



ATHABASCA
Regional Multiplex
Fitness & Aquatic Centre

Athabasca Regional Multiplex Fall & Winter | 2026/2027 Recreational Activity Guide



ARMS enriches life in the Athabasca Region by providing inclusive, quality recreation and cultural services that reflect community needs and characteristics.

WELCOME

Follow us on Facebook & Instagram to stay up-to-date on the latest events & schedules!



Athabasca Regional Multiplex
Fitness & Aquatic Centre



@athabascaregionalmultiplex1

Don't miss out on announcements & updates!
Bookmark our webpage:
athabascamultiplex.ca

Connect With Us!

Athabasca Regional Multiplex
Fitness & Aquatic Centre
#2 University Drive
Athabasca, AB | T9S 0A3



(780) 675-2967

Rhonda Alix

General Manager

multiplexmanager@athabasca.ca

The Athabasca Regional Multiplex Society is committed to promoting cultural growth, health, wellness, and fitness for all residents in the Athabasca region. ARMS fosters happiness, health, and connection in the Athabasca Region by providing recreation and cultural opportunities. Through the stewardship of safe, welcoming, and modern spaces, we strive for all community members to feel valued, involved, and supported.

Opened in 2008, the Athabasca Regional Multiplex was designed as a multipurpose community hub with a vision to invest in the region's recreational future. Our facility comprises of a Cenovus Arena, CNRL Curling Rink, Rotary Fieldhouse, Meeting Rooms, Lounge, Concession, and Outdoor Sports Fields.

We operate the Nancy Appleby Theatre located at 4720-48 Street.

In 2019, we opened the Aquatic & Fitness Centre, featuring a Lap Pool, Lazy River, Water Slide, Sauna & Hot Tub. As well as a fully equipped Fitness Centre with high-quality fitness equipment. The Multiplex is also available to rent for a variety of events including conferences, weddings, trade shows, graduations, parties, funerals, and more. With a variety of rooms and flexible spaces, we can comfortably host groups from small gatherings to events with over 1,000 guests.

Whether you're looking to stay active, connect with your community, or host a special event – the Athabasca Regional Multiplex has something for everyone.

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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 rollerblades 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 the 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, or equipment issues 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.

Age Access Guide

AGE GUIDE	0-6 Years	7-8 Years	9-11 Years	12-14 Years
Swimming Pool				
Fitness Centre				
Field House				
Arena				
Buy Low Lounge				
Curling Rink				



