULT SWIM						10PM-12AM	
SWIM LESSONS		9-12P 6L 4-7:30PM 6L	9-12P 6L	9-12P 6L 4-7:30PM 6L	9-12P 6L	9-12P 6L	
HOT TUB, SAUNA, AND STEAMROOM	7AM-4PM 6PM-9PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM- MIDNIGHT	6AM-4PM 6PM-9PM

### FACILITY PLUS PASS SCHEDULE

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
SWIM TRAINING			8:30-9:30PM 4L		8:30-9:30PM 4L		
SHALLOW WATER AQUAFIT	1-2PM	7:30-8:30PM	8-9AM 12-1PM 7:30-8:30PM	7:30-8:30PM	8-9AM 12-1PM 7:30-8:30PM		12-1PM
DEEP WATER AQUAFIT	6:15-7:15PM	8-9AM	7:30-8:30PM	8-9AM 7:30-8:30PM	7:30-8:30PM	8-9AM	
KARATAQUATICS		12-1PM		12-1PM		12-1PM	1-2PM
AQUABOX	12-1PM						

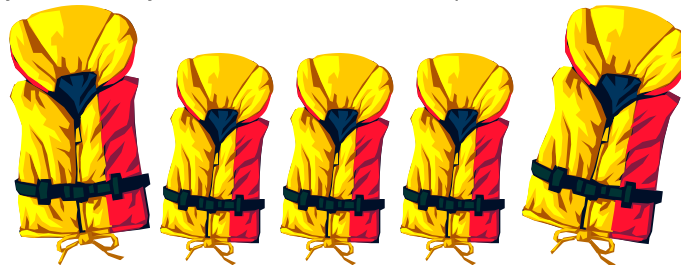
- Schedule subject to change. Please visit [www.edmonton.ca/RecCentreNotifications](http://www.edmonton.ca/RecCentreNotifications) for updates on closures and cancellations.
- No drop-in classes on statutory holidays.

## ACTIVITY DESCRIPTIONS

ADULT LANE SWIM	A fitness oriented swim with lanes committed to swimming laps for adults only (18+).
LANE SWIM	A fitness oriented swim with lanes committed to swimming laps.
SWIM TRAINING	Professional swim coaches will help you improve your swimming skills, speed, and endurance. Perfect for swimmers who wish to turn up their strokes or are planning to compete in a triathlon. Participants should be able to swim 200 meters comfortably.
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>
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.
KARATAQUATICS (KA)	A hybrid of karate, strength and endurance training.
DEEP WATER AQUAFIT	An aquabelt suspends you so that your whole body gets a total workout. Good for those with joint or injury concerns. Also known as Aquajog.
AQUABOX	Boxing moves with an aquatic twist to keep your heart rate up.
HOT TUB, SAUNA, AND STEAMROOM	Facility amenities 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!