

AQUATIC DROP IN SCHEDULE

SPRING 2016 | JUN 1 – JUL 2

	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
INDOOR TRACK	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
OPEN GYM	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
EDMONTON PUBLIC LIBRARY	1PM-5PM	10AM-9PM	10AM-9PM	10AM-9PM	10AM-9PM	10AM-6PM	10AM-6PM

AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM 25M	5:30AM-9PM 3L	5:30AM-10PM 3L	5:30AM-10PM 3L	5:30AM-10PM 3L	5:30AM-10PM 3L	5:30AM-10PM 3L	5:30AM-10PM 3L
	PLEASE CHECK ONLINE FOR MOST CURRENT AVAILABILITY OF LANES						
SWIM TRAINING							
PUBLIC SWIM MAIN POOL FLOOR	5:30AM-9AM 10AM-9PM	4:30PM-10PM		3:30PM-10PM		6PM-10PM	9AM-10PM
PUBLIC DIVING 1M	10AM-9PM	6PM-10PM		5:30PM-10PM		6PM-10PM	10AM-10PM
PUBLIC DIVING 3 & 5M	10AM-9PM	6PM-10PM		5:30PM-10PM		6PM-10PM	10AM-10PM
PUBLIC SWIM LEISURE POOL	5:30AM-9PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM
PUBLIC SWIM LEISURE POOL SHARED						6PM-8PM	
	HALF OF SHALLOW BEACH AND DEEP AREA OF LEISURE POOL AVAILABLE OTHER AREAS RESERVED FOR LEARN TO SWIM LESSONS						
WHIRL POOL & STEAM ROOM	5:30AM-9PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM
WATER SLIDE	5:30AM-9PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM
DEEP WATER AQUAFIT				12PM-1PM (START JUN 8)			
SHALLOW WATER AQUAFIT	9AM-10AM (START JUN 5)	12PM-1PM (START JUN 6)	8PM-9PM (START JUN 7)		8PM-9PM (START JUN 9)	12PM-1PM (START JUN 10)	8:45AM-9:45AM (START JUN 11)
SWIM LESSONS							
COMMUNITY SWIM		FOR DISTRICT COMMUNITY MEMBERS YOUR COMMUNITY LEAGUE CARD IS REQUIRED FOR ADMISSION TO COMMUNITY LEAGUE RENTALS THIS IS A SHARED SWIM WITH PUBLIC					6PM-8PM

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ACTIVITY DESCRIPTIONS

LANE SWIM 25M	A fitness oriented swim with lanes committed to swimming laps in a 25m pool. All ages welcome.
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 200 meters comfortably.
PUBLIC SWIM	<p>ALL AGES WELCOME</p> <p>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.</p> <p>Everyone must be able to swim 25 meters on their front without stopping before entering water above shoulder depth. Youth under the age of 13years 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.</p>
PUBLIC SWIM MAIN POOL FLOOR	A shallow water recreation swim in the main pool raised floor area.
WATER SLIDE	Our water slide exits into a shallow water trough and is perfect for all ages.
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.
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. Please check at the facility or call your Community League for details
	<p><u>For Aquatic Program Registration or Questions:</u></p> <p>In Person – Facility Front Desk</p> <p>Online – www.edmonton.ca</p> <p>Phone - 311</p>

- Schedule subject to change. Please visit www.edmonton.ca/RecCentreNotifications for updates on closures and cancellations.
- No registered classes, drop-in classes or Kids Den on statutory holidays.
- Please note during school breaks, (Teacher's Convention, Spring Break and Christmas break) aquatic, gym, field house, and arena schedules may vary, please visit our live schedules at www.edmonton.ca/MeadowsRec

Revised: May 28, 2016