

WINTER 2022 | EFFECTIVE JANUARY 2-31

Visit movelearnplay.edmonton.ca for a complete list of activities.

FACILITY HOURS

	SUN	MON	TUES	WED	THU	FRI	SAT
ADMISSION DESK	6:30AM-9PM	5:30AM-9PM	5:30AM-9PM	5:30AM-9PM	5:30AM-9PM	5:30AM-9PM	6:30AM-9PM
FITNESS CENTRE	6:30AM-9PM	5:30AM-9PM	5:30AM-9PM	5:30AM-9PM	5:30AM-9PM	5:30AM-9PM	6:30AM-9PM
INDOOR PLAYGROUND	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM
OPEN GYM	6:30AM-9PM	5:30AM-9PM	5:30AM-9PM	5:30AM-9PM	5:30AM-9PM	5:30AM-9PM	6:30AM-9PM
EDMONTON PUBLIC LIBRARY	1-5PM	10AM-9PM	10AM-9PM	10AM-9PM	10AM-9PM	10AM-9PM	10AM-6PM

AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUES	WED	THU	FRI	SAT
<u>LANE SWIM 25M</u>	6:30AM-1:45PM	5:30AM-6:45PM	5:30AM-8:30PM	5:30AM-6:45PM	5:30AM-8:30PM	5:30AM-6:45PM	6:30AM-1:45PM
<u>PUBLIC SWIM</u>	6:30AM-8:30PM	5:30AM-8:30PM	5:30AM-8:30PM	5:30AM-8:30PM	5:30AM-8:30PM	5:30AM-8:30PM	6:30AM-8:30PM
LEISURE POOL/ LAZY RIVER, WATERSLIDE, & TOT POOL							
WITH DIVING BOARDS, LEISURE POOL WAVES	2-8:30PM	7-8:30PM		7-8:30PM		7-8:30PM	2-8:30PM
<u>HOT TUB & STEAM ROOM</u>	6:30AM-8:30PM	5:30AM-8:30PM	5:30AM-8:30PM	5:30AM-8:30PM	5:30AM-8:30PM	5:30AM-8:30PM	6:30AM-8:30PM
COMMUNITY SWIM							6-8PM
<u>GENTLE SHALLOW WATER AQUAFIT</u>		12-1PM 6-7PM		12-1PM 6-7PM		12-1PM	
<u>DEEP WATER AQUAFIT</u>			8-9AM		8-9AM		
<u>REGISTERED LEARN TO SWIM PROGRAMS</u>	9AM-1:45PM		4-8PM		4-8PM		9AM -1:45PM

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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

LANE SWIM	Individual lanes available for lane swim, water walking/jogging and individual wellness movement. Please note, depth may vary. <ul style="list-style-type: none"> 3 Lanes guaranteed during 25m swim times.
PUBLIC SWIM	LEISURE POOL/ LAZY RIVER, WATERSLIDE, & TOT POOL <ul style="list-style-type: none"> A recreational swim for all ages! Additional amenities such as waves, diving boards, water slides, lazy river, climbing walls, tot pools, etc. may be available. <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 chest deep water. 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 Review our aquatic centre rules and guidelines.
	WITH DIVING BOARDS, LEISURE POOL WAVES <ul style="list-style-type: none"> A Public Swim including the Main Pool, the 1m, 3m, 5m diving boards and Leisure pool waves will be available during these times.
HOT TUB & STEAM ROOM	Facility amenities to warm you up!
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.
GENTLE SHALLOW WATER AQUAFIT	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)
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. Must be able to swim 25 metres in deep water comfortably.
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