



July – August 2019

Manluk Regional Aquatic & Fitness Centre

STAT Holidays: July 1 (Canada Day) & August 5 (Civic Holiday)

Hours of Operation	Monday - Friday	Saturday	Sunday & STAT Holidays
Wetaskiwin Co-op Competition Pool Denham Ford Hot Tub Moussa Group Activity Pool Credit Union Lazy River Sirrs LLP Steam Room	6:00am-9:00pm	8:00am-8:00pm	11:00am-6:00pm
Russell & Sharalee Crawford (Blue Waterslide)	12:00pm-9:00pm	12:00pm-8:00pm	12:00pm-6:00pm
Supreme International (Red Waterslide)			
BoardRider® Surf System	12:00pm-8:00pm	12:00pm-7:00pm	12:00pm-6:00pm
Flaman Fitness Area	6:00am-9:00pm	8:00am-8:00pm	11:00am-6:00pm

Admission Prices*	Day Pass	Flex Card	Monthly Membership	Annual Membership
Child (3-7)	\$4.00	\$36.00	\$28.00	\$252.00
Youth (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
Board Rider***	\$10.00	\$5.00/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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shallow Water Aquafit (Co-op Competition Pool)	9am-10am		8am-9am	6:45-7:45pm	8-9am		
Deep Water Aquafit (Co-op Competition Pool)		8-9am		9-10am		8-9am	
		6:45-7:45pm					
Stretch 'n Move (Moussa Group Leisure Lanes)	8-8:45am			8-8:45am			
Red Cross Swimming Lessons (Co-op Competition & Moussa Group Pools)	9:00-12:00pm						
	5:00-8:00pm						
Lane Swim (Co-op Competition Pool)	6:00-8:00am – All Lanes						
	2 Lanes Available 12-1pm						
	Minimum of One 25m Lane will be available during public swim hours						
Public Swim	6am-9pm					8am-8pm	11am-6pm

Aquafit – A fun and energetic aerobic exercise class, using the water for resistance. Low to zero impact is easy on bones and joints. Enjoy a 1-hour class set to music. Work at your own pace, no swimming skills required.

Deep Water Aquafit – 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.

Red Cross Swimming Lessons – Canada's largest and most recognized swimming and water safety program. With an emphasis on swimming skills, water safety, and fitness activities, Red Cross Swim sets the foundation for a lifetime of swimming and fitness.

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

Please Note:

Portions of the pools may be used by aquatic user groups, scheduled for swimming lessons or closed for special events. Swimming times change regularly according to pool programming.