



GREENVIEW REGIONAL MULTIPLEX AQUATIC CENTRE PROGRAMS 2024

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8 AquaMat Fitness Youth 4:00 pm - 4:45 pm AquaMat Fitness Adult 7:00 - 7:45 pm	9 AquaMat Fitness Adult 8:15 am - 9:00 am Water Works 10:00 am - 11:00 am Adult Swimming Lessons 7:30 pm - 8:30 pm	10 AquaMat Fitness Youth 4:00 pm - 4:45 pm AquaMat Fitness Adult 7:00 - 7:45 pm	11 AquaMat Fitness Adult 8:15 am - 9:00 am Water Works 10:00 am - 11:00 am Adult Swimming Lessons 7:30 pm - 8:30 pm	12	13
14	15 AquaMat Fitness Youth 4:00 pm - 4:45 pm AquaMat Fitness Adult 7:00 - 7:45 pm	16 AquaMat Fitness Adult 8:15 am - 9:00 am FREE CLASS - Try it Week! Swimming with Baby Bumps 9:00 - 9:45 am Water Works 10:00 am - 11:00 am Adult Swimming Lessons 7:30 pm - 8:30 pm	17 AquaMat Fitness Youth 4:00 pm - 4:45 pm AquaMat Fitness Adult 7:00 - 7:45 pm	18 AquaMat Fitness Adult 8:15 am - 9:00 am Water Works 10:00 am - 11:00 am Adult Swimming Lessons 7:30 pm - 8:30 pm	19 Wibit Weekend	20
21	22 AquaMat Fitness Youth 4:00 pm - 4:45 pm Ripples Swim Group 5:30 pm - 6:30 pm AquaMat Fitness Adult 7:00 - 7:45 pm	23 Ripples Swim Group 7:15 am - 8:15 am AquaMat Fitness Adult 8:15 am - 9:00 am Water Works 10:00 am - 11:00 am Adult Swimming Lessons 7:30 pm - 8:30 pm	24 AquaMat Fitness Youth 4:00 pm - 4:45 pm Ripples Swim Group 5:30 pm - 6:30 pm AquaMat Fitness Adult 7:00 - 7:45 pm	25 Ripples Swim Group 7:15 am - 8:15 am AquaMat Fitness Adult 8:15 am - 9:00 am Water Works 10:00 am - 11:00 am Adult Swimming Lessons 7:30 pm - 8:30 pm	26	27 Dive-In Movie MUMMIES 5:30 - 7:00 pm
28	29 AquaMat Fitness Youth 4:00 pm - 4:45 pm Ripples Swim Group 5:30 pm - 6:30 pm AquaMat Fitness Adult 7:00 - 7:45 pm	30 Ripples Swim Group 7:15 am - 8:15 am AquaMat Fitness Adult 8:15 am - 9:00 am Water Works 10:00 am - 11:00 am Adult Swimming Lessons 7:30 pm - 8:30 pm	31 AquaMat Fitness Youth 4:00 pm - 4:45 pm Ripples Swim Group 5:30 pm - 6:30 pm AquaMat Fitness Adult 7:00 - 7:45 pm			



GREENVIEW REGIONAL MULTIPLEX AQUATIC CENTRE PROGRAMS 2024

JANUARY

WATER WORKS (16+)

JANUARY (7 Classes)

DATES: Tuesdays & Thursdays, January 9 - January 30

TIME: 10:00 - 11:00 am

COST: Member: \$56.00 Non-Member: \$70.00

Water fitness uses natural resistance and buoyance of the water against your body to provide a wide variety of conditioning activities. No swimming is required in water aerobics, and floatation devices are used frequently. Water Works is a shallow water class, and all classes are geared to client comfort levels.

ADULT SWIMMING LESSONS (18+)

BEGINNER (8 Classes)

DATES: Tuesdays & Thursdays, January 9 - February 1

TIME: 7:30 - 8:30 pm

COST: Member: \$75.00 Non-Member: \$85.00

The Adult Swimmer program is for beginners or swimmers who want to improve their skills. Participants set their own goals within the Adult Swimmer curriculum to develop water confidence and recognizable strokes. No previous swimming is required as this program is designed for those looking to gain confidence in the water.

