



# Fall Pool Schedule (Mon-Wed)

Mon	Operating hours 5:00 AM-9:00 PM			
	Main Pool		Leisure Pool	
5:00 AM	Lane Swim		Lane Swim	Public Swim
6:00 AM				
7:00 AM				
8:00 AM				
9:00 AM	9:15-10:00 AquaFit H.I. Deep	Swim Lessons		
10:00 AM	10:15-11:00 AquaFit H.I. Shallow			
11:00 AM	Lane Swim	Swim Lessons	Public Swim	Swim Lessons
12:00 PM			Public Swim	Swim Lessons
1:00 PM	Lane Swim	Swim Lessons	Public Swim	Swim Lessons
2:00 PM			Public Swim	Swim Lessons
3:00 PM	Pirates Swim Club		Swim Lessons	
4:00 PM				
5:00 PM	Swim Lessons	Pirates Swim Club		Swim Lessons
6:00 PM	6:45			
7:00 PM	AquaFit Combo 7:05-7:50		Public Swim	
8:00 PM				
9:00 PM	Masters	Lane Swim		

  

Tues	Operating hours 5:00 AM-9:00 PM			
	Main Pool		Leisure Pool	
5:00 AM	Lane Swim		Lane Swim	Public Swim
6:00 AM				
7:00 AM				
8:00 AM				
9:00 AM	9:15-10:00 AquaFit Gentle Deep	Swim Lessons		
10:00 AM	10:15-11:00 AquaFit Gentle Shallow			
11:00 AM	Lane Swim	Swim Lessons	Public Swim	Swim Lessons
12:00 PM			Public Swim	Swim Lessons
1:00 PM	Lane Swim	Swim Lessons	Aqua Remedy	
2:00 PM				
3:00 PM	Pirates Swim Club		Swim Lessons	
4:00 PM				
5:00 PM	Swim Lessons	Pirates Swim Club		Swim Lessons
6:00 PM	6:30			
7:00 PM	Polo Bears 8:15		Public Swim	
8:00 PM				
9:00 PM	Lane Swim	Public		

  

Wed	Operating hours 5:00 AM-9:00 PM			
	Main Pool		Leisure Pool	
5:00 AM	Lane Swim		Lane Swim	Public Swim
6:00 AM				
7:00 AM				
8:00 AM				
9:00 AM	9:15-10:00 AquaFit - High Intensity Deep	Swim Lessons		
10:00 AM	10:15-11:00 AquaFit - High Intensity Shallow			
11:00 AM	Lane Swim	Swim Lessons	Public Swim	Swim Lessons
12:00 PM			Public Swim	Swim Lessons
1:00 PM	Lane Swim	Swim Lessons	Aqua Remedy	
2:00 PM				
3:00 PM	Pirates Swim Club		Swim Lessons	
4:00 PM				
5:00 PM	Swim Lessons	Pirates Swim Club		Swim Lessons
6:00 PM	6:45			
7:00 PM	AquaFit Combo 7:05-7:50		Public Swim	
8:00 PM				
9:00 PM	Masters	Lane Swim		



= Subject to availability. Please call ahead if you are dropping in!

**Pre-booking required for all pool activities.**

**To book: Email [swim@trileisure.com](mailto:swim@trileisure.com) OR Call 780.960.5080**

# Fall Pool Schedule (Thurs-Sun)

Thurs	Operating hours 5:00 AM-9:00 PM	
	Main Pool	Leisure Pool
5:00 AM		
6:00 AM	Masters	Public Swim
7:00 AM	Lane Swim	
8:00 AM		Parkland Rehab
9:00 AM	9:15 AquaFit Gentle Deep	Swim Lessons
10:00 AM	10:00 AquaFit Gentle Shallow	
11:00 AM		
12:00 PM	Lane Swim	Public Swim
1:00 PM	Swim Lessons	Swim Lessons
2:00 PM		
3:00 PM		Aqua Remedy
4:00 PM		Pirates Swim Club
5:00 PM	Swim Lessons	Swim Lessons
6:00 PM		6:30 Pool Flip
7:00 PM		8:15 Polo Bears
8:00 PM	Lane Swim	Public Swim
9:00 PM		

Fri	Operating hours 5:00 AM-9:00 PM	
	Main Pool	Leisure Pool
5:00 AM		
6:00 AM	Lane Swim	Public Swim
7:00 AM		
8:00 AM		
9:00 AM	9:15 AquaFit HI Deep	Swim Lessons
10:00 AM	10:00 AquaFit HI Shallow	
11:00 AM		
12:00 PM	Lane Swim	Public Swim
1:00 PM	Swim Lessons	Swim Lessons
2:00 PM		
3:00 PM		
4:00 PM	Swim Lessons	Pirates Swim Club
5:00 PM	Swim Lessons	Public Swim
6:00 PM		
7:00 PM		
8:00 PM	Lane Swim	Public Swim
9:00 PM		

Sat	Operating hours 7:00 AM-8:00 PM	
	Main Pool	Leisure Pool
7:00 AM	Lane Swim	
8:00 AM	Masters	Pirates Swim Club
9:00 AM		
10:00 AM		
11:00 AM	Swim Lessons	Swim Lessons
12:00 AM		
1:00 PM		
2:00 PM	Certification Courses	Public Swim
3:00 PM		
4:00 PM		Public Swim 3:45
5:00 PM		Public Swim 5:45
6:00 PM	Lane Swim	Public Swim
7:00 PM		
8:00 PM		

