

AQUATIC SCHEDULE

Winter 2019

JANUARY 2 TO MARCH 24, 2019

ACTIVITY	MON	TUES	WED	THURS	FRI	SAT	SUN
Lane Swim	5:30 a.m.-10 p.m.	5:30 a.m.-10 p.m.	5:30 a.m.-10 p.m.	5:30 a.m.-10 p.m.	5:30 a.m.-10 p.m.	6 a.m.-8:30 p.m.	7 a.m.-8:30 p.m.
Fitness (January 7 - March 24, 2018)	6-9 a.m.	6-9 a.m.	6-9 a.m.	6-9 a.m.	6-9 a.m.	7-8 a.m.	9-10 a.m.
	9:30-10:30 a.m.	9:30-10:30 a.m.	9:30-10:30 a.m.	9:30-10:30 a.m.	9:30-10:30 a.m.		
	11:30 a.m.-12:30 p.m.	11:30 a.m.-12:30 p.m.	11:30 a.m.-12:30 p.m.	11:30 a.m.-12:30 p.m.	11:30 a.m.-12:30 p.m.		
	7-8 p.m.	7-8 p.m.	7-8 p.m.	7-8 p.m.	8 - 9 p.m.		
	8-9 p.m.	8:15-9:15 p.m.	8-9:30 p.m.	8:15-9:15 p.m.			
Pre-School Plunge	7-9 a.m.	7-9 a.m.	7-9 a.m.	7-9 a.m.	7-9 a.m.		
	11:30 a.m.-12:30 p.m.	11:30 a.m.-12:30 p.m.	11:30 a.m.-12:30 p.m.	11:30 a.m.-12:30 p.m.	11:30 a.m.-12:30 p.m.		
	3-4 p.m.	3-3:30 p.m.	3-3:30 p.m.	3-3:30 p.m.	3-3:30 p.m.		
Family Swim						6-8 a.m.**	
	7-8 p.m.					1-3 p.m.	7-11 a.m.* 6-7 p.m.
Public Swim		3:30-4:30 p.m.	3:30-4:30 p.m.	3:30-4:30 p.m.	3:30-4:30 p.m.	3-5 p.m.	2-4 p.m.
	8-9 p.m.		7:30-8:30 p.m.		7:30-9 p.m.	7:15-8:30 p.m.	7-8:30 p.m.
Teen Swim					9 - 10 p.m.		
Adult Swim	9-10 p.m.	9-10 p.m.	9-10 p.m.	9-10 p.m.			
Rental Time							4 - 6 p.m.

* Sunday Family Swim 7 a.m. to 11 a.m. is shared space with program.

** 7 to 8 a.m. will be shared St. Albert Dodge Leisure Pool space with fitness.

Schedule last updated November 19, 2018. Schedule is subject to change without notice.

Statutory holidays and corresponding weekends have alternate schedules.

Check our website for the most current schedule and schedule changes at: fountainpark.ca

ADMISSION RATES

Winter 2019

	AGES	DAILY (INCL. GST)	MULTIPLE VISITS (10) (INCL. GST)	PASSES	
				1 Month (+ GST)	Annual (+ GST)
Adult	18+	\$6.50	\$58.50	\$49.00	\$440.50
Senior	60+	\$5.50	\$49.50	\$36.00	\$342.00
Youth	13 - 17	\$5.50	\$49.50		
Child	2 - 12	\$4.30	\$38.70		
Tot	Under 2	Free			
Family		\$16.75		\$113.00	\$920.00

RENTAL RATES	\$ PER HOUR (+ GST)
Small Pool	\$66.00
Leisure Pool	\$175.00
Competition Pool	\$140.00
Meeting Rooms	\$46.00
Pre-School Playground	\$46.00
Birthday Party Room	\$65.00

Admission Prices in Effect
September 1, 2018 to
August 31, 2019

Admission Information

- Passes and multiple visit cards are valid at Fountain Park Recreation Centre and Grosvenor Outdoor Pool ONLY.
- Servus Credit Union Place passes can be purchased at Servus Credit Union Place and ANNUAL Servus Credit Union Place passes are valid at all St. Albert aquatic facilities.
- Family is defined as 2 adults and an unlimited number of children/youth up to 17 years of age living at the same residence.

Swimming Information

- **Public Swim:** is for people of all ages to enjoy the facility. A time for family and friends to enjoy the pools, slide, sauna and steam room. Take this time to utilize mats and balls.
- **Family Swim:** a time for parents to enjoy the water with their children. Patrons under the age of 18 must be accompanied in the water by an adult. This is a quieter water play time for families.

- **Pre-School Plunge:** unstructured time for parents and pre-schoolers to use the small pool, whirlpool and slide. The St. Albert Dodge Leisure Pool is available Tuesday - Friday from 3 - 3:30 p.m.
- **Teen Swim:** for students grade 7 to 12 to enjoy the St. Albert Dodge Leisure Pool with friends.
- **Adult Swim:** for patrons 18 years and older to enjoy the facility.
- **Lane Swim:** a minimum of one lane is reserved for public use. All lane swim schedule changes are posted. Lane swim includes the use of the sauna, steam room and hot tub.
- **Please note:** children under the age of 8 years must be accompanied in the water (within arms reach) by a responsible person 13 years or older.