THE RIPPLES SWIM GROUP

EVENING SESSIONS

DATES: Mondays & Wednesdays, January 22 - March 20

TIME: 5:30 - 6:30 pm

MORNING SESSIONS

DATES: Tuesdays & Thursdays, January 23 - March 21

TIME: 7:15 - 8:15 am

COST: Member: \$128.00 Non-Member: \$160.00

Join us for GRMs own Swim Group! This program is available to swimmers who can meet a minimum of 100-meter consecutive swim. This program allows swimmers to get exercise, improve swimming skills and meet new people who share a love for swimming!

Swimmers will choose 16-sessions that work best for their schedule based on the dates listed above. Want more than 16 classes? No problem! Sign up for more for an additional fee. No sessions on Family Day

DIVE-IN MOVIE

FEATURED MOVIE: MUMMIES

DATE: Saturday, January 27

TIME: 5:30 - 7:00 pm

RATING: PG

COST: Membership or Daily Drop-In

All ages are welcome! Bring a clean pool floatie or use one of ours and enjoy the 2023 family film MUMMIES!

AQUAMAT FITNESS

AFTERNOON YOUTH (Age 10+) SESSION (8 Classes)

DATES: Mondays & Wednesdays, January 8 - January 31

TIME: 4:00 - 4:45 pm

COST: Member: \$36.00 Non-Member: \$48.00

EVENING ADULT (Age 16+) SESSION (8 Classes)

DATES: Mondays & Wednesdays, January 8 - January 31

TIME: 7:00 - 7:45 pm

COST: Member: \$48.00 Non-member: \$60.00

MORNING ADULT (Age 16+) SESSION (8 Classes)

DATES: Tuesdays & Thursdays, January 9 - February 1

TIME: 8:15 - 9:00 am

COST: Member: \$48.00 Non-member: \$60.00

Gain core strength, build endurance, get flexible and have fun as you find your balance on our AquaMats! If you are comfortable in deep water, this program is a great alternative to a traditional workout! *Max 9 spots available*

TRY IT WEEK - SWIMMING WITH BABY BUMPS

DATE: Tuesday, January 16

TIME: 9:00 - 9:45 am

COST: Members: FREE Non-Members: Daily drop-in rate

LOCATION: Aquatics Centre

A safe prenatal workout class. Perfect for the first- third trimester All bodies need exercise; exercising while pregnant is way safer in water. Reducing the risk of diabetes, obesity, and other health concerns and relieving back pain.

WIBIT WEEKEND - JANUARY 19 - 21

Come and play on our inflatable obstacle course! The WIBIT will be in during public swim times on these dates. February 19 is Family Day!!

UPCOMING IN FEBRUARY:

SWEETHEART SPORT & SWIM

FEATURED MOVIE: THE PEANUTS MOVIE

DATE: February 14

TIME: 7:00 - 8:30 pm

RATING: PG

COST: Membership or Daily Drop-In

All ages are welcome! Bring a clean pool floatie or use one of ours and enjoy the 2023 family film The Peanuts Movie!

SPORT TIME

Childmind is available & Fieldhouse Courts will be set up for couples aged 16+ wanting to play sports from 5:00 - 8:00pm

LIFEGUARD COURSES

Lifeguard courses will be available starting in February. Keep watching our Facebook page for more information! Courses being offered are listed below, each being a pre-requisite to the following course.

BRONZE MEDALLION (13+)
↓
INTERMEDIATE FIRST AID + CPR C
↓
BRONZE CROSS
↓
NATIONAL LIFEGUARD (15+)
and/or
SWIM INSTRUCTOR (15+)

FOR MORE INFORMATION:

Phone: 780-524-4097

Website: www.mdgreenview.ab.ca

Facebook: [Greenview Regional Multiplex](https://www.facebook.com/GreenviewRegionalMultiplex)

WAYS TO REGISTER:

1. Online:

<https://app.univerusrec.com/grmpub/index.asp>

2. In Person: at Greenview Regional Multiplex
4803 56 Ave, Valleyview, AB