NO ACCESS



Supervisor in the building



FULL ACCESS
swim test may be required



Actively supervised by caregiver 16+



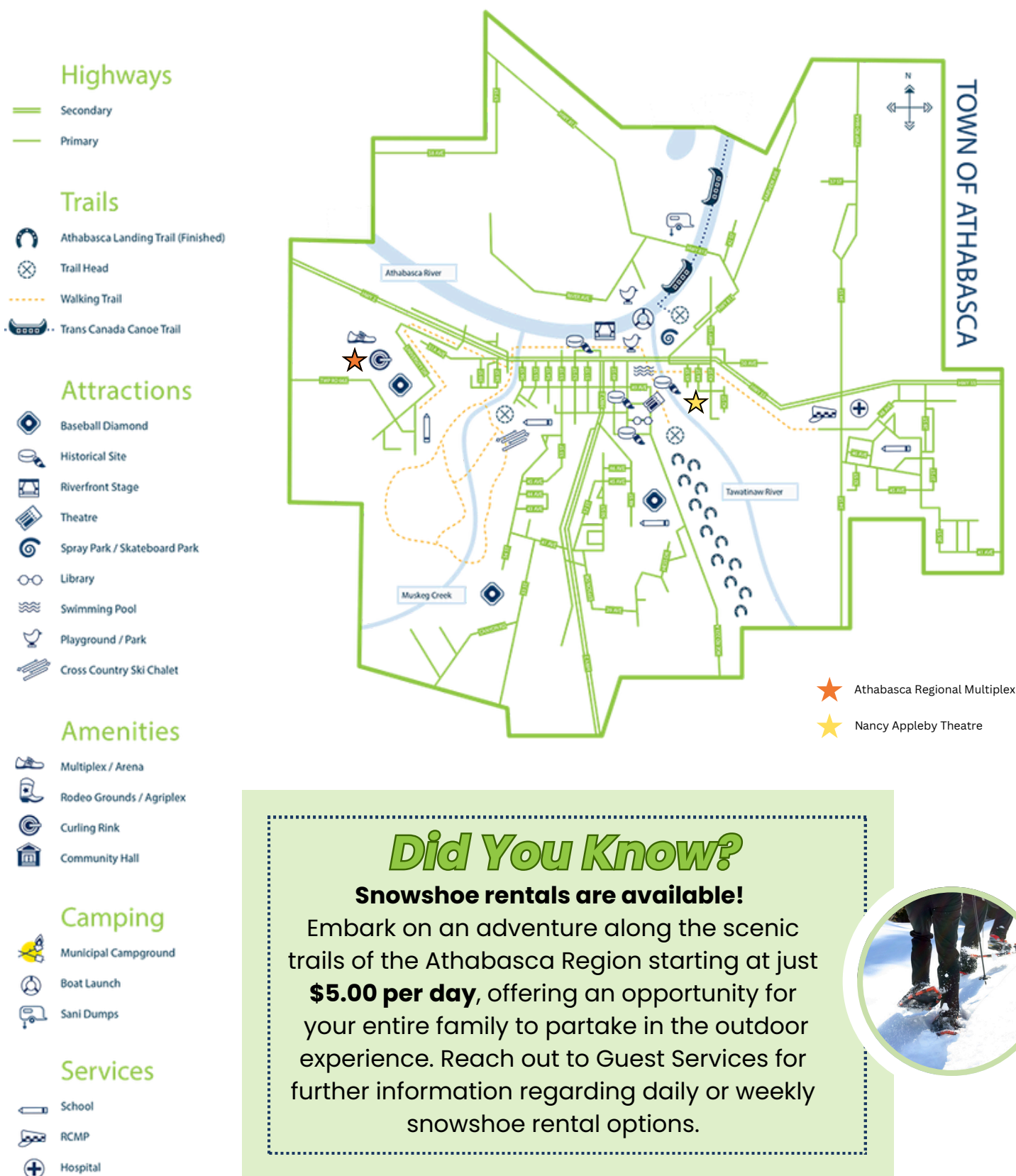
In arms reach of caregiver 16+



Directly supervised by caregiver 16+

Individuals aged 15+ have full access to the facility without supervision.

Town Map & Trails



Facility Rentals

If you are looking for the perfect venue for your upcoming special event, look no further!

The Multiplex offers a variety of flexible spaces and equipment rentals to suit events of all sizes — from small meetings to large gatherings of over 1,000 guests.

For rental rates and availability, please contact us:

☎ **Phone: 780-675-2967** or ✉ **Email: multiplexadmin@athabasca.ca**

We'd be happy to help you plan your next conference, wedding, trade show, party, or celebration at the Athabasca Regional Multiplex!



RENT TODAY!

Ask about our various
meeting & multipurpose
rooms available!

Rotary Field House



- Capacity of 1,622 guests
- Weekend rates available
- Option to rent commercial kitchen
- Ideal for sports, weddings, & parties

Nancy Appleby Theatre



- Seats 273 people
- Lighting & sound board
- Ideal for rehearsals, corporate events, movies & performances

Cenovus Arena



- With ice capacity, 480 guests
- Without ice capacity, 1,200 guests
- Ideal for sporting events, graduations, & weddings

CNRL Curling Rink



- Without ice capacity, 400 guests
- Weekend rates available
- Ideal for bonspiels, school rentals, weddings, funerals, & more!

Discover a variety of rental options designed to elevate and personalize your event experience.

For more information, please contact Guest Services.



Rates & Memberships

PLEASE NOTE: All prices are subject to change

MEMBERSHIP RATES

Rates Include GST

Basic Monthly

Basic memberships will provide facility access only and do not include any of the Full Access Membership perks.

Tots (0-3 years)	FREE
Child (4-11 years)	\$30.25
Youth & Student (12-20)	\$36.00
Adult (21-64)	\$62.50
Senior (65-79)	\$49.00
Super Senior (80+)	FREE
Family	\$141.25

Full Access Yearly

Full Access Memberships come with:

- Free AquaFit Classes
- Free Yoga Classes
- 50% off Fitness Programs & Passes
- Two complimentary day passes per year
- 10% Discount on members swim lesson

Tots (0-3 years)	FREE
Child (4-11 years)	\$272.25
Youth & Student (12-20)	\$324.00
Adult (21-64)	\$562.50
Senior (65-79)	\$441.00
Super Senior (80+)	FREE
Family	\$1024.00

**MAKE IT RECURRING
& SAVE 10%**

Day Pass

Child (4-11 years)	\$5.25
Youth & Student (12-20)	\$6.25
Adult (21-64)	\$9.25
Senior (65-79)	\$7.25
Super Senior (80+)	FREE
Family	\$21.75
Shower Fee	\$5.00

Punch Pass

Child (4-11 years)	\$52.50
Youth & Student (12-20)	\$62.50
Adult (21-64)	\$92.50
Senior (65-79)	\$72.50
Super Senior (80+)	FREE
Family	\$217.50

Walking Track

Child (4-11 years)	\$3.00
Student (12-20)	\$3.00
Adult (21-64)	\$3.00
Senior (65-79)	\$2.00
Super Senior (80+)	FREE

Walking Track Punch Pass

Child (4-11 years)	\$30.00
Student (12-20)	\$30.00
Adult (21-64)	\$30.00
Senior (65+)	\$20.00
Super Senior (80+)	FREE

Program Single Pass

PROGRAM	FULL MEMBER	NON-MEMBER/BASIC
Yoga	FREE	\$12.50
Aquafit/pole/bike	FREE	\$10.00
Adult Swim	\$6.25	\$12.50
Spin	\$5.00	\$10.00

Program Punch Pass Buy 10 + 1 Free

PROGRAM	FULL MEMBER	NON-MEMBER/BASIC
Yoga	FREE	\$125.00
Aquafit/pole/bike	FREE	\$100.00
Adult Swim	\$62.50	\$125.00
Spin	\$50.00	\$100.00

