

## WINTER 2022 | EFFECTIVE JANUARY 2

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>	7AM-9:30PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	6:30AM-9:30PM
<b>FITNESS CENTRE</b>	7AM-10PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	6:30AM-10PM
<b>COURT SPORTS</b>	7AM-10PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	6:30AM-10PM

## AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUES	WED	THU	FRI	SAT
<b>LANE SWIM</b>	7AM-9PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-9PM	6:30AM-9PM
<b>SAUNA</b>	7AM-9PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-9PM	6:30AM-9PM
<b>SWIM TRAINING</b>		6-7AM 9:30-10:30AM		6-7AM 9:30-10:30AM		6-7AM 9:30-10:30AM	
<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

<b>LANE SWIM</b>	Individual lanes available for lane swim, water walking/jogging and individual wellness movement. Please note, depth may vary.
<b>SAUNA</b>	Facility amenities to warm you up.
<b>SWIM TRAINING</b>	Professional swim coaches will help you improve your swimming skills, speed and endurance. Perfect for swimmers who wish to improve their strokes or are planning to compete in triathlon. Participants should be able to swim 200m comfortably.
<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.