

# GRAND TRUNK FITNESS & LEISURE CENTRE

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

### FACILITY SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	7:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	7:30AM-8:30PM
FITNESS CENTRE	7:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7:30AM-9PM

### AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM	6-8PM 2L	6-8AM 5L 11AM-12:30PM 5L 4-6PM 2L	6-8AM 5L 11AM-12:30PM 5L	6-8AM 5L 11AM-12:30PM 5L 4-6PM 2L	6-8AM 5L 11AM-12:30PM 5L	6-8AM 5L 11AM-12:30PM 5L 4-6PM 5L	
ADULT LANE SWIM	8-10PM	8-10PM	8-10PM	8-10PM	8-10PM		
DEEP END WIDTH SWIM	8-10AM	8-10AM	8-9AM	8-11AM	8-9AM	8-10AM	8-9AM
PUBLIC SWIM	2-4PM				2-4PM		2-4PM
FAMILY SWIM	6-8PM						
KIDS AREA SWIM	8-10AM	11AM-12:30PM 6-8PM	11AM-12:30PM	11AM-12:30PM 6-8PM	11AM-12:30PM	11AM-12:30PM 4-7PM	8-9AM
HOT POOL & STEAM	8 AM-4PM 6-10PM	6AM-12:30PM 4-10PM	6AM-12:30PM 4-10PM	6AM-12:30PM 4-10PM	6AM-12:30PM 2-10PM	6AM-12:30PM 4-7PM	8 AM-4PM
SWIM LESSONS	10 AM-2PM	4-6PM	4-8PM	4-6PM	4-8PM		9AM-2PM
BIRTHDAY PARTY AND CASUAL RENTAL TIME						9-10PM	4-9PM

### FACILITY PLUS PASS SCHEDULE

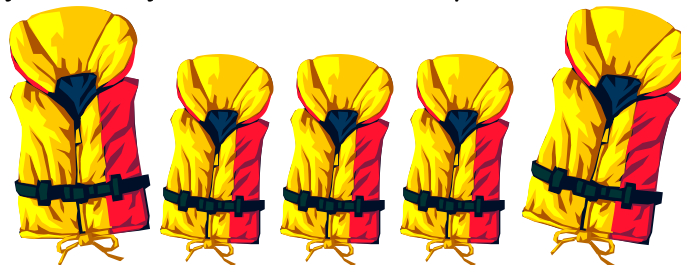
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
SHALLOW WATER AQUAFIT	9-10AM	8-9AM 9-10AM 6-7PM 7-8PM		8-9AM 9-10AM 10-11AM* 6-7PM 7-8PM		8-9AM 9-10AM 6-7PM	8-9AM
KARATAQUATICS	8-9AM		8-9AM		8-9AM		
COMMUNITY SWIM	4:15-5:45PM AREA 1 CASTLEDOWNS	FOR DISTRICT COMMUNITY MEMBERS your community league card is required for admission to community league rentals				7-9PM AREA 1	

- 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.
- \* Gentle Aquafit class is a mild workout

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 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</li> </ul>
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.
HOT TUB & STEAMROOM	Facility amenities to warm you up. Welcome to the best Hot Tub in the City of Edmonton.

### 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!