



GREENVIEW REGIONAL MULTIPLEX AQUATIC PROGRAMS 2024


MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 Water Works 10:00 - 11:00 am	6	7 Water Works 10:00 - 11:00 am	8	9
10	11	12 Water Works 10:00 - 11:00 am AquaMat Fitness - Try It! 7:00 - 7:45 pm	13	14 Water Works 10:00 - 11:00 am	15	16
17 	18	19 Water Works 10:00 - 11:00 am AquaMat Fitness 7:00 - 7:45 pm	20	21 Water Works 10:00 - 11:00 am AquaMat Fitness 7:00 - 7:45 pm	22	23
24	25 Standard (Intermediate) First Aid - Day 1 8:30 - 4:30 pm	26 Standard (Intermediate) First Aid - Day 2 8:30 am - 4:30 pm Water Works 10:00 - 11:00 am	27 Bronze Medallion - Day 1 8:30 am - 4:30 pm	28 Bronze Medallion - Day 2 8:30 am - 4:30 pm Water Works 10:00 - 11:00 am	29  GOOD FRIDAY Public Swim 1:00 - 7:00 pm	30



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SUN	MON	TUE	WED	THU	FRI	SAT
31	1 EASTER MONDAY Public Swim 1:00 - 7:00 pm 	2 Water Works 10:00 - 11:00 am Swimming Lessons - Day 1 4:00 - 7:00 pm AquaMat Fitness 7:00 - 7:45pm	3 Bronze Cross - Day 1 4:00 - 8:30 pm	4 Water Works 10:00 - 11:00 am Swimming Lessons - Day 2 4:00 - 7:00 pm AquaMat Fitness 7:00 - 7:45 pm	5 Bronze Cross - Day 2 4:00 - 8:30 pm	6
7	8 Bronze Cross - Day 3 4:00 - 8:30 pm	9 Water Works 10:00 - 11:00 am Swimming Lessons - Day 3 4:00 - 7:00 pm AquaMat Fitness 7:00 - 7:45 pm	10 Bronze Cross - Day 4 4:00 - 8:30 pm	11 Water Works 10:00 - 11:00 am Swimming Lessons - Day 4 4:00 - 7:00 pm AquaMat Fitness 7:00 - 7:45 pm	12 Babysitting Course 9:00 am - 5:00 pm Bronze Cross - Day 5 8:30 - 4:30 pm	13
14	15	16 Water Works 10:00 - 11:00 am Swimming Lessons - Day 5 4:00 - 7:00 pm	17	18 Water Works 10:00 - 11:00 am Swimming Lessons - Day 6 (Last Day) 4:00 - 7:00 pm	19	20
21	22	23 Water Works 10:00 - 11:00 am	24	25 Water Works 10:00 - 11:00 am	26	27
28	29	30 Water Works 10:00 - 11:00 am				



GREENVIEW REGIONAL MULTIPLEX AQUATIC PROGRAMS 2024

MARCH/APRIL

WATER WORKS (16+)

MARCH: 8 Classes

DATES: Tuesdays & Thursdays, March 5 to March 28

TIME: 10:00 - 11:00 am

PRE-REGISTRATION: \$64.00

DROP IN: \$10.00 / class

APRIL: 9 Classes

DATES: Tuesdays & Thursdays, April 2 to April 30

TIME: 10:00-11:00 am

PRE-REGISTRATION: \$72.00

DROP IN: \$10.00 / class

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.

AQUAMAT FITNESS (16+)

Maximum 9 Spots Available - Pre-book to reserve your spot!

TRY IT DATE: March 12

COST: Free with membership or daily drop-in

MARCH: 2 Classes

DATES: Tuesday & Thursday March 19 & March 21

TIME: 7:00 - 7:45 pm

PRE-REGISTRATION: \$16.00

DROP IN: \$10.00 / class

APRIL: 4 Classes

DATES: Tuesdays & Thursdays, April 2 to April 11

TIME: 7:00-7:45 pm

PRE-REGISTRATION: \$32.00

DROP IN: \$10.00 / class

Gain core strength, build endurance, get flexible and have fun as you find your balance on our AquaMats. Join the aquatics team in this exciting program! This class is taught in deep water while on the mats.

BABYSITTING COURSE

DATES: Friday, April 12

TIME: 9:00 am - 5:00 pm

COST: \$45.00

PRE-REQUISITE: Must be 11 years of age or older (or must have completed Grade 5)

LOCATION: GRM Boardroom

INFORMATION: Participants must bring clean indoor running shoes, water bottle, snacks, lunch and a doll for diapering.

Build your caregiver skills and knowledge in this hands-on Red Cross course. Participants will engage in basic first aid, how to prevent and respond to emergencies, and provide high-quality care for children in a variety of age groups.

FOR MORE INFORMATION:

Phone: 780-524-4097

Website: www.mdgreenvview.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

STANDARD (INTERMEDIATE) FIRST AID WITH CPR C

DATES: Monday & Tuesday March 25 & March 26

TIME: 8:30 am - 4:30 pm both days

COST: \$90.00

LOCATION: GRM Boardroom

In this Alberta Workplace approved first aid course, you will learn the basics of first aid administration and resuscitation for all age groups. This program is not specific to aquatics programs but is a pre-requisite to taking Bronze Medal, National Lifeguard and Instructor certifications. Upon completion, certificates are valid for 3 years.

BRONZE MEDALLION

DATES: Wednesday & Thursday March 27 & March 28

TIME: 8:30 am - 4:30 pm both days

COST: \$160.00

PRE-REQUISITE: Bronze Star (need not be current) or minimum of 13 years of age at the time of the exam, current CPR-C

Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill and fitness - the four components of water rescue - form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. This course is a pre-requisite for assistant lifeguard training in Bronze Cross.

BRONZE CROSS

DATES & TIMES:

Wednesday, April 3 - 4:00 - 8:30 pm

Friday, April 5 - 4:00 - 8:30 pm

Monday, April 8 - 4:00 - 8:30 pm

Wednesday, April 10 - 4:00 - 8:30 pm

Friday, April 12 - 8:30 am - 4:30 pm

COST: \$160.00

PRE-REQUISITE: Bronze Medallion (need not be current), current Standard (Intermediate) First Aid with CPR-C.

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

SWIM GREENVIEW LAKES

Swimmers are invited to come to the Multiplex aquatic centre to challenge themselves to swim the perimeter of lakes within and around Greenview. Lifeguards will track swimmer's progress towards meeting a goal of distance over time. This program is self directed and swimmers who complete the challenge will be entered into a draw to win a swimmer's gift basket! Swimmers may complete the challenge from April 1 through May 31.

BEGINNER: East Dollar Lake (877m) - 40 lengths (20 laps) in one week. One entry.

INTERMEDIATE: Swan Lake (4484m) - 180 lengths (90 laps) in three weeks. Three entries.

ADVANCED: Sturgeon Lake (24,839m) - 1,000 lengths (500 laps) in 6 weeks. Five Entries.

SWIMMING LESSONS

APRIL DATES: Tuesdays & Thursdays, April 2 to April 18

REGISTRATION OPENS: Monday, March 18 at 9:00 am

MAY DATES: Coming Soon

Parent & Tot, Preschool and Swimmer levels to be offered. See Swimming Lesson Information sheet for details on availability and times.