

# EASTGLEN LEISURE CENTRE

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

### FACILITY SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	8AM-6:30PM	6:30AM-9:30PM	6:30AM-9:30PM	6:30AM-9:30PM	6:30AM-9:30PM	6:30AM-9:30PM 10PM-12AM	6:30AM-6:15PM 10PM-12AM
BIRTHDAY PARTY AND CASUAL RENTAL TIME	7:30PM-9:30PM						6:45PM-9:30PM

### AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM	8-9:45AM 6L 9:45AM-12PM 3L 1-2PM 2L 2-4:15PM 2L	6-9AM 6L 9-10AM 1L 11AM-12PM 1L 12-1PM 6L 1-3:30 1L 3:30-4:30PM 3L 4:30-5PM 6L 5-7PM 3L 8-9:30 6L	6-7:30AM 6L 7:30-9AM 6L 9-10AM 1L 11AM-12PM 1L 12-1PM 6L 1-3:30 1L 3:30-5PM 6L 6-7PM 3L 8-9:30 6L	6-9AM 6L 9-10AM 1L 11AM-12PM 1L 12-1PM 6L 1-3:30 1L 3:30-4:30PM 3L 4:30-7PM 6L 8-9:30 6L	6-7:30AM 6L 7:30-9AM 6L 9-10AM 1L 11AM-12PM 1L 12-1PM 6L 1-3:30 1L 3:30-5PM 6L 6-7PM 3L 8-9:30 6L	6-9AM 6L 9-10AM 1L 11AM-12PM 1L 12-1PM 6L 1-3:30 1L 3:30-4:30PM 3L 4:30-5PM 6L 10PM-12AM 2L	6-9AM 6L 10AM-12PM 2L 12-2PM 6L 2-4:15PM 2L 10PM-12AM 2L
WIDTH SWIM		10-11AM 7-8PM	10-11AM 5-6PM 7-8PM	10-11AM 7-8PM	10-11AM 5-6PM 7-8PM	10-11AM	
PUBLIC SWIM	2-4:15PM					7-9:30PM 10PM-12AM	2-4:15PM 10PM-12AM
RED CROSS SWIM LESSONS						5-7PM	10AM-12PM
FEMALE ONLY SWIM	5:30-7 PM						4:45-6:30PM (SHARED WITH FEMALE ONLY AQUAFIT)
FAMILY SWIM	12-2PM						
ADULT SWIM LESSONS	9:45AM-12PM	5-7PM					
FEMALE ONLY SWIM LESSONS	4:45-5:30PM						
COMMUNITY SWIM	2:15-4:15PM WITH PUBLIC	FOR DISTRICT COMMUNITY MEMBERS YOUR COMMUNITY LEAGUE CARD IS REQUIRED FOR ADMISSION TO COMMUNITY LEAGUE RENTALS.					
HOT TUB & STEAM	8AM-2:00PM 2:15PM-4:15PM	6AM-9:30PM	6AM-9:30PM	6AM-9:30PM	6AM-9:30PM	6AM-9:30PM 10PM-12AM	6AM-4:15PM 10PM-12AM

### FACILITY PLUS PASS SCHEDULE

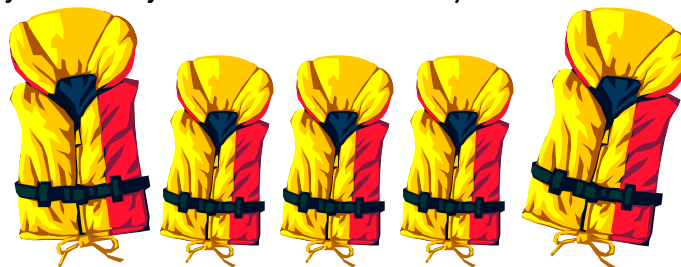
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
DEEP WATER AQUAFIT	12-1PM (SHARED WITH PUBLIC SWIM)	7-8PM		10-11AM 7-8PM		10-11AM	
DEEP WATER TETHERING AQUAFIT							9-10AM
FEMALE ONLY AQUAFIT							4:45-5:45PM (SHARED WITH FEMALE ONLY PUBLIC SWIM)
SHALLOW WATER AQUAFIT		10-11AM	10-11AM 7-8PM		10-11AM 7-8PM		
SHALLOW WATER AQUAFIT STRENGTH TRAINING			5-6PM		5-6PM		
SWIM TRAINING			6-7PM 3L		6-7PM 3L		

- 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.
- Steam Room and Whirlpool are available anytime the pool is open to public.

ACTIVITY DESCRIPTIONS	
LANE SWIM	ALL AGES WELCOME. A fitness oriented swim with lanes committed to swimming laps. One lane is guaranteed at all times, check at the facility for further availability.
PUBLIC SWIM	<p>ALL AGES WELCOME.</p> <p>- 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 arm's reach at all times. Children who are not supervised will not be allowed in the pool area.</p> <p>- Everyone <b>must be able to swim 25 metres</b> on their front without stopping before entering water above shoulder depth. Youth under the age of 13 years <b>must demonstrate</b> this ability, and those 13 or older <b>may be asked</b>. If a lifejacket is used for the swim it must always be worn in deep water</p>
PUBLIC SWIM	ALL AGES WELCOME. Recreation and leisure swim. Children under 8 years must be accompanied into the pool and supervised by a responsible person 15 years and older, preferably a parent or sibling. Keep children within arms reach at all times. Unsupervised children will be asked to leave the pool area.
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.
SHALLOW WATER STRENGTH TRAINING	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. This class uses specialized equipment to increase workout.
DEEP WATER AQUAFIT	An aquabelt suspends you so giving you a total body workout. Good for those with joint or injury concerns. May also be referred to as Aquajog. This is done in deep water which requires participants to be comfortable in deep water.
FEMALE ONLY SWIM	ALL AGES WELCOME. A recreation and leisure swim for females only, including the staff.
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.
HOT TUB & STEAM	Facility amenities to warm you up.
WIDTH SWIM	Width swim committed to swimming laps across the width of the pool. Usually with an activity requiring full shallow or deep ends of the pool.
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.
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!