

Investing In Our Community's Recreational Future

Athabasca Regional Multiplex

Fitness & Aquatic Centre

Recreational Activity Guide



Welcome!

The Athabasca Regional Multiplex Society promotes cultural growth, health, wellness, and fitness for all residents in the region. We offer opportunities to participate in a wide range of activities by providing exceptional recreational and leisure facilities.

Designed as a multipurpose community facility, the Multiplex features a commercial kitchen that can be rented. The facility spaces are available to rent for conferences, weddings, sporting activities, tradeshow, graduations, parties, funerals and more. There are various rooms available that can comfortably accommodate small groups, to large groups of over 1,000 individuals! Need an event catered?

No problem! The Time Out Concession can cater your small or large event!

The Athabasca Multiplex opened in 2008 with the vision to invest in our community's recreational future.

The facility houses meeting rooms and lounges, the Cenovus Arena, the CNRL Curling Rink, the Rotary Fieldhouse, commercial kitchen, ball diamonds, and operates the Nancy Appleby Theatre located at 4720 48th Street.

The new Aquatic & Fitness Centre opened in 2019. The Aquatic Centre features a lap pool, lazy river, water slide, sauna, hot tub, and more! The Rotary Fitness Centre is fully stocked with high quality fitness equipment.



Follow Us On Facebook & Instagram
To Stay Up-To-Date
On The Latest Events!



Athabasca Regional Multiplex
Fitness & Aquatic Centre



@athabascaregionalmultiplex



Time Out Concession

Connect With Us!

Don't Miss Out On
Announcements & Updates!
Bookmark Our Webpage:
athabascamultiplex.ca

Athabasca Regional Multiplex
#2 University Drive
Athabasca, AB
T9S 0A3

Call: 780-675-2967

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PLEASE NOTE:
All Prices Are
Subject To
Change



Rules & Regulations

Help us maintain a safe, fun, and healthy family facility for everyone by following the Facility Rules & Regulations and respecting other visitors and staff.

- ◆ No fighting, horseplay, throwing of objects, or physical damage is permitted.
- ◆ No skateboarding, bicycles, scooters, Heelys, or roller blades permitted.
- ◆ Sporting equipment is to be used in designated areas only.
- ◆ Parents/guardians are responsible for their children at all times.
- ◆ Wristbands are required in paid admission areas and must be visible.
- ◆ This is a family facility; inappropriate language will not be tolerated.
- ◆ Smoking and vaping of any kind is not permitted within that facility or 5 meters from all exterior doors.
- ◆ Chewing tobacco and cannabis products are strictly prohibited.
- ◆ Alcohol consumption is only permitted in designated areas.
- ◆ Injuries, accidents, equipment failures, & inappropriate or sexual behavior must be reported immediately to a staff member.
- ◆ Pets are not permitted; service animals are welcome.
- ◆ The Athabasca Regional Multiplex Society (ARMS) is not responsible for any lost, damaged, or stolen items.



Youth aged 12-14 years may attend the Fitness Centre when accompanied by a guardian 18+ years of age.

Did You Know?

Early gym access is available to youth aged 12-14 without adult supervision with the completion of the Introductory to Fitness Classes. For more information view page 20.

Age Access Guide







Age Guide	0-5 Years	6-8 Years	9-11 Years	12-14 Years
Swimming Pool				
Fitness Centre				
Field House				
Arena				
Buy Low Lounge				
Curling Rink				










- NO ACCESS
- Visually supervised by caregiver 13+
- FULL ACCESS
- Directly supervised by caregiver 16+
- In arms reach of caregiver that is 18+
- Directly supervised by caregiver 18+
- Actively supervised by caregiver 13+

Individuals Aged 15+ Have Full Access To The Facility Without Supervision.

