








# GREENVIEW REGIONAL MULTIPLEX AQUATICS PROGRAMS 2026

# FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	<b>Water Works</b> 10:00 - 11:00 am <b>Swimming Lessons</b> 11:30 am - 2:30 pm <b>Private Lessons</b> 4:00 - 6:00 pm <b>Youth Fitness Swimmer</b> 4:00 - 5:00 pm	<b>Adult Swimming Lessons</b> 6:30 - 7:30 pm	<b>Liquid Zen</b> 7:00 - 7:45 am <b>Water Works</b> 10:00 - 11:00 am <b>Swimming Lessons</b> 11:30 am - 2:30 pm <b>Youth Fitness Swimmer</b> 4:00 - 5:00 pm	<b>Private Lessons</b> 9:00 - 11:00 am <b>Aqua Kids Care</b> 5:00 - 7:00 pm	7
8	<b>Registration for March Swimming Lessons Opens at 9:00 am</b>	<b>Water Works</b> 10:00 - 11:00 am <b>Swimming Lessons</b> 11:30 am - 2:30 pm <b>Private Lessons</b> 4:00 - 6:00 pm <b>Youth Fitness Swimmer</b> 4:00 - 5:00 pm	<b>Adult Swimming Lessons</b> 6:30 - 7:30 pm	<b>Liquid Zen</b> 7:00 - 7:45 am <b>Water Works</b> 10:00 - 11:00 am <b>Swimming Lessons</b> 11:30 am - 2:30 pm <b>Youth Fitness Swimmer</b> 4:00 - 5:00 pm	<b>Private Lessons</b> 9:00 - 11:00 am <b>Family Game Night in Pool</b> 5:00 - 7:00 pm	 14
15	<b>Family Day</b> <b>Facility</b> 12:00 - 8:00 pm <b>Public Swim</b> 1:00 - 7:00 pm 	<b>Water Works</b> 10:00 - 11:00 am <b>Swimming Lessons</b> 11:30 am - 2:30 pm <b>Private Lessons</b> 4:00 - 6:00 pm <b>Youth Fitness Swimmer</b> 4:00 - 5:00 pm	<b>Adult Swimming Lessons</b> 6:30 - 7:30 pm	<b>Liquid Zen</b> 7:00 - 7:45 am <b>Water Works</b> 10:00 - 11:00 am <b>Swimming Lessons</b> 11:30 am - 2:30 pm <b>Youth Fitness Swimmer</b> 4:00 - 5:00 pm	<b>Private Lessons</b> 9:00 - 11:00 am	21
22	23	<b>Water Works</b> 10:00 - 11:00 am <b>Private Lessons</b> 4:00 - 6:00 pm <b>Youth Fitness Swimmer</b> 4:00 - 5:00 pm	<b>Adult Swimming Lessons</b> 6:30 - 7:30 pm	<b>Liquid Zen</b> 7:00 - 7:45 am <b>Water Works</b> 10:00 - 11:00 am <b>Youth Fitness Swimmer</b> 4:00 - 5:00 pm	<b>Private Lessons</b> 9:00 - 11:00 am	<b>Greenview Indoor Triathlon!</b> Starting at 10:00 am    28



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# FEBRUARY

## FAMILY GAME NIGHT

**WHEN:** Friday, February 13

**TIME:** 5:00 - 7:00 pm

**AGE:** All Ages (supervision age guidelines apply)

**COST:** Included with membership or daily drop-in

**LOCATION:** Aquatics Centre

Make a splash at Family Game Night! Join us for two hours of non-stop fun where families can race, toss, joust, and dive their way through a night of pool games. From a wobbly water balloon toss to daring pool noodle jousts, speedy flutter board races and the ultimate Sharks and Minnows showdown—there's something for everyone. Come ready to laugh, splash, and make memories together!

## MARCH EVENING SWIM LESSON

### \*REGISTRATION OPENS FEBRUARY 9

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

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

## 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\*

## GREENVIEW'S INDOOR TRIATHLON

**WHEN:** Saturday, February 28, 2026

**TIME:** Races start at 10:00 am

**LOCATION:** Aquatics, Fitness Studio & Track

Register as an individual or with a team. Competitors must be 14+, and we're running a special 60+ heat too. This isn't your typical triathlon. Forget the finish line you're racing time itself. Each leg gives you 15 minutes to unleash everything you've got and push your personal best further than ever. Races start at 10:00 am!

Registration:

- General Individual: \$30.00
- Senior Individual: \$25.00
- General Team Registration: \$75 per team
- Senior Team Registration: \$60 per team (All three team members must be 60 years of age or older)

## 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 56th Avenue, Valleyview, AB, T0H3N0

## SWIMMING LESSONS

**WHEN:** Tuesdays & Thursdays, February 3 - 19

**TIME:** 11:30 - 2:30 pm

**AGE:** 3 - 12 years

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

**LOCATION:** Leisure & Lane Pool

## AQUA KIDS CARE

**WHEN:** Friday, February 6

**TIME:** 5:00 - 7:00 pm

**COST:** \$5.00 / child / hour

**AGE:** 3 - 10 years

Aqua Kids Care is a variation of our childminder 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 childminder service available concurrently. Children attending must be changed and dropped off and picked up with the instructor on the pool deck. All childminder 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, February 3 - 26 (8 classes)

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

**AGE:** 16 +

**COST:** \$64.00+ GST 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.

## LIQUID ZEN

**WHEN:** Thursdays, February

**TIME:** 7:00 - 7:45 am

**AGE:** 16 +

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

**LOCATION:** Lane Pool

## DID YOU KNOW?

The water in our pool is constantly on the move, even when no one is swimming. Throughout the day, every drop of water is continuously circulated through our filtration and treatment systems, where it's cleaned, balanced, and returned to the pool. This process happens multiple times daily (Every 30 - 1.5 hours depending on the pool) to keep the water clear, safe, and comfortable. While you're enjoying your swim, there's a whole system working behind the scenes to maintain high water quality so you can focus on having fun, staying active, and swimming with confidence.