Athabasca Regional Multiplex

AUTO RENEW MEMBERSHIPS

Full Access Recurring Monthly

Child (4-11 years)	\$27.25
Youth & Student (12-20)	\$32.40
Adult (21-64)	\$56.25
Senior (65-79)	\$44.10
Super Senior (80+)	FREE
Family	\$127.15

Full Access Recurring Yearly

Child (4-11 years)	\$245.05
Youth & Student (12-20)	\$291.60
Adult (21-64)	\$506.25
Senior (65-79)	\$396.90
Super Senior (80+)	FREE
Family	\$921.60

**Save 10% with a
Recurring Membership!**
Recurring memberships require a
minimum 3-month commitment.
Cancellation requires 30 days' written notice.

Ask Us About Our
Monthly Locker Rentals.



ATHABASCA
Regional Multiplex
Fitness & Aquatic Centre

Get more with our Full Access Membership

Looking to get the most value from your membership?

**Full Access Members get FREE Aquafit, FREE Yoga,
50% off Fitness Classes/Passes, 2 FREE day passes per year
and 10% of swim lessons!**

Want more bang for your buck?

Our Auto-Renew Memberships save you 10%!

"Did someone
mention
discounts?"

Hours & Closures

Effective September 8, 2026



Monday - Friday
6:00AM - 9:00PM

Saturday
8:00AM - 9:00PM

Sunday
10:00AM - 6:00PM

FACILITY
(EXCLUDES POOL)



Monday
7:00AM - 8:00PM
Tuesday-Friday
7:00AM - 9:00PM
Saturday
10:00AM - 5:00PM
Sunday
10:00AM - 5:00PM

AQUATIC CENTRE

Holiday Hours

Facility Holiday Hours - **10:00AM - 6:00PM**
Aquatic Centre Holiday Hours - **10:00AM - 6:00PM**

Thanksgiving October 13 	Holiday Hours	New Years Day January 1 2026	CLOSED
Remembrance Day November 11 Facility open after Ceremony 	Holiday Hours	Family Day February 15 	Holiday Hours
Christmas December 24, 25, & 26 	CLOSED	Good Friday March 26 	Holiday Hours
New Years Eve December 31 	Holiday Hours	Victoria Day May 24 	CLOSED

Aquatic Centre

The Aquatic Centre offers an ideal retreat during the winter season.

Guests can luxuriate in the hot tub and sauna, enjoy the exhilarating water slide, scale the rock wall, take a plunge from the diving board, 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 Aquatic Centre ensures that all visitors can fully enjoy their experience.

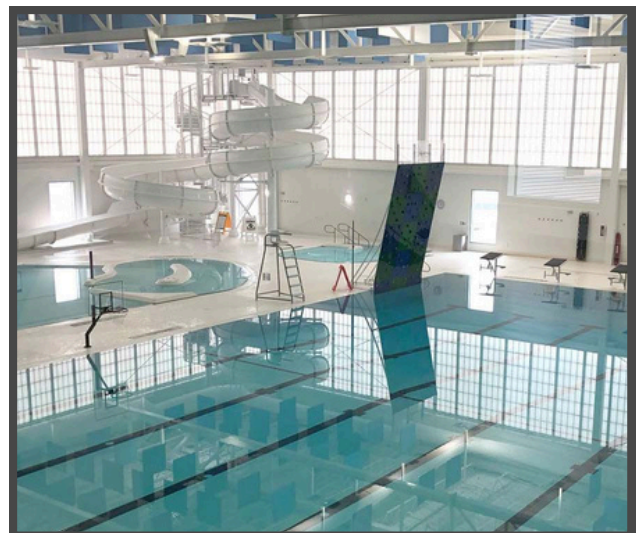
DID YOU KNOW?

Enjoy Free Equipment at the Aquatic Centre!

Take advantage of our complimentary equipment, available for all guests to use!

This includes aqua bikes, pool toys, flotation devices, and life jackets.

Need assistance?
Our Aquatic Centre staff are always happy to help with your needs!



Aquatic Centre



Are you interested in
our career opportunities
at the Aquatic Centre?

Contact Us
Today!



780-675-2967



multiplexaquatics@athabasca.ca

The hot tub,
dry sauna,
water slide,
and leisure
pool are
available for
public use
during
pool hours.



Locker rentals
are offered in
3-month,
6-month, and
1-year durations.
For further details,
please reach out to
Guest Services.

Lesson Guidelines

Parent & Tot 30 Minute Class

Parent & Tot Level 1	
3 Months - 1 Year	Orientation to water for babies. Focuses on buoyancy & movement through songs and play.
Parent & Tot Level 2	
1 Year - 2 Years	Learn to use floating objects and lifejacket safety. Movement through songs and play.
Parent & Tot Level 3	
2 Years - 3 Years	Learn skills to kick with floating objects, floating techniques, and glides. Fun with games and songs.

