

SWIM TRAINING SCHEDULE

SUMMER 2016 | JUL 3 – SEP 3

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		
Eastglen Leisure Centre			6-7PM 3L		6-7PM 3L		
Kinsmen Sports Centre		6-7AM 3L 50M		6-7AM 3L 50M		6-7AM 3L 50M	
Queen Elizabeth Pool		10:00-11:00AM 6L 50M		10:00-11:00AM 6L 50M		10:00-11:00AM 6L 50M	
Terwillegar Community Recreation Centre			6-7AM 4L		6-7AM 4L		6-7AM 4L

- 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.