

## CITY WIDE - AQUAFIT SCHEDULE | FALL 2021 | EFFECTIVE SEPTEMBER 8

LOCATION	SUN	MON	TUES	WED	THU	FRI	SAT
<a href="#">ACT AQUATIC &amp; LEISURE CENTRE</a>	CLOSED FOR MAINTENANCE, VISIT: <a href="http://EDMONTON.CA">EDMONTON.CA</a> FOR SCHEDULE ONCE FACILITY REOPENS						
<a href="#">BONNIE DOON LEISURE CENTRE</a> *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	
<a href="#">CLAREVIEW COMMUNITY RECREATION CENTRE</a> *Salt water pool	CLOSED FOR MAINTENANCE, VISIT: <a href="http://EDMONTON.CA">EDMONTON.CA</a> FOR SCHEDULE ONCE FACILITY REOPENS						
<a href="#">COMMONWEALTH COMMUNITY RECREATION CENTRE</a> *Salt water pool		11AM-12PM SW 5-6PM SW		11AM-12PM SW 5-6PM SW		11AM-12PM SW	
<a href="#">CONFEDERATION LEISURE CENTRE</a> *Salt water pool	CLOSED FOR MAINTENANCE, VISIT: <a href="http://EDMONTON.CA">EDMONTON.CA</a> FOR SCHEDULE ONCE FACILITY REOPENS						
<a href="#">EASTGLEN LEISURE CENTRE</a> *Salt water pool	CLOSED FOR MAINTENANCE, VISIT: <a href="http://EDMONTON.CA">EDMONTON.CA</a> FOR SCHEDULE ONCE FACILITY REOPENS						
<a href="#">GRAND TRUNK FITNESS &amp; LEISURE CENTRE</a>	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
<a href="#">HARDISTY FITNESS &amp; LEISURE CENTRE</a>	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	
<a href="#">JASPER PLACE LEISURE CENTRE</a> *Salt water pool	9-10AM SW		8-9AM SW		8-9AM SW	8-9AM SW	
<a href="#">KINSMEN SPORTS CENTRE</a>		10-11AM SW		10-11AM SW		10-11AM SW	
<a href="#">LONDONDERRY FITNESS &amp; LEISURE CENTRE</a>		11-12PM SW 8-9AM DW	11-12PM SW 6-7PM SW	11-12PM SW 8-9AMDW	11-12PM SW 6-7PM SW	11-12PM SW	
<a href="#">MILL WOODS RECREATION CENTRE</a>	11AM-12PM DW	9-10AM SW/DW 7-8PM DW	8:30-9:30AM SW/DW	9-10AM SW/DW 7-8PM DW	8:30-9:30AM SW/DW	9-10AM SW/DW	
<a href="#">O'LEARY FITNESS &amp; LEISURE CENTRE</a>			10-11AM SW 8-9AM DW		10-11AM SW 8-9AM DW		
<a href="#">PETER HEMINGWAY FITNESS &amp; LEISURE CENTRE</a>	CLOSED FOR MAINTENANCE, VISIT: <a href="http://EDMONTON.CA">EDMONTON.CA</a> FOR SCHEDULE ONCE FACILITY REOPENS						
<a href="#">TERWILLEGAR COMMUNITY RECREATION CENTRE</a> *Salt water pool		10AM-11AM SW	10AM-11AM SW	10AM-11AM DW	10AM-11AM SW	10AM-11AM DW	9AM-10AM DW
<a href="#">THE MEADOWS COMMUNITY</a>	9:15AM-10:15AM 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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RECREATION CENTRE  
\*Salt water pool

### 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

<b>SHALLOW WATER AQUAFIT (SW)</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>DEEP WATER AQUAFIT (DW)</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.
<b>KARATAQUATICS (KA)</b>	A hybrid of karate, strength and endurance training.
<b>WATER WORKS (WW)</b>	Water Works is an aquatic exercise program specifically for people with muscle, joint or mobility problems.
<b>GENTLE AQUAFIT (GSW)</b>	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)