

CULTURE AND RECREATION

Inspiring Community Wellness

April to June 2019



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

Facebook @JasperFitnessAquaticCentre

FITNESS CENTRE	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight room, cardio equipment, stretching area, indoor bouldering wall	9:00 AM to 10:00 PM	6:30 AM to 10:00 PM					9:00 AM to 10:00 PM

ACTIVITY CENTRE	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Racquetball, squash and tennis courts	9:00 AM to 10:00 PM	10:00 AM to 10:00 PM					9:00 AM to 10:00 PM

AQUATIC CENTRE	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lessons/Lane Swim/Parent & Tot 2 to 6 swim lanes, hot tub, steam room, wade pool		7:00 to 9:00 AM					
Lane Swim/Parent & Tot 2 to 6 swim lanes, hot tub, steam room, wade pool AquaFit M, W, F 9:30 to 10:30am		9:30 to 11:30 AM					
Lane Swim/Parent & Tot 2 to 6 swim lanes, hot tub, steam room, wade pool		12:00 to 2:00 PM					
Lane Swim/Parent & Tot 2 to 6 swim lanes, hot tub, steam room, wade pool	2:30 to 8:30 PM	4:00 to 6:00 PM				5:00 to 8:30 PM	2:30 to 8:30 PM
PUBLIC SWIM 1 swim lane, hot tub, steam room, diving board, full main and wade pool		6:30 to 8:30 PM					
Evening Lane Swim 2 to 6 swim lanes, hot tub, steam room, wade pool	8:30 TO 9:30 PM						

Jasper Fitness & Aquatic Centre Swimming Lessons Schedule

April to June 2019

Tuesday & Thursday: April 2 – April 25

Preschool 1: 3:45 – 4:15pm

Preschool 3: 4:20 – 4:50pm

Swimmer 2: 4:55 – 5:25pm

Swimmer 4: 5:30 – 6:15pm

Saturday: April 6 – June 1 No classes April 20 (Easter weekend)

Parent & Tot: 9:30 – 10:00am

Preschooler 3: 10:40 – 11:10am

Swimmer 1: 10:05 – 10:35am

Swimmer 3: 11:15 – 12:00pm

Sunday: April 7 – June 2 No classes April 21 (Easter weekend)

Preschool 1: 9:30 – 10:00am

Swimmer 2: 10:40 – 11:10am

Preschool 2: 10:05 – 10:35am

Swimmer 4: 11:15 – 12:00pm

Tues. & Thurs.: April 30 – May 30 No classes May 7 and May 9

Preschool 4: 3:45 – 4:15pm

Preschool 2: 5:10 – 5:40pm

Swimmer 5: 4:20 – 5:05pm

Swimmer 4: 5:45 – 6:30pm

Tuesday & Thursday: June 4 – June 27

Preschool 3: 3:45 – 4:15pm

Swimmer 2: 4:55 – 5:25 pm

Swimmer 5: 4:20 – 4:50pm

Swimmer 6: 5:30 – 6:15 pm



SwimAbilities

This program is geared towards children with special needs, ages 3 to 16, who need additional support to achieve their beginner swimmer goals. This program also increases safety, independence and enjoyment in and around the water.

Red Fins Swim Club Starting May 1, 2019

Calling all swimmers over the age 5! Join the Red Fins Swim Club and participate in a program that promotes skill development, sportsmanship, fun and fitness. Children must be able to complete swim to survive – side entry, tread water for one minute and swim two lengths with no breaks.

For more information contact Dawn Glover at **780-852-3481**.

Birthdays at the pool

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.

Swimming Tips

- Please arrive **5 minutes** prior to your child's lesson. Ensure your child is showered and in their **lifejacket** (Swimmer 2 and under) and ready to go.
- Please ensure that children bring their membership cards to scan when attending the pool to avoid delays in entry.
- Did you know? Teaching a new skill in a lifejacket allows your child to be in **"learner mode"** and not **"survival mode"**.

Private and semi-private lessons are available on request (time permitting).

To check for availability call **780-852-3663** or email aquatic@town.jasper.ab.ca. Payment is requested at the time of booking.