



# January - June 2018

## Manluk Regional Aquatics & Fitness Centre

STAT Holidays: January 1, February 19, & May 21

Closed: Good Friday March 30

\*\*Non-School Weekdays\*\* Jan 2-5, Feb 8 & 9, Mar 22-30, April 2 & 20, May 18 & 21, June 29

Hours of Operation	Mon - Fri	**Non-school Week Days	Sat	Sun & STAT Holidays
Wetaskiwin Co-op <b>Competition Pool</b> Denham Ford <b>Hot Tub</b> Moussa Group <b>Activity Pool</b> Credit Union <b>Lazy River</b> Sirrs LLP <b>Steam Room</b>	6am - 9pm	**6am - 9pm	8am - 8pm	11am - 6pm
Russell & Sharalee Crawford & <b>(Blue Waterslide)</b> Supreme International <b>(Red Waterslide)</b>	4pm - 9pm	**12pm - 9pm	12pm - 8pm	12pm - 6pm
<b>BoardRider® Surf Simulator</b>	<b>Wed-Fri</b> 6pm - 8pm	**12pm - 8pm	12pm - 7pm	12pm - 6pm
Flaman <b>Fitness Facility</b>	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
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
BoardRider***	\$10.00	\$5/day with membership		
Shower Only \$2.50	Life Jacket Rental \$2		Little Swimmer \$2	

\*\*\*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
<b>Aquafit Shallow Water</b> (Competition Pool)	9-10am		8-9am & 6:30-7:30pm		8-9am		
<b>Aquafit Deep Water</b> (Competition Pool)		8-9am & 6:30-7:30pm		9-10am		8-9am	
<b>Stretch 'n' Move</b> (Leisure Pool)	8-8:45am			8-8:45am			
<b>Lane Swim</b> (Competition Pool)	6am to 8am – All Lanes						
	12pm to 1pm – 3 Lanes						
	All Day – One Lane						
<b>Public Swim</b>	6am to 9pm					8am-8pm	11am-6pm

**Aquafit Shallow Water:** A fun and energetic aerobic exercise class: using 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 ~

[www.wetaskiwin.ca](http://www.wetaskiwin.ca) ~780-361-4444 <https://www.facebook.com/manlukcentre/>