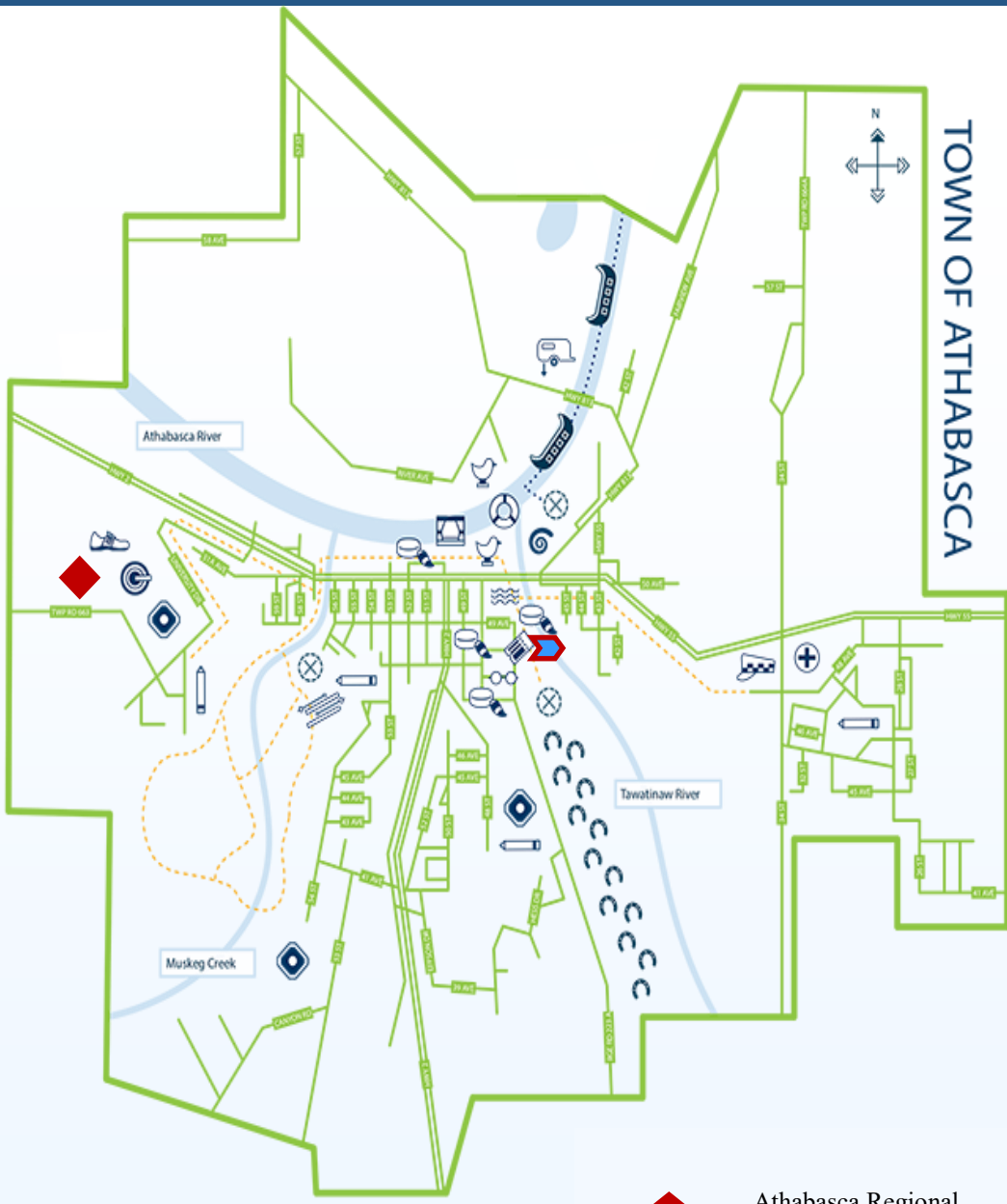
Athabasca



TOWN MAP

- Highways**
-  Secondary
 -  Primary
- Trails**
-  Athabasca Landing Trail (Finished)
 -  Trail Head
 -  Walking Trail
 -  Trans Canada Canoe Trail

- Attractions**
-  Baseball Diamond
 -  Historical Site
 -  Riverfront Stage
 -  Theatre
 -  Spray Park / Skateboard Park
 -  Library
 -  Swimming Pool
 -  Playground / Park
 -  Cross Country Ski Chalet

- Amenities**
-  Multiplex / Arena
 -  Rodeo Grounds / Agriplex
 -  Curling Rink
 -  Community Hall



-  Athabasca Regional Multiplex
-  Nancy Appleby Theatre

STARTING
AT
\$5.00



SNOWSHOE RENTALS
AVAILABLE!

**Stop by Guest
Services for more details**





FACILITY RENTALS

Coordinate With Us To Book Your Next Event!

For rental inquires and rates for facilities and equipment at the Athabasca Regional Multiplex please contact our Administration Supervisor at **780.675.2967** or email your inquires to **multiplexadmin@athabasca.ca**. Visit our website at **<https://athabascamultiplex.ca>** for more information



Rent Today!

ASK ABOUT
OUR
VARIOUS
MEETING
ROOMS!

Rotary Fieldhouse



- Can Hold Up to 1,622 Guests
- Weekend Rates Available
- Option to Rent Commercial Kitchen
- Ideal for Sporting Activities, Weddings. & Parties

Nancy Appleby Theatre



- Seats 280 People Comfortably
- Equipped with Lighting & Sound Board
- Ideal for Rehearsals, Corporate Events, Movies, & Performances

Cenovus Arena



- Fits 480 People (with ice)
- Fits 1,200 People (without ice)
- Ideal for Sporting Events, Graduations, & Weddings.

CNRL Curling Rink



- Can Hold Up to 400 Guests (without ice)
- Weekend Rates Available
- Ideal for Bonspiels, School Rentals, Weddings, Funerals, & More!

Various
Equipment Rentals
Available to Make
Your
Event Special!

Speak With Guest
Services About
What We Offer!



DID YOU KNOW?

We have a lounge
that is perfect for
birthday's &
meetings?

FACILITY RATES



Ask Us About Our 20% Discounted Corporate Memberships!



Children 2 Years & Under are FREE

 **Maintenance Shutdown**

The Athabasca Regional Multiplex Aquatic Centre will be **CLOSED** for its annual cleaning & inspection.

Annually: First 2 Weeks of September

Thank you for your understanding

FAMILY RATES

A family consists of two adults (married, common law, or legal guardians), and their children, residing at the SAME address.



PUNCH
PASSES

Punch passes are available for drop in activities & the walking track.

Buy 10, Get 1 Free! After the 10th drop in activity you will receive 1 EXTRA drop in day!

Special Seniors Rates:

Walking Track—\$2.00

Walking Pass—\$20.00



VARIOUS FITNESS PROGRAMS ARE INCLUDED IN YOUR MEMBERSHIP!

10% OFF

WHEN YOU
AUTO
RENEW A
MEMBERSHIP

When you sign up for an auto renew membership, you will receive a 10% discount! Monthly auto renew memberships are available with a minimum 3 month commitment. Cancellation requires a 30-day written notice.