Preschool (3-5 Years) 30 Minute Class

Preschool Level 1
Learn to get in and out of water, jump to chest level water, float and glide on front and back. Blow water bubbles and get face wet.
Preschool Level 2
Jump in chest-deep water independently, wear a life jacket, submerge, exhale underwater, and glide on front and back.
Preschool Level 3
Jumping in while wearing life jacket. Recover objects from waist deep water. Work on kicking and gliding through water on front and back.
Preschool Level 4
Solo practice: Sideway entries, opening eyes underwater, mastering short swimming distances with a lifejacket, and gliding on the side.
Preschool Level 5
Learn forward roll entry wearing lifejacket and tread water for 10 seconds. Front/back crawl, swim 5 meters, and interval training.



Lead | Serve | Save

Consider enrolling in Canadian Swim Patrol Lessons, Bronze Medallion, and Bronze Cross courses for a lifeguard career at the Aquatic Centre!
For more details call **780-675-2967**.



LIFESAVING SOCIETY®
The Lifeguarding Experts



Lesson Guidelines

Swimmer Levels

30 - 45 Minute Classes

Swimmer 1 30 Minute Class
Beginner swimmers: learn to jump in water without lifejacket, open eyes under water, and hold breath. Work on floats, glides, and kicks on front and 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 meter swims front and back + interval training.
Swimmer 3 30 Minute Class
Junior swimmers: learn to dive, do in-water front somersaults and handstands. Practice 15 meter front and back crawl, 10 meter whip kick and flutter kick interval training.
Swimmer 4 30 Minute Class
Intermediate swimmers: learn to swim 5 meters underwater, front crawl sprints, & breaststroke. Includes the completion of the Canadian Swim to Survive® Standard.
Swimmer 5 45 Minute Class
Master shallow dives, cannonball, eggbeater kicks, and in water backward somersaults. 50 meter front and back crawls, 25 meter breaststroke, and 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 meters, and 300 meter workouts.



- Continue stroke development with 50 meter swims, front & back crawl.
- Lifesaving sport skills: 25 meter obstacle swim & 15 meter object carry.
- First aid focuses on assessment of conscious victims, contacting EMS & treatments.
- 350 meter workouts and 100 meter timed swims.



- Develop strokes of over 75 meter swims of each stroke.
- Lifesaving sport skills in medley, timed object support, and rescue with buoyant aid.
- First aid focuses on assessment of unconscious victims, treatment in shock & obstructed airway procedures with skill drills to develop strong lifesaving foundation.



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

Canadian Swim Patrol

45 Minute Classes

Lesson Guidelines

Prerequisites

There are no prerequisites required.
Swim Patrol experience is recommended

- 10 hour long course spread over the course of a few days.
- Develops swimming proficiency, lifesaving skills, & personal fitness.
- Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts.

Bronze Star



Prerequisites

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

- 15 hour long course spread over the course of a few days.
- Uses the four components of water rescue: *judgement, knowledge, skill, & fitness*.
- Candidates acquire the assessment and problem solving skills needed to make good decisions in, on, and around water.

Bronze Medallion



Prerequisites

The applicant must have the Bronze Medallion, Intermediate First Aid, CPR-C, and AED certifications.

- 15 hour long course spread over the course of a few days.
- Transitions from lifesaving to lifeguarding skills.
- Emphasizes importance of teamwork and communication in preventing and responding to aquatic emergencies.

Bronze Cross



Stay tuned to our social media pages for upcoming classes!

Fall 2026 Lessons

Fall Swim Lessons 2026

TUESDAY/THURSDAY LESSONS

Parent & Tot	4:00PM - 4:30PM	Swimmer 1	4:00PM - 4:30PM	TUES/THURS SETS
Preschool 1	4:35PM - 5:05PM	Swimmer 2/3	4:35PM - 5:05PM	SET #1 Oct 6 - Oct 20
Preschool 2/3	5:10PM - 5:40PM	Swimmer 4	5:10PM - 5:40PM	SET #2 See November Break Lesson Set
Preschool 4/5	5:45PM - 6:15PM	Swimmer 5/6	5:45PM - 6:30PM	SET #3 Dec 1 - Dec 15
Private	6:20PM - 6:50PM	Canadian Swim Patrol	6:35PM - 7:20PM	
Private	6:55PM - 7:25PM			

SATURDAY LESSONS

Parent & Tot	9:45AM - 10:15AM	Swimmer 1	9:45AM - 10:15AM	SATURDAY SETS
Preschool 1	10:20AM - 10:50AM	Swimmer 2/3	10:20AM - 10:50AM	SET #1 Oct 10 - Nov 7
Preschool 2/3	10:55AM - 11:25AM	Swimmer 4	10:55AM - 11:25AM	SET #2 Nov 21 - Dec 19
Preschool 4/5	11:30AM - 12:00PM	Swimmer 5/6	11:30AM - 12:15PM	
Private	12:05PM - 12:35PM	Canadian Swim Patrol	12:20PM - 1:05PM	
Private	12:40PM - 1:10PM			

FRIDAY LESSONS

Parent & Tot	10:00AM - 10:30AM	Swimmer 2	10:00AM - 10:30AM	FRIDAY SETS
Preschool 1/2	10:35AM - 11:05AM	Swimmer 3/4	10:35AM - 11:05AM	SET #1 Oct 9 - Nov 6
Preschool 3/4/5	11:10AM - 11:40AM	Swimmer 5/6	11:10AM - 11:55AM	SET #2 Nov 20 - Dec 18
Swimmer 1	11:45AM - 12:15PM	Canadian Swim Patrol	12:00PM - 12:45PM	



If your preferred class or time is full, ask us about joining our waiting list.



