

SWIM TRAINING SCHEDULE SPRING 2016 | APR 3 – JUL 2

SWIM TRAINING SCHEDULE							
FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
Bonnie Doon Leisure Centre			8:30–9:30PM 4L		8:30–9:30PM 4L		8–9AM 4L
Eastglen Leisure Centre			6-7PM 3L		6-7PM 3L		
Hardisty Fitness & Leisure Centre	9-10AM 6L						
Kinsmen Sports Centre		6-7AM 4L 50M 9:30-10:30AM 5L 50M		6-7AM 5L 25M 9:30-10:30AM 6L 25M		6-7AM 4L 50M 9:30-10:30AM 5L 50M	
Peter Hemingway Fitness & Leisure Centre		8:30-9:30PM 4L		8:30-9:30PM 4L			
Terwillegar Community Recreation Centre			6-7AM 4L		6-7AM 4L		6-7AM 4L
The Meadows Community Recreation Centre							

- Schedule subject to change. Please visit www.edmonton.ca/RecCentreNotifications for updates on closures and cancellations.
- Professional swim coaches will help you improve your swimming skills, speed and endurance. Perfect for swimmers who wish to tune up their strokes or are planning to compete in Triathlon.
- Training focuses primarily on the front crawl stroke. Participants should be able to swim a minimum 200 meters' comfortably.