

# 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](http://www.jasper-alberta.com)

| <b>FITNESS CENTRE</b>                                     | 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. |

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

| <b>ACTIVITY CENTRE</b>                | 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. |

# FALL 2017 SWIM LESSON SCHEDULE



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

## SWIM FOR LIFE LESSONS

*For preschool and school-age 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 (September 12-October 5)

|             |              |             |              |
|-------------|--------------|-------------|--------------|
| Preschool 1 | 3:45– 4:15pm | Preschool 2 | 4:55– 5:30pm |
| Swimmer 1   | 4:20– 4:50pm | Swimmer 3   | 5:35– 6:20pm |

### SESSION #2 Every Tuesday & Thursday (October 10-November 2)

|             |              |           |             |
|-------------|--------------|-----------|-------------|
| Swimmer 2   | 3:45– 4:15pm | Swimmer 4 | 4:55–5:40pm |
| Preschool 3 | 4:20– 4:50pm | Swimmer 5 | 5:45–6:30pm |

### SESSION # 3 Every Tuesday & Thursday (November 6-November 30)

|             |              |                            |              |
|-------------|--------------|----------------------------|--------------|
| Preschool 4 | 3:45– 4:15pm | Swimmer 2                  | 4:55– 5:25pm |
| Preschool 5 | 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 (September 9-October 28) no class on October 7 Thanksgiving Weekend

|             |               |
|-------------|---------------|
| Preschool 1 | 9:30–10:00am  |
| Preschool 3 | 10:05–10:35am |
| Preschool 5 | 10:40–11:10am |
| Swimmer 3   | 11:15–12:00pm |

### SESSION #2 Every Saturday AM (November 4-December 16) prorated for 7 classes

|             |               |
|-------------|---------------|
| Preschool 2 | 9:30–10:00am  |
| Preschool 4 | 10:05–10:35am |
| Swimmer 2   | 10:40–11:10am |
| Swimmer 4   | 11:15–12:00pm |

## 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 September 11 2017– March 14 2018

*(no classes during 2 weeks at Christmas)*

|                               |               |
|-------------------------------|---------------|
| Terrific Troopers (7 – 9 yrs) | 4:00 – 4:45pm |
| Super Flyers (10 – 11 yrs)    | 4:45 – 5:30pm |
| Flame Throwers (12+ yrs)      | 5:30 – 6:15pm |