ALL PRICES INCLUDE GST	CHILD 3—12 Years Old	STUDENT (13-25 years Includes Post Secondary) SENIOR 65+	STUDENT 13+ Enrolled in Aspen View School	ADULT 18+	FAMILY Members of the Same Address
Walking Track	\$3.00	\$3.00 <small>(excludes seniors)</small>	\$3.00	\$3.00	N/A
Daily Drop In	\$5.25	\$7.25	\$7.25	\$9.25	\$21.75
Monthly Membership	\$30.00	\$48.50	\$30.00	\$64.00	\$137.00
3 Month Membership	\$84.50	\$138.00	\$90.00	\$181.25	\$390.50
6 Month Membership	\$160.75	\$260.50	\$180.00	\$344.00	\$656.00
Yearly Membership	\$266.75	\$432.75	\$360.00	\$570.75	\$983.75
Punch Pass <small>Buy 10, Get 1 FREE</small>	\$52.50	\$72.50	\$72.50	\$92.50	\$217.50
Walking Pass <small>Buy 10, Get 1 FREE</small>	\$30.00	\$30.00 <small>(excludes seniors)</small>	\$30.00	\$30.00	N/A
Monthly Auto Renew	\$27.00	\$44.00	\$27.00	\$57.75	\$123.50
Yearly Auto Renew	\$240.25	\$389.50	\$324.00	\$513.75	\$885.50

FALL & WINTER HOURS



Facility (excludes pool)

Monday—Friday
6:00am—9:00pm

Saturday
8:00am—9:00pm

Sunday
10:00am—6:00pm



Pool

Monday
7:00am—8:00pm

Tuesday—Friday
7:00am—9:00pm

Saturday & Sunday
10:00am—5:00pm

HOLIDAY HOURS & CLOSURES

Holiday Hours—Facility (excludes pool): 10:00am—6:00pm
Holiday Hours—Pool: 12:00pm—6:00pm

Thanksgiving
October 14

Holiday Hours

Good Friday
April 18

Holiday Hours

Remembrance Day
November 11

Holiday Hours

Easter Day
April 20

Regular Hours

Christmas
December 24, 25, & 26

CLOSED

Victoria Day
May 19

CLOSED

New Years Eve
December 31

Holiday Hours

New Years Day
January 1

CLOSED

Family Day
February 17

Holiday Hours

Please Note That Our Facility Will Open After The Community Remembrance Ceremony on November 11.

All Hours During The Holidays Are Subject To Change.

Aquatic Centre

The Aquatic Centre offers something to all guests! You can relax in the hot tub and sauna, enjoy the exhilarating water slide, scale the rock wall, plunge from the diving board, float through the lazy river, or take a refreshing swim in one of the various pools.

With wheelchair-accessible entries and lifts, a 25-meter lap pool, sprinkler systems, private change rooms, a barrier-free pool, and various other amenities, the Athabasca Regional Multiplex Pool ensures that all visitors can fully enjoy their experience!

Private Pool Rentals

The Athabasca Regional Multiplex Aquatic Centre now offers full private pool rentals!

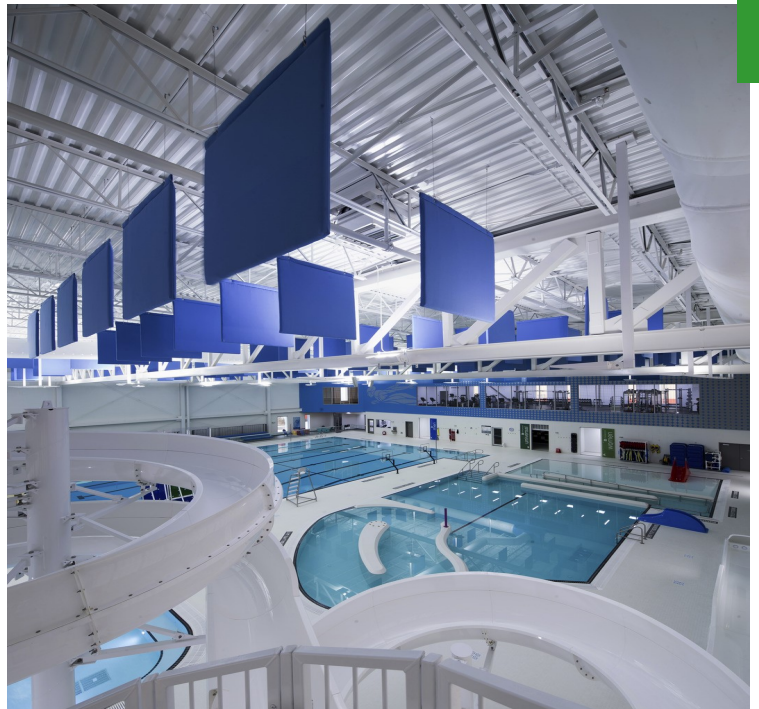
Book Now With Guest Services.

Available Booking Times

Monday	8:00PM - 9:00PM
Saturday	8:30AM - 9:30AM
Saturday	5:00PM - 6:00PM
Sunday	8:30AM - 9:30AM
Sunday	5:00PM - 6:00PM

Rentals need coordination through Guest Services, a signed contract, & at least two weeks' advance notice.

What Does The Aquatic Centre Offer?



- ⊆ Sauna
- ⊆ Large Hot Tub
- ⊆ Lazy River
- ⊆ 25M Lap Pool
- ⊆ Water Slide
- ⊆ Rock Wall
- ⊆ Diving Board
- ⊆ Barrier Free Pool
- ⊆ Sprinklers
- ⊆ Leisure Pool
- ⊆ Locker Rentals
- ⊆ Change Rooms
- ⊆ Pool Lift

Parent & Tot Levels

Parent & Tot Level 1	
3 months-1 Year	Orientation to water for babies—buoyancy & movement through songs & play.
Parent & Tot Level 2	
1 year-2 years	Learn to use floating objects & life jacket safety. Movement through songs & games.
Parent & Tot Level 3	
2 years-3 years	Learn skills to kick with floating objects, float, & glide through fun games & songs.



