

# DROP IN RECREATION AQUATIC SCHEDULE

ESTEVAN LEISURE CENTRE - 2017

RM OF ESTEVAN  
AQUATIC CENTRE



EFFECTIVE - December 3, 2017 - December 22, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>LANE SWIM</b> 6:00 am - 9:00 am	<b>LANE SWIM</b> 6:00 am - 9:00 am	<b>LANE SWIM</b> 6:00 am - 9:00 am	<b>LANE SWIM</b> 6:00 am - 9:00 am	<b>LANE SWIM</b> 6:00 am - 9:00 am	
	<b>AIS</b> 9:00 am - 10:00 am	<b>AIS</b> 9:00 am - 10:00 am	<b>AIS</b> 9:00 am - 10:00 am	<b>AIS</b> 9:00 am - 10:00 am	<b>AIS</b> 9:00 am - 10:00 am	
<b>AFTERNOON</b>						
<b>LANE SWIM</b> 12:00 pm - 1:00 pm	<b>LANE SWIM</b> 12:00 pm - 1:00 pm	<b>LANE SWIM</b> 12:00 pm - 1:00 pm	<b>LANE SWIM</b> 12:00 pm - 1:00 pm	<b>LANE SWIM</b> 12:00 pm - 1:00 pm	<b>LANE SWIM</b> 12:00 pm - 1:00 pm	<b>LANE SWIM</b> 12:00 pm - 1:00 pm
<b>FAMILY SWIM</b> 1:00 pm - 3:00 pm	<b>SURF &amp; SWIM</b> 3:00 pm - 4:00 pm	<b>SURF &amp; SWIM</b> 3:00 pm - 4:00 pm	<b>SURF &amp; SWIM</b> 3:00 pm - 4:00 pm	<b>SURF &amp; SWIM</b> 3:00 pm - 4:00 pm	<b>SURF &amp; SWIM</b> 3:00 pm - 4:00 pm	<b>PUBLIC SWIM</b> 1:00 pm - 5:00 pm
<b>PUBLIC SWIM</b> 3:00 pm - 5:00 pm					<b>LIONS FREE SWIM</b> 4:00 pm - 6:00 pm	
<b>DEEP WATER FITNESS</b> 8:00 pm - 9:00 pm	<b>AQUAFIT</b> 5:15 pm - 6:00 pm		<b>AQUAFIT</b> 5:15 pm - 6:00 pm	<b>AQUAFIT</b> 5:15 pm - 6:00 pm	<b>LANE SWIM</b> 6:00 pm - 7:00 pm	<b>LANE SWIM</b> 5:00 pm - 6:00 pm
	<b>LANE SWIM</b> 9:00 pm - 10:00 pm		<b>LANE SWIM</b> 9:00 pm - 10:00 pm		<b>PUBLIC SWIM</b> 7:00 pm - 9:00 pm	<b>FAMILY SWIM</b> 6:00 pm - 7:00 pm
						<b>PUBLIC SWIM</b> 7:00 pm - 9:00 pm

Don't see what you are looking for?  
Do you have an idea for something we should try?  
Please contact the Recreation Program Coordinator  
at 306-634-1880.  
We would love to hear your ideas!



**Schedule Subject to Change.** Please visit [www.estevan.ca](http://www.estevan.ca) for updates on closures and cancellations. Proper footwear and exercise wear is required to participate. Please note during school breaks, (Teachers convention, Spring Break and Christmas Break) Fitness, Aquatic Centre and arena schedules may vary. Please visit our live schedules at [www.estevan.ca](http://www.estevan.ca)

CITY OF  
*Estevan*

# DROP IN RECREATION AQUATIC ACTIVITIES

ESTEVAN LEISURE CENTRE - 2017

RM OF ESTEVAN

AQUATIC CENTRE



Drop -In Descriptions	
ACTIVITY	DESCRIPTION
<b>PRE SCHOOL, CHILDREN, YOUTH</b>	
<b>SURF &amp; SWIM</b> (Toddlers)	Pool time for a quick swim with toddlers in the surf area. No waterslide during this time, but hot tub is available. Adults are welcome to use the pool for Lane Swim and the Steam Room. <b>Facility Daily Pass Required.</b>
<b>PUBLIC SWIM</b>	Pool time for everyone. <b>Children under 7 years must have an Adult in the water within arms reach.</b> Waterslide, hot tub, and steam room are available. <b>Facility Daily Pass Required.</b>
<b>LIONS FREE SWIM</b> (Toddlers)	Just like Public Swim but FREE Pool time for everyone. <b>Children under 7 years must have an Adult in the water within arms reach.</b> Waterslide, hot tub, and steam room are available. <b>Facility Daily Pass Required.</b> Proudly sponsored by the Estevan Lions Club of Estevan.
<b>ADULT</b>	
<b>AIS</b> (ADULT)	Adult Independent Swim. This program is not instructor led, but equipment is available. An excellent time to do doctor or physio therapist directed exercises. Hot tub and steam room are available. <b>Facility Daily Pass Required.</b>
<b>AQUAFIT</b> (ADULT)	Adapted land step class for the water. Cardio fitness and balance benefits plus strength benefits moving against the water's resistance. <b>Facility Daily Pass Required.</b>
<b>LANE SWIM</b> (ADULT)	Dedicated swim time for individuals looking to swim lengths of the pool. 6-25m lanes. Please ask staff if any equipment is required. Hot tub and steam room available. <b>Facility Daily Pass Required.</b>
<b>DEEP WATER FITNESS</b> (ADULT)	An intense deep water class that incorporates cardiovascular fitness, core strengthening, and toning. Participants do not have to be able to swim to participate in the class. Floatation equipment will be provided. <b>Facility Daily Pass Required.</b>
<b>FAMILY FUN</b>	
<b>FAMILY SWIM</b> (must have an adult)	Set aside specifically for families to enjoy. <b>Must have an adult (18+)</b> in order to enjoy this pool time. <b>Facility Daily Pass Required.</b>

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