

WINTER 2022 | EFFECTIVE JANUARY 2

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

FACILITY HOURS

| | SUN | MON | TUES | WED | THU | FRI | SAT |
|--|------------|---|-------------|-------------|-------------|------------|------------|
| ADMISSION DESK | 6AM-5:30PM | 5:30AM-10PM | 5:30AM-10PM | 5:30AM-10PM | 5:30AM-10PM | 5:30AM-9PM | 6AM-5:30PM |
| BIRTHDAY PARTY AND CASUAL RENTAL TIME | 5:30-10PM | INQUIRE WITH CASHIERS ABOUT PARTY ROOM AVAILABILITY | | | | 9-10PM | 5:30-10PM |

AQUATIC SCHEDULE

| ACTIVITY | SUN | MON | TUES | WED | THU | FRI | SAT |
|---|-----------|-------------------------------------|--------------------------|-------------------------------------|--------------------------|------------------------------------|----------|
| LANE SWIM | 6-8:55AM | 5:30-11AM 12-3:55PM 8:30-10PM | 5:30-3:55PM 8:30-10PM | 5:30-11AM 12-4:55PM 8:30-10PM | 5:30-3:55PM 8:30-10PM | 5:30-11AM 12-3:55PM 5:30-7PM | 6-8:55AM |
| SHARED SPACE DIVE TANK | 9-9:55AM | 8:30AM-3:55PM | 7:45AM-3:55PM | 8:30AM-3:55PM | 7:45AM-3:55PM | 8:30AM-3:55PM | |
| WIDTH SWIM SHALLOW POOL | 9-10AM | 11AM-12PM | | 11AM-12PM | | 11AM-12PM | |
| PUBLIC SWIM | 2-4PM | | | | | 7-9PM | 2-4PM |
| HOT TUB AND STEAM ROOM | 6AM-4PM | 5:30AM-10PM | 5:30AM-10PM | 5:30AM-10PM | 5:30AM-10PM | 5:30AM-9PM | 6AM-4PM |
| REGISTERED LEARN TO SWIM PROGRAMS | 10AM-2PM | 5:30-7:30PM | 5:30-7:30PM | 5-7:30PM | 5:30-7:30PM | | 9AM-2PM |
| COMMUNITY SWIM | 4-5:30 PM | | | | | | 4-5:30PM |

FACILITY PLUS PASS SCHEDULE

| ACTIVITY | SUN | MON | TUES | WED | THU | FRI | SAT |
|---------------------------------------|-------------------------|-------------|-------------|--------------------------|-------------|-----------|-----|
| SHALLOW WATER AQUAFIT | 9-10AM Self Directed | 11AM-12PM | 7:30-8:30PM | 11AM-12PM 7:30-8:30PM | | 11AM-12PM | |
| DEEP WATER AQUAFIT | | 7:30-8:30PM | | 7:30-8:30PM | 7:30-8:30PM | | |

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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 https://www.edmonton.ca/activities_parks_recreation/confederation.aspx 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 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 | A fitness oriented swim with lanes committed to swimming laps. |
| SHARED SPACE | More than one swim activity is scheduled in a pool. This can be during aquafit or school recreational swim times. |
| WIDTH SWIM | Width swim is committed to swimming laps across the width of the pool. Usually with an activity requiring full shallow or deep ends of the pool. |
| 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 |
| HOT TUB & STEAM ROOM | Facility amenities to warm you up! |
| REGISTERED SWIMMING LESSONS | 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/COE/public/Category/Courses . |
| 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 Aquajog. |