

DROP IN RECREATION AQUATIC SCHEDULE

ESTEVAN LEISURE CENTRE - 2019

RM OF ESTEVAN
AQUATIC CENTRE



EFFECTIVE - January 5 - February 15, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
POOL CLOSED TO PUBLIC January 20 Water Polo Tournament	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	
	AQUA AWE 9:00 am - 9:45 am	AQUA AWE 9:00 am - 9:45 am	AQUA AWE 9:00 am - 9:45 am	AQUA AWE 9:00 am - 9:45 am	AQUA AWE 9:00 am - 9:45 am	
	MOM & BABY AQUAFIT 11:15 am - 12:00 pm		MOM & BABY AQUAFIT 11:15 am - 12:00 pm			
AFTERNOON						
LANE SWIM 11:30 am - 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 11:30 am - 1:00 pm * ON JAN 12 & 19 starts at 12pm
FAMILY SWIM 1:00 pm - 3:00 pm					LIONS FREE SWIM 4:00 pm - 6:00 pm	PUBLIC SWIM 1:00 pm - 5:00 pm
PUBLIC SWIM 3:00 pm - 5:00 pm						
EVENING						
LANE SWIM 5:00 pm - 8:00 pm * JAN. 6 ONLY	AQUA STEP 5:15 pm - 6:00 pm		AQUA STEP 5:15 pm - 6:00 pm	AQUA STEP 5:15 pm - 6:00 pm	LANE SWIM 6:00 pm - 7:00 pm * NOT ON FEB. 15	LANE SWIM 5:00 pm - 6:00 pm
LANE SWIM 7:00 pm - 8:00 pm * JAN. 13 ONLY			LANE SWIM 9:00 pm - 10:00 pm		PUBLIC SWIM 7:00 pm - 9:00 pm * NOT ON FEB. 15	FAMILY SWIM 6:00 pm - 7:00 pm
DEEP WATER POWER 8:00 pm - 8:45 pm	LANE SWIM 9:00 pm - 10:00 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 Program Manager
 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



DROP IN RECREATION AQUATIC ACTIVITIES

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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 water slide 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 7 and under must have an Adult in the water within arms reach. Water slide, hot tub, and steam room are available. Facility Daily Pass Required.
ADULT	
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.
AQUA AWE (must be 16 years of age)	Aqua AWE (Adult Water Exercise) features impact free exercises designed to improve balance, agility, posture, flexibility and core strength. Facility Daily Pass Required.
AQUA STEP (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.
DEEP WATER POWER (must be 16 years of age)	An intense power deep water class that incorporates cardiovascular fitness, core strengthening and toning. Participant swimming skills not required, but have to be comfortable moving in deep water. Floatation equipment will be provided. 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.
MOM & BABY AQUA FIT	Ease back into fitness & introduce your baby to the water. You and your baby will be lead through 45 minutes of cardio and muscular endurance while incorporating your baby through song and movement. Babies should be 6-24 months. Facility Daily Pass Required.

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CITY OF
Estevan