FITNESS SCHEDULE

Winter 2019

JANUARY 7 TO MARCH 24, 2019

ACTIVITY	MON	TUES	WED	THURS	FRI	SAT	SUN
Wake Up Workout	6-6:45 a.m.	6-6:45 a.m.	6-6:45 a.m.	6-6:45 a.m.	6-6:45 a.m.		
Fit For Life	6:50-7:50 a.m.	6:50-7:50 a.m.	6:50-7:50 a.m.	6:50-7:50 a.m.	6:50-7:50 a.m.		
50+ Club	8-9 a.m.	8-9 a.m.	8-9 a.m.	8-9 a.m.	8-9 a.m.		
Deep Water	9:30-10:30 a.m.	9:30-10:30 a.m.	9:30-10:30 a.m.	9:30-10:30 a.m.	9:30-10:30 a.m.	7-8 a.m.	
	7-8 p.m.	7-8 p.m.	7-8 p.m.	7-8 p.m.			
Shallow Water	11:30 a.m.- 12:30 p.m.	11:30 a.m.- 12:30 p.m.	11:30 a.m.- 12:30 p.m.	11:30 a.m.- 12:30 p.m.	11:30 a.m.- 12:30 p.m.		
		8:15-9:15 p.m.	8:30-9:30 p.m.	8:15-9:15 p.m.			
Power Toning		5-5:45 p.m.		5-5:45 p.m.			
Fitness Conditioning	8-9 p.m.	8-9 a.m.	8-9 p.m.	8-9 a.m.	8-9 p.m.		9-10 a.m.

Schedule last updated November 19, 2018.

Schedule is subject to change without notice.

Check our website for the most current schedule and schedule changes at: fountainpark.ca

No Fitness Classes scheduled on:

February 16, 17 or 18.

ADMISSION RATES Winter 2019

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Wake Up Workout

Start your day with this fun and challenging class! Sessions varying in intensity emphasize flexibility, strength, cardio endurance and core stability. Monday, Wednesday and Friday are in the shallow end and Tuesdays and Thursdays are in the deep end of the St. Albert Dodge Leisure Pool.

Fit For Life

Add some variety to your week! Monday, Tuesday, Thursday and Friday are shallow water workouts in the St. Albert Dodge Leisure Pool. Join us Wednesday in the deep end of the leisure pool as we get Fit For Life.

50+ Club

This class is relaxed, fun and effective! Taught in the shallow end of the St. Albert Dodge Leisure Pool, participants will work on flexibility, muscle strength, and cardio endurance.

Shallow Water

This program is a safe, enjoyable and well-balanced shallow water aerobic workout to music. Taking place in the St. Albert Dodge Leisure Pool, it is appropriate for non-swimmers, pre/post natal women and people of all ages and fitness levels. The program includes both cardiovascular and muscular strength training components. If you have any concerns or special needs, please talk to the instructor.

Deep water

This is a class with a mixture of deep water running, strength and toning exercises. Appropriate for all participants who are comfortable in deep water while wearing an aqua-belt to keep you afloat. This class takes place in the competition pool. On Saturdays it is held in the deep end of the St. Albert Dodge Leisure Pool.

Power Toning

A deep water class in the St. Albert Dodge Leisure Pool, designed to build muscular strength and endurance. This class has been scheduled to co-ordinate with you child's evening swim class. Please see the administrative staff for more details.

Fitness Conditioning

Coached workouts for distance training and skill development. Great for people who want: fitness-learn to swim program, introduction to distance swimming, introduction to competitive swimming or training for masters competitions. Fitness Conditioning coaches are certified through the Canadian Amateur Swimming Association.

Aquatic fitness programs are open to participants 13 years of age and older.

LANE SWIM SCHEDULE Winter 2019

JANUARY 2 TO MARCH 24, 2019

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30 - 6 a.m.*	8	8	8	8	8	X	X
6 - 6:30 a.m.*	4	8	4	8	4	8	X
6:30 - 7 a.m.*	4	8	4	8	4	8	X
7 - 7:30 a.m.*	8	8	8	8	8	8	8
7:30 - 8 a.m.*	8	8	8	8	8	8	8
8 - 8:30 a.m.	8	3	8	3	8	5	8
8:30 - 9 a.m.	8	3	8	3	8	5	8
9 - 9:30 a.m.	5	3	5	3	5	1	1
9:30 - 10 a.m.	1	1	1	1	1	1	1
10 - 10:30 a.m.	1	1	1	1	1	2	4
10:30 - 11 a.m.	5	5	5	5	5	1	1
11 - 11:30 a.m.	5	5	5	5	5	1	2
11:30 a.m. - Noon	5	5	5	5	5	1	4
Noon - 12:30 p.m.	5	5	5	5	5	1	4
12:30 - 1 p.m.	5	5	5	5	5	1	5
1 - 1:30 p.m.	5	5	5	5	5	3	3
1:30 - 2 p.m.	5	5	5	5	5	3	3
2 - 2:30 p.m.	5	5	5	5	5	3	2
2:30 - 3 p.m.	5	5	5	5	5	3	2
3 - 3:30 p.m.	8	5	5	5	8	3	2
3:30 - 4 p.m.	8	5	5	5	8	3	2
4 - 4:30 p.m.	1	1	1	1	1	6	6
4:30 - 5 p.m.	1	1	1	1	1	8	6
5 - 5:30 p.m.	1	1	1	1	1	4	8
5:30 - 6 p.m.	1	1	1	1	1	4	8
6 - 6:30 p.m.	1	1	1	1	1	4	8
6:30 - 7 p.m.	1	1	1	1	1	4	8
7 - 7:30 p.m.	2	1	1	1	1	4	8
7:30 - 8 p.m.	2	1	1	1	1	8	8
8 - 8:30 p.m.	2	1	2	1	2	8	8
8:30 - 9 p.m.	2	1	2	1	2	X	X
9 - 9:30 p.m.	8	8	8	8	8	X	X
9:30 - 10 p.m.	8	8	8	8	8	X	X

*Lane available in the St. Albert Dodge Leisure Pool.

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