

DROP IN RECREATION AQUATIC SCHEDULE

ESTEVAN LEISURE CENTRE - 2018

RM OF ESTEVAN

AQUATIC CENTRE



EFFECTIVE - January 6 - 30, 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	LANE SWIM 6:00 am - 9:00 am	LANE SWIM 6:00 am - 9:00 am	LANE SWIM 6:00 am - 9:00 am	LANE SWIM 6:00 am - 9:00 am	LANE SWIM 6:00 am - 9:00 am	
	AIS 9:00 am - 10:00 am	AIS 9:00 am - 10:00 am	AIS 9:00 am - 10:00 am	AIS 9:00 am - 10:00 am	AIS 9:00 am - 10:00 am	
	AQUA SWIM 9:00 am - 9:45 am		AQUA SWIM 9:00 am - 9:45 am	AQUA SWIM 9:00 am - 9:45 am	AQUA SWIM 9:00 am - 9:45 am	
AFTERNOON						
LANE SWIM 12:00 pm - 1:00 pm	LANE SWIM 12:00 pm - 1:00 pm	LANE SWIM 12:00 pm - 1:00 pm	LANE SWIM 12:00 pm - 1:00 pm	LANE SWIM 12:00 pm - 1:00 pm	LANE SWIM 12:00 pm - 1:00 pm	LANE SWIM 12:00 pm - 1:00 pm
FAMILY SWIM 1:00 pm - 3:00 pm	SURF & SWIM 3:00 pm - 4:00 pm	SURF & SWIM 3:00 pm - 4:00 pm	SURF & SWIM 3:00 pm - 4:00 pm	SURF & SWIM 3:00 pm - 4:00 pm	SURF & SWIM 3:00 pm - 4:00 pm	PUBLIC SWIM 1:00 pm - 5:00 pm
PUBLIC SWIM 3:00 pm - 5:00 pm					LIONS FREE SWIM 4:00 pm - 6:00 pm	
EVENING						
LANE SWIM 8:00 pm - 9:00 pm	LANE SWIM 9:00 pm - 10:00 pm		LANE SWIM 9:00 pm - 10:00 pm		LANE SWIM 6:00 pm - 7:00 pm	LANE SWIM 5:00 pm - 6:00 pm
	AQUAFIT 5:15 pm - 6:00 pm		AQUAFIT 5:15 pm - 6:00 pm	AQUAFIT 5:15 pm - 6:00 pm	PUBLIC SWIM 7:00 pm - 9:00 pm	FAMILY SWIM 6:00 pm - 7:00 pm
						PUBLIC SWIM 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 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

CITY OF
Estevan

DROP IN RECREATION AQUATIC ACTIVITIES

ESTEVAN LEISURE CENTRE - 2018

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AQUATIC CENTRE



Drop -In Descriptions	
ACTIVITY	DESCRIPTION
PRE SCHOOL, CHILDREN, YOUTH	
SURF & SWIM (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. Facility Daily Pass Required.
PUBLIC SWIM	Pool time for everyone. Children under 7 years must have an Adult in the water within arms reach. Waterslide, hot tub, and steam room are available. Facility Daily Pass Required.
LIONS FREE SWIM (Toddlers)	Just like Public Swim but FREE Pool time for everyone. Children under 7 years must have an Adult in the water within arms reach. Waterslide, hot tub, and steam room are available. Facility Daily Pass Required. Proudly sponsored by the Estevan Lions Club of Estevan.
ADULT	
AIS (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. Facility Daily Pass Required.
LANE SWIM (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. Facility Daily Pass Required.
AQUAFIT (must be 16 years of age)	Moderate to intense step class in the pool. Cardio based class, spending time on the aqua steppers and finishing each day with a moderate interval workout using the pool noodles and dumbbells to focus on tightening of the core, arms and legs. Facility Daily Pass Required.
AQUASWIM (must be 16 years of age)	Light to moderate pool workout involving exercises with noodles, dumb bells, and flutterboards focusing on range of motion and light strength training. Facility Daily Pass Required.
FAMILY FUN	
FAMILY SWIM (must have an adult)	Set aside specifically for families to enjoy. Must have an adult (18+) in order to enjoy this pool time. Facility Daily Pass Required.

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