

JASPER FITNESS & AQUATIC CENTRE

Inspiring Community Wellness

305 Bonhomme Street, Jasper, AB

780-852-3663

aquatic@town.jasper.ab.ca

www.jasper-alberta.com



FACILITY SCHEDULE JULY 3 TO SEPTEMBER 2 2018

FITNESS CENTRE	Sunday	Monday to 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 access</i>		7:00 to 9:00 A.M. Monday to Friday					
Mid-morning Family/Lane Swim <i>1 or 2 swim lanes(dependant on lessons) hot tub, steam room, partial main and wade pool access</i>		9:30 to 11:30 A.M. Everyday					
Noon Lane/Parent & Tot <i>6 swim lanes, (dependant on lessons) hot tub, steam room, full wade pool access</i>		12:00 to 2:00 P.M. Everyday					
PUBLIC SWIM <i>1 swim lane, hot tub, steam room, waterslide, diving board, full main and wade pool access</i>		2:30 to 8:30 P.M. Everyday					
Evening Lane Swim <i>6 swim lanes, hot tub, steam room, full wade pool access</i>		8:30 to 9:30 P.M. Everyday					

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.

SUMMER 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.

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SWIM FOR LIFE LESSONS

SESSION # 1 Monday to Thursday (July 2-july 12)

Swimmer 5	8:50–9:35am	Preschool 3	10:15–10:45am
Swimmer 2	8:50–9:20am	Swimmer 4	10:35–11:20am
Preschool 2	9:25–9:55am	Swimmer 1	10:50–11:20am
Preschool 4	9:40–10:10am	Swimmer 3	11:25–12:10pm
Preschool 1	10:00–10:30am	Preschool 5	11:25–11:55am

SESSION # 2 Monday to Thursday (July 16-26)

Swimmer 3	8:50–9:35am	Preschool 4	10:15–10:45am
Swimmer 6	8:50–9:35am	Swimmer 2	10:50–11:20am
Preschool 1	9:40–10:10am	Swimmer 4	10:50–11:35am
Preschool 3	9:40–10:10am	Preschool 5	11:25–11:55am
Preschool 2	10:15–10:45am	Swimmer 1	11:40–12:10pm

SESSION # 3 Monday to Thursday (July 30-August 9)

7 classes prorated no class on Aug 6

Swimmer 3	8:50–9:35am	Preschool 4	10:15–10:45am
Swimmer 5	8:50–9:35am	Swimmer 2	10:50–11:20am
Preschool 1	9:40–10:10am	Swim Patrol	10:50–11:50am
Preschool 3	9:40–10:10am	Swimmer 4	11:25–12:10pm
Preschool 2	10:15–10:45am		

SESSION # 4 Monday to Thursday (August 13-23)

Swimmer 4	8:50–9:35am	Preschool 4	10:00–10:30am
Swimmer 1	8:50–9:20am	Swimmer 2	10:50–11:20am
Preschool 1	9:40–10:10am	Swimmer 3	10:35–11:20am
Preschool 3	9:25–9:55am	Swimmer 6	11:25–12:10pm
Preschool 2	10:15–10:45am	Preschool 5	11:25–11:55pm

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 .



RED FINS SWIM CLUB-SUMMER HOURS - JULY 3- AUGUST 10

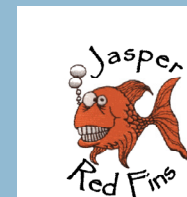
Calling all swimmers over the age of five! Join the red fins swim club and participate in a program that promotes skill development, sportsmanship, fun and Fitness.

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

Mon- Thursday Mornings

8:30-10:00- Competitive

9:45-10:45-PreCompetitive



Call Dawn Glover for further Club information @ 780-852-3481