



POOL SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lesson/Training Times Members of the same household only	12:45 – 1:15 pm 1:15 – 1:45 pm 1:45 – 2:15 pm 2:15 – 2:45 pm 3:00 – 3:30 pm 3:30 – 4:00 pm 4:00 – 4:30 pm 4:30 – 5:00 pm 5:00 – 5:30 pm 5:30 – 6:00 pm 6:00 – 6:30 pm 6:30 – 7:00 pm					9:45 – 10:15 am 10:15–10:45 am 10:45-11:15 am 11:15-11:45 am 12:00-12:30 pm 12:30-1:00 pm 1:00-1:30 pm 1:30-2:00 pm 2:00-2:30 pm 2:30-3:00 pm 3:00-3:30 pm 3:30-4:00 pm	

As per Government COVID-19 Restrictions:

1 on 1 training/households only. Instructors will remain 3M away from all guests during their lesson/training. Do not visit facility if you have any COVID-19 symptoms, been in contact with a COVID positive person, travelled outside Canada within the last 2 weeks or awaiting a COVID test result.

When registering please choose what lesson/training you wish to attend. The choices are:

Swimming Lessons - maximum 2 swimmers from same household. Please note there will be an extra \$10 charge to add extra swimmer to lesson. This must be paid in person and prior to the lesson starting. All swimmers under Swimmer 4 must be accompanied in the water by a responsible caregiver age 12+. (No charge for caregiver)

Water Smart Lessons: Designed for swimmers aged 8+ unless accompanied by a responsible caregiver age 12+. Great interactive fun that will teach the importance of Water Safety. (2 lessons per 30 mins) Fun for the whole household.

Fitness Swimming Lessons: Learn how to use pool equipment to maximize efficiently. Instructor will provide stroke corrections and teach the importance of pacing. Maximum 2 swimmers from same household. Please note there will be an extra \$10 charge to add extra swimmer to lesson. This must be paid in person and prior to the lesson starting. Must have swimmer 5 capabilities and be 8+ years old.

Kayak Lessons: Learn basis Kayak skills. (Forward paddle, backward paddle, how to recover from a roll over, kayak safety) Must be 8+ years old. Fun for the whole household. (Available Monday – Friday)

Aqua Fitness Training: Swimmers under 8 must accompanied by a responsible caregiver aged 12+. Great training activity for the whole household. Aqua Fitness Training will focus on cardio training with resistance training.

Lifeguard Training (no certification acquired): This is designed for swimmers that are interested in becoming a lifeguard. Must have swimmer 6 capabilities and be age 13+. Simmers will learn and practice rescue techniques and physical skills. After the skills have been practiced simmers can start learning about lifeguard theory. All the training will prepare swimmers to complete the Lifesaving Society Bronze Medallion/Cross, National Lifeguard and Swim Instructor Courses.

Register online at www.edson. Every Friday at 9 am.

Contact Aquatic Supervisor with questions. 780-723-7665 EX. 2 or katieb@edson.ca

Pool Schedule is subject to change.