

SWIMMING TIMES January 9 - June 30, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
630 - 830am	Early Bird Lane Swim		Early Bird Lane Swim		Early Bird Lane Swim		
830 - 915am	Deep Water Fitness		Deep Water Fitness		Deep Water Fitness		
990 - 1015 am	Shallow Water Fitness	Fast Fit & Fabulous Cardio Fitness 9 - 10am	Shallow Water Fitness	Fast Fit & Fabulous Cardio Fitness 9 - 10am	Shallow Water Fitness	Red Cross	
1015 - 1115 am	1045 - 1130am Seniors Land Fitness @ SDIC	Homeschoolers	1045 - 1130am Seniors Land Fitness @ SDIC	School Rental	Zumba 1030 - 1115 am	Swim	
1115 - 1pm	Family Swim (12 - 1 teach pool only)		Family Swim (12 - 1 teach pool only)		Family Swim (12 - 1 teach pool only)	Lessons	
12 - 1pm	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Rental	Rental
1 - 3pm	School Rental	School Rental	School Rental	School Rental	Preschool Lessons	Public Swim 1 - 230pm	Public Swim
3 - 5pm	Rapids Swim Team	Junior Lifeguard Club	Rapids Swim Team	Junior Lifeguard Club	Rapids Swim Team	Family Swim, 230 - 4pm	Family Swim
5 - 6pm	Deep Water Fitness 430 - 515pm Zumba 515 - 6pm/ Lane Swim 5 - 6pm/ 2 lanes avail		Deep Water Fitness 430 - 515pm Zumba 515 - 6pm/ Lane Swim 5 - 6pm/ 2 lanes avail	Red Cross Swim Lessons	Lane Swim		
6 - 7pm			Family Swim 6 - 730pm		Family Swim/Drop In Underwater Hockey		
7 - 8pm		Lane Swim	Toonie Swim 730 - 830pm	Lane Swim	Public Swim		
8 - 9pm							

Pool Rules

All children 5 years and younger must be accompanied by a responsible adult at all times
 Children 36 months and under must wear a swim diaper at all times when in the water
 *Family Swim: Children must have an adult in the facility.
 Individual adults are welcome provided they do not interfere with young families.

Schedule subject to change without notice

4705 - 48 Avenue
 Athabasca, Alberta
 Swim Line: 780 675-5656
 More Information: 780 675-2797

Athabasca Landing Pool, 4705 - 48 Avenue, Athabasca, Alberta

Red Cross Swim Lessons January - June 2012

	Tues/Thurs	Tues/Thurs	Tues/Thurs	Tues/Thurs	Friday	Saturday	Saturday	Mon/Wed	Tues/Thurs
Price	Jan. 10 - Feb. 9	Feb. 16 - Mar. 20	Apr. 10 - May 10	May 17 - June 19	Jan. 6 - Mar. 9	Jan. 14 - Mar. 17	Apr. 14 - June 16	Jan. 9 - Feb. 8	Jan. 10 - Mar. 20
Starfish/Duck	445 - 515pm	445 - 515pm	445 - 515pm	445 - 515pm	1030 - 11am	930 - 10am	930 - 10am	130 - 2pm	
Sea turtle/Sea Otter	345 - 415pm	345 - 415pm	345 - 415pm	345 - 415pm	1 - 130pm	10 - 1030am	10 - 1030am	2 - 230pm	
Salamander	415 - 445pm	415 - 445pm	415 - 445pm	415 - 445pm	130 - 2pm	1030 - 11am	1030 - 11am		
Sunfish	515 - 545pm	515 - 545pm	515 - 545pm	515 - 545pm	2 - 230pm	11 - 1130am	11 - 1130am		
Crocodile/Whale	545pm - 615pm	545pm - 615pm	545pm - 615pm	545pm - 615pm	230 - 3pm	1130 - 12noon	1130 - 12noon		
Level 1 & 2	345 - 415pm, 445 - 515pm	345 - 415pm, 445 - 515pm	345 - 415pm, 445 - 515pm	345 - 415pm, 445 - 515pm		9 - 930am	9 - 930am		
Level 3 & 4	415 - 5pm, 515 - 6pm	415 - 5pm, 515 - 6pm	415 - 5pm, 515 - 6pm	415 - 5pm, 515 - 6pm		930 - 1015am	930 - 1015am		
Level 5 & 6	4 - 445pm, 5 - 545pm	4 - 445pm, 5 - 545pm	4 - 445pm, 5 - 545pm	4 - 445pm, 5 - 545pm		1015 - 11am	1015 - 11am		
Level 7 & 8	545 - 630pm	545 - 630pm	545 - 630pm	545 - 630pm		11am - 1145 am	11am - 1145 am		
Level 9 & 10	630 - 730pm	630 - 730pm	630 - 730pm	630 - 730pm					
Jr Lifeguard Club									345 - 5pm

For further information or registration, please call 780 675-2797.

