

FALL 2021 | EFFECTIVE SEPTEMBER 5

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

FACILITY HOURS							
	SUN	MON	TUES	WED	THU	FRI	SAT
ADMISSION DESK	11AM-5:45PM	5:30AM-8:15PM	5:30AM-8:15PM	5:30AM-8:15PM	5:30AM-8:15PM	5:30AM-7:45PM	9AM-3:45PM
FITNESS CENTRE	11AM-6PM	5:30AM-8:30PM	5:30AM-8:30PM	5:30AM-8:30PM	5:30AM-8:30PM	5:30AM-8PM	9AM-4PM
BIRTHDAY PARTY AND CASUAL RENTAL TIME							4:30-9PM

AQUATIC SCHEDULE							
ACTIVITY	SUN	MON	TUES	WED	THU	FRI	SAT
LANE SWIM	11AM-12PM	5:30-8AM 10-11AM 12-7PM 8-8:30PM	5:30AM-2:30PM 3:30-4PM 8-8:30PM	5:30-8AM 10-11AM 12-6PM	5:30AM-2:30PM 3:30-4PM 8-8:30PM	5:30-8AM 10-11AM 12-6PM	12:30-2PM
PUBLIC SWIM	1:15-2:45PM			6-8:30PM		6-8PM	2-4PM
REGISTERED LEARN TO SWIM PROGRAMS	3-6PM		4-7PM		4-7PM		9AM-2PM
HOT TUB, SAUNA, & STEAM ROOM	11AM-1PM 1:15-2:45PM 3-6PM	5:30AM-8:30PM	5:30AM-8:30PM	5:30AM-8:30PM	5:30AM-8:30PM	5:30AM-8PM	9AM-4PM

FACILITY PLUS PASS SCHEDULE							
ACTIVITY	SUN	MON	TUES	WED	THU	FRI	SAT
DEEP WATER AQUAFIT		9-10AM	7-8PM	9-10AM		9-10AM	
SHALLOW WATER AQUAFIT	12-1PM	8-9AM 11AM-12PM 7-8PM		8-9AM 11AM-12PM	7-8PM	8-9AM 11AM-12PM	
WATER WORKS			2:30-3:30PM LIMITED POOL ACCESS		2:30-3:30PM LIMITED POOL ACCESS		

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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 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.
PUBLIC SWIM	<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"> • 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 <p>Review our aquatic centre rules and guidelines.</p>
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/COE/public/Category/Courses .
HOT TUB, SAUNA, & STEAM ROOM	Facility amenities to warm you up!
DEEP WATER AQUAFIT	Join us for Deep Water Aquafit! A one-hour class set to music and taught by certified instructors. Work at your own pace and use an aqua belt to suspend you in deep water, so that your whole body gets a total workout.
SHALLOW WATER AQUAFIT	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.
WATER WORKS	<p>Water Works is an aquatic exercise program specifically for people with muscle, joint or mobility problems.</p> <p>A trained instructor takes participants through soothing, slow movements in the swimming pool, all accompanied by soft music. Relieve stiffness, increase flexibility, and restore or maintain muscle strength. Water Works is safe and easy, and perfect for arthritis or fibromyalgia sufferers.</p>