

MILL WOODS RECREATION CENTRE

AQUATIC DROP-IN SCHEDULE SUMMER 2016 | JUL 3 – SEP 3

FACILITY SCHEDULE							
	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	7AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-10PM
FIT ZONE FITNESS CENTRE	7AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-10PM
INDOOR PLAYGROUND	CLOSED FOR THE SUMMER						
BIRTHDAY PARTY & CASUAL RENTAL TIME	4:15-6:15PM						9- 10PM
AQUATIC SCHEDULE							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM	7-10:30AM	5:30-8:30AM 9-10PM	5:30-8:30AM 9PM-10PM	5:30-8:30AM 9-10PM	5:30-8:30AM 9-10PM	5:30-8:30AM (WAVES-8:15AM- 8:30AM)	7-9AM
FAMILY SWIM	11:30AM -2PM						
PUBLIC SWIM	2-9PM	2-8PM	2-4PM 7-9PM	2-8PM	2-4PM 7-9PM	2-9PM	2-9PM
HOT TUB & SAUNA	7AM-9PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-9PM	7AM-9PM
SWIM LESSONS		9:30AM-2PM	9:30AM-2PM 4-7PM	9:30AM-2PM	9:30AM-2PM 4-7PM	9:30AM-2PM	9AM-1PM
COMMUNITY SWIM							
FACILITY PLUS PASS ACTIVITIES							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
SHALLOW WATER AQUAFIT		8:30-9:30AM 8-9PM	8:30-9:30AM	8:30-9:30AM 8-9PM	8:30-9:30AM	8:30-9:30AM	
DEEP WATER AQUAFIT	10:30-11:30AM	8:30-9:30AM	8:30-9:30AM	8:30-9:30AM	8:30-9:30AM	8:30-9:30AM	

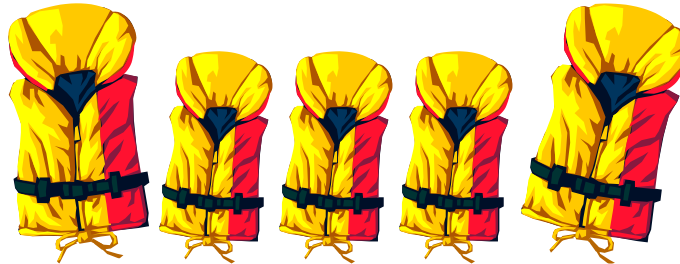
- **Schedule subject to change:** Please visit www.edmonton.ca/RecCentreNotifications for updates on closures and cancellations.
- No drop-in classes on statutory holidays.
- Check for time with waves

ACTIVITY DESCRIPTIONS

LANE SWIM	A fitness oriented swim with lanes committed to swimming laps.
PUBLIC SWIM & FAMILY 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. • At Mill Woods there are 2 swim Tests. <ul style="list-style-type: none"> a) A 25m swim done in 'Flat water', which means the participant must move to the shallow end of main pool when waves are on (=Red Mark). b) A 25m swim done during the 'Waves', which means they can remain in the Deep end of the main pool when waves are on (=Black Mark).
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 & SAUNA	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!