Preschool Levels (3-5 years)

Preschool 1
Learning to get in & out of water, jump in to chest level water. Learn to float & glide on front & back. Blow water bubbles & get faces wet!
Preschool 2
Jump in chest-deep water by themselves. Learn to get in and out wearing lifejacket. Submerge & exhale underwater. Glide on front & back .
Preschool 3
Jumping in while wearing life jacket. Recover objects from waist deep water. Work on kicking & gliding though water on front & back.
Preschool 4
Solo jumps in deeper water. Sideway entries & opening eyes under water. Master short swimming distances with lifejacket & gliding on side.
Preschool 5
Learn forward roll entry wearing life jacket & tread water for 10 seconds. Learn front & back crawl, swim for 5 metres, & interval training.



Need A Life Jacket?
We Got You! Free to use for all ages.



LIFESAVING SOCIETY
Canada's Lifeguarding Experts

Lead, Serve, & Save!

Interested in becoming a lifeguard?
Register for the Canadian Swim Patrol
Lessons & Bronze Medals Today!
For more information and prerequisites
Call or visit the Aquatic Centre

780.675.2967

multiplexaquatics@athabasca.ca



Swimmer Levels 1, 2, 3, & 4

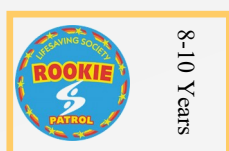
5 Years +

Swimmer 1 30 minute class	Beginner swimmers: learn to jump in water without lifejacket, open eyes underwater & hold breath, float, glide, & kick through water on their front & back.
Swimmer 2 30 minute class	Advanced beginners: jump into water without lifejacket in deeper water. Learn to support self at surface without aid, whip kick, 10 metre swim front & back & interval training.
Swimmer 3 30 minute class	Junior swimmers: learn to dive, do in-water front somersaults & handstands. Practice 15 metre front crawl, back crawl, 10 metre whip kick, & flutter kick interval training.
Swimmer 4 30 minute class	Intermediate swimmers: learn to swim 5 metres underwater, front crawl sprints, & breaststroke. Includes the completion of the Canadian Swim to Survive® Standard.

Swimmer Levels 5 & 6

5 Years +

Swimmer 5 45 minute class	Master shallow dives, cannonball, eggbeater kicks, & in water backward somersaults. 50 metre front & back crawls, 25 metre breaststroke, & higher intense interval training.
Swimmer 6 45 minute class	Advanced swimmers: master skills for side entries, compact jumps, lifesaving kicks, head up breaststroke sprints over 25 metres & 300 metre workouts.



8-10 Years

- Stroke development with 50 metre swims of breaststroke, front & back crawl.
- Lifesaving Sport skills: 25 metre obstacle swim & 15 metre object carry.
- First aid focuses on assessment of conscious victims, contacting EMS & treatments.
- 350 metre workouts & 100 metre timed swims.



8-12 Years

- Develop strokes of over 75 metre swims, Lifesaving sport skills, & rescues with buoyant aid.
- First aid focuses on assessment of unconscious victims, treatment in shock & obstructed airway



10-14 Years

- 600 metre workouts, 300 metre timed swims, & 25 metre object carry.
- 100 metre refined swimming strokes.
- First aid focus: bone/joint injuries & respiratory emergencies.
- Lifesaving skills: defense methods, victim removals & support.

Canadian
Swim Patrol

Free Swim Assessment



We offer complimentary swim assessments which can take place during public swimming. One of our trained aquatic staff will take a few minutes to assess your child and recommend what swim lesson they should register for!



BRONZE MEDALS

Ask us about our Intermediate First Aid courses, CPR-C & AED classes & National Lifeguard Certifications!



BRONZE
STAR

- 10 Hours
- Develops swimming proficiency lifesaving skills & personal fitness.
- Candidates refine their stroke mechanics, acquire self-rescue skills, & apply fitness principles in training workouts.

Prerequisites

The are no Prerequisites required. Swim Patrol experience is recommended.



BRONZE
MEDALLION

- 15 Hours
- Uses the 4 components of water rescue: judgement, knowledge, skill, & fitness.
- Candidates acquire the assessment & problem solving skills needed to make good decisions in, on, & around water.

Prerequisites

13+ years of age or have acquired the Bronze Star Medal. CPR-C Course is required



BRONZE
CROSS

- 15 Hours
- Transitions from lifesaving to lifeguarding skills.
- Emphasizes importance of teamwork & communication in preventing & responding to aquatic emergencies.

Prerequisites

Candidate must have the required:
Bronze Medallion
Intermediate First Aid
CPR-C
AED

November Break Swim Lessons



November 12 - 15, 2024

Enjoy our November break 4-pack lesson special!

LESSONS

Lesson Dates	
Private Lessons Available During These Dates	
TUESDAY - FRIDAY (4 Pack)	
November 12 - 15	

Children 0-5 years old need to be IN ARMS REACH of a person 18+ when not in swim lessons.

TUESDAY - FRIDAY <i>lesson times</i>	
Parent & Tot 1/2/3	8:45AM - 9:25AM
Preschool 1	9:30AM - 10:10AM
Preschool 2/3	10:15AM - 10:55AM
Preschool 4/5	11:25AM - 12:05PM
Swimmer 1	8:45AM - 9:25AM
Swimmer 2/3	9:35AM - 10:10AM
Swimmer 4	10:15AM - 10:55AM
Swimmer 5/6	11:25AM - 12:20PM
Canadian Swim Patrol (Level 7, 8, & 9)	12:25PM - 1:20PM

PRIVATE LESSONS (Tuesday - Friday)	
8:00AM - 8:40AM	12:10PM - 12:50PM
12:55PM - 1:35PM	

We Offer Adult Swim Lessons!

