



Sep 14-16, 2020 Pool Schedule

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

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

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

Pre-booking required for all pool activities.

To book: Email swim@trileisure.com OR Call 780.960.5080

Sep 17-20, 2020 Pool Schedule



Thurs		Operating hours 6:00 AM - 9:00 PM	
		Main Pool	Leisure Pool
5:00 AM		Lane Swim	Public Swim
6:00 AM	1 lane		
7:00 AM			
8:00 AM	Parkland Rehab		
9:00 AM	9:15 AquaFit - Deep 10:00 Gentle	Public Swim	Public Swim
10:00 AM	10:15 AquaFit - Shallow 11:00 Gentle		
11:00 AM			
12:00 PM	Lane Swim	Swim @ School	Public Swim
1:00 PM	Swim @ School	Lane Swim	Public Swim
2:00 PM	Lane Swim		Public Swim
3:00 PM			Public Swim
4:00 PM	Lane Swim	Pirates Swim Club	Public Swim
5:00 PM			Public Swim
6:00 PM		6:30	Public Swim
7:00 PM	Lane Swim		Public Swim
8:00 PM			Public Swim
9:00 PM			

Fri		Operating hours 6:00 AM - 9:00 PM	
		Main Pool	Leisure Pool
5:00 AM		Lane Swim	Public Swim
6:00 AM	Lane Swim 1 lane		
7:00 AM			
8:00 AM			
9:00 AM	9:15 AquaFit - Deep 10:00 High Intensity	Public Swim	Public Swim
10:00 AM	10:15 AquaFit - Shallow 11:00 High Intensity		
11:00 AM	Swim @ School		
12:00 PM	Swim @ School	Lane Swim	Public Swim
1:00 PM			
2:00 PM	Lane Swim		Public Swim
3:00 PM			Public Swim
4:00 PM	Lane Swim	Pirates Swim Club	Public Swim
5:00 PM			Public Swim
6:00 PM		6:45	Public Swim
7:00 PM			Public Swim
8:00 PM			Public Swim
9:00 PM			

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

Sun		Operating hours 7:00 am - 8:00 pm	
		Main Pool	Leisure Pool
7:00 AM		Lane Swim 10 lanes	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		Certification Courses	Public Swim
3:00 PM			
4:00 PM			Public Swim
5:00 PM			
6:00 PM		Lane Swim 1-3	Polo Bears
7:00 PM			
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 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.
- 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, in person or by calling us!
- Limited lesson capacities 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.

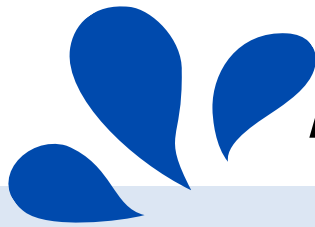
Change Rooms

- 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
- Email us OR
- Phone us! We're happy to help!

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To book: Email 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

Pre-booking required for all pool activities.
To book (starting July 13): Email swim@trileisure.com OR Call 780.960.5080