

LONDONDERRY FITNESS & LEISURE CENTRE

AQUATIC DROP-IN SCHEDULE SUMMER 2016 | JULY 3 – SEPT 3

FACILITY SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	7AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	7AM-9:30PM
FITNESS CENTRE	7AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-10PM
BIRTHDAY PARTY AND CASUAL RENTAL TIME	12-2PM						4-6PM

AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM	7–12PM 4L	5:30-8AM 4L 8AM-9AM 1L	5:30-8AM 4L 8AM-9AM 1L	5:30-8AM 4L 8AM-9AM 1L	5:30-8AM 4L 8AM-9AM 1L	5:30-8AM 4L 8AM-9AM 1L	7-9AM 4L
ADULT LANE SWIM	9-10PM 4L	8-10PM 3L	9-10PM 4L	8-10PM 3L	9-10PM 4L	9-10PM 4L	9-10PM 4L
PUBLIC SWIM	2-4PM 7-9PM	2PM-4PM	2PM-4PM 7-9PM	2PM-4PM	2PM-4PM 7-9PM	2PM-4PM 7-9PM	2-4PM 7-9PM
FAMILY SWIM	6-7PM						6-7PM
ADULT LANE SWIM	9-10PM	8-10PM	9-10PM	8-10PM	9-10PM	9-10PM	9-10PM
KIDS AREA SWIM	10AM-12PM						
HOT TUB & STEAM ROOM	7AM-12PM 2-4PM 6-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-4PM 6-10PM
SWIM LESSONS		9-2PM 4-8PM	9AM-2PM 4PM-6PM	9-2PM 4-8PM	9AM-2PM 4PM-6PM	9AM-2PM 4PM-7PM	
COMMUNITY SWIM	AREA 17 4:15-5:45PM	*FOR DISTRICT COMMUNITY MEMBERS your community league card is required for admission to community league rentals					

FACILITY PLUS PASS SCHEDULE

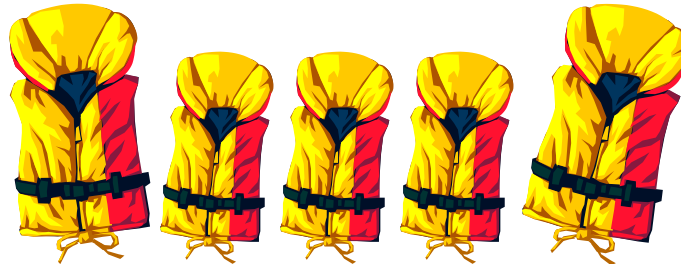
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
SHALLOW WATER AQUAFIT		8-9PM	6-7PM	8-9PM	6-7PM		
DEEP WATER AQUATFIT		8-9AM		8-9AM		8-9AM	

- 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.
ADULT LANE SWIM	A fitness oriented swim with lanes committed to swimming laps for adults only (18+).
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 arms 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.
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.
HOT TUB & 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!