

CONFEDERATION LEISURE CENTRE

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

FACILITY SCHEDULE							
	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	7:00AM-5:30PM	5:30AM-9:15PM	5:30AM-9:15PM	5:30AM-9:15PM	5:30AM-9:15PM	5:30AM-9:00PM	7:00AM-5:30PM
DROP-IN AQUATIC SCHEDULE							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM	6-9AM 6L	5:30-8:30AM 6L 8:30-11AM 3L 12-1PM 6L 1-3:55PM 3L 8:30-10PM 6L	5:30-8:30AM 6L 8:30AM-12PM 3L 12-1PM 6L 1-3:55PM 3L 8:30-10PM 6L	5:30-8:30AM 6L 8:30-11AM 3L 12-1PM 6L 1-4:55PM 3L 8:30-10PM 6L	5:30-8:30AM 6L 8:30-12PM 3L 12-1PM 6L 1-3:55PM 3L 8:30-10PM 6L	5:30-8:30AM 6L 8:30-11AM 3L 12-1PM 6L 1-4PM 3L 5:30-7PM 3L	6-9AM 6L
PUBLIC SWIM	2-4PM					7-9PM	2-4PM
FAMILY SWIM	1-2PM						1-2PM
HOT TUB AND STEAMROOM	6AM-4PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-9PM	6AM-4PM
SWIMMING LESSONS	9AM-1PM	5:30-7:30PM	5:30-7:30PM	5:00-7:30PM	5:30-7:30PM		9AM-1PM
FACILITY PLUS PASS ACTIVITIES							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
SHALLOW WATER AQUAFIT	9-10AM	11AM-12PM 7:30-8:30PM	7:30-8:30PM	11AM-12PM 7:30-8:30PM	7:30-8:30PM	11AM-12PM	
DEEP WATER AQUAFIT		7:30-8:30PM	7:30-8:30PM	7:30-8:30PM	7:30-8:30PM		
COMMUNITY SWIM	4-5:30PM*	FOR DISTRICT COMMUNITY MEMBERS YOUR COMMUNITY LEAGUE CARD IS REQUIRED FOR ADMISSION TO COMMUNITY LEAGUE RENTALS					4-5:30PM*

- Schedule subject to change. Please visit www.edmonton.ca/RecCentreNotifications for updates on closures and cancellations.
- No drop-in classes on statutory holidays.
- Pass holder access only for lane swim times during hours when the admission desk is closed.

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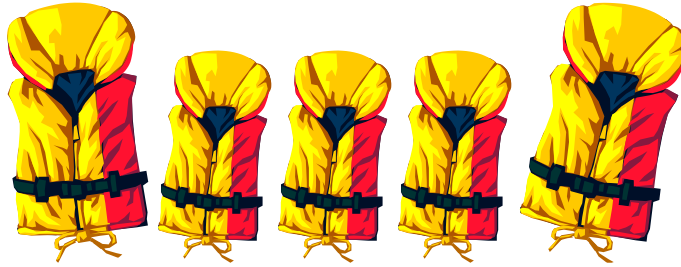
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ACTIVITY DESCRIPTIONS

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">• 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
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.
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.

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!