Learn How To Save A Life

Inquire about our Intermediate First Aid courses, CPR-C & AED classes, and National Lifeguard certifications today!

Fall Break 2026 Lessons

Fall Break 4-Pack Swim Lessons 2026

November: 9, 10, - , 12, 13.

No Classes November 11th

4-Pack Lessons Mon, Tue, Thu, Fri.

Private	8:00am-8:40am	Private	8:00am-8:40am	Canadian Swim Patrol (Levels 7, 8, 9)
Parent & Tot	8:45am-9:25am	Swimmer 1	8:45am-9:25am	
Preschool 1	9:30am-10:10am	Swimmer 2/3	9:30am-10:10am	12:25pm-1:20pm
Preschool 2/3	10:15am-10:55am	Swimmer 4	10:15am-10:55am	
Preschool 4/5	11:25am-12:05pm	Swimmer 5/6	11:25am-12:20pm	
Private	12:10pm-12:50pm	Private	12:55pm-1:35pm	

Adult Private Lessons & Evening Programs:

Ready to improve your swimming skills?

We offer private lessons and evening programs tailored to all levels – from beginners to advanced.

Ask us about our flexible options!

Curious About Our Waiting List:

If your preferred class or time is full, ask us about joining our waiting list.

FREE Swim Assessments!

We provide complimentary swim assessments that can be conducted during public swim sessions. Our proficient aquatic staff will dedicate a few minutes to evaluate your child and suggest the appropriate swim lesson for them to enroll in.



Winter 2027 Lessons



Winter Swim Lessons 2027



TUESDAY/THURSDAY LESSONS

Parent & Tot	4:00PM - 4:30PM	Swimmer 1	4:00PM - 4:30PM	TUES/THURS SETS
Preschool 1	4:35PM - 5:05PM	Swimmer 2/3	4:35PM - 5:05PM	SET #1 Jan 5 - Jan 19
Preschool 2/3	5:10PM - 5:40PM	Swimmer 4	5:10PM - 5:40PM	SET #2 Feb 2 - Feb 16
Preschool 4/5	5:45PM - 6:15PM	Swimmer 5/6	5:45PM - 6:30PM	SET #3 Mar 2 - Mar 16
Private	6:20PM - 6:50PM	Canadian Swim Patrol	6:35PM - 7:20PM	
Private	6:55PM - 7:25PM			

SATURDAY LESSONS

Parent & Tot	9:45AM - 10:15AM	Swimmer 1	9:45AM - 10:15AM	SATURDAY SETS
Preschool 1	10:20AM - 10:50AM	Swimmer 2/3	10:20AM - 10:50AM	SET #1 Jan 9 - Feb 6
Preschool 2/3	10:55AM - 11:25AM	Swimmer 4	10:55AM - 11:25AM	SET #2 Feb 20 - Mar 20
Preschool 4/5	11:30AM - 12:00PM	Swimmer 5/6	11:30AM - 12:15PM	
Private	12:05PM - 12:35PM	Canadian Swim Patrol	12:20PM - 1:05PM	
Private	12:40PM - 1:10PM			

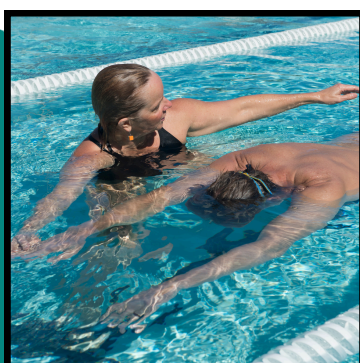


FRIDAY LESSONS

Parent & Tot	10:00AM - 10:30AM	Swimmer 2	10:00AM - 10:30AM	FRIDAY SETS
Preschool 1/2	10:35AM - 11:05AM	Swimmer 3/4	10:35AM - 11:05AM	SET #1 Jan 8 - Feb 5
Preschool 3/4/5	11:10AM - 11:40AM	Swimmer 5/6	11:10AM - 11:55AM	SET #2 Feb 19 - Mar 19
Swimmer 1	11:45AM - 12:15PM	Canadian Swim Patrol	12:00PM - 12:45PM	



If your preferred class or time is full, ask us about joining our waiting list.



Adult Swim Lessons Available Wednesday from 5:30 PM to 6:30 PM

Join us to acquire and enhance new skills in these advanced adult-level/master classes designed for individuals aged 14 and above. Whether you are a novice seeking to embark on your swimming journey or aiming to refine your existing skills, this class offers a valuable opportunity for skill development.

Set
\$62.50
or
Drop In
\$12.50

FULL ACCESS MEMBERS SAVE 50%!

