

O'LEARY FITNESS AND LEISURE CENTRE

AQUATIC DROP-IN SCHEDULE SPRING 2016 | APR 3 – JUL 2

FACILITY SCHEDULE

FACILITY SCHEDULE	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	8:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	6:00AM-9:30PM
FITNESS CENTRE	8:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	6:00AM-10PM
OLYMPIC WEIGHT LIFTING		5-8PM		5-8PM		5-8PM	
INDOOR PLAYSPACE	8:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	6AM-10PM
BIRTHDAY PARTY CASUAL RENTAL TIME	3:30-6PM					4-6PM	

AQUATIC SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM		9AM-4PM 2L	9AM-4PM 2L	9AM-4PM 2L	9AM-4PM 2L	9AM-4PM 2L	
ADULT LANE SWIM	8-10PM 6L	5:30-8AM 6L 9-10PM 6L	5:30-8AM 6L 8-10PM 6L	5:30-8AM 6L 9-10PM 6L	5:30-8AM 6L 8-10PM 6L	5:30-8AM 6L 9-10PM 6L	6:30-8:30AM 6L 9-10PM 6L
PUBLIC SWIM	1:30-3:30PM 6-8PM	7-9PM		7-9PM		7-9PM	1:30-3:30PM 7-9PM
FAMILY SWIM	12:30-1:30PM	6-7PM		6-7PM		6-7PM	6-7PM
KIDS AREA SWIM <small>CHILDREN 6 AND UNDER WITH PARENTS; MAIN POOL NOT AVAILABLE</small>		9AM-4PM	9AM-4PM	9AM-4PM	9AM-4PM	9AM-4PM	
HOT TUB & STEAM ROOM	12:30-3:30PM 6-10PM	5:30AM-8AM 9-4PM 6-10PM	5:30AM-8AM 9AM-4PM 8-10PM	5:30AM-8AM 9-4PM 6-10PM	5:30AM-8AM 9AM-4PM 8-10PM	5:30AM-8AM 9-4PM 6-10PM	6:30-8:30AM 1:30-3:30PM 6-10PM
SWIM LESSONS	9AM-12PM		5-8PM		5-8PM		9-1:30PM
COMMUNITY SWIM AREA 2	FOR DISTRICT COMMUNITY MEMBERS YOUR COMMUNITY LEAGUE CARD IS REQUIRED FOR ADMISSION TO COMMUNITY LEAGUE RENTALS						3:45-5:45PM

FACILITY PLUS PASS SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
SHALLOW WATER AQUAFIT			10-11AM		10-11AM		

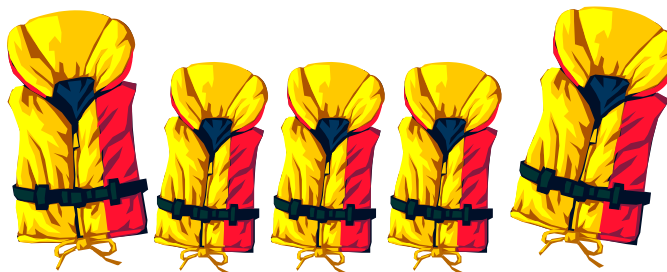
- Schedule subject to change. Please visit www.edmonton.ca/RecCentreNotifications for updates on closures and cancellations.
- *Children 6 Years and Under Main Pool not available.
- ** Teach Pool available during public and Family Swim Times

ACTIVITY DESCRIPTIONS

LANE SWIM	A fitness oriented swim with lanes committed to swimming laps.
ADULT SWIM	18 YEARS AND OLDER. A recreation and leisure opportunity for adults only. This may or may not be combined with adult lane swim.
FAMILY SWIM	A family oriented recreation and leisure swim for parent/guardians and their children. No more than 2 persons of the same household 18 years of age and older and any other members of the same household under 18. Please note that the same age restriction and supervision requirements apply to Family Swim, as detailed under "Public Swim."
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.
KIDS AREA SWIM	A recreational swim in the teach pool designed specifically for younger children to attend with parental supervision.
COMMUNITY SWIM	A swim arranged with area-specific community leagues. A community league membership card is required for entry. Check with your facility and with your community league in your area for details on how your membership works.
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.

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!