

# TERWILLEGAR COMMUNITY RECREATION CENTRE

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

### FACILITY SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM
FITNESS CENTRE	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM
FLEXI-HALL	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM
INDOOR PLAYGROUND	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM
KIDS DEN (0 YRS – DAY 1 OF GRADE 1)		8:30AM-3PM	8:30AM-12:30PM	8:30AM-3PM	8:30AM-12:30PM	8:30AM-3PM	
KIDS DEN (0-11 YRS)		4:30-8PM	4:30-8PM	4:30-8PM	4:30-8PM		8:30-12:30PM

### AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM 50M*	5:30AM-9AM 4L		5:30AM-8AM 4L		5:30AM-8AM 4L		
LANE SWIM 25M*	10AM -5PM 6L 5PM-7PM 8L (SHARED) 7PM-9PM 6L	5:30AM-9AM 6L 9AM-10PM 4L	9AM-10PM 4L	5:30AM-9AM 6L 9AM-10PM 4L	9AM-10PM 4L	5:30AM-9AM 6L 9AM-10PM 4L	5:30AM-9PM 4L
SWIM TRAINING*			6AM-7AM 4L		6AM-7AM 4L		6AM-7AM 4L
PUBLIC SWIM MAIN POOL FLOOR	3PM-5PM 5PM-7PM (SHARED) 7PM-9PM	5:30AM-8AM 3PM-5PM 8PM-10PM	3PM-5PM 9:15-10PM	5:30AM-8AM 3PM-5PM 8PM-10PM	3PM-5PM 9:15-10PM	5:30AM-8AM 3PM-5PM 7PM-10PM	5:30AM-9AM 3PM-5PM 5PM-7PM (SHARED) 7PM-9PM
PUBLIC SWIM MAIN POOL DIVE	1PM-5PM 5PM-7PM (SHARED) 7PM-9PM	5:30AM-9AM 1PM-5PM 7PM-10PM	1PM-5PM 7PM-10PM	5:30AM-9AM 1PM-5PM 7PM-10PM	1PM-5PM 7PM-10PM	5:30AM-9AM 1PM-5PM 7PM-10PM	5:30AM-9AM 1PM-5PM 5PM-7PM (SHARED) 7PM-9PM
PUBLIC SWIM LEISURE POOL	5:30AM-5PM 5PM-7PM (SHARED) 7PM-9PM	5:30AM-10pm	5:30AM-9AM 9AM-1PM (SHARED) 1PM-5PM 5PM-8PM (SHARED) 8PM-10PM	5:30AM-9AM 9AM-1PM (SHARED) 1PM-10PM	5:30AM-9AM 9AM-1PM (SHARED) 1PM-5PM 5PM-8PM (SHARED) 8PM-10PM	5:30AM-9AM 9AM-1PM (SHARED) 1PM-10PM	5:30AM-5PM 5PM-7PM (SHARED) 7PM-9PM
LEISURE POOL WITH WAVES	2PM-9PM	2PM-5PM 7PM-9PM	2PM-5PM 8PM-10PM	2PM-5PM 7PM-9PM	2PM-5PM 8PM-10PM	2PM-5PM 7PM-9PM	2PM-9PM
KIDS AREA SWIM* (Tot Pool)	5:30AM-5PM 5PM-7PM (SHARED) 7PM-9PM	5:30AM-10PM	5:30AM-9AM 1PM-5PM 7PM-10PM	5:30AM-9AM 1PM-10PM	5:30AM-9AM 1PM-5PM 7PM-10PM	5:30AM-9AM 1PM-10PM	5:30AM-5PM 5PM-7PM (SHARED) 7PM-9PM
TEEN SWIM*							9PM-10PM
SHALLOW WATER AQUAFIT*		8AM-9AM 7PM-8PM	7PM-8PM	8AM-9AM 7PM-8PM	7PM-8PM	8AM-9AM	
DEEP WATER AQUAFIT*			10AM-11AM 8:15PM-9:15PM		10AM-11AM 8:15PM-9:15PM		9AM-10AM
HOT TUB, SLIDE, STEAMROOM	5:30AM-9PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-9PM
REGISTERED SWIM LESSONS			9AM-1PM 5PM-8PM	9AM-1PM	9AM-1PM 5PM-8PM	9AM-1PM	
COMMUNITY SWIM*	5PM-7PM	FOR DISTRICT COMMUNITY MEMBERS YOUR COMMUNITY LEAGUE CARD IS REQUIRED FOR ADMISSION TO COMMUNITY LEAGUE RENTALS					5PM-7PM

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- Schedule subject to change. Please visit [www.edmonton.ca/RecCentreNotifications](http://www.edmonton.ca/RecCentreNotifications) for updates on closures and cancellations.
- No Instructor lead drop-in classes or Kids Den hours on statutory holidays.

### DROP-IN AQUATIC PROGRAM DESCRIPTIONS

LANE SWIM 50M	A fitness orientated swim with lanes committed to swimming laps in a 50m pool.
LANE SWIM 25M	A fitness orientated swim with lanes committed to swimming laps in a 25m 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 triathlon. Participants should be able to swim 200m comfortably.
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 arms 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>
KIDS AREA SWIM	A recreation swim in a shallow area of the pool designed specifically for younger children.
TEEN SWIM	A recreation swim for youth ages 13-17 years.
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.
COMMUNITY SWIM	A swim arranged with area-specific community leagues. A community league membership card is required for entry. Please check at the facility or call your Community League for details.