

# GRAND TRUNK FITNESS & LEISURE CENTRE

## AQUATIC DROP-IN SCHEDULE SUMMER 2016 | JUL 3 – SEP 3

### 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
BIRTHDAY PARTY AND CASUAL RENTAL TIME	12PM-2PM					9-10PM	4-9PM

### AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM	10 AM – 12PM 5L 6-8PM 2L	6-8AM 5L 12-2PM 2L 4-6PM 5L	6-8AM 5L 12-2PM 2L	6-8AM 5L 12-2PM 2L 4-6PM 5L	6-8AM 5L 12-2PM 2L	6-8AM 5L 12-2PM 2L 4-6PM 5L	9AM-2PM 5L
ADULT LANE SWIM	8-10PM	8-10PM	8-10PM	8-10PM	8-10PM		
DEEP END WIDTH SWIM	8-10AM	8-10AM 6-8PM	8-9AM	8-10AM 6-8PM	8-9AM	8-10AM 6-7PM	8-9AM
PUBLIC SWIM	2-4PM	2-4PM	2-4PM	2-4PM	2-4PM	2-4PM	2-4PM
FAMILY SWIM	6-8PM						
KIDS AREA SWIM	8-10AM	4-8PM		4-8PM		4-7PM	8-9AM
WHIRLPOOL & STEAM ROOM	8 AM-4PM 6-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-7PM	8 AM-4PM
SWIM LESSONS		10AM-2PM	10AM-2PM 4-8PM	10AM-2PM	10AM-2PM 4-8PM	10AM-2PM	

### FACILITY PLUS PASS SCHEDULE

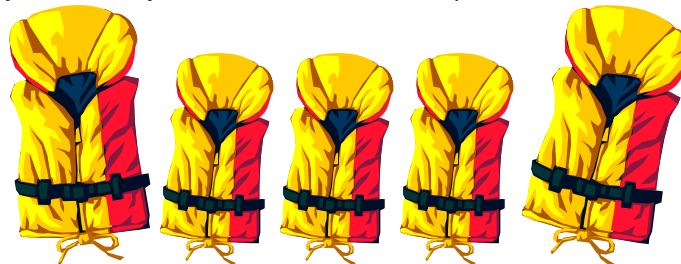
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
SHALLOW WATER AQUAFIT	9-10AM	8-9AM 9-10AM 6-7PM 7-8PM		8-9AM 9-10AM 6-7PM 7-8PM		8-9AM 9-10AM 6-7PM	8-9AM
KARATAQUATICS	8-9AM		8-9AM		8-9AM		
COMMUNITY SWIM	4:15-5:45PM AREA 1,2,17 & CASTLEDOWNS	FOR DISTRICT COMMUNITY MEMBERS your community league card is required for admission to community league rentals				7-9PM AREA 1,2,17 & CASTLEDOWNS	

- 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	
ADULT LANE SWIM	A fitness oriented swim with lanes committed to swimming laps for adults only (18+).
LANE SWIM	A fitness oriented swim with lanes committed to swimming laps.
DEEP END WIDTH SWIM	A fitness oriented swim in the deep end of the pool. Note: this is an open space, there are no designated lanes.
PUBLIC SWIM	<p>ALL AGES WELCOME.</p> <ul style="list-style-type: none"> <li>• <b>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.</b></li> <li>• 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</li> </ul>
FAMILY SWIM	A family oriented recreation and leisure swim for parent/guardians and their children.
KIDS AREA SWIM	A recreation swim in a shallow area of the pool designed specifically for younger children.
SHALLOW WATER AQUAFIT	A fun and energetic aerobic exercise class that uses the water for resistance. Low-to-zero impact is easy on bones and joints. Work at your own pace, no swimming skills required.
STEAMROOM	A moist heat amenity that stimulates blood flow and promotes healthy metabolism. The temperature does not exceed 60 degrees Celsius.
WHIRL POOL	A warm pool usually kept above 39 degrees Celsius.

### 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!