

# COMMONWEALTH COMMUNITY RECREATION CENTRE

## DROP-IN AQUATIC SCHEDULE SPRING 2016 | APR 3 – JUL 2

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	7AM-9PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	7AM-9PM
FITNESS CENTRE	7AM-9PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	7AM-9PM
CAUSAL AQUATIC RENTALS	9-10PM						9-10PM
DROP-IN AQUATIC SCHEDULE							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM	7AM-9PM 2L	6AM-10PM 2L	6AM-10PM 2L	6AM-10PM 2L	6AM-10PM 2L	6AM-10PM 2L	7AM-9PM 2L
PUBLIC SWIM LEISURE POOL*	7AM-9PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	7AM-9PM
CLIMBING WALL	12-5PM 8-9PM	7-10PM	8:15-10PM	7:45-10PM	8:15-10PM	7-10PM	1-9PM
SHALLOW WATER AQUAFIT	9-10AM	11AM-12PM 5-6PM		11AM-12PM 5-6PM		11AM-12PM 5-6PM	
SWIM LESSONS	5-8PM		4:45-7:45PM	4:45-7:45PM	4:45-7:45PM		9:30AM – 1PM
HOT TUB & STEAMROOM	7AM-9PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	7AM-9PM
WATERSLIDE	7AM-9PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	7AM-9PM
COMMUNITY SWIM	<b>FOR DISTRICT COMMUNITY MEMBERS</b> your community league card is required for admission to community league rentals <b>THIS IS A SHARED SWIM WITH PUBLIC</b>						5-7PM SHARED

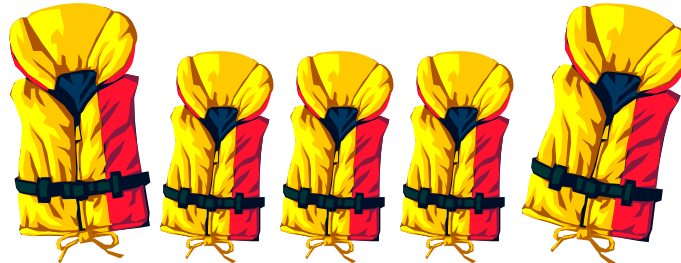
- Schedule subject to change. Please visit [www.edmonton.ca/RecCentreNotifications](http://www.edmonton.ca/RecCentreNotifications) for updates on closures and cancellations.
- No drop-in classes on statutory holidays.

## 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 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>
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 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.

### 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!