

# CLAREVIEW COMMUNITY RECREATION CENTRE

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

### FACILITY SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM
FITNESS CENTRE	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM
KIDS DEN (0 YRS – DAY 1 OF GRADE 1)		8:30AM-3PM	8:30AM-1PM	8:30AM-3PM	8:30AM-1PM	8:30AM-3PM	
KIDS DEN (0-11 YRS)		4:30-8PM	4:30-8PM	4:30-8PM	4:30-8PM		8:30-12:30PM
INDOOR PLAYGROUND	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM
OPEN GYM (FH)	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM
MULTICULTURAL CENTRE	9AM-9:30PM	9AM-9:30PM	9AM-9:30PM	9AM-9:30PM	9AM-9:30PM	9AM-9:30PM	9AM-9:30PM
EDMONTON PUBLIC LIBRARY	1-5PM	10AM-9PM	10AM-9PM	10AM-9PM	10AM-9PM	10AM-6PM	10AM-6PM

### AQUATIC SCHEDULE

LANE SWIM 25 M	5:30AM- 1:45PM 4L	5:30AM-1:45PM 3L 9-10PM 4L	5:30AM-1:45PM 3L 8-10PM 4L	5:30AM-1:45PM 3L 9-10PM 4L	5:30AM-1:45PM 3L 8-10PM 4L	5:30AM-1:45PM 3L	5:30AM-1:45PM 4L
LANE SWIM WIDTHS 22M	2-8:45PM 3L	2-8:45PM 3L	2-7:45PM 3L	2-8:45PM 3L	2-7:45PM 3L	2-9:45PM 3L	2-9:45PM 3L
MAIN POOL PUBLIC DIVE	2-8:45PM	2-8:45PM	2-7:45PM	2-8:45PM	2-7:45PM	2-9:45PM	2-9:45PM
LEISURE POOL/ LAZY RIVER	5:30AM-9PM	5:30AM-9AM 9AM-2PM (SHARED PUBLIC SWIM) 2-10PM	5:30AM-9AM 9AM-2PM (SHARED PUBLIC SWIM) 2-10PM	5:30AM-9AM 9AM-2PM (SHARED PUBLIC SWIM) 2-10PM	5:30AM-9AM 9AM-2PM (SHARED PUBLIC SWIM) 2-10PM	5:30AM-9AM 9AM-2PM (SHARED PUBLIC SWIM) 2-10PM	5:30AM-10PM
TOT POOL	5:30AM-9PM	5:30AM-9AM 9AM-2PM (SHARED PUBLIC SWIM) 2-10PM	5:30AM-9AM 9AM-2PM (SHARED PUBLIC SWIM) 2-10PM	5:30AM-9AM 9AM-2PM (SHARED PUBLIC SWIM) 2-10PM	5:30AM-9AM 9AM-2PM (SHARED PUBLIC SWIM) 2-10PM	5:30AM-9AM 9AM-2PM (SHARED PUBLIC SWIM) 2-10PM	5:30AM-10PM
WATERSLIDE	5:30AM-9PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM
WHIRLPOOL	5:30AM-9PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM
STEAMROOM	5:30AM-9PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM
SWIM LESSONS		9-1:45PM	9-1:45PM	9-1:45PM	9-1:45PM	9-1:45PM	
SHALLOW WATER GENTLE AQUAFIT		6-7pm		6-7pm			
DEEP WATER AQUAFIT			8-9AM 8-9PM		8-9AM		
DEEP WATER TETHERING					8-9PM		
COMMUNITY SWIM							6-8PM

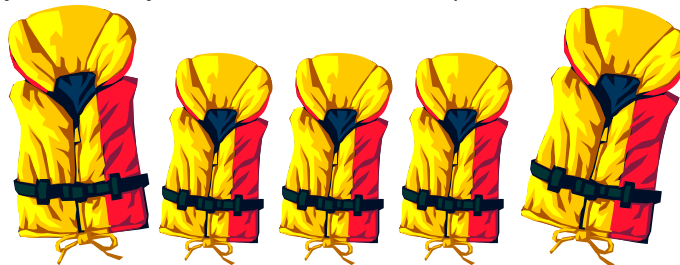
- Schedule subject to change. Please visit [www.edmonton.ca/RecCentreNotifications](http://www.edmonton.ca/RecCentreNotifications) for updates on closures and cancellations.
- No drop-in classes on statutory holidays.

## ACTIVITY DESCRIPTIONS

LANE SWIM	A fitness oriented swim with lanes committed to swimming laps in a 25m pool. All ages welcome. During public dive times two width wise 22 metre lanes will be available.
SHARED PUBLIC SWIM/ PUBLIC DIVE/LEISURE POOL/TOT POOL	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 or older. Keep children under 8 years within arm's reach at all times. Children who are not supervised will not be allowed in the pool area.
	Everyone must be able to swim 25 meters 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.
	PUBLIC DIVE. The 1m, 3m, 5m diving boards will be available during these times.
SHARED PUBLIC SWIM	More than one swim activity is scheduled in a pool. During shared public swim times all of the special features may not be available. This can be during swim lessons, Shallow water gentle aquafit or school recreational swim times. Shallow beach area of the Tot pool and Leisure pool are available.
WATER SLIDE	Our water slide exits into a shallow water trough and is perfect for all ages.
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.
COMMUNITY SWIM	A swim arranged with area-specific community leagues. A community league membership card is required for entry. Please check at the facility or call your Community League for details.
SHALLOW WATER GENTLE 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 mild - moderate one-hour class set to music and taught by certified instructors. Work at your own pace, no swimming skills required. Water temp 32 C.
DEEP WATER TETHERING	A tether (i.e. bungee cord or hitch) is fastened to a deep water belt and then hooked onto a lane rope creating dynamic resistance. This activity can be performed in deep or shallow water and is easily modified for all levels. Participants can work towards their own personal best by increasing or decreasing the amount of effort or "pull" on the tether. Adding a tether further increases the resistance, especially when encouraged to pull forward. Benefits can include reduced impact on joints (shallow) or no impact on joints (deep), increased range of motion, improved strength and endurance, increased core strength and cardiac functioning.

## 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!