

# GREENVIEW REGIONAL MULTIPLEX AQUATICS PROGRAMS WINTER 2024

## Connections in the Water

**Dates:** Wednesdays: November 20, 27, December 4, 11  
**Time:** 10:00 - 10:45 am  
**Age:** 1-3 years & accompanying parent or guardian  
**Cost:** \$5.00 drop-in per child

Join us for "Connections in the Water," a nurturing program designed to create a safe and welcoming environment for both toddlers and their parents. This 45-minute class offers a unique opportunity for little swimmers to connect with peers while learning essential water skills through engaging activities. With an experienced instructor leading the way, families will enjoy structured playtime that promotes fun, social interaction, and water safety.

Parents will also have the chance to bond with one another, sharing experiences and building friendships in this supportive atmosphere. Dive in with us for a memorable experience that fosters connections, confidence, and joy in the water!

## Liquid Zen

**Date:** Tuesday, December 17  
**Time:** 6:15 - 7:00 am  
**Age:** 14+  
**Cost:** Included with Membership or Drop-In  
Spots are limited to 9 participants; pre-registration is required

Welcome to Liquid Zen, a unique aqua mat yoga class designed to harmonize your mind and body in a serene water environment. Float on specially designed mats as you engage in gentle yoga flows, breathing exercises, and mindfulness practices, all while being cradled by the soothing water.

This class promotes relaxation, balance, and flexibility, allowing you to connect with your breath and find tranquility in motion. The water provides a supportive space, reducing impact on joints and enhancing your overall experience. Whether you're a seasoned yogi or new to the practice, Liquid Zen invites you to immerse yourself in a peaceful journey that revitalizes your spirit and calms your mind. Join us to discover the bliss of yoga in a refreshing aquatic setting!

## Surf N Sweat Bootcamp

**Date:** Wednesday, December 18  
**Time:** 7:45 - 8:30 pm  
**Age:** 14+  
**Cost:** Included with Membership or Daily Drop-In  
Spots are limited to 9 participants; pre-registration is required

Get ready to ride the waves of fitness with Surf n Sweat Bootcamp! This dynamic evening class combines the energy of a high-intensity workout with the buoyancy and fun of the water. Participants will engage in various challenging exercises designed to build strength, endurance, and agility while balancing on inflatable mats. Led by a motivating instructor, you'll tackle a mix of cardio drills, strength training, and core workouts that push your limits and keep your heart pumping. The supportive water environment reduces impact and allows for a greater range of motion, making it perfect for all fitness levels. Join us after a long day for an invigorating session that will leave you feeling refreshed, energized, and ready to unwind. Dive into the fun at Surf n Sweat Bootcamp and experience a unique twist on traditional fitness!

## FOR MORE INFORMATION:

**Phone:** 780-524-4097

**Website:** [www.mdgreenview.ab.ca](http://www.mdgreenview.ab.ca)

**Facebook:** [Greenview Regional Multiplex](#)

## WAYS TO REGISTER:

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

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

## Canadian Swim Patrol

**Dates:** Tuesdays & Thursdays: November 19 - December 12  
**Time:** 4:00 - 5:00 pm  
**Age:** 10+ & the ability to swim 25 meters unassisted.  
**Cost:** \$80.00  
**Prerequisites:** Swimmer 6 is preferred but not required.

Are you ready for something different other than a regular swim class? Looking for a way to develop your swimming strength and efficiency? Rise to the challenge and get your Swim Patrol Awards - a perfect gift for anyone wanting to kick it up a notch. Swim Patrol has three levels: Rookie, Ranger, and Star.

## Preschool Swimming Lessons

**Dates:** Mondays & Wednesdays: November 18 - December 4  
**Age:** 3 - 6 years  
**Cost:** \$55.00

**Preschool 1:** Preschoolers will be assisted by their instructor when learning to enter and exit the water safely, jump into chest deep water, and put their faces in the water to blow bubbles. Becoming comfortable with floats and glides and moving safely in shallow water while wearing lifejackets will help them gain confidence with their water skills.  
**Prerequisites:** No previous swimming experience is required.  
**Time:** 4:00 - 4:45 pm & 6:00 - 6:45 pm

**Preschool 2:** Preschoolers will work on becoming more independent with their water skills. Some of these skills include jumping into chest-deep water unassisted, submerging and exhaling underwater, and floating and gliding with various buoyant aids. They will be introduced to lateral rollovers and practice their flutter kick on their backs.  
**Prerequisites:** Swimmers should be comfortable in the water and able to perform skills in a lifejacket prior to the start.  
**Time:** 5:00 - 5:45 pm

**Preschool 3:** Preschoolers will kick and glide their way through the water on their fronts and backs. They will work on retrieving objects from the bottom in waist-deep water and work towards mastering their floats, rollovers, glides, and kicks. At this level, they work their way into deeper water for side entries and jump in with their lifejackets on.  
**Prerequisites:** Swimmers should be comfortable putting their face in the water and should be confident with and without a lifejacket.  
**Time:** 6:00 - 6:45 pm

**Preschool 4:** Preschoolers will gain some independence in deep water. They will practice jumping into deeper water (including getting out by themselves), sideways entries, and opening their eyes underwater. These swimmers in training will work on completing 5m of front crawl in their lifejackets and work on their ability to tread water.  
**Prerequisites:** Swimmers should be comfortable performing skills in the water unassisted. Pre-schools 4 and 5 will have swimmers jumping into chest-deep water without a lifejacket and will work on their ability to tread water.  
**Time:** 5:00 - 5:45 pm

**Preschool 5:** Preschoolers will work towards achieving important swimming milestones. They will work on being able to support themselves by treading in deep water for 10 seconds and completing 5m swims of front crawl and back crawl. Wearing a lifejacket, they will practice forward roll entries into deep water, learn to whip kick in a vertical position, and be introduced to interval training.  
**Prerequisites:** Swimmers should be comfortable performing skills in the water unassisted. Pre-schools 4 and 5 will have swimmers jumping into chest-deep water without a lifejacket and will work on their ability to tread water.  
**Time:** 4:00 - 4:45 pm