On **Wednesday's** from **5:00PM—6:00PM** learn and develop new skills in this 14+/adult level master classes!

\$63 per set +gst

Parent & Tot	Parent & Tot 1, 2, & 3 (parent in water)	\$57.00	3 Months - 3 Years
Preschool	Preschool 1, 2, 3, 4, & 5	\$57.00	3-5 Years Old
Swimmer Levels	Level 1, 2, 3, & 4	\$57.00	5+ Years Old
Swimmer Levels	Swimmer Level 5 & 6	\$62.00	5+ Years Old
Swimmer Levels	Canadian Swim Patrol (Level 7, 8, & 9)	\$62.00	5+ Years Old
Private Lessons (Individual)	30 Minute Lessons	\$87.00	ALL AGES
Private Lessons (group 2-4 people)	30 Minute Lessons (participants must be within 2 levels)	\$60.00 each	ALL AGES

Prices are subject to change GST not applicable to child lessons





Athabasca Regional Multiplex Fitness & Aquatic Centre

SWIM LESSONS

2024 Lesson Dates

Private Lessons Available Tues/Thurs & Saturday Times

TUESDAY & THURSDAY (5 Pack)

October 1 - October 15

October 22 - November 5

November 26 - December 10

FRIDAY (5 Pack)

October 4 - November 1

November 22 - December 20

SATURDAY (5 Pack)

October 5 - November 2

November 16 - December 14

TUESDAY & THURSDAY lesson times (5 Pack)

Parent & Tot 1/2/3	4:35PM - 5:05PM
Preschool 1	5:10PM - 5:40PM
Preschool 2/3	5:45PM - 6:15PM
Preschool 4/5	6:20PM - 6:50PM
Swimmer 1	4:50PM - 5:20PM
Swimmer 2/3	5:25PM - 5:55PM
Swimmer 4	6:00PM - 6:30PM
Swimmer 5/6	6:35PM - 7:20PM
Canadian Swim Patrol (Level 7, 8, & 9)	4:00PM - 4:45PM

FRIDAY lesson times (5 Pack)

Parent & Tot 1/2/3	10:00AM - 10:30AM
Preschool 1/2	10:35AM - 11:05AM
Preschool 3/4/5	11:10AM - 11:40AM
Swimmer 1	12:00PM - 12:30PM
Swimmer 2	10:00AM - 10:30AM
Swimmer 3/4	10:35AM - 11:05AM
Swimmer 5/6	11:10AM - 11:55AM
Canadian Swim Patrol (Level 7, 8, & 9)	11:45AM - 12:30PM

SATURDAY lesson times (5 Pack)

Parent & Tot 1/2/3	9:45AM - 10:15AM
Preschool 1	10:20AM - 10:50AM
Preschool 2/3	10:55AM - 11:25AM
Preschool 4/5	11:30AM - 12:00PM
Swimmer 1	9:45AM - 10:15AM
Swimmer 2/3	10:20AM - 10:50AM
Swimmer 4	10:55AM - 11:25AM
Swimmer 5/6	11:30AM - 12:15PM
Canadian Swim Patrol (Level 7, 8, & 9)	12:20PM - 1:05PM

ADULT LESSONS 14+ \$66.15/Set | \$13.23/Drop In

October 2 - October 30	November 13 - December 11
ADULT LEVEL 1/2/3	5:00PM - 6:00PM
MASTERS	5:00PM - 6:00PM

PRIVATE LESSONS (Tuesday & Thursday)

4:00PM - 4:30PM	6:55PM - 7:25PM
PRIVATE LESSONS (Saturday)	
12:05PM - 12:35PM	12:40PM - 1:10PM

Parent & Tot	Parent & Tot 1, 2, & 3 (parent in water)	\$57.00	3 Months - 3 Years
Preschool	Preschool 1, 2, 3, 4, & 5	\$57.00	3-5 Years Old
Swimmer Levels	Level 1, 2, 3, & 4	\$57.00	5+ Years Old
Swimmer Levels	Swimmer Level 5 & 6	\$62.00	5+ Years Old
Swimmer Levels	Canadian Swim Patrol (Level 7, 8, & 9)	\$62.00	5+ Years Old
Private Lessons (Individual)	30 Minute Lessons	\$87.00	ALL AGES
Private Lessons (group 2-4 people)	30 Minute Lessons (participants must be within 2 levels)	\$60.00 each	ALL AGES

GST not applicable to child lessons. Rates are subject to change.

For more information or to register please contact/visit Guest Services at 780-675-2967.



Athabasca Regional Multiplex Fitness & Aquatic Centre

Swim Schedule **Effective September 16, 2024**
 Fall Swim Lessons Starting In October

