

JASPER PLACE FITNESS & LEISURE CENTRE

AQUATIC DROP-IN SCHEDULE

SUMMER 2016 | JUL 3 – SEP 3

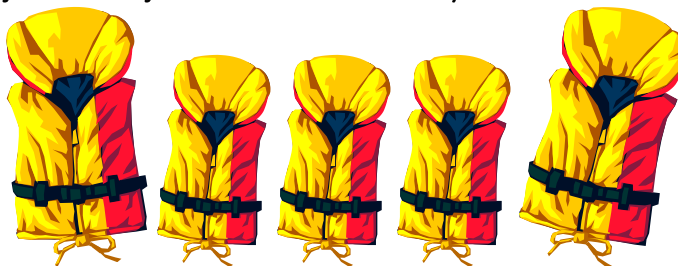
FACILITY SCHEDULE							
	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	8:45AM–8:30PM	5:45AM–9:30PM	5:45AM–9:30PM	5:45AM–9:30PM	5:45AM–9:30PM	5:45AM–9PM	7:45AM–8:30PM
FITNESS CENTRE	9AM–9PM	6AM-5:30PM 7:30-10PM	6AM-10PM	6AM-5:30PM 7:30-10PM	6AM-10PM	6AM-9:30PM	8-9:30AM 11:30AM – 9PM
BIRTHDAY PARTY AND CASUAL RENTAL TIME	4:15-6:15PM	INQUIRE WITH CASHIERS ABOUT PARTY ROOM AVAILABILITY					12:00-1:00PM 4:15-6:15PM
AQUATIC SCHEDULE							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM	10AM-12PM 6L	6-8AM 6L 8:30-10PM 4L	6-9AM 4L	6-8AM 6L 8:30-10PM 4L	6-9AM 4L	6-8AM 6L 4:30-7:30PM 4L	8AM-12PM 3L
WIDTH SWIM	9-10AM	8-9AM 7:30-8:30PM		8-9AM 7:30-8:30PM		8-9AM	
ADULT ONLY LANE SWIM			9-10PM 6L		9-10PM 6L		
FAMILY SWIM	12-1PM						
PUBLIC SWIM	1-4PM 6:30-9PM	2-4PM	2-4PM 7:30-9PM	2-4PM	2-4PM 7:30-9PM	2-4PM 7:30-9:30PM	1-4PM 6:30-9PM
KIDS AREA SWIM	9AM-12PM	7:30-9PM		7:30-9PM			9AM-12PM
STEAMROOM	9AM-4PM 6:30-9PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-4PM 4:30-9:30PM	8AM-12PM 1-4PM 6:30-9PM
SWIM LESSONS		9AM-2PM 4-7:30PM	9AM-2PM 4-7:30PM	9AM-2PM 4-7:30PM	9AM-2PM 4-7:30PM	9AM-2PM	
FACILITY PLUS PASS SCHEDULE							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
SHALLOW WATER AQUAFIT	9-10AM	8-9AM 7:30-8:30PM		8-9AM 7:30-8:30PM		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 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	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"> 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. 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
FAMILY SWIM	A family oriented recreation and leisure swim for parent/guardians and their children. Please note that the same age restriction and supervision requirements apply to Family Swim, as detailed under "Public Swim."
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.
STEAMROOM	Facility amenities to warm you up.

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!