Spring Break 2027 Lessons

Spring Break Swim Lessons 2027

March 29 - April 2



MONDAY - FRIDAY LESSONS

Private	9:00am-9:30am	Private	9:00am-9:30am	Canadian Swim Patrol (Levels 7, 8, 9)
Parent & Tot	9:35am-10:05am	Swimmer 1	9:35am-10:05am	
Preschool 1	10:10am-10:40am	Swimmer 2/3	10:10am-10:40am	12:20pm-1:05pm
Preschool 2/3	10:45am-11:15am	Swimmer 4	10:45am-11:15am	
Preschool 4/5	11:30am-12:00pm	Swimmer 5/6	11:30am-12:15pm	
Private	12:05pm-12:35pm	Private	12:40pm-1:10pm	



Adult Private Lessons & Evening Programs:

Ready to improve your swimming skills?

We offer private lessons and evening programs tailored to all levels – from beginners to advanced.

Ask us about our flexible options!

Curious About Our Waiting List:

If your preferred class or time is full, ask us about joining our waiting list.

Lessons may be rescheduled or replaced in the event of low enrolment.

Did you know we have Toonie Swim every Tuesday!
Join us in the pool from 7:00pm-9:00pm for only \$2/person!

Swim Schedule

Athabasca Regional Multiplex Fitness & Aquatic Centre

Swim Schedule Effective September 14, 2026

Programming	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Leisure Pool, Hot Tub, Waterslide, Dry Sauna (Available to public during all pool hours)	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 (Rock wall, diving board, & waterslide available during this time)	12:00pm - 4:00pm 5:30pm - 8:00pm	12:00pm - 9:00pm	12:00pm - 4:00pm 6:30pm - 9:00pm	12:00pm - 9:00pm	12:00pm - 9:00pm	12:00pm - 5:00pm	12:00pm - 5:00pm
Lane Swim (Drop in = first come, first serve basis)	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
Day Time Aquafit (Drop in available)	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		
Evening Aquafit (Drop in available)				Evening Aquafit: 4:15pm - 5:00pm Evening Aquafit: 5:15pm - 6:00pm			
Swim Club	4:00pm - 5:30pm (3 lanes in use)		4:00pm - 5:30pm (3 lanes in use)		7:00am - 8:00pm (2 lanes in use)		
Swim Lessons (View lesson's schedule for dates, times, & costs)		4:00pm - 7:30pm (Tue/Thu, Lessons)	5:30pm - 6:30pm (Adult Lessons & Masters)	4:00pm - 7:30pm (Tue/Thu, Lessons)		9:45am - 1:15pm (Lessons)	
Special Events		Toonie Swim 7:00pm - 9:00pm (\$2 drop in rates) Toonie Swims: Now Every Tuesday!	Warrior Wednesday 7:00pm - 9:00pm (1/2 off drop in rates) 2nd Wednesday of the month	Seniors' Day 6:00am - 11:30am FREE	Teen Night 7:00pm - 9:00pm (Ages 13-17 receive 1/2 off drop in rates) Last Friday of the month	Spray Day 3:00pm - 5:00pm (Bring your own water gun) Last Saturday of the month	

DID YOU KNOW?

The Aquatic Centre now offers **private pool rentals!** All bookings must be made at Guest Services, with a signed contract and a minimum of 2 weeks notice.

Private Rental

Availability:

(Full Aquatic Centre)

Monday

8:00pm - 9:00pm

Saturday

8:30am - 9:30am

5:00pm - 6:00pm

Sunday

8:30am - 9:30am

5:00pm - 6:00pm

Private Rental Costs

(Per Hour)

# Of Guests	Rate/Hour
1-40	\$165
41-74	\$237
75-109	\$309
110-150	\$381

Lane Swim: 2 lanes will remain open during public swim times. Please note, lanes may be reduced during other programs.

Spray day!

LAST SATURDAY OF EACH MONTH 3:00pm - 5:00PM

Grab a water gun and join the excitement at the Aquatic Centre!

NO WATER BALLOONS, PLEASE

The sprinklers will be on!



Aquatic Programs

Private Pool Rentals

The Athabasca Regional Multiplex
Aquatic Centre 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, and at least two weeks' advance notice.

NO SCHOOL ½ OFF SWIMS

Join us every school PD Day
& Collaboration Day for
half-off swimming!

2:00PM - 4:00PM

\$10
PER CLASS

Aquafit

INCLUDED IN

FULL ACCESS MEMBERSHIP

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

Evening

(Thursday's)

4:15PM - 5:00PM

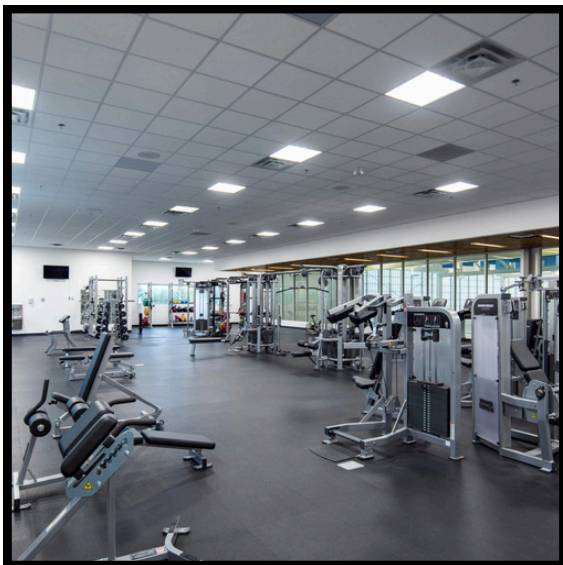
5:15pm - 6:00PM



Fitness Centre

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

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.



