

Athabasca Regional Multiplex Spring Aquatic Schedule

Effective March 1st, 2020

Aquatic Programs

Program	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Deep Water Fitness	8:30am to 9:15am	4:30pm to 5:15pm	8:30am to 9:15am	4:30pm to 5:15pm	8:30am to 9:15am		
Shallow Water Fitness	9:30am to 10:15am		9:30am to 10:15am		9:30am to 10:15am		
Fast & Fit		8:30am to 9:15am		8:30am to 9:15am			
Aqua Pole	10:30am to 11:15am	9:30am to 10:15am	10:30am to 11:15am	9:30am to 10:15am	10:30am to 11:15am		
Zumba		5:15pm to 6:00pm					
Step				5:15pm to 6:00pm			
Aqua Bike	12:10pm to 12:55pm	12:10pm to 12:55pm	12:10pm to 12:55pm	12:10pm to 12:55pm			
Drop-In Kayaking							5:00pm to 6:00pm
Tot Swim					11:00am to 11:30am		
Swim Lessons		10:00am to 12:00pm & 3:45pm to 7:00pm		10:00am to 12:00pm & 3:45pm to 7:00pm	12:00pm to 3:00pm	9:30am to 1:00pm	

Drop-In Swimming

Swimming	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
*Open Swim	6:30am to 3:00pm	6:30am to 7:00pm	6:30am to 5:00pm	6:30am to 7:00pm	6:30am to 5:00pm	10:00am to 12:00pm	10:00am to 12:00pm
Public Swim	3:00pm to 6:00pm	7:00pm to 8:00pm	5:00pm to 8:00pm	7:00pm to 8:00pm	5:00pm to 9:00pm	12:00pm to 6:00pm	12:00pm to 5:00pm

***Open Swim: programs may be running during this time, so not all areas may be available.**

Aquatic Centre Rules:

Children 0-5 yrs old need to be in arms reach of a reasonable person 16 yrs or older.

Children 6-8 years old must directly supervised by a reasonable person 16 yrs or older that is in the water.

8 yrs olds can access the pool alone if they can swim 25m across the competition pool without a lifejacket.

One reasonable person 16 yrs or older is required for every 4 children 8 yrs old and under

or 8 children if they all have lifejackets on.

9- 12yrs old + can access the pool alone if supervised by reasonable person 16 yrs or older in the facility

Mermaid tales can be worn if they can tread water for 2 minutes and swim 25m while wearing it without incident.

Children 12 yrs old and up can attend water fitness classes with supervision of a reasonable person 16yrs or older.