



January – June 2019

Manluk Regional Aquatics & Fitness Centre

STAT Holidays: January 1st, February 18th, & May 20th

Closed: Good Friday April 19th

****Non-School Weekdays**** Jan 2-4, Feb 1, 7 & 8, Mar 1, 21-29, Apr 12 & 22, May 17, June 28

Hours of Operation	Mon - Fri	**Non-school Week Days	Sat	Sun & STAT Holidays
Wetaskiwin Co-op Competition Pool Denham Ford Hot Tub Moussa Group Activity Pool Credit Union Lazy River Sirrs LLP Steam Room	6am - 9pm	**6am - 9pm	8am - 8pm	11am - 6pm
Russell & Sharalee Crawford & (Blue Waterslide) Supreme International (Red Waterslide)	4pm - 9pm	**12pm - 9pm	12pm - 8pm	12pm - 6pm
BoardRider® Surf Simulator	Wed-Fri 6pm - 8pm	**12pm - 8pm	12pm - 7pm	12pm - 6pm
Flaman Fitness Facility	6am - 9pm	**6am - 9pm	8am - 8pm	11am - 6pm

Admission Prices*	Day Pass	Flex Card	Monthly Membership	Annual Membership
Child (3-7)	\$4.00	\$36.00	\$28.00	\$252.00
Student (8-17)	\$5.00	\$45.00	\$35.00	\$315.00
Adult (18-59)	\$7.50	\$67.50	\$52.50	\$472.50
Senior (60+)	\$5.00	\$45.00	\$35.00	\$315.00
Family (Immediate Only)	\$22.00	\$198.00	\$154.00	\$1232.00
BoardRider***	\$10.00	\$5/day with membership		
Shower Only \$2.50	Life Jacket Rental \$2.00		Little Swimmer \$2.00	

***BoardRider Admission does not include swimming admission

*Prices listed above do not include GST

PUBLIC SWIMMING: Public swim is available from open to close.

Please note that portions of the facility may be used and/or closed for lessons or special events.

Children under the age of 8 must be *within arm's reach* of an adult and actively supervised at all times.

Recommended Adult to Child ratio is as follows: 1:2 ages 0-5 years & 1:3 ages 6 & 7 years



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Aquatic Programs

Included in Memberships

Aquatic Programs	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Aquafit Shallow Water (Competition Pool)	9-10am		8-9am	6:45-7:45pm	8-9am		
Aquafit Deep Water (Competition Pool)		8-9am & 6:45-7:45pm		9-10am		8-9am	
Stretch 'n' Move (Leisure Pool)	8-8:45am			8-8:45am			
Lane Swim (Competition Pool)	6am-8am – All Lanes						
	All Day – One Lane						
Public Swim		6am-9pm				8am-8pm	11am-6pm

Aquafit Shallow Water – A fun and energetic aerobic exercise class that uses the water for resistance with low to zero impact making it easy on bones and joints. Enjoy a 1-hour class set to music. Work at your own pace, no swimming skills required.

Aquafit Deep Water – The natural buoyancy of the water reduces the strain on your joints, bones, and muscles by as much as 90 percent. Deep water running takes advantage of buoyancy, providing the same cardiovascular workout as if you were running on solid ground. Participants may choose to use a buoyancy belt which suspends you, while still giving your whole body a total workout.

Stretch 'n Move – This class is perfect for seniors, people recovering from an injury, people with restricted mobility or those simply looking for light exercise. This fun class focuses on improving flexibility and mobility.

Lane Swim – A time set aside for swimming lengths of the pool.



~ A Safe, Strong, and Proud Community ~



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