

AQUATIC DROP-IN SCHEDULE | SUMMER 2020 | JULY 20 - SEPTEMBER 5

FACILITY HOURS ON STATUTORY HOLIDAY (AUGUST 3): 7AM-7PM							
	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	7AM-6:45PM	7AM-6:45PM	7AM-6:45PM	7AM-6:45PM	7AM-6:45PM	7AM-6:45PM	7AM-6:45PM
BIRTHDAY PARTY AND CASUAL RENTAL TIME							

AQUATIC SCHEDULE							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM	7AM-2PM 8L 2-4PM 2L 6:15-7PM 8L	7-8AM 5L 8AM-12PM 2L 12-2PM 8L 2-7PM 2L	7-8AM 5L 8AM-1PM 2L 1-2PM 8L 2-4PM 2L 4-7PM 4L	7-8AM 5L 8AM-12PM 2L 12-2PM 8L 2-7PM 2L	7-8AM 5L 8AM-1PM 2L 1-2PM 8L 2-4PM 2L 4-7PM 4L	7-8AM 5L 8AM-Midnight 2L 12-2PM 8L 2-4PM 2L 4-7PM 4L	7-8AM 8L 8AM-4PM 2L 4-5PM 8L 5-7PM 2L
PUBLIC SWIM	2-4PM	2-4PM	2-4PM	2-4PM	2-4PM	2-4PM	2-4PM 5-7PM
REGISTERED LEARN TO SWIM PROGRAMS		8AM-12PM 4-7:30PM	8AM-12PM	8AM-12PM 4-7:30PM	8AM-12PM	8AM-12PM	8AM-2PM
COMMUNITY SWIM	4:15-6PM	FOR DISTRICT COMMUNITY MEMBERS YOUR COMMUNITY LEAGUE CARD IS REQUIRED FOR ADMISSION TO COMMUNITY LEAGUE RENTALS					
SHALLOW WATER AQUAFIT			8-9AM 12-1PM		8-9AM 12-1PM		
DEEP WATER AQUAFIT		8-9AM		8-9AM		8-9AM	

*** Please note: Reservations are limited and required for entrance to the facility. Visit movelearnplay.edmonton.ca to reserve admission for activities listed within this schedule.**

Did You Know...

Visit movelearnplay.edmonton.ca to register for Learn to Swim program and Safety & Aquatic Certifications.

Instructor-Led programs do not run on Statutory Holidays.

Visit 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 to subscribe. Please note you will only receive notifications for the facilities you subscribe to. This notification tool is not used for promotions.

Aquafit classes with a seasonal average attendance of 17 people or less are subject to cancellation.



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ACTIVITY DESCRIPTIONS

LANE SWIM	A fitness oriented swim with lanes committed to swimming laps.
PUBLIC SWIM	<p>ALL AGES WELCOME</p> <ul style="list-style-type: none"> • 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 metres on their front without stopping before entering water above shoulder depth. 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
REGISTERED LEARN TO SWIM PROGRAMS	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 https://movelearnplay.edmonton.ca
HOT TUB, STEAM ROOM AND STEAM ROOM	In accordance with AHS Guidelines, warm/hot amenities will not open until phase 3.
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.
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.
DEEP WATER AQUAFIT	An aqua belt suspends you so that your whole body gets a total workout. Good for those with joint or injury concerns. Also known as Aqua jog.