EASTGLEN LEISURE CENTRE

City of Edmonton Recreation centres

Edmonton

AQUATIC DROP-IN SCHEDULE | SPRING 2019 | MARCH 31 - JUNE 29

DOWNLOAD THE REC CENTRES MOBILE APP **& BUILD YOUR CUSTOM DROP-IN PROGRAM SCHEDULE!** **AVAILABLE FOR IOS & ANDROID DEVICES**
SEARCH FOR 'CITY REC CENTRES' ON APP STORE & GOOGLE PLAY

FACILITY HOURS ON STATUTORY HOLIDAYS VARY. ***VISIT: EDMONTON.CA/FACILITYNOTIFICATIONS FOR SPECIFIC HOURS***

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	PUBLIC 8:30AM-4:15PM FEMALE ONLY 4:15-7:30PM	6:30AM-9:30PM	6:30AM-9:30PM	6:30AM-9:30PM	6:30AM-9:30PM	6:30AM-12AM	PUBLIC 6:30AM-3:30PM FEMALE ONLY 3:30-6:30PM PUBLIC 10PM-12AM
BIRTHDAY PARTY AND CASUAL RENTAL TIME	8:30-10PM						6:45PM-9:30PM

AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM	8AM-12PM 1L 1-4:15PM 1L	6-8:30AM 6L 8:30-10AM 1L 11AM-12PM 1L 12-1PM 6L 1-3:30PM 1L 3:30-5PM 6L 5-6PM 3L 6-7PM 1L 8-9:30PM 3L	6-8:30AM 6L 8:30-10AM 1L 11AM-12PM 1L 12-1PM 6L 1-3:30PM 1L 3:30-5PM 6L 6-7PM 6L 8-9:30PM 3L	6-8:30AM 6L 8:30-10AM 1L 11AM-12PM 1L 12-1PM 6L 1-3:30PM 1L 3:30-6PM 6L 6-7PM 3L 8-9:30PM 3L	6-8:30AM 6L 8:30-10AM 1L 11AM-12PM 1L 12-1PM 6L 1-3:30PM 1L 3:30-5PM 6L 6-7PM 6L	6-8:30AM 6L 8:30-10AM 1L 11AM-12PM 1L 12-1PM 6L 1-3:30PM 1L 3:30-5PM 6L 5-7PM 1L 7-12AM 1L	6-8:30AM 6L 10AM-12PM 1L 12-1:30PM 6L 1:30-3:30PM 1L 10PM-12AM 3L
WIDTH SWIM		10-11AM	10-11AM 5-6PM 7-8PM	10-11AM	10-11AM 5-6PM 7-8PM	10-11AM	
PUBLIC SWIM	2-4:15PM					7PM-12AM	1:30-3:30PM 10PM-12AM
FEMALE ONLY SWIM	5:30-8PM						4:45-6:30PM WITH AQUAFIT
SWIMMING LESSONS	10AM-12PM	5-7PM				5-7PM	10AM-12PM
FEMALE ONLY SWIM LESSONS	4:45-5:30PM						4:00-4:45PM
COMMUNITY SWIM	2-4:15PM WITH PUBLIC	FOR DISTRICT COMMUNITY MEMBERS YOUR COMMUNITY LEAGUE CARD IS REQUIRED FOR ADMISSION TO COMMUNITY LEAGUE RENTALS.					
HOT TUB & STEAM ROOM	8AM-4:15PM	6AM-9:30PM	6AM-9:30PM	6AM-9:30PM	6AM-9:30PM	6AM-12AM	6AM-3:30PM 10PM-12AM
SUN DECK	8AM-4:15PM	6AM-9:30PM	6AM-9:30PM	6AM-9:30PM	6AM-9:30PM	6AM-9:30PM	6AM-3:30PM

FACILITY PLUS PASS SCHEDULE

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
DEEP WATER AQUAFIT	12-1PM	7-8PM		10-11AM 7-8PM		10-11AM	
AQUAMAT FIT DEEP WATER					8 - 9PM (APR 2 - MAY 30)		8:45-9:45AM
FEMALE ONLY AQUAFIT							4:45-5:45PM SHARED WITH PUBLIC

Last Revised: April 11, 2019

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SHALLOW WATER AQUAFIT		10-11AM	10-11AM 5-6PM 7-8PM		10-11AM 5-6PM		

*__Leader-led Programs do not run on Statutory Holidays__. *Schedule subject to change. Please visit edmonton.ca/FacilityNotifications for updates on closures or class cancellations.

ACTIVITY DESCRIPTIONS

LANE SWIM	A fitness oriented swim with lanes committed to swimming laps.
PUBLIC SWIM	ALL AGES WELCOME • **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 water above shoulder depth. Youth under the age of 13 years **must demonstrate** this ability, and those 13 or older **may be asked**. If a lifejacket is used for the swim it must always be worn in deep water
SHALLOW WATER AQUAFIT	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.
DEEP WATER AQUAFIT	An aquabelt suspends you so that your whole body gets a total workout. Good for those with joint or injury concerns. Also known as Aquajog.
AQUAMAT FIT DEEP WATER	This is a drop in program. In Aquamat Fit you will benefit from a variety of training styles and exercises borrowed from various disciplines including yoga, strength training, pilates, cross-training, and stretching. This class takes place on an aquamat tethered or free floating in the water. Come join us for an hour long class, led by an Instructor, where you are challenged to increase your core strength, cardiovascular endurance, and overall body strength with fun guaranteed! Participants need to be comfortable getting wet and swimming in deep water. Preferred attire suitable for this class is form-fitting, comfortable, athletic wear that can get wet and is not baggy.
FEMALE ONLY SWIM	ALL AGES WELCOME. A recreation and leisure swim for females only, including the staff.
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.
HOT TUB & STEAM ROOM	Facility amenities to warm you up.
WIDTH SWIM	Width swim committed to swimming laps across the width of the pool. Usually with an activity requiring full shallow or deep ends of the pool.

WE'RE ALL IN THIS TOGETHER

- Keep children under 8 within arms reach at all times
- Children under 8 must be accompanied by a caregiver
- Know the water depth before entering
- Free lifejackets available at all City pools
- Obey all pool rules

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