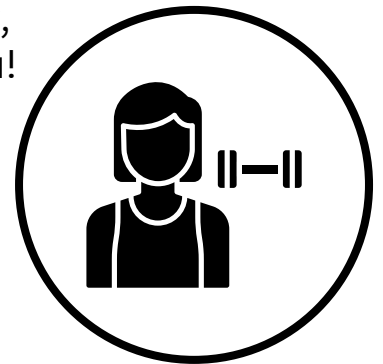
CALLING ALL FITNESS TRAINERS!



If you are a certified fitness instructor or a recreation instructor, we want to hear from you!

CONTACT US
780-675-2967

We want to expand our options for recreation programming in the community by providing programs for all ages, skill levels, and interests.



IMPORTANT NEWS

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

Your cooperation is greatly appreciated.

Fitness Programs



Introductory Fitness Classes

Instructed By

 with Kelly Gilligan

Classes run:
 September 23 - October 21

Ages 16+ & Senior Classes	Ages 12 - 15 Classes
(5 Pack)	(5 Pack)
Wednesdays	Wednesdays
Time: 4:45PM - 5:45PM	Time: 3:30PM - 4:30PM
\$63.00/session +GST	\$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 adult supervision.

TO REGISTER CALL OR VISIT GUEST SERVICES!

Indoor Spin Classes

Instructed By

 with Kelly Gilligan
FULL ACCESS MEMBERS

SAVE 50%!

Register To Reserve Your Spot
Only 15 Bikes Available

DAY	DATE	TIME	FULL ACCESS MEMBERS	NON-MEMBERS & BASIC MEMBERS
Tuesdays	Aug 25 th - Dec 15 th (No Class Nov 10)	6:15AM - 7:00AM	\$5.00 Rates Include GST	\$10.00/Drop In Rates Include GST
Wednesdays	Sept 16 th - Dec 16 th (No Class Nov 11)	12:15PM - 1:00PM	\$5.00 Rates Include GST	\$10.00/Drop In Rates Include GST
Thursdays	Aug 27 th - Dec 17 th (No Class Nov 12)	6:15AM - 7:00AM	\$5.00 Rates Include GST	\$10.00/Drop In Rates Include 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.

ASK US ABOUT OUR PROGRAM PUNCH PASSES!



Did You Know?

Children between the ages of 12 and 14 are permitted to utilize the Fitness Centre under the supervision of an adult aged 16 or older.

Additionally, we provide an Introductory Fitness class specifically designed for this age group, granting them access to the gym without requiring adult supervision upon completion of the course.



Fitness Programs

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-MEMBERS & BASIC MEMBERS
TUESDAY PM	Sept 1st	Dec 15th	6:00PM - 7:00PM	\$12.50/Drop In Rates Include GST
WEDNESDAY AM	Oct 7th	Dec 16th	11:00AM - 12:00PM	\$12.50/Drop In Rates Include GST

INCLUDED IN FULL ACCESS MEMEBRSHIPS

Seniors' Day

Individuals aged **65** and above will have **complimentary** access to all drop-in activities every Thursday, accompanied by freshly brewed coffee and tea courtesy of the Time Out Concession.

WHEN:
THURSDAY
TIME:
6:00AM - 11:30AM

Programs Punch Pass

Buy 10 passes get one free!

60 Minute Classes-

Non/Basic Members:
\$125

Full Access Members:
\$62.50

45 Minute Classes-

Non/Basic Members:
\$100

Full Access Members:
\$50

Fieldhouse Schedule

September

Effective September 8th

Monday	Tuesday	Wednesday	Thursday	Friday
Pickleball 9:00am—11:00am	Pickleball 9:00am—11:00am Walking Group 9:00am—11:00am	Pickleball 9:00am—11:00am	Seniors' Day 6:00am—11:30am Pickleball 9:00am—11:00am Walking Group 9:00am—11:00am	Pickleball 9:00am—11:00am
Volleyball 11:30am—1:30pm	Volleyball 11:30am—1:30pm	Volleyball 11:30am—1:30pm	Volleyball 11:30am—1:30pm	Volleyball 11:30am—1:30pm
Basketball 3:00pm—5:00pm	Badminton 3:00pm—5:00pm	Basketball 3:00pm—5:00pm	Badminton 3:00pm—5:00pm	Floor Hockey 3:00pm—5:00pm
Pickleball 5:00pm—8:00pm	Pickleball 5:00pm—8:00pm	Pickleball 5:00pm—8:00pm Warrior Wednesday 7:00pm—9:00pm	Pickleball 5:00pm—8:00pm Volleyball 7:00pm—9:00pm	Pickleball 5:00pm—8:00pm Basketball 6:00pm—8:00pm Teen Night 7:00pm—9:00pm

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

There will be no programs on September 9th after 12:00pm

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)



9 #2 UNIVERSITY DRIVE, ATHABASCA
780-675-2967 844-901-1587

Enriching lives in the Athabasca Region by providing inclusive, quality recreation and cultural services that reflect community needs and characteristics.

