

PETER HEMINGWAY FITNESS & LEISURE CENTRE

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

FACILITY SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM
FITNESS CENTRE	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM

AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM	5:30-11AM 8L 11AM-12PM 4L 1-10PM 4L	5:30-7:30AM 4L 7:30-9AM 8L 10AM-4:30PM 4L 4:30-6:30PM 3L 6:30-7:30PM 4L 8:30-9:30PM 4L 9:30-10PM 8L	5:30-8:30AM 4L 8:30-9AM 8L 9AM-4:30 4L 4:30-6:30PM 3L 6:30-10PM 4L	5:30-9AM 4L 10AM-4:30PM 4L 4:30-6:30PM 3L 6:30-9:30PM 4L 9:30-10PM 4L	5:30-8:30AM 4L 8:30-9AM 8L 9AM-4PM 4L 4-6:30PM 3L 6:30-8:30PM 4L 8:30-10PM 8L	5:30-9AM 6L 10AM-10PM 4L	5:30-8:30AM 8L 8:30-10:30AM 3L 10:30-1PM 4L 2-10PM 4L
WIDTH SWIM	12-1PM	9-10AM 7:30-8:30PM		9-10AM		9-10AM	1-2PM
PUBLIC SWIM	2-4:30PM 6:30-8:30PM						2-4:30PM 6:30-8:30PM
HOT TUB, SAUNA, AND STEAMROOM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-9PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM
ADULT SWIM LESSONS	5:30-8:30PM			6:30-8:30PM			

FACILITY PLUS PASS ACTIVITIES

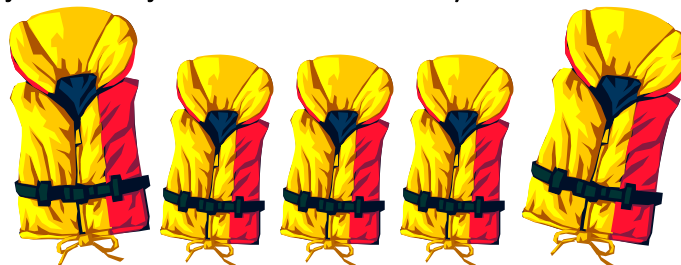
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
SHALLOW WATER AQUAFIT		9-10AM	7:30-8:30PM	9-10AM	7:30-8:30PM	9-10AM	1-2PM
DEEP WATER AQUAFIT	11AM-12PM	6:30-7:30PM	6:30-7:30PM	6:30-7:30PM	6:30-7:30PM		
AQUABOX	12-1PM	7:30-8:30PM					
SWIM TRAINING		8:30-9:30PM		8:30-9:30PM			

- Schedule subject to change. Please visit www.edmonton.ca/RecCentreNotifications for updates on closures and cancellations.
- No drop-in classes on statutory holidays.
- Please note that 10 minutes before and after converting the pool to width swim, staff will begin to change the lane ropes, which might cause an impact on lane swim.

ACTIVITY DESCRIPTIONS	
LANE SWIM	A fitness oriented swim with lanes committed to swimming laps.
WIDTH SWIM	Width swim committed to swimming laps across the width of the pool. Usually with an activity requiring full shallow or deep ends of the pool.
SWIM TRAINING	Professional swim coaches will help you improve your swimming skills, speed, and endurance. Perfect for swimmers who wish to turn up their strokes or are planning to compete in a triathlon. Participants should be able to swim 200 meters comfortably.
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
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.
AQUABOX	Boxing moves with an aquatic twist to keep your heart rate up.
HOT TUB, SAUNA, AND STEAMROOM	Facility amenities to warm you up. Welcome to the best Hot Tub in the City of Edmonton.

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!