

Summer 2020 Pool Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 AM								6:00 AM
6:30 AM								6:30 AM
7:00 AM		AquaFit Deep HI	Lane Swim	AquaFit Deep G	Lane Swim	AquaFit Deep G	Lane Swim	7:00 AM
7:30 AM								7:30 AM
8:00 AM	8:00	AquaFit Shallow HI		AquaFit Shallow G		AquaFit Shallow G		8:00 AM
8:30 AM			9:00		9:00		9:00	8:30 AM
9:00 AM	Lane Swim	8:45	8:45	8:45	8:45	8:45	Lane Swim	9:00 AM
9:30 AM	10:00	9:20	9:20	9:20	9:20	9:20	10:00	9:30 AM
10:00 AM								10:00 AM
10:30 AM	10:30						10:30	10:30 AM
11:00 AM		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		11:00 AM
11:30 AM	Public Swim						Public Swim	11:30 AM
12:00 PM	12:30						12:30	12:00 PM
12:30 PM								12:30 PM
1:00 PM	1:00						1:00	1:00 PM
1:30 PM		1:30	1:30	1:30	1:30		1:30	1:30 PM
2:00 PM	Public Swim	Cert Courses	Cert Courses	Cert Courses	Cert Courses	Cert Courses	Pirates Swim Club	Public Swim
2:30 PM	3:00							2:30 PM
3:00 PM								3:00 PM
3:30 PM	3:30		Pirates Swim Club	Pirates Swim Club	Pirates Swim Club			3:30 PM
4:00 PM								4:00 PM
4:30 PM	Public Swim	4:00						4:30 PM
5:00 PM	5:30							5:00 PM
5:30 PM		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Public Swim		5:30 PM
6:00 PM	6:00					6:30		6:00 PM
6:30 PM								6:30 PM
7:00 PM	Lane Swim	7:30	7:30	7:30	7:30	7:00	Lane Swim	7:00 PM
7:30 PM	8:00	7:45	8:00	8:00	7:45	8:00	8:00	7:30 PM
8:00 PM		AquaFit HI	Lane Swim	Lane Swim	AquaFit HI	Lane Swim	Lane Swim	8:00 PM
8:30 PM								8:30 PM
9:00 PM		8:45		8:45				9:00 PM

Pre-booking required for all pool activities.
To book: Email swim@trileisure.com OR Call 780.960.5080

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 requirement 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 for your lane booking, 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 hot tub, steam room or rope swing available due to restrictions.

Public Swim

- Limited spots will be available per session 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.
- 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 six (6) 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 with them due to no deck seating for supervision.**

Lessons

- Register starting July 9 (7:00 AM) for summer swim lessons at trileisure.com, in person or by calling us!
- Limited lesson levels and capacities are available to maintain physical distancing.
- No spectator seating available.
- Parents, please drop off five minutes prior to class and meet your child on the pool deck after lessons.

Change Rooms

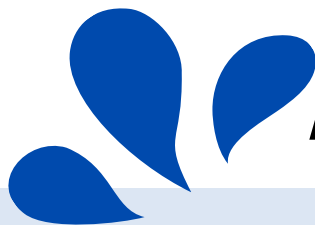
- We are encouraging all patrons to shower and change at home when possible, to limit the number of people using the wet change rooms.
- Not all lockers will be available for use to promote physical distancing.
- If you would like to take your belongings onto the pool deck, you are welcome to do so.
- 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
- Email us OR
- Phone us! We're happy to help!

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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 Jul 20-Aug 28 7:00-7:45 AM *No class Aug 3

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 Jul 20-Aug 28 8:00-8:45 AM *No class Aug 3

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 Jul 20-Aug 26 7:45-8:45 PM *No class Aug 3

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 Jul 21-Aug 27 7:00-7:45 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 Jul 21-Aug 27 8:00-8:45 AM

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