SWIM SCHEDULE

Programming	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Leisure Pool, Hot Tub, Waterslide, Dry Sauna <small>(Available to public during all pool hours)</small>	7:00am - 8:00pm	7:00am - 9:00pm	7:00am - 9:00pm	7:00am - 9:00pm	7:00am - 9:00pm	10:00am - 5:00pm	10:00am - 5:00pm
Public Swim <small>(Rock wall, diving board, & waterslide available during this time)</small>	12:00pm - 3:45pm 5:15pm - 8:00pm	12:00pm - 3:45pm 7:00pm - 9:00pm	12:00pm - 9:00pm	12:00pm - 4:00pm 7:00pm - 9:00pm	12:00pm - 9:00pm	12:00pm - 5:00pm	12:00pm - 5:00pm
Lane Swim <small>(Drop in = first come, first serve basis)</small>	7:00am - 9:00am 10:45am - 12:00pm	7:00am - 12:00pm	7:00am - 9:00am 10:45am - 12:00pm	7:00am - 10:00am 10:45am - 12:00pm	7:00am - 9:00am 10:45am - 12:00pm	10:00am - 12:00pm	10:00am - 12:00pm
Aquafit <small>(Drop in available)</small>	Deep Water: 9:00am - 9:45am Shallow Water: 10:00am - 10:45am		Deep Water: 9:00am - 9:45am Shallow Water: 10:00am - 10:45am	Low Intensity 10:00am - 10:45am	Deep Water: 9:00am - 9:45am Shallow Water: 10:00am - 10:45am		
Swim Club	3:45pm - 5:15pm <small>(3 lanes in use)</small>	3:45pm - 5:15pm <small>(3 lanes in use)</small>			7:00am - 8:00am <small>(2 lanes in use)</small>		
Swim Lessons <small>(View lesson's schedule for dates, times, & costs)</small>		4:00pm - 7:30pm <small>(Tue/Thu, Lessons)</small>	5:00pm - 6:00pm <small>(Adult Lessons & Masters)</small>	4:00pm - 7:30pm <small>(Tue/Thu, Lessons)</small>	10:00am - 12:30pm <small>(Lessons)</small>	9:45am - 1:15pm <small>(Lessons)</small>	
Special Events			Warrior Wednesday 7:00pm - 9:00pm <small>(1/2 off drop in rates)</small> 2nd Wednesday of the month	Seniors' Day 9:00am - 12:00pm FREE Water Polo 7:00pm - 8:00pm Oct 3 & 17 Nov 7 & 21 Dec 5 & 19	Teen Night 7:00pm - 9:00pm <small>(Ages 13-17 receive 1/2 off drop in rates)</small> Last Friday of the month	Spray Day 3:00pm - 5:00pm <small>(Bring your own water gun)</small> Last Saturday of the month	

Did You Know?
 Our equipment in the Aquatic Centre is available to use for **FREE!**

SPRAY DAY

Last Saturday
of each month from
3:00PM—5:00PM



Bring a clean water gun and join the excitement at the Aquatic Centre!

Please do not bring water balloons.
Sprinkler systems will be on during this time.
Included In Memberships

AQUAFIT

Included in Memberships

DEEP WATER

Monday, Wednesday, & Friday
9:00AM—9:45AM

SHALLOW WATER

Monday, Wednesday, & Friday
10:00AM—10:45AM

LOW INTENSITY

Thursday's
10:00AM—10:45AM



Hot Tub, Dry Sauna, & Leisure Pool Are Open & Available To Use For The Public During Pool Hours

WATER POLO

No experience needed, all fitness levels welcome!

7:00PM - 8:00PM

October 3 & 17
November 7 & 21
December 5 & 19

Fitness Centre

The Fitness Centre is equipped with high-end fitness equipment. It features private changerooms, washrooms, showers and lockers.

This space offers a panoramic view of the entire Aquatic Centre. Situated on the same level as the Fitness Centre, the Aces room spans 1,050 square feet and presents an excellent rental opportunity for activities such as yoga classes, spin classes, or as a private workout area!

FITNESS CENTRE

Certified Fitness Instructors Wanted



Try Our
NEW TRX
Suspension
Trainer!



**Long Term
Locker Rentals
Available**
Ask Guest Services

Contact Us
Today!
multiplexaquatics@athabasca.ca
780.675.2967

Introductory Fitness Classes

Session 1: September 24 - October 22
 Session 2: November 19—December 17

Ages 12—15 Classes	Ages 16+ & Seniors
(5 Pack) TUESDAYS Time: 3:30PM - 4:30PM \$63.00/session +gst	(5 Pack) TUESDAYS Time: 5:00PM - 6:00PM \$63.00/session +gst

Learn how to properly and safely use and set up resistance training machines, cable stations, and cardio equipment. This hands on program will also teach you how to successfully build a workout plan that is suitable for your needs!

The youth class will receive a certificate upon completion of the session that will allow them to gain access to the Fitness Centre without



Register to Reserve your Spot!
Only 15 Bikes Available

DAY	DATE	TIME	NON-MEMBER COST
Tuesdays	Sept 10 - Oct 22	6:00AM - 7:00AM	\$12.60/Drop In +GST
Thursday	Sept 12 - Oct 24	6:00AM - 7:00AM	\$12.60/Drop In +GST
Tuesdays	Nov 19 - Dec 17	6:00AM - 7:00AM	\$12.60/Drop In +GST
Thursday	Nov 21 - Dec 19	6:00AM - 7:00AM	\$12.60/Drop In +GST

No experience needed. Enjoy interval indoor cycling on a stationary exercise bike. This activity increases stamina, boosts mood, & prevents against chronic health issues.

These are individual classes.
NO sets available at this time.

INCLUDED IN MEMBERSHIPS!



Important News

External personal fitness trainers must receive approval from the Athabasca Regional Multiplex to train clients within our facility.

EVENING YOGA



Enjoy our evening yoga classes. No experience needed! Practice physical poses, concentration & deep breathing in this mindful wellness activity.
Bring Your Own Mat.

DAY	START DATE	END DATE	TIME	NON-MEMBER COST
TUESDAY PM	September 17	December 17	6:00 PM—7:00 PM	\$12.60/Drop In +GST
	No Class on October 1 st November 12			

Limited Spots Available | Register Today!
 No Sets Available During This Time



INCLUDED IN MEMBERSHIPS

The

Christmas
 DINNER

Mark Your Calendars!

