

HARDISTY FITNESS & LEISURE CENTRE

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

FACILITY SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	7AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-4PM
FITNESS CENTRE	7AM-9AM 11AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-4PM
BIRTHDAY PARTY AND CASUAL RENTAL TIME							4:30PM-9:30PM

AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM	7-9AM 6L 8-9PM 2L 9-10PM 6L	5:30-8AM 6L 10-11AM 2L 12-1PM 6L 1-5PM 2L 5-7PM 6L 8-10PM 6L	5:30-9AM 6L 9-12PM 2L 12-1PM 6L 1-3PM 2L 8-10PM 6L	5:30-8AM 6L 10-11AM 2L 12-1PM 6L 1-5PM 2L 5-7PM 6L 9-10PM 6L	5:30-9AM 6L 9-12PM 2L 12-1 PM 6L 1-3PM 2L 8-10PM 6L	5:30-8AM 6L 10-11AM 2L 12-1PM 6L 1-5PM 2L 5-6PM 3L 9-10 PM 6L	7-9AM 6L
PUBLIC SWIM	3-5PM			7-9PM		7-9PM	2-4PM
FAMILY SWIM	10AM-12PM					6-7PM	
ADULT SWIM	8-9PM						
SWIM LESSONS	5-8PM 6L		4-7PM 6L		4-7PM 6L		9-2PM 6L
HOT TUB & STEAM	7AM-1:15PM 3-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-4PM
COMMUNITY SWIM	1:15-2:45PM	FOR DISTRICT COMMUNITY MEMBERS your community league card is required for admission to community league rentals					

FACILITY PLUS PASS SCHEDULE

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
SHALLOW WATER AQUAFIT	12-1PM	8-9AM 11-12PM 7-8PM	7-8PM	8-9AM 11-12PM	7-8PM	8-9AM 11-12PM	
DEEP WATER AQUAFIT		9-10AM	7-8PM	9-10AM	7-8PM	9-10AM	
WATER WORKS			3-4PM 6L No pool access		3-4PM 6L No pool access		
SWIM TRAINING	9-10AM 6L						
CIRCUIT TRAINING	9AM-11AM						

- Schedule subject to change. Please visit www.edmonton.ca/RecCentreNotifications for updates on closures and cancellations.
- No drop-in classes on statutory holidays.

ACTIVITY DESCRIPTIONS

LANE SWIM	A fitness oriented swim with lanes committed to swimming laps.
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 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</p>
FAMILY SWIM	A family oriented recreation and leisure swim for parent/guardians and their children. No more than 2 persons of the same household 18 years of age and older and any other members of the same household under 18. Please note that the same age restriction and supervision requirements apply to Family Swim, as detailed under "Public Swim."
ADULT SWIM	18 YEARS AND OLDER. A recreation and leisure opportunity for adults only. This may or may not be combined with Adult Lane Swim.
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.
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.
WATER WORKS	<p>Water Works is an aquatic exercise program specifically for people with muscle, joint or mobility problems.</p> <p>A trained instructor takes participants through soothing, slow movements in the swimming pool, all accompanied by soft music. Relieve stiffness, increase flexibility, and restore or maintain muscle strength. Water Works is safe and easy, and perfect for arthritis or fibromyalgia sufferers.</p>
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 triathlon. Participants should be able to swim 200 meters comfortably.