

## FALL 2021 | EFFECTIVE SEPTEMBER 5

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

## FACILITY HOURS

	SUN	MON	TUES	WED	THU	FRI	SAT
<b>ADMISSION DESK</b>	8AM-4:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-6:30PM	7AM-5PM
<b>FITNESS CENTRE</b>	8AM-5PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-7PM	7AM-5:30PM
<b>COURT SPORTS</b>	8AM-5PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-7PM	7AM-5:30PM

## AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUES	WED	THU	FRI	SAT
<b>LANE SWIM</b>	8AM-5PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-7PM	7AM-5:30PM
<b>SAUNA</b>	8AM-5PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-7PM	7AM-5:30PM
<b>SHALLOW WATER AQUAFIT</b>		10-11AM		10-11AM		10-11AM	

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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

## LANE SWIM

Individual lanes available for lane swim, water walking/jogging and individual wellness movement. Please note, depth may vary.

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.