

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/Parent & Tot <i>2 swim lanes, hot tub, steam room, partial main and wade pool</i> <i>4 swim lanes - Aquafit: Mon, Wed & Friday - 9:30-10:30am</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 access</i> <i>4 swim lanes - Programming, Lessons, and 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 <i>6 swim lanes, hot tub, steam room, full wade pool</i>	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.

FALL 2018 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 11-October 4)

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 9-November 1)

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-December 6)

No class on November 13th & 15th during Fall Break

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.



SESSION #1 Every Saturday AM (September 15-November 10) No class on October 6 Thanksgiving Weekend

Preschool 1	9:30–10:00am
Preschool 3	10:05–10:35am
Parent & Tot	10:40–11:10am
Swimmer 3	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 10. 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 10 2018– March 20 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

Having your child's birthday party at the pool during public swim? Please let the front desk know the date and the number of people so we can ensure to have space for you to avoid disappointment.
Private Rentals available upon request.



To enquire please call the Jasper Fitness & Aquatic Centre at 780-852-3663