

**FALL 2021 | EFFECTIVE DECEMBER 1 - DECEMBER 18**

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>	6AM-10PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	6AM-10PM
<b>FITNESS CENTRE INDOOR TRACK</b>	6AM-10PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	6AM-10PM
<b>OPEN GYM</b>	6AM-10PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	6AM-10PM
<b>INDOOR PLAYGROUND</b>	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM
<b>KIDS DEN (0-11 YEARS)</b>	NOT AVAILABLE AT THIS TIME - TBD						

**AQUATIC SCHEDULE**

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT	
<a href="#">LANE SWIM 5PM</a>	NOT AVAILABLE AT THIS TIME - TBD							
<a href="#">LANE SWIM 25M</a>	9AM-4:30PM	5:30AM-8PM	5:30AM-8PM	5:30AM-8PM	5:30AM-8PM	5:30AM-8PM	8AM-6PM	
<b>PUBLIC SWIM:</b>	LEISURE POOL 9AM-1PM 1PM-4:30PM	5:30AM-4PM 4PM-7:30PM 7:30PM-8PM	5:30AM-4PM 4PM-7:30PM 7:30PM-8PM	5:30AM-4PM 4PM-7:30PM 7:30PM-8PM	5:30AM-8PM	5:30AM-4PM 4PM-8PM	8AM-9AM 9AM-2PM 2PM-6PM	
	<a href="#">TOT POOL</a>	5:30AM-4PM 7:30PM-8PM	5:30AM-4PM 7:30PM-8PM	5:30AM-4PM 7:30PM-8PM	5:30AM-8PM	5:30AM-4PM 7PM-8PM	8AM-9AM 2PM-6PM	
	LEISURE POOL & WAVES	2PM-4:30PM				6PM-8PM		3PM-6PM
	PUBLIC DIVE 1, 3 & 5M	1PM-4:30PM	7:30PM-8PM	7:30PM-8PM	7:30PM-8PM	7:30PM-8PM	7PM-8PM	2PM-6PM
<a href="#">HOT TUB &amp; STEAM ROOM</a>	9AM-4:30PM	5:30AM-8PM	5:30AM-8PM	5:30AM-8PM	5:30AM-8PM	5:30AM-8PM	8AM-6PM	
<b>WATERSLIDE</b>	9AM-4:30PM	5:30AM-8PM	5:30AM-8PM	5:30AM-8PM	5:30AM-8PM	5:30AM-8PM	8AM-6PM	
<a href="#">SHALLOW WATER AQUAFIT</a>		10AM-11AM	10AM-11AM		10AM-11AM			
<a href="#">DEEP WATER AQUAFIT</a>				10AM-11AM		10AM-11AM	9AM-10AM	
<a href="#">REGISTERED LEARN TO SWIM PROGRAMS</a>	9AM-1PM	4:15PM-7:30PM	4:15PM-7:30PM	4:15PM-7:30PM		4:15PM-7PM	9AM-2PM	

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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**

<b>LANE SWIM</b>		Individual lanes available for lane swim, water walking/jogging and individual wellness movement. Please note, depth may vary, lane availability depends on other facility bookings.
<b>PUBLIC SWIM</b>	<b>LEISURE POOL</b>	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. <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> Review our <a href="#">aquatic centre rules and guidelines</a> .
	<b>TOT POOL</b>	A recreational swim in the teach pool designed specifically for younger children to attend with parental supervision.
	<b>LEISURE POOL &amp; WAVES</b> 	A Public Swim in our Leisure Pool, with our wave machine running every 20 minutes!
	<b>PUBLIC DIVE 1, 3 &amp; 5M</b>	A Public Swim in our Leisure Pool and Main Pool, including use of the Movable Floor and 1, 3, & 5M Diving Boards.
<b>HOT TUB &amp; STEAM ROOM</b>		Facility amenities to warm you up!
<b>WATERSLIDE</b>		Our water slide exits into a shallow water trough and is perfect for all ages.
<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.
<b>REGISTERED LEARN TO SWIM PROGRAMS</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">https://movelearnplay.edmonton.ca</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.