

## FALL 2020 | SEPTEMBER 8 - DECEMBER 19

\* Please note: Reservations are limited and required for entrance to the facility. Visit [movelearnplay.edmonton.ca](http://movelearnplay.edmonton.ca) to reserve admission for activities listed within this schedule.

FACILITY HOURS							
	SUN	MON	TUES	WED	THU	FRI	SAT
ADMISSION DESK	8:45AM-4:30PM	6:15AM-7:30PM	6:15AM-7:30PM	6:15AM-7:30PM	6:15AM-7:30PM	6:15AM-6:30PM	7:15AM-5:30PM
FITNESS CENTRE	9AM-5PM	6:30AM-8PM	6:30AM-8PM	6:30AM-8PM	6:30AM-8PM	6:30AM-7PM	7:30AM-6PM
The Fitness Centre is available in 75 minute time slots. Visit <a href="http://MoveLearnPlay.edmonton.ca">MoveLearnPlay.edmonton.ca</a> to view availability.							
COURT SPORTS	9AM-5PM	6:30AM-8PM	6:30AM-8PM	6:30AM-8PM	6:30AM-8PM	6:30AM-7PM	7:30AM-6PM
Courts are available in 75 minute time slots. Visit <a href="http://MoveLearnPlay.edmonton.ca">MoveLearnPlay.edmonton.ca</a> to view availability.							
EDMONTON PUBLIC LIBRARY	1PM-5PM		10AM-6PM	10AM-6PM	10AM-6PM	10AM-6PM	10AM-6PM

AQUATIC SCHEDULE							
ACTIVITY	SUN	MON	TUES	WED	THU	FRI	SAT
LANE SWIM 25M	9AM-1:30PM	6:30AM-8PM	6:30AM-8PM	6:30AM-8PM	6:30AM-8PM	6:30AM-7PM	7:30AM-1:30PM
Lane swim is available in 30 minute time slots. Visit <a href="http://MoveLearnPlay.edmonton.ca">MoveLearnPlay.edmonton.ca</a> to view availability.							
PUBLIC SWIM: LEISURE POOL/ LAZY RIVER, WATERSLIDE & TOT POOL	9-1:30PM SHARED PUBLIC SWIM 1:45-4:45PM	7AM-1PM 3-8PM	7AM-1PM 3-8PM SHARED PUBLIC SWIM	7AM-1PM 3-8PM	7AM-1PM 3-8PM SHARED PUBLIC SWIM	7AM-1PM 3-7PM	7:30-9AM 9-1:30PM SHARED PUBLIC SWIM 1:45-5:45PM
	1 METRE DIVING BOARD			4-7PM			
	PUBLIC DIVE (Main Pool)	1:45-4:45PM					1:45-5:45PM
Public swim is available in 60 minute time slots. Visit <a href="http://MoveLearnPlay.edmonton.ca">MoveLearnPlay.edmonton.ca</a> to view availability.							
GENTLE SHALLOW WATER AQUAFIT		11:45AM-12:45PM 5:45-6:45PM		11:45AM-12:45PM 5:45-6:45PM		11:45AM-12:45PM	
DEEP WATER AQUAFIT			8-9AM		8-9AM		
REGISTERED LEARN TO SWIM PROGRAMS	9AM-1:30PM		3-8PM		3-8PM		9AM-1:30PM

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## Did You Know...

Visit [movelearnplay.edmonton.ca](https://movelearnplay.edmonton.ca) to register for Learn to Swim program and Safety & Aquatic Certifications.

Visit [movelearnplay.edmonton.ca](https://movelearnplay.edmonton.ca) to reserve admission to our recreation facilities.

Instructor-Led programs do not run on Statutory Holidays.

Visit [https://www.edmonton.ca/activities\\_parks\\_recreation/act.aspx](https://www.edmonton.ca/activities_parks_recreation/act.aspx) for live facility information including amenities, pool temperatures, and much more!

You can sign up to receive email updates regarding pool/amenity closures, cancelled classes, and holiday hours! Visit [edmonton.ca/facilitynotifications](https://edmonton.ca/facilitynotifications) to subscribe. Please note you will only receive notifications for the facilities you subscribe to. This notification tool is not used for promotions.

## ACTIVITY DESCRIPTIONS

<b>COURT SPORTS</b>	Your court sport experience awaits! Courts are available for badminton and pickleball.
<b>LANE SWIM</b>	Whatever pace you swim or exercise, your lane awaits! All ages welcome.
<b>MAIN POOL PUBLIC DIVE/LEISURE POOL/LAZY RIVER/TOT POOL</b>	<p><b>ALL AGES WELCOME</b></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 or older. Keep children under 8 years within arm's 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 meters on their front without stopping, before entering water greater than chest deep. 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> <p><b>PUBLIC DIVE</b></p> <ul style="list-style-type: none"> <li>• The 1m, 3m, 5m diving boards will be available during these times.</li> </ul>
<b>SHARED PUBLIC SWIM</b>	More than one swim activity is scheduled in a pool. During shared public swim times all of the special features may not be available. This can be during swim lessons, Shallow water gentle aquafit or school recreational swim times. Shallow beach area of the Tot pool and Leisure pool are available.
<b>STEAMROOM/WHIRLPOOL</b>	In accordance with AHS Guidelines, warm/hot amenities will not open until phase 3.
<b>GENTLE SHALLOW WATER AQUAFIT</b>	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 mild - moderate one-hour class set to music and taught by certified instructors. Work at your own pace, no swimming skills required. Water temp 32 C.
<b>DEEP WATER AQUAFIT</b>	Enjoy deep-water exercises as you are suspended by an aquabelt for a total body workout.
<b>REGISTERED LEARN TO SWIM PROGRAMS</b>	Learning to swim is easy and fun with our swimming lessons for tiny tots, youth, and adults. To register come to any of our City of Edmonton facilities, or online at <a href="https://movelearnplay.edmonton.ca">https://movelearnplay.edmonton.ca</a>