Sun	Operating hours 7:00 AM-8:00 PM	
	Main Pool	Leisure Pool
7:00 AM	Lane Swim	Public Swim
8:00 AM		
9:00 AM		
10:00 AM	Swim Lessons	Swim Lessons
11:00 AM		
12:00 AM		
1:00 PM		
2:00 PM		
3:00 PM	Certification Courses	
4:00 PM		Pool Flip
5:00 PM		
6:00 PM		
7:00 PM	Lane Swim	Public Swim
8:00 PM		



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# Pool Activity Information

## Lane Swim

- Lane swim is for swimming laps, not recreational swimming.
- Participants MUST reserve their lane booking in advance (see booking options below).
- Bookings will be taken a maximum of one week in advance.
- Bookings will be on a first-come, first-served basis.
- All lane bookings will be based on one person per lane. Participants residing in the same household can share a lane booking, but this must be stated at the time of reserving.
- Requests will be responded to in the order they are received.
- Please ensure you have received a confirmation from a staff member prior to arriving for your lane booking.
- When you arrive, please check in at the front desk.
- Payment of a day admission or a valid pass is required to attend, and you must be wearing a day wristband in order to access the Aquatic Complex.

## AquaFit

- Only 25 spots available for each class due to physical distancing requirements.
- Participants must reserve their spot in advance (see booking options below).
- Bookings will be taken a maximum of one week in advance.
- Participants may reserve one spot per person, per class (i.e. you can only book for yourself).
- Requests will be responded to in the order they are received.
- Please ensure you have received a confirmation from a staff member prior to arriving for your class.
- When you arrive for your class, please check in at the front desk.
- Payment of a day admission or a valid pass is required to attend, and you MUST be wearing a day wristband in order to access the Aquatic Complex.

**There is no steam room or rope swing available right now.**

## Public Swim

- Limited spots will be available per session due to physical distancing requirements.
- When possible, participants should reserve their spot in advance (see booking options below).
- Bookings will be taken a maximum of one week in advance.
- Bookings will be on a first-come, first-served basis, and if there are spots available you are welcome to drop in.
- Bookings can be made for a maximum of ten (10) people from the same household or cohort group.
- Requests will be responded to in the order they are received.
- Please ensure you have received a confirmation from a staff member prior to arriving for your family swim.
- When you arrive, please check in at the front desk.
- Payment of a day admission or a valid pass is required, and all family members MUST be wearing a day wristband in order to access the Aquatic Complex.
- **PARENTS: 7-9-year-olds must have a caregiver IN THE WATER or UPSTAIRS IN THE VIEWING AREA for supervision. No on-deck seating.**

## Lessons

- Register starting Sep 8/10 (5:00 AM) for swim lessons at [trileisure.com](http://trileisure.com), in person or by calling us!
- Limited lesson capacities and parent supervision required for some lessons to maintain physical distancing.
- Upstairs spectator seating open, no seating allowed on pool deck.
- Parents, please drop off five minutes prior to class and meet your child on the pool deck after lessons.

## Change Rooms

- We are encouraging all patrons to shower and change at home when possible, to limit the number of people using the wet change rooms.
- Not all lockers will be available for use to promote physical distancing.
- If you would like to take your belongings onto the pool deck, you are welcome to do so.
- Wallet lockers are available in the pool hallway.

**Do you have a question that we haven't answered here? You can:**

- Check out our **COVID FAQ** on our blog at [trileisure.com](http://trileisure.com)
- Email us OR
- Phone us! We're happy to help!

**Pre-booking required for all pool activities.**

**To book: Email [swim@trileisure.com](mailto:swim@trileisure.com) OR Call 780.960.5080**



# AquaFit Descriptions



## Deep Water High-Intensity

This class is a different type of workout in the water where the body is totally suspended, allowing for no impact and a greater range of motion. Come experience an invigorating class that will get your heart pumping and muscles working with a greater variety of movements.

M/W/F      Aug 31-Dec 18      9:15-10:00 AM

## Shallow Water High-Intensity

Get yourself running, hopping, skipping and jumping through the water. A high-intensity workout will get your heart pumping, muscles working against the resistance of the water and leave you feeling invigorated and ready for anything.

M/W/F      Aug 31-Dec 18      10:15-11:00 AM

## High-Intensity

Expect an invigorating class in the water utilizing a variety of movements to get your heart rate up and your muscles working hard against the resistance of the water.

M/W      Aug 31-Dec 16      7:05-7:50 PM

## Deep Water Gentle

Using music that is easy on the ears and movements that are gentle on the joints, you will leave this class feeling happy and rejuvenated.

Tu/Th      Sep 1-Dec 16      9:15-10:00 AM

## Shallow Water Gentle

Using music that is easy on the ears and movements that are gentle on the joints, you will leave this class feeling happy and rejuvenated.

Tu/Th      Sep 1-Dec 17      10:15-11:00 AM

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To book: Email [swim@trileisure.com](mailto:swim@trileisure.com) OR Call 780.960.5080**