Fountain Park Recreation Centre SWIM SCHEDULE

October 13th - December 20th

Schedules are subject to change without notice

ACTIVITY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LANE SWIM	5:30am-10:00pm	5:30am-10:00pm	5:30am-10:00pm	5:30am-10:00pm	5:30am-10:00pm	6:00am-8:00pm	7:00am-8:00pm
PUBLIC SWIM *shared space	5:30am-4:00pm* 8:00pm-10:00pm	5:30am-4:00pm* 8:00pm-10:00pm	5:30am-4:00pm* 8:00pm-10:00pm	5:30am-4:00pm* 8:00pm-10:00pm	5:30am-4:00pm* 8:00pm-10:00pm	6:00am-8:00am 1:00pm-8:00pm	7:00am-9:00am 1:00pm-8:00pm
SWIM LESSONS (registered)	4:00pm-8:00pm (Oct 19 - Dec 14)	4:00pm-8:00pm (Oct 13 - Dec 15)	4:00pm-8:00pm (Oct 14- Dec 16)	4:00pm-8:00pm (Oct 15 - Dec 17)	4:00pm-8:00pm (Oct 16 - Dec 18)	9:00am-1:00pm (Oct 17- Dec 19)	9:00am-1:00pm (Oct 18 - Dec 20)
AQUAFIT Shallow Water Leisure Pool	7:00am-7:55am 8:00am-8:55am 11:05am-12:00pm 12:05pm-1:00pm 8:05pm-9:00pm	7:00am-7:55am 8:00am-8:55am 11:05am-12:00pm 12:05pm-1:00pm 8:05pm-9:00pm	7:00am-7:55am 8:00am-8:55am 11:05am-12:00pm 12:05pm-1:00pm 8:05pm-9:00pm	7:00am-7:55am 8:00am-8:55am 11:05am-12:00pm 12:05pm-1:00pm 8:05pm-9:00pm	7:00am-7:55am 8:00am-8:55am 11:05am-12:00pm 12:05pm-1:00pm	8:00am-8:55am	
AQUAFIT Deep Water Comp Pool	9:30am-10:30am		9:30am-10:30am				

Lane Swim is available 7 days a week

The number of lanes available will vary depending on other scheduled programs

Holiday Hours 11am-7pm - Public Swim

** No classes on holidays

***Public Swim Shared Space**

Certain areas of the pool may be unavailable during public swim times due to other scheduled programs or bookings

Aquafit - Shallow Water: Experience a fun, safe, and well-rounded aerobic workout set to music. Ideal for participants aged 12 and up, including non-swimmers and those who are pre- or post-natal

Aquafit - Deep Water: Combine deep water strength and conditioning in this invigorating class. Suitable for participants aged 12 and up who are comfortable in deep water and equipped with an Aqua Belt.

Deep water access - children 11 years and younger will be required to wear a lifejacket or complete a swim test to access the deep end

Children under the age of 8 must have a responsible persons 13 yrs + in the water, within arms reach of them at all times

FOUNTAIN PARK RECREATION CENTRE

For more information call **780-459-1553**
or email: **fprc@stalbert.ca**

Fountain Park Recreation Centre
4 Cunningham Road, St. Albert T8N 2E9

City of St. Albert Cultivate Life

Servus Place Aquatics Centre

SWIM SCHEDULE

September 8th - December 20th

Schedules are subject to change without notice

ACTIVITY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LANE SWIM ONLY	6:00am-7:00am	6:00am-7:00am	6:00am-7:00am	6:00am-7:00am	6:00am-7:00am		
PUBLIC SWIM	**7:00am-9:00p**	**7:00am-9:00pm**	**7:00am-9:00pm**	**7:00am-9:00pm**	**7:00am-9:00pm**	**7:00am-9:00pm**	**7:00am-9:00pm**
WATERSLIDES	**11:00am-9:00pm**	**11:00am-9:00pm**	**11:00am-9:00pm**	**11:00am-9:00pm**	**11:00am-9:00pm**	**10:30am-9:00pm**	**8:00am-9:00pm**
AQUA HIIT (pre-registration required)	8:00am-8:45am		8:00am-8:45am		8:00am-8:45am		
AQUAFIT (pre-registration required)	9:00am-10:00am	8:00am-8:45am 9:00am-10:00am	9:00am-10:00am	8:00am-8:45am 9:00am-10:00am	9:00am-10:00am		
PARENT & BABY AQUAFIT (registered)	10:15am-11:00am (Sept 14-Dec 14)	10:15am-11:00am (Sept 15-Dec 15)	10:15am-11:00am (Sept 23-Dec 16)	10:15am-11:00am (Sept 17-Dec 17)			
SWIM LESSONS (registered)		4:00pm-7:00pm (Sept 8- Dec 15)	4:00pm-7:00pm (Oct 14 - Dec 16)	4:00pm-7:00pm (Sept 10 - Oct 8)		8:00am-10:30am (Oct 17 - Dec 19)	

Public Swim is available 7 days a week from 7am-9pm, including holidays!

Select areas of the pool may not be available to the public when other activities are scheduled

Deep water access - children 11 years and younger will be required to wear a lifejacket or complete a swim test to access the deep end
See a lifeguard for more information

Children under the age of 8 must have a responsible persons 13 yrs + in the water, within arms reach of them at all times

servus place credit union

For more information call **780-418-6088**
or email: **spguestservices@stalbert.ca**

Servus Credit Union Place
400 Campbell Road, St. Albert T8N 0R8

City of St. Albert Cultivate Life