**Athabasca's Community
 Christmas Dinner Will Be
 Held At The Multiplex On
 Thursday, December 5**

**More Information About This
 Event To Come Soon!**

**Bubble
 Soccer**

**On the 3rd
 Saturday of each
 month, join us for
 BUBBLE SOCCER!**

**Included in
 regular admission,
 punch passes, &
 memberships.**

Subject to change due to other events

- September 1
- September 21
- October 6
- November 3
- November 23
- December 1
- December 28

SPECIAL EVENTS



**ATHABASCA
 Regional Multiplex**

JOIN OUR TEAM!

APPLY TODAY



**FAMILY
 FUN DAY**

FEBRUARY 17TH

**Stay tuned to our
 Social Media for the
 Athabasca Regional
 Multiplex special
 Family Day event!**

LEARN TO CURL

FREE
During specified times

The Athabasca Curling Club wants to teach YOU how to curl!
No equipment or experience needed for this special activity!

Interested?

Contact the Athabasca Curling Club for more information.

Upcoming Movie Nights To Come—Pay Attention Our Pages!

MOVIE NIGHTS

Upcoming Movie Dates:

- October 27—Halloween Movie*
- December 20—Christmas Movie*
- February—Dates Coming Soon*
- April—Dates Coming Soon*

Stay tuned for more information on upcoming movies, location, and rates!

SUPER DEAL

50% OFF

WEDNESDAY WARRIOR'S

On The 2nd Wednesday Of Each Month All Drop In Rates Will Be **Slashed!**
From 7PM - 9PM
Receive 1/2 Off Admission!

- October 9
- November 13
- December 11
- January 8
- February 12
- March 12
- April 9

LEARN TO PLAY PICKLEBALL

Interested in mastering pickleball? Join this exclusive drop-in session to learn the rules and techniques required for this exciting sport!

- ⊆ *September 25*
- ⊆ *October 22*
- ⊆ *November 27*
- ⊆ *December 10*



6:30PM—8:30PM

YOUR MEMBERSHIP PAYS FOR ITSELF

Child, youth, student, senior, & family memberships pay for themselves with varying visits per month.

Contact Guest Services today for more information on how you can save with the purchase of a membership!



ATHABASCA REGIONAL
MULTIPLEX

TEEN NIGHT

EVERY MONTH • SECOND LAST FRIDAY • 7PM - 9PM

Youth & Teens Ages 13-17 Will Receive 1/2 off drop in rates from 7-9pm on the second last Friday of each month!

WWW.ATHABASCAMULTIPLEX.CA

SPECIAL EVENTS



SENIORS' DAY



Seniors 65+ will
Receive **FREE**
Drop In Rates From
9AM - 12PM

Fall & Winter Swimming Lessons



Parent & Tot = Levels 1, 2, & 3
Preschool = Levels 1, 2, 3, 4, & 5
Swimmer = Levels 1, 2, 3, 4, 5, & 6
Adult Lessons = Beginners & Masters
Private Lessons = Available for ALL levels
Swim Patrol = Rookie, Ranger, & Star

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00am					Parent & Tot 10:00 - 10:30
10:30am					Swimmer Levels
11:00am					Preschool 10:35 - 11:40
11:30am					Swim Patrol 11:45 - 12:30
12:00am					
12:30pm					
1:00pm					
1:30pm					
2:00pm					
2:30pm					
3:00pm					
3:30pm					
4:00pm		Private Lessons 4:00 - 4:30		Private Lessons 4:00 - 4:30	Swim Patrol 4:00 - 4:45
4:30pm		Parent & Tot 4:35 - 5:05		Parent & Tot 4:35 - 5:05	Swim Patrol 4:00 - 4:45
5:00pm		Preschool		Preschool	Swimmer Levels
5:30pm			Adult Lessons 5:00 - 6:00		
6:00pm		5:10 - 6:50		5:10 - 6:50	4:50 - 7:20
6:30pm					
7:00pm		Private Lessons 6:55 - 7:25		Private Lessons 6:55 - 7:25	
7:30pm					
8:00pm					

ATTENTION!
 During lessons & drop in activities, the Aquatic Centres' hot tub, dry sauna, & leisure pool will remain open to the public

Saturday Lesson Times Available!
 View "Swim Lessons" for information on classes & dates.

Programs are subject to change.
Classes are not scheduled on statutory holidays. Stay tuned to our Facebook page & Website for more information about the Fitness & Aquatic Centre Drop in activities.



Drop In Activities

DROP IN CALENDAR

Drop In Activity Schedule | 2024

Effective September 3rd

All Drop In Activities Are
Subject To Change
Based On Rentals & Events.



Drop In Activities

Scheduled Drop In Activities
Located In The Fieldhouse
(activities are subject to change)

Warrior Wednesday

All Ages Receive
HALF Off Drop In Rates
Between 7:00pm-9:00pm
(2nd Wednesday Of Each Month)

Teen Night

Youth, Ages 13-17, Receive
HALF Off Drop In Rates
Between 7:00pm-9:00pm
(Last Friday Of Each Month)

Seniors' Day

65+ Receive FREE Access To
Regular Drop In Activities
(exclusive activities not included)

