

SCONA POOL

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

| FACILITY SCHEDULE | | | | | | | |
|---------------------------------------|------------------|----------------------------|--|-----------------------------|--|---|------------------|
| SUN | | MON | TUE | WED | THU | FRI | SAT |
| ADMISSION DESK | 1 – 5PM | | 4 – 6PM | | 6-8PM | 630 – 8PM | 12 – 4PM |
| BIRTHDAY PARTY AND CASUAL RENTAL TIME | | | | | | EVERY SECOND FRIDAY 8 – 10PM | 4 – 9PM |
| AQUATIC SCHEDULE | | | | | | | |
| ACTIVITY | SUN | MON | TUE | WED | THU | FRI | SAT |
| LANE SWIM | 1 – 5PM | 6:30 – 9AM 1130AM – 2PM | 6:30 – 9AM 11:30AM – 2PM 4 – 6PM | 6:30 – 9AM 11:30AM – 2PM | 6:30 – 9AM 11:30AM – 2PM 6 – 8PM | 6:30 – 9AM 11:30AM – 2PM 6:30 – 8PM | 12 – 4PM |
| PUBLIC SWIM | 1 – 5PM | | 4 – 6PM | | 6 – 8PM | 6:30 – 8PM | 12 – 4PM |
| SAUNA | 1 – 5PM | | | | | | |
| COMMUNITY SWIM | ALL PUBLIC HOURS | ALL PUBLIC HOURS | | | | | ALL PUBLIC HOURS |
| Instructor Lead Classes | | | | | | | |
| ACTIVITY | SUN | MON | TUE | WED | THU | FRI | SAT |
| SHALLOW WATER AQuAFIT | | | 11:30AM – 12:30PM | | 11:30AM – 12:30PM | | |

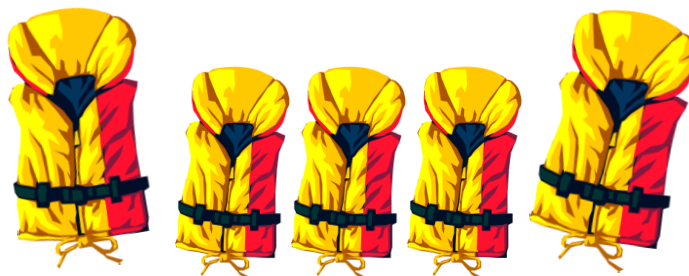
- Schedule subject to change. Please visit www.sconapool.com for updates on closures, cancellations and holiday hours
- Our rental schedule is available online at <http://sconapool.com/rentals.asp>
- Follow us on Twitter for urgent updates and alerts <https://twitter.com/SconaPool>



| ACTIVITY DESCRIPTIONS | |
|-----------------------|---|
| LANE SWIM | A fitness oriented swim with lanes committed to swimming laps. |
| PUBLIC SWIM | <p>ALL AGES WELCOME.</p> <ul style="list-style-type: none"><input type="checkbox"/> 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.<input type="checkbox"/> 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<input type="checkbox"/> Lane swimming is available during this time |
| 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. |
| SAUNA | Scona Pool offers a Dry Sauna |

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!