



GREENVIEW REGIONAL MULTIPLEX AQUATICS PROGRAMS 2025



APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Water Works 10:00 - 11:00 am Youth Fitness Swimmer 4:00 - 5:00 pm Swim Greenview Lakes Begins	2 Adult Swim Clinic 6:30 - 7:30 pm	3 Water Works 10:00 - 11:00 am	4 Youth Fitness Swimmer 4:00 - 5:00 pm	5
6	7	8 Water Works 10:00 - 11:00 am Youth Fitness Swimmer 4:00 - 5:00 pm	9 Adult Swim Clinic 6:30 - 7:30 pm	10 Water Works 10:00 - 11:00 am	11 Youth Fitness Swimmer 4:00 - 5:00 pm	12
13	14	15 Water Works 10:00 - 11:00 am Youth Fitness Swimmer 4:00 - 5:00 pm	16 Adult Swim Clinic 6:30 - 7:30 pm	17 Water Works 10:00 - 11:00 am	18 Facility Hours: 12:00 - 8:00 pm Aquatics: Public Swim + WIBIT 1:00 - 7:00pm 	19
20	21 Facility Hours: 12:00 - 8:00 pm Aquatics: Public Swim + WIBIT 1:00 - 7:00pm 	22 Water Works 10:00 - 11:00 am Youth Fitness Swimmer 4:00 - 5:00 pm	23 Adult Swim Clinic 6:30 - 7:30 pm	24 Water Works 10:00 - 11:00 am	25 Youth Fitness Swimmer 4:00 - 5:00 pm	26
27	28	29 Water Works 10:00 - 11:00 am Youth Fitness Swimmer 4:00 - 5:00 pm	30 Adult Swim Clinic 6:30 - 7:30 pm 			



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APRIL

WATER WORKS

WHEN: Tuesdays & Thursdays, March 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.

ADULT SWIM CLINIC

WHEN: Wednesdays, April 2 - 30, 2025

TIME: 6:30 - 7:30 pm

AGE: 18 +

COST: Included with Membership or Daily Drop-In

LOCATION: Lane Pool

Already know how to swim but want to enhance your technique, speed, and endurance? This clinic is specifically designed for swimmers who already have the basic skills and knowledge of the strokes and environment. Whether you're an experienced swimmer looking to fine-tune your technique, a fitness enthusiast aiming to increase speed and endurance, or someone preparing for an event, our clinic will provide the guidance you need to achieve your personal goals.

SWIM GREENVIEW LAKES

Challenge yourself at the Greenview Regional Multiplex! Swim the perimeter of lakes in Greenview between April 1 and May 31. Track your progress at your own pace. Complete the challenge for entries into a draw! Dive in and see how far you can go!

All ages are welcome to participate!

Beginner - Pierre Grey (4,698m) 94 laps = 1 draw entry

Intermediate - Grande Cache Lake (8,162m) 164 laps = 3 draw entries

Advanced Smoke Lake (14,850m) 297 laps = 5 draw entries



FOR MORE INFORMATION:

Phone: 780-524-4097

Website: 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 FITNESS SWIMMER

WHEN: Tuesdays and Fridays April 1 - 29 (8 classes)

no class on Friday, April 18

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: \$80.00 **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.

Good Friday & Easter Monday

Facility Hours:

12:00 - 8:00 pm

Aquatics:

Public Swim + WIBIT

1:00 - 7:00 pm



COMING SOON

Mermaid Lessons

National Lifeguard

Lifesaving Swim Instructor

