

CONFEDERATION LEISURE CENTRE

AQUATIC DROP-IN SCHEDULE SUMMER 2016 | JULY 3 – SEPTEMBER 3

FACILITY SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	7:00AM-5:30PM	5:30AM-10:00PM	5:30AM-10:00PM	5:30AM-10:00PM	5:30AM-10:00PM	5:30AM-9:00PM	7:00AM-5:30PM

DROP-IN AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM	6:00-9:00AM 6L	5:30-8:30AM 6L 4:00-5:00PM 3L 8:30-10PM 6L	5:30-8:30AM 6L 11:00-12:00PM 6L 4:00-5:00PM 3L 8:30-10PM 6L	5:30-8:30AM 6L 4:00-5:00PM 3L 8:30-10PM 6L	5:30-8:30AM 6L 11:00-12:00PM 6L 4:00-5:00PM 3L 8:30-10PM 6L	5:30-8:30AM 6L 4:00-6:00PM 3L	6:00-9:00AM 6L
PUBLIC SWIM	2:00-4:00PM	2:00-4:00PM	2:00-4:00PM	2:00-4:00PM	2:00-4:00PM	2:00-4:00PM 7:00-9:00PM	2:00-4:00PM
FAMILY SWIM	1:00-2:00PM					6:00-7:00pm	1:00-2:00PM
HOT TUB AND STEAMROOM	6:00AM-4:00PM	5:30AM-10:00PM	5:30AM-10:00PM	5:30AM-10:00PM	5:30AM-10:00PM	5:30AM-9:00PM	6:00AM-4:00PM
SWIMMING LESSONS	9:00AM-1:00PM	8:30-11:00AM 12:00-2:00PM 4:00-7:30pm	8:30-11:00AM 12:00-2:00PM 4:00-7:30pm	8:30-11:00AM 12:00-2:00PM 4:00-7:30pm	8:30-11:00AM 12:00-2:00PM 4:00-7:30pm	8:30-11:00AM 12:00-2:00PM 4:00-6:00pm	9:00AM-1:00PM

FACILITY PLUS PASS ACTIVITIES

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
SHALLOW WATER AQUAFIT	9:00-10:00AM	11:00-12PM 7:30-8:30PM	7:30-8:30PM	11:00-12:00PM 7:30-8:30PM	7:30-8:30PM	11:00-12:00PM	
DEEP WATER AQUAFIT		7:30-8:30PM	7:30-8:30PM	7:30-8:30PM	7:30-8:30PM		
COMMUNITY SWIM	4:00-5:30PM*	FOR DISTRICT COMMUNITY MEMBERS YOUR COMMUNITY LEAGUE CARD IS REQUIRED FOR ADMISSION TO COMMUNITY LEAGUE RENTALS					4:00-5:30PM*

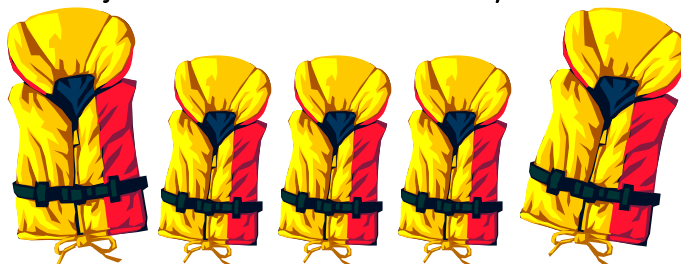
- Schedule subject to change. Please visit www.edmonton.ca/RecCentreNotifications for updates on closures and cancellations.
- No drop-in classes on statutory holidays.
- Pass holder access only for lane swim times during hours when the admission desk is closed.
- Please note that 5 minutes before and after converting the pool to width swim for lessons, staff will begin to change the lane ropes, which might cause an impact on lane swim.

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 of age may be actively supervised in the pool (and on the immediate deck and amenities) by a responsible person 15 years and older. Children under 8 years of age must be kept 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 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.
FAMILY SWIM	<p>A family oriented recreation and leisure swim for parent/guardians and their children.</p> <ul style="list-style-type: none"> Parents/guardians must have on appropriate swim attire and accompany children in the water. Please note that the same 'age restriction and supervision requirements' apply to Family Swim, as detailed under "Public Swim".
SHALLOW WATER AQUAFIT	Get fit! Aqua-fit 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 aqua-belt suspends you so that your whole body gets a total workout. Good for those with joint or injury concerns. Also known as Aqua-jog.
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 to use at all City of Edmonton Indoor and Outdoor Pools.



Be safe in and around water – wear a lifejacket!