CLAREVIEW COMMUNITY RECREATION CENTRE

City of Edmonton Recreation centres | Edmonton

ACTIVE OLDER ADULT | DROP-IN PROGRAM SCHEDULE | SUMMER 2018 | JUL 1 - SEP 1

DOWNLOAD THE REC CENTRES MOBILE APP & BUILD YOUR CUSTOM DROP-IN PROGRAM SCHEDULE! AVAILABLE FOR IOS & ANDROID DEVICES

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YRS, BUT SUITED FOR OLDER ADULTS

FACILITY HOURS ON STATUTORY HOLIDAYS : 7AM - 9PM

	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
EDMONTON PUBLIC LIBRARY	1-5PM	10AM-9PM	10AM-9PM	10AM-9PM	10AM-9PM	10AM-9PM	10AM-9PM
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

FOR DEDICATED DROP-IN SPORT TIMES, INCLUDING BADMINTON, BASKETBALL, PICKLEBALL, VOLLEYBALL AND TABLE TENNIS PLEASE SEE THE 'CITY-WIDE DEDICATED SPORT DROP-IN SCHEDULE

DROP-IN DRYLAND SCHEDULE

For Program Descriptions and Intensity Ratings, please see below.

	SUN	MON	TUE	WED	THU	FRI	SAT
LIVING FIT (MPR4)					10:30-11:30AM		
WALKING FOR HEALTH (TK)			9:30-10:30AM			9:15-10:15AM	
YOGA – CHAIR (MPR2)				11:30AM-12:30PM			
YOGA - HATHA (MPR2)	9:30-10:30AM 10:45-11:45AM	7:10-8:10PM	9:15-10:15AM	9:15-10:15AM	10:30-11:30AM 6:15-7:15PM	9:15-10:15AM	
YOGA - HATHA GENTLE (MPR2)		10:45-11:45AM	12-1PM			10:30-11:30AM	
ZUMBA - GOLD (MPR4)			10:30-11:30AM				

ROOM DESCRIPTIONS : *Gym: Gymnasium, *MPR3: Multi-Purpose Room 3, *MPR4: Multi-Purpose Room 4, *MPR6: Multi-Purpose Room 6. *TK: Track

DROP-IN AQUATIC SCHEDULE

LANE SWIM	5:30--2PM 4L	5:30-2PM 4L 9-10PM 4L	5:30-2PM 4L 9-10PM 4L	5:30-2PM 4L 9-10PM 4L	5:30-2PM 4L 9-10PM 4L	5:30-2PM 4L	5:30-2PM 4L
DEEP WATER AQUAFIT			8-9AM		8-9AM		
DEEP WATER TETHERING							
SHALLOW WATER AQUAFIT		6-7PM		6-7PM			

☆ *NO Leader-led Programs and Kid's Den on Statutory Holidays. *Schedule subject to change. Please visit edmonton.ca/FacilityNotifications for updates on closures or class cancellations. ***DOWNLOAD the Rec Centres Mobile App & Build your custom drop-in program schedule***, search for 'City Rec Centres' on the App Store ©, or Google Play ©. Or visit edmonton.ca/FindYourFIt for weekly drop-in schedules. ***Revised June 12, 2018.***

ACTIVE OLDER ADULT | DROP-IN PROGRAM SCHEDULE | SPRING 2018 | APR 1 - JUN 30

ACTIVITY DESCRIPTIONS & INTENSITY RATING

DEEP WATER AQUAFIT	**2-4**	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.
DEEP WATER TETHERING	**2-4**	A tether (i.e. bungee cord or hitch) is fastened to a deep water belt and then hooked onto a lane rope creating dynamic resistance. This activity can be performed in deep or shallow water and is easily modified for all levels. Participants can work towards their own personal best by increasing or decreasing the amount of effort or "pull" on the tether. Adding a tether further increases the resistance, especially when encouraged to pull forward. Benefits can include reduced impact on joints (shallow) or no impact on joints (deep), increased range of motion, improved strength and endurance, increased core strength and cardiac functioning.
GENTLE AQUAFIT	**1-3**	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 varies depending on facility(29.5 – 32C)
SHALLOW WATER AQUAFIT	**1-3**	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.
LIVING FIT	**2-4**	Exercises specifically designed for the active older adult, a variety of cardio and resistance training exercises will keep you moving and strong for the daily activities of life.
WALKING FOR HEALTH	**2-4**	Take a walk around the track with an experienced instructor. The use of light weights and other exercises may be used. In good weather, this class may go outside.
YOGA - CHAIR	**1-3**	In chair yoga, traditional yoga poses are adapted so that they can be safely done sitting in a chair or using a chair for support, making yoga more accessible for people challenged by standing for long periods or mobility in moving to and from the floor. In addition to a healthy stretch, benefits of chair yoga include: improved muscle tone and range of movement in the joints, better breathing habits and stress reduction." **Yoga mats are not provided.**
YOGA - HATHA	**2-3**	This class accommodates a wide range of experience levels from beginner to students that have practiced for a long period of time. The class works on a balance between strength and flexibility while building endurance and improving your breathing and posture. **Yoga mats are not provided.**
YOGA - HATHA GENTLE	**1-3**	Intended for beginners, those with special concerns or injuries and those who simply desire a slower pace in which to develop greater personal body and breath awareness with attention to alignment and detail. Learn more about yoga and improve flexibility, alignment, strength & balance in a gentle achievable practice that is relaxing, calming and stress-relieving. **Yoga mats are not provided.**
ZUMBA - GOLD	**1-3**	Featuring Latin rhythms, Zumba Gold modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

Yoga mats are not provided.