

CITY WIDE - AQUAFIT SCHEDULE | WINTER 2022 | EFFECTIVE JANUARY 2

LOCATION	SUN	MON	TUES	WED	THU	FRI	SAT
ACT AQUATIC & LEISURE CENTRE	CLOSED FOR MAINTENANCE, VISIT: EDMONTON.CA FOR SCHEDULE ONCE FACILITY REOPENS						
BONNIE DOON LEISURE CENTRE *Salt water pool		8-9AM DW	8-9AM SW 12-1PM SW 7-8PM SW	8-9AM DW	8-9AM SW 12-1PM SW 7-8PM SW	8-9AM DW	
CLAREVIEW COMMUNITY RECREATION CENTRE *Salt water pool		12-1PM GSW 6-7PM GSW	8-9AM DW Self Directed	12-1PM GSW 6-7PM GSW	8-9AM DW Self Directed	12-1PM GSW	
COMMONWEALTH COMMUNITY RECREATION CENTRE *Salt water pool		11AM-12PM SW 5-6PM SW		11AM-12PM SW 5-6PM SW		11AM-12PM SW	
CONFEDERATION LEISURE CENTRE *Salt water pool	9-10AM SW Self Directed	11AM-12PM SW 7:30-8:30PM DW	7:30-8:30PM SW	11AM-12PM SW 7:30-8:30PM SW/DW	7:30-8:30PM DW	11AM-12PM SW	
EASTGLEN LEISURE CENTRE *Salt water pool	4-5PM SW FO		10-11AM SW 5-6PM SW	10-11AM DW	10-11AM SW 5:30-6:30PM SW FO	10-11AM DW	8:45-9:45AM AMD 9:45-10:45AM AMD (Intro)
GRAND TRUNK FITNESS & LEISURE CENTRE	9-10AM SW 8-9AM KA	8-9AM SW 9-10AM SW 6:30-7:30PM SW	8-9AM KA	8-9AM SW 9-10AM SW 6:30-7:30PM SW	8-9AM KA	8-9AM SW 9-10AM SW 6-7PM SW	8-9AM SW
HARDISTY FITNESS & LEISURE CENTRE	12-1PM SW	8-9AM SW 9-10AM DW 11AM-12PM SW 7-8PM SW	2:30-3:30PM WW 7-8PM DW	8-9AM SW 9-10AM DW 11AM-12PM SW	2:30-3:30PM WW 7-8PM SW	8-9AM SW 9-10AM DW 11AM-12PM SW	
JASPER PLACE LEISURE CENTRE *Salt water pool	8:45-9:45AM SW (Effective Jan 30)		8-9AM SW		8-9AM SW	8-9AM SW	
KINSMEN SPORTS CENTRE		10-11AM SW		10-11AM SW		10-11AM SW	
LONDONDERRY FITNESS & LEISURE CENTRE		8-9AM DW 11-12PM SW	11-12PM SW 6-7PM SW	8-9AM DW 11-12PM SW	11-12PM SW 6-7PM SW	11-12PM SW	
MILL WOODS RECREATION CENTRE	11AM-12PM DW	9-10AM SW/DW 7-8PM DW	8:30-9:30AM DW	8-9AM SW 9-10AM DW 7-8PM DW	8:30-9:30AM DW	9-10AM SW/DW	
O'LEARY FITNESS & LEISURE CENTRE			10-11AM SW		10-11AM SW Self Directed		
PETER HEMINGWAY FITNESS & LEISURE CENTRE	CLOSED FOR MAINTENANCE, VISIT: EDMONTON.CA FOR SCHEDULE ONCE FACILITY REOPENS						
TERWILLEGAR COMMUNITY RECREATION CENTRE *Salt water pool		10AM-11AM SW	10AM-11AM SW	10AM-11AM DW	10AM-11AM SW	10AM-11AM DW	9AM-10AM DW
THE MEADOWS COMMUNITY RECREATION CENTRE *Salt water pool	9AM-10AM SW	12-1PM SW	9-10AM DW	12-1PM DW	9-10AM DW	12-1PM SW	8:45-9:45AM SW

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Did You Know...

Instructor-Led programs do not run on Statutory Holidays.

During stat holiday closures, customers who have facility level: Monthly, Continuously Monthly or Annual memberships at closed facilities will be able to access the larger Community Recreation Centres at no extra charge.

Visit [Recreation Centres and Pools](#) on edmonton.ca for live facility information including amenities, pool temperatures, and so 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 that you will only receive notifications for the facilities you subscribe to. This notification tool is not used for promotions.

Schedules are subject to change. Visit [movelearnplay.edmonton.ca](#) to register for Aquatic Programs and review up to date information regarding drop in activities (including number of lanes available and Instructor Led Programs).

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

ACTIVITY DESCRIPTIONS

FEMALE ONLY (FO)	An activity for females only, including the staff.
SHALLOW WATER AQUAFIT (SW)	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 AQUAMAT (AMD)	Borrowed from various disciplines including yoga, strength training, pilates, cross-training, and stretching, you will benefit from a variety of training styles and exercises that are designed to increase overall body strength and cardio. (Note: this is a deep water class)
DEEP WATER AQUAFIT (DW)	An aqua belt suspends you so that your whole body gets a total workout. Good for those with joint or injury concerns. Must be able to swim 25 metres in deep water comfortably.
KARATAQUATICS (KA)	A hybrid of karate, strength and endurance training.
WATER WORKS (WW)	Water Works is an aquatic exercise program specifically for people with muscle, joint or mobility problems.
GENTLE AQUAFIT (GSW)	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)