

## 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>	10AM-2:45PM 4-5:30PM FEMALE ONLY	9-11:45AM 3:30-8:45PM	6-11:45AM 3:30-8:45PM	7-11:45AM 3:30-8:45PM	7-11:45AM 5:15-6:45PM FEMALE ONLY	7-11:45AM 3:30-8:45PM	8:30AM-5PM 5:15-8:45PM FEMALE ONLY
<b>PRIVATE BIRTHDAY PARTY AND CASUAL RENTAL TIME</b>	7-10AM 6:30-7:30PM	12-3:30PM	12-3:30PM	12-3:30PM	12-3:30PM	12-3:30PM	7-8:45AM

### AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
<a href="#">LANE SWIM</a>	10AM-1PM	9-10AM 11AM-12PM 3:30-9PM	6-10AM 11AM-12PM 3:30-5PM 6-9PM	7-10AM 11AM-12PM 3:30-9PM	7-10AM 11AM-12PM	7-10AM 11AM-12PM 3:30-7PM	10:45AM-3PM
<a href="#">PUBLIC SWIM</a>	10AM-1PM 1-3PM	9-10AM 11AM-12PM 3:30-9PM	6-10AM 11AM-12PM 3:30-5PM 6-9PM	7-10AM 11AM-12PM 3:30-9PM	7-10AM 11AM-12PM	7-10AM 11AM-12PM 3:30-7PM	10:45AM-3PM 3-5PM
<b>TOONIE SWIM</b>						7-9PM	
<a href="#">COMMUNITY SWIM</a>	1-3PM						3-5PM
<a href="#">FEMALE ONLY SWIM</a>	4-6PM				5:30-7PM		5:30-9PM
<a href="#">FEMALE ONLY REGISTERED SWIMMING LESSONS</a>	5-6PM						6:30-8:30PM
<a href="#">HOT TUB &amp; STEAM ROOM</a>	10AM-3PM 4PM-6PM FEMALE ONLY	9-10AM 11AM-12PM 3:30-9PM	6AM-12PM 3:30-9PM	7AM-12PM 3:30-9PM	7AM-12PM 5:30-7PM FEMALE ONLY	7-10AM 11AM-12PM 3:30-7PM 7-9PM	8:45AM-5PM 5:30-9PM FEMALE ONLY

### FACILITY PLUS PASS SCHEDULE

ACTIVITY	SUN	MON	TUES	WED	THU	FRI	SAT
<a href="#">DEEP WATER AQUAFIT</a>				10-11AM		10-11AM	
<a href="#">AQUAMAT FIT DEEP WATER</a>							8:45-9:45AM
<a href="#">INTRO AQUAMAT FIT DEEP WATER</a>							9:45-10:45AM
<a href="#">FEMALE ONLY AQUAFIT</a>	4-5PM				5:30-6:30PM		5:30-6:30PM
<a href="#">SHALLOW WATER AQUAFIT</a>		10-11AM Self Directed	10-11AM 5-6PM		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](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>PUBLIC SWIM</b>	<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>
<b>TOONIE SWIM</b>	A public swim on Friday nights that only costs a Toonie! Come with family and friends, and bring change or a membership for admission.
<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>FEMALE ONLY SWIM</b>	ALL AGES WELCOME. A recreation and leisure swim for females only, including the staff.
<b>FEMALE ONLY 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> . These lessons are for females only, including the staff.
<b>HOT TUB &amp; STEAM ROOM</b>	Facility amenities to warm you up!
<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>AQUAMAT FIT DEEP WATER</b>	Borrowed from various disciplines including yoga, strength training, pilates, cross-training, and stretching, you will benefit from a variety of training styles and exercises that are designed to increase overall body strength and cardio. (Note: this is a deep water class)
<b>FEMALE ONLY AQUAFIT</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. These aquafit classes are for females only, including the staff.
<b>SHALLOW WATER AQUAFIT</b>	Aquafit is a fun and energetic aerobic exercise class that uses the water for resistance. Low to zero impact, easy on bones and joints.
<b>BIRTHDAY PARTIES</b>	Talk with us about semi Private and Private birthday parties.