

WINTER 2022 | EFFECTIVE JANUARY 2

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

FACILITY HOURS

	SUN	MON	TUES	WED	THU	FRI	SAT
ADMISSION DESK	7AM-8PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-9PM
FITNESS CENTRE & RACQUET COURTS	7AM-8PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-9PM
INDOOR PLAYGROUND	7AM-8PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-9PM

AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUES	WED	THU	FRI	SAT
LANE SWIM	7-9AM	5:30-9AM 8-10PM	5:30-8:30AM 9-10PM	5:30-8AM 8-10PM	5:30-8:30AM 9-10PM	5:30-9AM (WAVES 8:45-9AM)	7-9AM
PUBLIC SWIM 		10AM-1PM	9:30AM-1PM	10AM-1PM	9:30AM-1PM	10AM-1PM	
	MAIN POOL & TOT POOL						
	2-8PM		7-9PM		7-9PM	7-10PM	2-9PM
HOT TUB & SAUNA	7AM-8PM	5:30AM-1PM 3:30-10PM	5:30AM-1PM 3:30-10PM	5:30AM-1PM 3:30-10PM	5:30AM-1PM 3:30-10PM	5:30AM-1PM 3:30-10PM	7AM-9PM
REGISTERED LEARN TO SWIM PROGRAMS	9AM-2PM	4-8PM	4-7PM	4-8PM	4-7PM	4-7PM	9AM-2PM
COMMUNITY SWIM	FOR DISTRICT COMMUNITY MEMBERS YOUR COMMUNITY LEAGUE CARD IS REQUIRED FOR ADMISSION TO COMMUNITY LEAGUE RENTALS						3-4:30PM SHARED WITH PUBLIC

FACILITY PLUS PASS ACTIVITIES

ACTIVITY	SUN	MON	TUES	WED	THU	FRI	SAT
DEEP WATER AQUAFIT	11AM-12PM	9-10AM 7-8PM	8:30-9:30AM	9-10AM 7-8PM	8:30-9:30AM	9-10AM	
SHALLOW WATER AQUAFIT		9-10AM		8-9AM		9-10AM	

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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 	MAIN POOL & TOT POOL	<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"> • Located in the Main Pool and Tot Pool • A recreation swim with or without waves designed for lane swimmers and leisure swimmers. It is a swim that could be shared with school programs. • 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 16 years must demonstrate this ability, and those 16 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>
	MAIN POOL WITH WAVES, DIVE, WATER SLIDE, & TOT POOL	<p>A public swim in our Main Pool, Dive Tank, and Tot Pool which includes Waves and the use of our Water Slide.</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 16 years must demonstrate this ability, and those 16 or older may be asked. If a lifejacket is used for the swim it must always be worn in deep water
HOT TUB & SAUNA		Facility amenities to warm you up.
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 .
COMMUNITY SWIM		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.
DEEP WATER AQUAFIT		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.
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.