

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 'CITY REC CENTRES' ON APP STORE & GOOGLE PLAY

FACILITY HOURS ON STATUTORY HOLIDAYS: 8AM - 8PM VISIT: EDMONTON.CA/FACILITYNOTIFICATIONS FOR SPECIFIC HOURS

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM
FITNESS CENTRE INDOOR TRACK	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM
OPEN GYM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM
INDOOR PLAYGROUND	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM
KIDS DEN (0-11 YEARS)		8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-3PM	8:30AM-12:30PM
EDMONTON PUBLIC LIBRARY	1-5PM	10AM-9PM	10AM-9PM	10AM-9PM	10AM-9PM	10AM-6PM	10AM-6PM

AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM 25M	5:30AM-9PM 3L	5:30AM-10PM 3L	5:30AM-10PM 3L	5:30AM-10PM 3L	5:30AM-10PM 3L	5:30AM-10PM 3L	5:30AM-10PM 3L
CHECK ONLINE FOR MOST CURRENT AVAILABILITY OF SWIM LANES: EDMONTON.CA/MEADOWSREC							
PUBLIC SWIM MAIN POOL	10AM-2PM (SHARED) 2-10PM	4:30-7PM (SHARED) 7-10PM		5-7 PM (SHARED) 7-10PM	1-5PM (SHARED)	6-10PM	10AM-2PM (SHARED) 2-10PM
PUBLIC DIVING 1, 3 & 5M	2:15-9PM	7:15-10PM		7:15-10PM		6-10PM	2:15-10PM
PUBLIC SWIM LEISURE POOL	5:30-7:30AM 7:30AM-2PM (SHARED) 2-9PM	5:30-9AM 9-11AM (SHARED) 11AM-4PM 4-7PM (SHARED) 7-10PM	5:30AM-10PM	5:30-9AM 9-11AM (SHARED) 11AM-4PM 4-7PM (SHARED) 7-10PM	5:30AM-1PM 1-5PM (SHARED) 5-10PM	5:30AM-6PM 6-8PM (SHARED) 8-10PM	5:30-8:30AM 8:30AM-2PM (SHARED) 2-10PM
DURING SHARED TIME, HALF OF SHALLOW BEACH AREA OF LEISURE POOL IS AVAILABLE. OTHER AREAS ARE RESERVED FOR LEARN TO SWIM LESSONS							
WHIRLPOOL & STEAMROOM	5:30AM-9PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM
WATERSLIDE	5:30AM-9PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM
DEEP WATER AQUAFIT			9-10AM	*9-10AM 12-1PM	9-10AM		
*9-10AM DW class added on Wed until April 27 to accommodate Mill Woods aquatic closure							
SHALLOW WATER AQUAFIT	8:45-9:45AM	*9-10AM 12-1PM	8-9PM		8-9PM	*9-10AM 12-1PM	8:45-9:45AM
*9-10AM SW classes added on Mon/Fri until April 27 to accommodate Mill Woods aquatic closure							
SWIM LESSONS	7:30AM-2PM	9-11AM 4-7PM		9-11AM 4-7PM	2-5PM		8:30AM-2PM
COMMUNITY SWIM	FOR DISTRICT COMMUNITY MEMBERS YOUR COMMUNITY LEAGUE CARD IS REQUIRED FOR ADMISSION TO COMMUNITY LEAGUE RENTALS. THIS IS SHARED SWIM WITH PUBLIC					6-8PM	

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***Leader-led Programs and Kid's Den 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 25M	A fitness oriented swim with lanes committed to swimming laps in a 25m pool. All ages welcome.
PUBLIC SWIM	ALL AGES WELCOME
PUBLIC SWIM MAIN POOL	<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 arm's reach at all times. Children who are not supervised will not be allowed in the pool area. Everyone must be able to swim 25 meters on their front without stopping before entering water greater than chest deep. 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. A shallow water recreation swim in the main pool raised floor area.
WATERSLIDE	Our water slide exits into a shallow water trough and is perfect for all ages.
WHIRLPOOL	Our whirlpool features wheelchair access with a maximum depth of 0.9m. Capacity is 32 persons.
STEAMROOM	Modern design steam room is located on the pool deck.
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 Aqua Jog.
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.
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.