

THE MEADOWS 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
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	8:00AM-8:00PM	8:00AM-8:00PM	8:00AM-8:00PM	8:00AM-8:00PM	8:00AM-8:00PM	8:00AM-8:00PM	8:00AM-8:00PM
KIDS DEN (0 YRS – DAY 1 OF GRADE 1)		8:30AM-3:00PM	8:30AM-12:30PM	8:30AM-3:00PM	8:30AM-12:30PM	8:30AM-3:00PM	
KIDS DEN (0-11 YRS)		4:30PM-8:00PM	4:30PM-8:00PM	4:30PM-8:00PM	4:30PM-8:00PM		8:30AM-12:30PM
EDMONTON PUBLIC LIBRARY	1:00PM-5:00PM	10:00AM-9:00PM	10:00AM-9:00PM	10:00AM-9:00PM	10:00AM-9:00PM	10:00AM-6:00PM	10:00AM-6:00PM
AQUATIC SCHEDULE							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM 25M	FLOOR DEPTH MAY VARY FROM 0.9M TO 1.2M IN SHALLOW WATER LANES						
	5:30AM-9:00PM 3L	5:30AM-10:00PM 3L	5:30AM-7:45PM 3L 7:45PM-10:00PM 6L	5:30AM-10:00PM 3L	5:30AM-7:45PM 3L 7:45PM-10:00PM 6L	5:30AM-10:00PM 3L	5:30AM-10:00PM 3L
PUBLIC SWIM MAIN POOL SHALLOW	10:00AM- 9:00PM	1:15PM-10:00PM	11:45AM-7:45PM	11:45AM -10:00PM	11:45AM-7:45PM	1:15PM-10:00PM	10:00AM-10:00PM
PUBLIC DIVING	10:00AM-9:00PM	1:00PM-4:00PM 6:00PM-10:00PM	1:00PM-4:00PM 6:00PM-7:45PM	1:00PM-4:00PM 6:00PM-10:00PM	1:00PM-4:00PM 6:00PM-7:45PM	1:00PM-4:00PM 6:00PM-10:00PM	10:00AM-10:00PM
PUBLIC SWIM LEISURE POOL	5:30AM-9:00PM	5:30AM-8:30AM 11:45AM-4:00PM- 6:00PM-10:00PM	5:30AM-8:30AM 11:45AM-4:00PM- 6:00PM-10:00PM	5:30AM-8:30AM 11:45AM-4:00PM- 6:00PM-10:00PM	5:30AM-8:30AM 11:45AM-4:00PM- 6:00PM-10:00PM	5:30AM-8:30AM 11:45AM-10:00PM	5:30AM-10:00PM
PUBLIC SWIM LEISURE POOL SHARED	HALF OF SHALLOW BEACH AND HALF SHALLOW MAIN POOL AVAILABLE OTHER AREAS RESERVED FOR LEARN TO SWIM LESSONS						
		8:30AM -11:45AM (SHARED) 4:00PM-6:00PM	8:30AM -11:45AM (SHARED) 4:00PM-6:00PM	8:30AM -11:45AM (SHARED) 4:00PM-6:00PM	8:30AM -11:45AM (SHARED) 4:00PM-6:00PM	8:30AM -11:45AM (SHARED)	
WHIRLPOOL & STEAM ROOM	5:30AM-9:00PM	5:30AM-10:00PM	5:30AM-10:00PM	5:30AM-10:00PM	5:30AM-10:00PM	5:30AM-10:00PM	5:30AM-10:00PM
WATER SLIDE	5:30AM-9:00PM	5:30AM-10:00PM	5:30AM-10:00PM	5:30AM-10:00PM	5:30AM-10:00PM	5:30AM-10:00PM	5:30AM-10:00PM
DEEP WATER AQUAFIT				12:00PM-1:00PM			
SHALLOW WATER AQUAFIT	9:00-10:00AM	12:00PM-1:00PM	8:00PM-9:00PM		8:00PM-9:00PM	12:00PM-1:00PM	8:45AM-9:45AM
SWIM LESSONS		8:30AM -11:45AM 4:00PM-6:00PM	8:30AM -11:45AM 4:00PM-6:00PM	8:30AM -1:00PM 4:00PM-6:00PM	8:30AM -11:45AM 4:00PM-6:00PM	8:30AM -11:45AM 4:00PM-6:00PM	
COMMUNITY SWIM		FOR DISTRICT COMMUNITY MEMBERS. YOUR COMMUNITY LEAGUE CARD IS REQUIRED FOR ADMISSION TO COMMUNITY LEAGUE SWIMS. THIS IS A SHARED SWIM WITH THE PUBLIC.				6PM-8PM	

ACTIVITY DESCRIPTIONS	
LANE SWIM 25M	A fitness oriented swim with lanes committed to swimming laps in a 25m pool. All ages welcome.
PUBLIC SWIM	ALL AGES WELCOME
	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 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.
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

- Schedule subject to change. Please visit www.edmonton.ca/RecCentreNotifications for updates on closures and cancellations.
- No drop-in classes, registered classes, or Kids Den on statutory holidays.