Follow us @ athabascamultiplex
Instagram: athabascaregionalmultiplex1



Can't make it to the scheduled time slot?
Give us a call at 780-675-297 and we can
check for open courts!



Fieldhouse Schedule

Fall & Winter

Effective October 1st

Monday	Tuesday	Wednesday	Thursday	Friday
Pickleball 9:00am—11:00am	Pickleball 9:00am—11:00am	Pickleball 9:00am—11:00am	Seniors' Day 6:00am—11:30am	Pickleball 9:00am—11:00am
	Walking Group 9:00am—11:00am		Pickleball 9:00am—11:00am	
			Walking Group 9:00am—11:00am	
Volleyball 11:30am—12:30pm	CLOSED 12:30pm—3:30pm	Volleyball 11:30am—12:30pm	Volleyball 11:30am—12:30pm	Volleyball 11:30am—12:30pm
Basketball 3:00pm—5:00pm		Basketball 3:00pm—5:00pm	Badminton 3:00pm—5:00pm	Floor Hockey 3:00pm—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
		Warrior Wednesday 7:00pm—9:00pm	Volleyball 7:00pm—9:00pm	Basketball 6:00pm—8:00pm
				Teen Night 7:00pm—9:00pm

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

There will be no programs on
October 2, 3, 6, 7 & 31
November 4, 5, 13, 14 & 28

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
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Between 7:00pm-9:00pm
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Weekend Activities

Keep an eye out on our social media platforms for special weekend activities like Bubble Soccer, Ping Pong, Games Night and more!

Saturdays from 6:00pm-8:00pm
Sundays from 4:00pm-6:00pm



Special Events

The Athabasca Regional Multiplex is your go-to destination for a diverse range of special events designed to appeal to all members of the community. From exciting discounted days and engaging family-friendly activities to vibrant community gatherings, we offer something for everyone. To ensure you don't miss out on any of our upcoming events and promotions, be sure to follow us on social media for the latest updates and detailed information. We look forward to seeing you at our next event!

Community DINNER

Athabasca's Community Christmas Dinner will take place at the Multiplex in the Fieldhouse on

Thursday, December 3.

Join this festive and heartwarming celebration with great food and wonderful company.

Stay tuned for more information about this event!

Movie Nights

Upcoming Movie Night Dates:

September 27

October 25

November 22

December 27

at the Nancy Appleby Theatre.

\$7/ticket or \$30/5 tickets



ATHABASCA
Regional Multiplex
Fitness & Aquatic Centre

JOIN OUR TEAM

We have opportunities available!

See for yourself at:

athabascamultiplex.ca/about-us/employment

APPLY TODAY

Markets

Athabasca Farmer's Market:

October 10 & 24

November 7 & 21

December 5, 12 & 19

Christmas Markets

November 13 & 14

November 28

Special Events



TEEN NIGHT

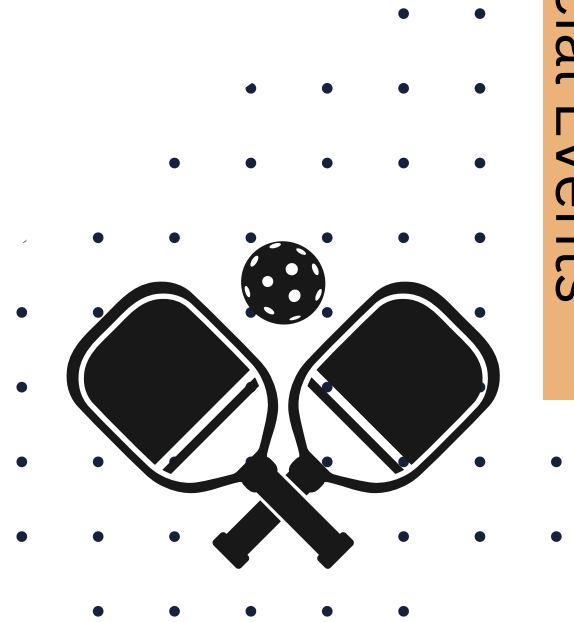
EVERY MONTH • LAST FRIDAY • 7PM-9PM

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

ATHABASCA Regional Multiplex
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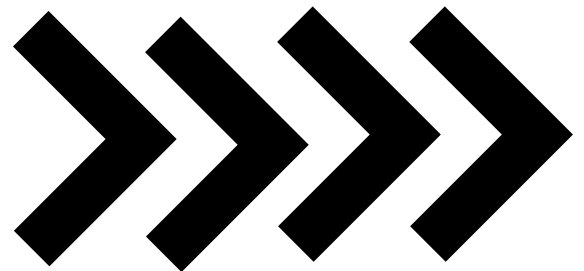
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LEARN TO PLAY PICKLEBALL

Interested in learning pickleball?

Join our next class, September 29, to learn the rules and techniques required for this exciting sport! Keep an eye on our social media platforms for future dates and times!



HALF OFF WEDNESDAYS

ALL DROP IN RATES WILL BE SLASHED IN HALF ON THE SECOND WEDNESDAY OF THE MONTH FROM 7:00PM - 9:00PM!

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