

## 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>	9AM-9PM	7AM-9PM	7AM-9PM	7AM-PM	7AM-9PM	7AM-9PM	9AM-9PM
<b>FITNESS CENTRE</b>	9AM-9PM	7AM-9PM	7AM-9PM	7AM-9PM	7AM-9PM	7AM-9PM	9AM-9PM
<b>BIRTHDAY PARTY AND CASUAL RENTAL TIME</b>							4-6PM

## AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUES	WED	THU	FRI	SAT
<a href="#">LANE SWIM</a>	9AM-1PM	7AM-4PM 8-9PM	7AM-4PM 6-7PM	7AM-4PM 8-9PM	7AM-4PM 6-7PM	7AM-4PM	
<b>WATER WALKING &amp; JOGGING</b>	9AM-1PM	9-11AM 12-4PM 8-9PM	8-11AM 12-4PM	9-11AM 12-4PM 8-9PM	8-11AM 12-4PM	8-11AM 12-4PM	
<a href="#">PUBLIC SWIM</a> LEISURE POOL, WATERSLIDE	1-4PM		7-9PM		7-9PM	7-9PM	2-4PM
<a href="#">TOT POOL</a>	9AM-12PM 1-4PM	7AM-4PM 8-9PM	7AM-4PM 6-9PM	7AM-4PM 8-9PM	7AM-4PM 6-9PM	7AM-4PM 7-9PM	2-4PM
<a href="#">HOT TUB, SAUNA, AND STEAM ROOM</a>	9AM-4PM	7AM-9PM	7AM-9PM	7AM-9PM	7AM-9PM	7AM-9PM	9AM-4PM
<a href="#">REGISTERED SWIMMING LESSONS</a>		4-8PM	4-6PM	4-8PM	4-6PM	4-7PM	9AM-2PM
<b>COMMUNITY SWIM</b>	AREA 17 4:15-5:45 PM						

## FACILITY PLUS PASS SCHEDULE

ACTIVITY	SUN	MON	TUES	WED	THU	FRI	SAT
<a href="#">SHALLOW WATER AQUAFIT</a>		11-12PM	11-12PM 6-7PM	11-12PM	11-12PM 6-7PM	11-12PM	
<a href="#">DEEP WATER AQUAFIT</a>		8-9AM		8-9AM			

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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](https://recreationcentresandpools.edmonton.ca) 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>WATER WALKING &amp; JOGGING</b>		Wearing an aqua belt that suspends you so that your whole body gets a walking workout. Good for those with joint or injury concerns. Also known as Aquajog.
<b>PUBLIC SWIM</b>	LEISURE POOL, DIVING BOARDS, WATERSLIDE & TOT POOL	<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>
	TOT POOL	A recreational swim in the teach pool designed specifically for younger children to attend with parental supervision.
<b>HOT TUB, SAUNA, AND STEAM ROOM</b>		Facility amenities to warm you up!
<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>		Aquafit is a fun and energetic aerobic exercise class that uses the water for resistance. Low to zero impact makes it easy on bones and joints.
<b>DEEP WATER AQUAFIT</b>		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.