



## GREENVIEW REGIONAL MULTIPLEX AQUATICS PROGRAMS 2025

# FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
						<div>1</div> <div>Indoor Triathlon Race Starts at 10:00 am</div>
2	3	<div>4</div> <div>Liquid Zen 6:30 - 7:15 am</div> <div>Water Works 10:00 - 11:00 am</div> <div>Youth Swim Skills Clinic 4:00 - 5:00 pm</div>	<div>5</div> <div>Homeschool Swim 12:00 - 2:45 pm</div>	<div>6</div> <div>Water Works 10:00 - 11:00 am</div> <div>Surf N Sweat 12:15 - 12:45 pm</div>	<div>7</div> <div>Youth Fitness Swimmer 4:00 - 5:00 pm</div>	<div>8</div>
9	<div>10</div> <div>Public Swimming Lesson Registration for March 2025 Opens at 9:00 am</div>	<div>11</div> <div>Liquid Zen 6:30 - 7:15 am</div> <div>Water Works 10:00 - 11:00 am</div> <div>Youth Swim Skills Clinic 4:00 - 5:00 pm</div>	<div>12</div> <div>Homeschool Swim 12:00 - 2:45 pm</div>	<div>13</div> <div>Water Works 10:00 - 11:00 am</div>	<div>14</div> <div>Youth Fitness Swimmer 4:00 - 5:00 pm</div>	<div>15</div>
16	<div>17</div>	<div>18</div> <div>Liquid Zen 6:30 - 7:15 am</div> <div>Water Works 10:00 - 11:00 am</div> <div>Youth Swim Skills Clinic 4:00 - 5:00 pm</div>	<div>19</div> <div>Homeschool Swim 12:00 - 2:45 pm</div>	<div>20</div> <div>Water Works 10:00 - 11:00 am</div> <div>Surf N Sweat 12:15 - 12:45 pm</div>	<div>21</div> <div>Youth Fitness Swimmer 4:00 - 5:00 pm</div>	<div>22</div>
23	24	<div>25</div> <div>Liquid Zen 6:30 - 7:15 am</div> <div>Water Works 10:00 - 11:00 am</div> <div>Youth Swim Skills Clinic 4:00 - 5:00 pm</div>	<div>26</div> <div>Homeschool Swim 12:00 - 2:45 pm</div>	<div>27</div> <div>Water Works 10:00 - 11:00 am</div> <div>Surf N Sweat 12:15 - 12:45 pm</div>	<div>28</div> <div>Youth Fitness Swimmer 4:00 - 5:00 pm</div>	



# GREENVIEW REGIONAL MULTIPLEX AQUATICS PROGRAMS 2025

# FEBRUARY

## MORNING LIQUID ZEN

**WHEN:** Tuesdays, February 4 - 25

**TIME:** 6:30 - 7:15 am

**AGE:** 18 +

**COST:** Membership or Daily Drop-In

*\*Spots are Limited: Must Register with Customer Service\**

**LOCATION:** Lane Pool *\*Participants should be comfortable in deep water as there is a chance of falling off the mat\**

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.



## WATER WORKS

**WHEN:** Tuesdays & Thursdays, February 4 - 27

**TIME:** 10:00 - 11:00 am

**AGE:** 16 +

**COST PRE-REGISTER:** \$64.00 + GST

**COST DROP-IN:** \$10.00 / class

**LOCATION:** Leisure Pool

Water Fitness uses natural resistance and buoyancy of the water against your body to provide a wide variety of conditioning activity. No swimming is required in water aerobics, and floatation devices are used frequently. Water Works is a shallow pool class and geared toward client comfort levels.

## SURF N SWEAT - NEW DAY & TIME!

**WHEN:** Thursdays, February 6, 20, 27

**TIME:** 12:15 - 12:45 pm

**AGE:** 16 +

**COST:** Membership or Daily Drop-In

*\*Spots are Limited: Must Register with Customer Service\**

**LOCATION:** Lane Pool *\*Participants should be comfortable in deep water as there is a chance of falling off the mat\**

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 buoyance and fun of the water. Participants will engage in a variety of challenging exercises designed to build strength, endurance, and agility, all while balancing on inflatable yoga mats.

## HOMESCHOOL SWIM

**\*Pre-Registration is Required\***

**WHEN:** Wednesdays, February 5 to March 12 (6 classes)

**TIME SLOTS:**

- Grade 1 & 2: 12:00 - 12:45 pm
- Grade 3 & 4: 1:00 - 1:45 pm
- Grade 5 & 6: 2:00 - 2:45 pm

Spots are limited. Online registration unavailable for this program.



## FOR MORE INFORMATION:

**Phone:** 780-524-4097

**Website:** [www.mdgreenvview.ab.ca](http://www.mdgreenvview.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 56th Avenue, Valleyview, AB, T0H3N0

## YOUTH SWIM SKILLS CLINIC

**WHEN:** Tuesdays, January 22 to February 26 (6 classes)

**TIME:** 4:00 - 5:00 pm

**AGE:** 8 - 17 years

**PRE-REQUISITE:** Must have passed Swimmer 6

**COST:** \$65.00 **DROP-IN:** \$12.00 / day

**LOCATION:** Lane Pool

Join us for a fun and engaging Youth Swim Skills Clinic designed to help young swimmers develop and enhance their swimming techniques in a supportive and encouraging environment. This program is designed for swimmers who have passed their Swimmer 6 and would like to improve their strokes - front crawl, back crawl, breaststroke and more...

## YOUTH FITNESS SWIMMER

**WHEN:** Fridays, February 7 - March 14 (6 classes)

**TIME:** 4:00 - 5:00 pm

**AGE:** 8 - 17 years

**PRE-REQUISITE:** Must have strong swimming strokes as this program focuses on endurance and technique improvement

**COST:** \$65.00 **DROP-IN:** \$12.00 / day

**LOCATION:** Lane Pool

The Fitness Swimmer Program is for swimmers who want to improve their overall fitness in the water. Fitness Swimmer Provides a structured approach to improve physical fitness based on accepted training principles and practices. This program is designed for swimmers who have all the fundamental stroke skills and would like to improve technique and endurance.

## PUBLIC SWIMMING LESSONS - REGISTRATION FOR MARCH (opens February 10 at 9:00 am)

**WHEN:** Monday/Wednesday OR Tuesday/Thursday sets

**TIME:** Between 4:00 - 7:00 pm - time varies by lesson

**AGE:** 4 months - 12 years

**COST:** \$55.00 - \$65.00

**LOCATION:** GRM Aquatics

### PARENT & TOT 1 / 2 (45 minutes)

**AGE:** 4 months to 2 years

**COST:** \$55.00

### PARENT & TOT 3 (45 minutes)

**AGE:** 2 to 3 years

**COST:** \$55.00

### PRESCHOOL 1 - 5 (45 minutes)

**AGE:** 3 to 6 years

**COST:** \$55.00

### SWIMMER 1 - 6 (60 minutes)

**AGE:** 5 to 12 years

**COST:** \$65.00

*\*See swimming lesson poster for information on swimming levels being offered and available time slots\**

*Coming soon*

**First Aid with CPR Level C**

**Bronze Medallion & Bronze Cross**

**April - Swim Greenview Lakes**