



GREENVIEW REGIONAL MULTIPLEX AQUATICS PROGRAMS 2026

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
				<p style="text-align: right;">1</p> <p>New Year's Day</p> <p>Facility 12:00 - 8:00 pm</p> <p>Public Swim 1:00 - 7:00 pm</p>	2	3
4	5	6	7	8	9	10
			<p>Canadian Swim Patrol 4:00 - 5:00 pm</p>	<p>Liquid Zen 7:00 - 7:45 am</p> <p>Water Works - Welcome Back! 10:00 - 11:00 am</p>	<p>Aqua Kids Care 9:00 - 11:00 am & 5:00 - 7:00 pm</p>	
11	12	13	14	15	16	17
	<p>Registration for February Swimming Lessons Opens at 9:00 am</p> <p>Senior Swimming Lessons 9:45 - 10:45 am</p>	<p>Water Works 10:00 - 11:00 am</p> <p>Youth Fitness Swimmer 4:00 - 5:00 pm</p>	<p>Canadian Swim Patrol 4:00 - 5:00 pm</p> <p>Adult Swimming Lessons 6:30 - 7:30 pm</p>	<p>Liquid Zen 7:00 - 7:45 am</p> <p>Water Works 10:00 - 11:00 am</p> <p>Youth Fitness Swimmer 4:00 - 5:00 pm</p>	<p>Private Lessons 9:00 - 11:00 am</p>	
18	19	20	21	22	23	24
	<p>Senior Swimming Lessons 9:45 - 10:45 am</p>	<p>Water Works 10:00 - 11:00 am</p> <p>Private Lessons 4:00 - 6:00 pm</p> <p>Youth Fitness Swimmer 4:00 - 5:00 pm</p>	<p>Canadian Swim Patrol 4:00 - 5:00 pm</p> <p>Adult Swimming Lessons 6:30 - 7:30 pm</p>	<p>Liquid Zen 7:00 - 7:45 am</p> <p>Water Works 10:00 - 11:00 am</p> <p>Youth Fitness Swimmer 4:00 - 5:00 pm</p>	<p>Private Lessons 9:00 - 11:00 am</p> <p>Hydro Hustle - Try It! 7:45 - 8:45 pm</p>	
25	26	27	28	29	30	31
	<p>Senior Swimming Lessons 9:45 - 10:45 am</p>	<p>Water Works 10:00 - 11:00 am</p> <p>Private Lessons 4:00 - 6:00 pm</p> <p>Youth Fitness Swimmer 4:00 - 5:00 pm</p>	<p>Canadian Swim Patrol 4:00 - 5:00 pm</p> <p>Adult Swimming Lessons 6:30 - 7:30 pm</p>	<p>Liquid Zen 7:00 - 7:45 am</p> <p>Water Works 10:00 - 11:00 am</p> <p>Youth Fitness Swimmer 4:00 - 5:00 pm</p>	<p>PD Day Camp 9:00 - 3:00 pm</p>	



YOUTH FITNESS SWIMMER

WHEN: Tuesday & Thursdays, January 13 - February 26

(12 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: \$96.00 **DROP-IN:** \$10.00 / day

LOCATION: Lane Pool

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.

SENIOR SWIMMING LESSONS

Senior Class (55+)

WHEN: Mondays, January 12 - February 23 (no class Feb. 16)

TIME: 9:45 – 10:45 am

COST: \$65.00

The swimmer program is for beginners or swimmers who want to improve their skills. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and recognizable strokes.

ADULT SWIMMING LESSONS

WHEN: Wednesdays, January 14 - February 18 (6 classes)

TIME: 6:30 - 7:30 pm

COST: \$65.00

AGE: 18+

The adult swimmer program is for beginners or swimmers who want to improve their skills. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and recognizable strokes.

CANADIAN SWIM PATROL (ROOKIE, RANGER & STAR)

AGE: 8 - 15 years

WHEN: Wednesdays, January 7 - February 25

TIME: 9:45 – 10:45 am

COST: \$65.00

Canadian Swim Patrol provides enriched training for those who are ready to go beyond learn-to-swim. Swim Patrol has three levels: Rookie, Ranger, and Star. It is recommended that swimmers have passed swimmer 6 but is not a requirement. All swimmers must be capable of passing a standard swim test (swim 25 meters on front without stopping; exit; jump into water and tread water for 30 seconds).

FOR MORE INFORMATION:

Phone: 780-524-4097

Website: 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 56th Avenue, Valleyview, AB, T0H3N0

AQUA KIDS CARE

WHEN: Friday January 9

TIME: 9:00 - 11:00 am & 5:00 - 7:00 pm

COST: \$5.00 / child / hour

AGE: 3 – 10 years

Aqua Kids Care is a variation of our childmind service where you can drop your kids off with one of our instructors while you utilize the facility! Parents/Caregivers must remain in the facility for the duration of aqua kids care. Regular childmind service available concurrently. Children attending must be changed and dropped off and picked up with the instructor on the pool deck. All childmind waivers must be complete and service rules apply. Register with Customer Service (maximum of 8 children will be permitted on a first-come-first-served basis).

WATER WORKS

WHEN: Tuesdays & Thursdays, January 8 - January 29 (7 classes)

TIME: 10:00 - 11:00 am

AGE: 16 +

COST: \$56.00+ GST **DROP-IN:** \$10.00 / class

LOCATION: Leisure Pool

LIQUID ZEN

WHEN: Thursdays, January 8, 15, 22, 29

TIME: 7:00 - 7:45 am

AGE: 16 +

COST: Included with Membership or Daily Drop-In

LOCATION: Lane Pool

HYDRO HUSTLE - TRY IT!

WHEN: Friday, January 23

TIME: 7:45 - 8:45 pm

AGE: 16 +

COST: Included with Membership or Daily Drop-In

LOCATION: Leisure Pool

Hydro Hustle is a lively deep-water fitness class built around suspended movement, where buoyancy turns every kick and sweep into a sneaky full-body workout. The water reduces impact on joints while increasing resistance, so participants get strength, cardio and core training all at once. It's energetic, refreshing, and designed to challenge people of all fitness levels through fluid, athletic motion.

We offer Private Swimming Lessons!

Our private swim lessons offer personalized, one-on-one instruction for swimmers of any age - children, teens and adults. Whether you're taking your first steps into the water or working on advanced stroke improvement, our instructors build lessons that match your skills, gain confidence, and enjoy hands-on support in a calm and encouraging environment. For more experience swimmers, private lessons provide the perfect opportunity to fine-tune technique, build endurance, and swim with greater power and efficiency. Book with us today by calling our Customer Service team!

Cost per Person: \$25.00 per 30 minutes

Cost per Two People: \$40.00 per 30 minutes