

## WINTER 2022 | EFFECTIVE JANUARY 2

Visit [movelearnplay.edmonton.ca](http://movelearnplay.edmonton.ca) for a complete list of activities.

## FACILITY HOURS

	SUN	MON	TUES	WED	THU	FRI	SAT
<b>ADMISSION DESK</b>	7AM-8:30PM	6AM-9:30PM	6AM-9:30PM	6AM-9:30PM	6AM-9:30PM	6AM-9:30PM	7AM-8:30PM
<b>FITNESS CENTRE</b>	7AM-9PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	7AM-9PM
<b>COURT SPORTS</b>	7AM-9PM	6:15AM-10PM	6:15AM-10PM	6:15AM-10PM	6:15AM-10PM	6:15AM-10PM	7AM-9PM

## DROP-IN AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUES	WED	THU	FRI	SAT
<b><u>LANE SWIM</u></b>	7AM-9PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	7AM-9PM
<b><u>PUBLIC SWIM</u></b>	LEISURE POOL	7AM-9PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	7AM-9PM
	LEISURE POOL & WATERSLIDE	8-10AM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	7-10AM
	LEISURE POOL, CLIMBING WALL & WATERSLIDE	7AM-5PM 8-9PM	6AM-4PM 7:45PM-10PM	6AM-4PM 7:45PM-10PM	6AM-4PM 7:45PM-10PM	6AM-4PM 7:45PM-10PM	6AM-4PM 7PM-10PM
<b><u>REGISTERED LEARN TO SWIM PROGRAMS</u></b>		4:30-7:45PM	4:30-7:45PM	4:30-7:45PM	4:30-7:45PM	4-7PM	9-1PM
<b><u>COMMUNITY SWIM</u></b>	1-3PM						3-5PM
<b><u>SHALLOW WATER AQUAFIT</u></b>		11AM-12PM 5-6PM		11AM-12PM 5-6PM		11AM-12PM	
<b><u>HOT TUB &amp; STEAM ROOM</u></b>	7AM-9PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	7AM-9PM

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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](https://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](https://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

<b>LANE SWIM</b>	Individual lanes available for lane swim, water walking/jogging and individual wellness movement. Please note, depth may vary.
<b>PUBLIC SWIM</b>	<p>LEISURE POOL</p> <p>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.</p> <ul style="list-style-type: none"> <li>• <b>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.</b></li> <li>• Everyone <b>must be able to swim 25 metres</b> on their front without stopping before entering chest deep water. Youth under the age of 13 years <b>must demonstrate</b> this ability, and those 13 or older <b>may be asked</b>. If a lifejacket is used for the swim it must always be worn in deep water</li> </ul> <p>Review our <a href="#">aquatic centre rules and guidelines</a>.</p>
	<p>LEISURE POOL &amp; WATERSLIDE</p> <p>A Public Swim in the Leisure Pool, with the addition of our Waterslide! Parents and young children can enjoy our slide together or any guest on their own.</p>
	<p>LEISURE POOL, CLIMBING WALL &amp; WATERSLIDE</p> <p>A Public Swim in the Leisure Pool, with the addition of our Climbing Wall and Waterslide! Parents and young children can enjoy our slide together, or any guest on their own. You can also come climb the wall! After doing a deep end swim test, the climbing wall is a fun way to practice your rock climbing skills with a pool to land in.</p>
<b>REGISTERED SWIMMING LESSONS</b>	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 <a href="https://movelearnplay.edmonton.ca/COE/public/Category/Courses">https://movelearnplay.edmonton.ca/COE/public/Category/Courses</a> .
<b>COMMUNITY SWIM</b>	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.
<b>SHALLOW WATER AQUAFIT</b>	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.
<b>HOT TUB &amp; STEAM ROOM</b>	Facility amenities to warm you up!