

CULTURE AND RECREATION



Jasper Fitness & Aquatic Centre
 305 Bonhomme Street, 780-852-3663
 aquatic@town.jasper.ab.ca

Jasper Activity Centre
 303 Bonhomme Street, 780-852-3381
 activctr@town.jasper.ab.ca

www.jasper-alberta.com

FITNESS CENTRE	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight room, cardio & stretch areas, indoor climbing wall	9:00 A.M. to 10:00 P.M.	6:30 A.M. to 10:00 P.M.					9:00 A.M. to 10:00 P.M.

AQUATIC CENTRE	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Bird Lane/Parent & Tot <i>6 swim lanes, hot tub, steam room, full wade pool</i>		7:00 to 9:00 A.M.					
Mid-morning Lane/Parent & Tot <i>2 swim lanes, hot tub, steam room, partial main and wade pool 4 swim lanes- Aquafit: Mon, Wed & Fri 9:30am-10:30am</i>	9:30 to 11:30 A.M.						
Noon Lane/Parent & Tot <i>6 swim lanes, hot tub, steam room, full wade pool</i>	12:00 to 2:00 P.M.						
Afternoon Lane/Parent & Tot <i>2 swim lanes, hot tub, steam room, and partial wade pool 4 swim lanes- Programming, Lessons & Swim Clubs</i>	2:30 to 8:30 P.M.	4:00 to 6:00 P.M.					2:30 to 8:30 P.M.
PUBLIC SWIM <i>1 swim lane, hot tub, steam room, waterslide, diving board, full main and wade pool</i>		6:30 to 8:30 P.M.				5:00 to 8:30 P.M.	
Evening Lane Swim (Mondays- Kayak at this time) <i>6 swim lanes, hot tub, steam room, full wade pool</i>	8:30 to 9:30 P.M.	8:30 to 9:30 P.M. - KAYAK	8:30 to 9:30 P.M.				

ACTIVITY CENTRE	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Racquetball, squash and tennis courts	9:00 A.M. to 10:00 P.M.	10:00 A.M. to 10:00 P.M.					9:00 A.M. to 10:00 P.M.

SWIM FOR LIFE LESSONS

Private lessons are available on request time permitting
Please call Jo-Ann at 780-852-3663 to check for availability for booking private lessons.

For preschool and school-aged children

The Canadian Lifesaving Society Swim for Life program focuses on basic survival skills and fun from day one! Swim for Life starts by developing strong foundational skills and essential personal self-rescue skills, then continues on by challenging swimmers to develop good swimming strokes. Sessions run for eight classes.

SESSION # 1 Every Tuesday & Thursday (January 9- Feb 1)

Preschool 1	3:45– 4:15pm	Preschool 3	4:55– 5:25pm
Swimmer 2	4:20– 4:50pm	Swimmer 3	5:30– 6:15pm

SESSION #2 Every Tuesday & Thursday (February 6-March 1)

Swimmer 1	3:45– 4:15pm	Swimmer 4	4:55–5:40pm
Preschool 2	4:20– 4:50pm	Preschool 4	5:45–6:15pm

SESSION # 3 Every Tuesday & Thursday (March 6-22) - 6 lessons prorated

Preschool 3	3:45– 4:15pm	Preschool 5	4:55–5:25pm
Swimmer 2	4:20– 4:50pm	Rookie, Ranger Star Patrol	5:30–6:30pm

Please arrive **5 minutes** prior to your child's lesson.

Ensure your child is showered and in their **lifejackets** (Swimmer 2 and under) and ready to go.



Did you Know... teaching a new skill in a lifejacket allows your child to be in

“learner mode” NOT “survival mode”.

This will ensure success and mastery in that skill that skill .



SESSION #1 Every Saturday AM (January 13-Mar 3)

Swimmer 1	9:30–10:00am
Preschool 1	10:05–10:35am
Preschool 2	10:40–11:10am
Preschool 5	11:15–11:45am

ADULT LESSONS

Aquafit
Every Mon, Wed & Fri 9:30-10:30am

Kayak - Every Monday 8:30-9:30pm



JUNIOR LIFEGUARD CLUB

Become a River Dragon! Challenge yourself and learn new skills, including the basics of lifesaving, rescue, first aid, fitness and leadership in a fun and dynamic environment.

Come and experience a free Junior Lifeguard Club session on September 15.

Must be able to complete swim to survive - (side entry ,tread water for 1 minute and swim 2 lengths no breaks).

Monday and Wednesday Sessions

January 8– March 21

Terrific Troopers (7 – 9 yrs) 4:00 – 4:45pm

Super Flyers (10 – 11 yrs) 4:45 – 5:30pm