Monday	Tuesday	Wednesday	Thursday	Friday
Pickleball 9:00am—11:00am	Pickleball 9:00am—11:00am	Pickleball 9:00am—11:00am	Seniors' Day 9:00am—12:00pm	Pickleball 9:00am—11:00am
			Pickleball 9:00am—11:00am Walking Group 9:00am—11:00am	
Volleyball 11:30am—1:00pm	Volleyball 11:30am—1:00pm	Volleyball 11:30am—1:00pm	Volleyball 11:30am—1:00pm	Volleyball 11:30am—1:00pm
Badminton 3:30pm—5:00pm	Walking Group 1:00pm—3:00pm	Basketball 3:30pm—5:00pm	Badminton 3:30pm—5:00pm	Floor Hockey 3:30pm—5:00pm
Pickleball 5:00pm—8:00pm	Pickleball 5:00pm—8:00pm	Pickleball 5:00pm—8:00pm	Pickleball 5:00pm—8:00pm	Pickleball 5:00pm—8:00pm
Soccer 7:00pm—9:00pm	Basketball 7:00pm—9:00pm	Warrior Wednesday 7:00pm-9:00pm Badminton 7:00pm—9:00pm	Volleyball 7:00pm—9:00pm	Teen Night 7:00pm-9:00pm Basketball 7:00pm—9:00pm

The Multiplex Facility, including the Field House, Arena, Curling Rink, Fitness Centre, & Aquatic Centre are Available for Drop In Activities at Any Time When Other Events or Programs are Not Scheduled.



WEEKEND Scheduled Drop In Activities

(Subject to Change)



Saturday's

7:00pm-9:00pm

1st Saturday of the Month

(Sep 7, Oct 5 & Dec 7)

Basketball

2nd Saturday of the Month

(Sep 14, Oct 12, Nov 9 & Dec 14)

Games Night (Upstairs)

3rd Saturday of the Month

(Sep 21, Nov 16 & Dec 21)

Pickleball

4th Saturday of the Month

(Sep 21, Nov 23 & Dec 28)

Bubble Soccer

Sunday's

4:00pm-6:00pm

1st Sunday of the Month

(Sep 1, Oct 6, Nov 3 & Dec 1)

Bubble Soccer

2nd Sunday of the Month

(Sep 8, Oct 13, Nov 10 & Dec 8)

Volleyball

3rd Sunday of the Month

(Sep 15, Oct 20, Nov 17 & Dec 15)

Pickleball

4th Sunday of the Month

(Sep 22, Oct 27 & Nov 24)

Ping Pong

5th Saturday or Sunday of the Month

(Sep 29, Nov 30 & Dec 29)

Soccer



Bubble Soccer Rules: Participants must be at least 4ft tall and play appropriately for ages participating. No jewelry or sharp objects in the bubbles.

The weekend schedule is dependent on Fieldhouse bookings. Please call Guest Services at 780-675-2967 to ensure the drop in program is still running.

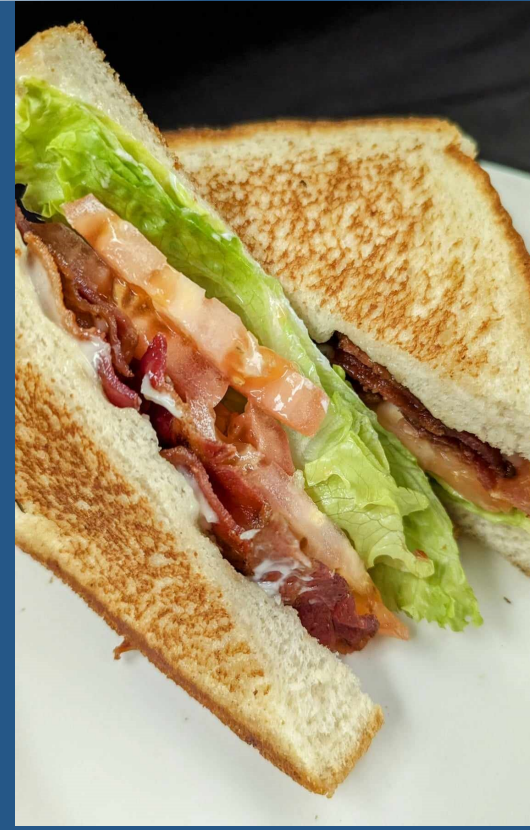


CONCESSION

The Time Out Concession at the Athabasca Regional Multiplex is Open!

Did you know? You can hire the Time Out Concession to cater your special event! Contact the Multiplex for more information at 780-675-2967

~ Take A Time Out & Enjoy Great Food ~





We offer vegan, dairy free, gluten free, nut free, sugar free, and corn free options! Please contact **Tim Festeryga** for more information about catering opportunities!

- 
VEGAN
- 
DAIRY FREE
- 
GLUTEN FREE
- 
NUT FREE
- 
SUGAR FREE
- 
CORN FREE

(780) 675-2967
multiplexconcession@athabasca.ca



EXTENDED OFFERS

LIMITED TIME ONLY

Some Restrictions apply

REFERRAL PROGRAM

Receive a \$10 account credit when you refer a new friend to purchase a membership! The more referrals you make, the more credits you earn!

PUNCH PASS DEAL

Purchase a punch pass and receive an additional 3 drop in's for free!

FOR NEW MEMBERS ONLY

PUBLIC SKATE & SHINNY

Watch our Facebook Page for updates on drop in public skate & shinny dates & times!

LiveBarn

Engage audiences with this live stream action camera, featuring dynamic visuals and interactive elements to make your advertisement stand out both in-person and online!

ADVERTISE WITH US



Check Out The Athabasca Regional Multiplex
Website For New Updates On Our
Advertising & Sponsorship Opportunities!

athabascamultiplex.ca/about-us/advertising-sponsorship

Starting At
212.00

*Your Business will be Noticed
By a Diverse Group of Visitors!*

Invest in our community with the Athabasca Regional Multiplex advertising opportunities. Contact us today to rent billboard spaces! For more information & availability, email Rhonda Alix at: multiplexmanager@athabasca.ca