

# JASPER PLACE FITNESS & LEISURE CENTRE

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

FACILITY SCHEDULE							
	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	8:45AM–9:30PM	5:45AM–9:30PM	5:45AM–9:30PM	5:45AM–9:30PM	5:45AM–9:30PM	5:45AM–9PM	7:45AM–8:30PM
FITNESS CENTRE	9AM–10PM	6AM-5:30PM 7:30-10PM	6AM-10PM	6AM-5:30PM 7:30-10PM	6AM-10PM	6AM-9:30PM	8-9:30AM 11:30AM – 9PM
BIRTHDAY PARTY AND CASUAL RENTAL TIME	INQUIRE WITH CASHIERS ABOUT PARTY ROOM AVAILABILITY					9:30-10:30PM	4-6PM
AQUATIC SCHEDULE							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM		6-8AM 6L 12-1PM 3L 1-3PM 2L 8:30-10PM 4L	6-8AM 4L 12-1PM 3L 1-3PM 2L	6-8AM 6L 12-1PM 3L 1-3PM 2L 8:30-10PM 4L	6-8AM 4L 12-1PM 3L 1-3PM 2L	6-8AM 6L 12-1PM 3L 1-3PM 2L	8-9AM 3L
WIDTH SWIM	9-10AM	8-9AM 7:30-8:30PM	11AM-12PM	8-9AM 7:30-8:30PM	11AM-12PM	8-9AM	
ADULT ONLY LANE SWIM	9-10PM 6L		9-10PM 6L		9-10PM 6L		
FAMILY SWIM	1-2PM						
PUBLIC SWIM	2-4PM 6:30-9PM		7:30-9PM		7:30-9PM	7:30-9:30PM	2-4PM 7-9PM
KIDS AREA SWIM		12-1PM 7:30-9PM	11AM-1PM	12-1PM 7:30-9PM	11AM-1PM	12-1PM 4-5PM	
STEAMROOM	1-4PM 6:30-10PM	6-9AM 12-3PM 7:30-10PM	6-8AM 11AM-3PM 7:30-10PM	6-9AM 12-3PM 7:30-10PM	6-8AM 11AM-3PM 7:30-10PM	6-9AM 12-3PM 4-5PM 7:30-9:30PM	8-9AM 2-4PM 7-9PM
SWIM LESSONS	10AM-1PM	4-7:30PM	5-7:30PM	4-7:30PM	5-7:30PM		9AM-2PM
COMMUNITY SWIM	4-6PM	FOR DISTRICT COMMUNITY MEMBERS your community league card is required for admission to community league rentals					6-7PM
FACILITY PLUS PASS SCHEDULE							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
SHALLOW WATER AQUAFIT	9-10AM	8-9AM 7:30-8:30PM	11AM-12PM	8-9AM 7:30-8:30PM	11AM-12PM	8-9AM	
CIRCUIT TRAINING FITNESS CENTRE		5:30-7:30PM		5:30-7:30PM			9:30-11:30AM

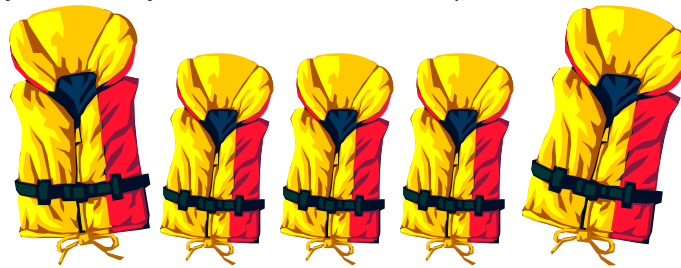
- **Schedule subject to change:** Please visit [www.edmonton.ca/RecCentreNotifications](http://www.edmonton.ca/RecCentreNotifications) for updates on closures and cancellations.
- No drop-in classes on statutory holidays.

## ACTIVITY DESCRIPTIONS

LANE SWIM	ALL AGES WELCOME. A fitness oriented swim with lanes committed to swimming laps.
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.
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 arm's reach at all times. Children who are not supervised will not be allowed in the pool area.</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. <b>Please note that the same age restriction and supervision requirements apply to Family Swim, as detailed under "Public Swim."</b>
KIDS AREA SWIM	A recreation swim in a shallow area of the pool designed specifically for younger children.
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.
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.

### 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!