

## CITY WIDE - SWIM TRAINING SCHEDULE | SUMMER 2019 | JUNE 30 - AUGUST 31

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
<b>KINSMEN SPORTS CENTRE</b>		6-7AM 5L 50M  9:30-10:30 AM 6L 50M  <b>OFFERED AT KSC UNTIL AUGUST 12</b>		6-7AM 5L 50M  <b>OFFERED UNTIL AUGUST 14</b>		6-7AM 5L 50M  9:30-10:30 AM 6L 50M  <b>OFFERED AT KSC UNTIL AUGUST 9</b>  <b>SWIM TRAINING MOVED TO QUEEN E JUL 5 &amp; 19</b>	
<b>QUEEN ELIZABETH OUTDOOR POOL</b>		10-11AM 6L 25M  <b>ONLY OFFERED ON AUG 19 &amp; 26</b>		10-11AM 6L 25M		10-11AM 6L 25M  <b>ONLY OFFERED ON JUL 5 &amp; 19 AUG 16, 23 &amp; 30</b>	
<b>TERWILLEGAR COMMUNITY RECREATION CENTRE</b>			6-7AM 4L 50M		6-7AM 4L 50M		6-7AM 4L 25M

- Professional swim coaches will help you improve your swimming technique, speed and endurance.
- Ideal for swimmers who swim for fitness, triathlon or want to learn new strokes and/or skills.
- Participants should be able to swim 200 meters comfortably.

### \*PLEASE NOTE THE FOLLOWING SCHEDULE CHANGES:

- The Friday, July 5 & 19, 9:30am Swim Trainings at Kinsmen will be moved to Queen Elizabeth Outdoor Pool at 10am due to special events.
- From Friday, August 16 to Friday, August 30 during the summer portion of the Kinsmen Sports Centre competition pool shutdown, the Mon/Fri 9:30am Swim Trainings will be held at Queen Elizabeth Outdoor Pool at 10am.



**\*Leader-led Programs do not run on Statutory Holidays.**

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

### Swim Training Cancellation Dates:

Monday, July 1-Canada Day

Monday, August 5-Heritage Day

## 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

