

## CITY WIDE - SWIM TRAINING SCHEDULE | FALL 2018 | SEPTEMBER 2 - DECEMBER 22

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

LOCATION	SUN	MON	TUES	WED	THU	FRI	SAT
KINSMEN SPORTS CENTRE		6-7AM 5L 50M  9:30-10:30AM 6L 50M		6-7AM 5L 25M  9:30-10:30AM 7L 25M		6-7AM 6L 50M  9:30-10:30AM 7L 50M	
TERWILLEGAR COMMUNITY RECREATION CENTRE			6-7AM 4L 50M		6-7AM 4L 50M		6-7AM 4L 25M

☆ \*Schedule subject to change. Please visit [edmonton.ca/FacilityNotifications](http://edmonton.ca/FacilityNotifications) for updates on closures or class cancellations.

- Professional swim coaches will help you improve your swimming skills, speed and endurance.
- Perfect for swimmers who swim for fitness or for those planning to compete in triathlon.
- Participants should be able to swim 200 meters comfortably

## WE'RE ALL IN THIS TOGETHER

- › Keep children under 8 within arms reach at all times
- › Children under 8 must be accompanied by a caregiver
- › Know the water depth before entering
- › Free lifejackets available at all City pools
- › Obey all pool rules

