

# O'LEARY FITNESS & LEISURE CENTRE

## AQUATIC DROP-IN SCHEDULE SUMMER 2016 | JUL 03 – SEP 03

### 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	6:30AM-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	8:30-10PM	5:30-10PM	5:30-10PM	5:30-10PM	5:30-10PM	5:30-10PM	6-10PM
BIRTHDAY PARTY CASUAL RENTAL TIME	3:30-6PM					4-6PM	

### AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM						9-1:30 2L	
ADULT LANE SWIM	8-10PM 6L	5:30-9AM 6L 9-10PM 6L	5:30-8AM 6L 8-9AM 2L 8-10PM 6L	5:30-9AM 6L 9-10PM 6L	5:30-8AM 6L 8-9AM 2L 8-10PM 6L	5:30-9AM 6L 9-10PM 6L	6:30-8:30AM 6L 9-10PM 6L
PUBLIC SWIM	1:30-3:30PM 6-8PM	2-4PM 7-9PM	2-4PM	2-4PM 7-9PM	2-4PM	2-4PM 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						9-1:30PM	
HOT TUB & STEAMROOM	12:30-3:30PM 6-10PM	5:30AM-1:30PM 2-4PM 6-10PM	5:30AM-1:30PM 2-4PM 8-10PM	5:30AM-1:30PM 2-4PM 6-10PM	5:30AM-1:30PM 2-4PM 8-10PM	5:30AM-1:30PM 2-4PM 6-10PM	6:30-8:30AM 1:30-3:30PM 6-10PM
SWIM LESSONS		9-1:30PM	9-1:30PM 5-8PM	9-1:30PM	9-1:30PM 5-8PM		
COMMUNITY SWIM	FOR DISTRICT COMMUNITY MEMBERS YOUR COMMUNITY LEAGUE CARD IS REQUIRED FOR ADMISSION TO COMMUNITY LEAGUE RENTALS						3:45-5:45pm AREA 2

### FACILITY PLUS PASS ACTIVITIES

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
SHALLOW WATER AQUAFIT			8-9AM		8-9AM		

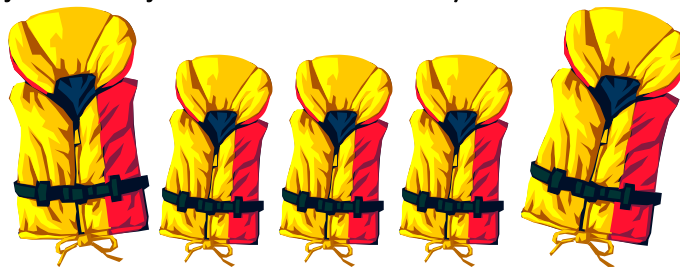
- Schedule subject to change. Please visit [www.edmonton.ca/RecCentreNotifications](http://www.edmonton.ca/RecCentreNotifications) for updates on closures and cancellations.
- No drop-in classes on statutory holidays
- \*\*Teach Pool available during Public and Family Swim Times.

## ACTIVITY DESCRIPTIONS

ADULT LANE SWIM	18 YEARS AND OLDER. A recreation and leisure opportunity for adults only. This may or may not be combined with adult lane swim.
LANE SWIM	A fitness oriented swim with lanes committed to swimming laps.
KIDS AREA SWIM	The teach pool is open on Fridays from 9-1:30PM for children 6 and under with parental supervision. The main pool is not available.
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. <b>Please note that the same age restriction and supervision requirements apply to Family Swim, as detailed under "Public Swim."</b>
PUBLIC SWIM	<p>ALL AGES WELCOME.</p> <ul style="list-style-type: none"> <li>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.</li> <li>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</li> </ul>
HOT TUB & STEAM ROOM	Facility amenities to warm you up. Welcome to the best Hot Tub in the City of Edmonton.
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.
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.

## 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!