ACT AQUATIC AND RECREATION CENTRE

City of Edmonton Recreation centres | Edmonton

DROP-IN PROGRAM SCHEDULE | WINTER 2020 | JAN 5 - APR 4

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

FACILITY HOURS ON STATUTORY HOLIDAYS: CLOSED							
	SUN	MON	TUES	WED	THU	FRI	SAT
ADMISSION DESK	9AM-8PM	9AM-9PM	9AM-9PM	9AM-9PM	9AM-9PM	9AM-9PM	9AM-8PM

ACTIVITY	SUN	MON	TUES	WED	THU	FRI	SAT
DROP-IN BADMINTON / PICKLEBALL	4-6PM	12-3PM	3:30-4PM 4-6PM	9AM-11AM**	3:30-4PM 4-6PM	12-3PM	
FIT N' FUN (GYM)				7-8PM			
OPEN GYM		10-11:45AM				9-10:30AM 3-5:45PM	
OPEN SENSORY ROOM	9AM-8PM*	9AM-9PM*	9AM-9PM*	9AM-9PM*	9AM-9PM*	9AM-9PM*	9AM-8PM*
ROCKIN' IN RUNDLE (GYM)			12:30-2:30PM		12:30-2:30PM		
ROCKIN' IN RUNDLE - GOLD (GYM)				1-2:30PM			
SPORT N' FUN		9-11:45AM				9-11:45AM	
ZUMBA - GOLD (GYM)			10:30-11:30AM		10:30-11:30AM		

*Indicates reservable time (reservations can be made at the front desk, online or by calling 311).

ACTIVITY DESCRIPTIONS

BADMINTON/PICKLEBALL	Come out and play Badminton and pickleball! Nets will be set up based on demand for both badminton and pickleball.
FIT N' FUN	Improve your health through a variety of cardio and resistance exercises specifically designed for Persons with Disabilities. Qualified instructors will provide exercises and games that will improve your strength, coordination and overall well-being.
OPEN GYM	A first-come, first-served opportunity based on demand for drop-in play activities such as basketball, badminton and more! This time is designated for fun, spontaneous use and not intended for organized team practices or dedicated games.
OPEN SENSORY ROOM	The Sensory Room is designed for persons who would benefit from sensory stimulation. The room allows individuals to interact with and control a variety of sensory experiences. Sensory equipment can help develop key life skills including vocalization, gross motor skills, color recognition and tracking in a gentle and relaxing way..
ROCKIN' IN RUNDLE	A leisure dance for adults with multiple and/or developmental disabilities. A variety of music is played each week that people are sure to enjoy. There are theme dances throughout the session and light refreshments.
ROCKIN' IN RUNDLE - GOLD	Come out for an afternoon of toe-tapping music provided by a live band and light refreshments. There is nothing better than sharing a warm beverage with dear friends while enjoying great tunes from across the decades. This dance is geared towards older adults with multiple and/or developmental disabilities. (Previously called Senior Leisure Dance).
SPORT N' FUN	Dedicated drop in play time for persons with disabilities to safely and comfortably partake in gymnasium activities such as basketball, badminton, and many more! *All children under the age of 6 may also attend Sport N' Fun.
ZUMBA - GOLD	Featuring Latin rhythms, Zumba Gold modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

Please arrive early to your group fitness class. Space and equipment may be limited and are available on a first-come-first-served basis. To be fair to others, please do not save extra spots for your friends.

☆ *NO **Leader-led Programs on Statutory Holidays**. *Schedule subject to change. Please visit edmonton.ca/FacilityNotifications for updates on closures or class cancellations and Visit movelearnplay.edmonton.ca for weekly drop-in schedules. ***Revised January 28, 2020.***