



GREENVIEW REGIONAL MULTIPLEX AQUATICS PROGRAMS 2026

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Day 1: Monday / Wednesday Swimming Lessons 4:00 - 7:00 pm	3 Water Works 10:00 - 11:00 am	4 Hydro Hustle 9:45 - 10:45am Day 2: Monday / Wednesday Swimming Lessons 4:00 - 7:00 pm	5 Liquid Zen 7:00 - 7:45 am Water Works 10:00 - 11:00 am	6 WIBIT 3:00 - 7:00 pm Aqua Kids Care 5:00 - 7:00 pm Hydro Hustle 7:45 - 8:45 pm	7 WIBIT 2:00 - 6:00 pm
8	9 Day 3: Monday / Wednesday Swimming Lessons 4:00 - 7:00 pm	10 Water Works 10:00 - 11:00 am	11 Hydro Hustle 9:45 - 10:45 am Day 4: Monday / Wednesday Swimming Lessons 4:00 - 7:00 pm	12 Liquid Zen 7:00 - 7:45 am Water Works 10:00 - 11:00 am	13 Hydro Hustle 7:45 - 8:45 pm	14
15	16 Day 5: Monday / Wednesday Swimming Lessons 4:00 - 7:00 pm	17 Water Works 10:00 - 11:00 am 	18 Hydro Hustle 9:45 - 10:45 am Day 6 (Last): Monday / Wednesday Swimming Lessons 4:00 - 7:00 pm	19 Liquid Zen 7:00 - 7:45 am Water Works 10:00 - 11:00 am	20 Hydro Hustle 7:45 - 8:45 pm 	21
22	23	24 Water Works 10:00 - 11:00 am	25 Hydro Hustle 9:45 - 10:45 am	26 Liquid Zen 7:00 - 7:45 am Water Works 10:00 - 11:00 am	27 Hydro Hustle 7:45 - 8:45 pm	28
29 National Lifeguard Day 1 8:30 am - 4:30pm	30 National Lifeguard Day 2 8:30 am - 4:30pm	31 National Lifeguard Day 3 8:30 am - 4:30pm Water Works 10:00 - 11:00 am				



GREENVIEW REGIONAL MULTIPLEX AQUATICS PROGRAMS 2026

MARCH

HYDRO HUSTLE

WHEN: Wednesdays & Fridays

TIME: 9:45 - 10:45am (Wednesdays) & 7:45 - 8:45 pm (Fridays)

AGE: 16 + (Ability to swim in deep water)

COST: Included with membership or daily drop-in

LOCATION: Deep end of lane 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 designed to challenge people of all fitness levels through fluid motion.

LIQUID ZEN

WHEN: Thursdays

TIME: 7:00 - 7:45 am

AGE: 16 + (must be comfortable in deep water)

COST: Included with membership or daily drop-in

LOCATION: Lane Pool

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, March 3 - March 31 (9 classes)

TIME: 10:00 - 11:00 am

AGE: 16 +

COST: \$72.00+ 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.



AQUA KIDS CARE

WHEN: Friday, March 6

TIME: 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).

SWIMMING LESSONS

MARCH 2 - 18: Mondays & Wednesdays

APRIL 7 - 23: Tuesdays & Thursdays

Preschool 1-5 (Age 3-6 years): \$55.00

Swimmer 1-6 (Age 5 years and up): \$65.00

Registration is open for swimming lessons for March and April!
Available times from 4:00 - 7:00pm

NATIONAL LIFEGUARD

WHEN: Sunday, March 29 - Thursday, April 2

TIME: 8:30 - 4:30 pm (all 5 days)

COST: \$360.00 + GST

PRE-REQUISITES: AB Workplace Approved Intermediate (Standard) First Aid with CPR Level C, Bronze Cross (need not be current), Age 15+

LOCATION: Boardroom and Pool

The Lifesaving Society's National Lifeguard Certification builds on the fundamental skills, knowledge, fitness, judgement, and values taught in the prerequisite Lifesaving Society lifesaving certifications. The National Lifeguard program develops the basic lifeguarding skills, principles, and decision-making process to help lifeguards evaluate and adapt to different aquatic facilities and emergencies.

COMING SOON

SWIM GREENVIEW LAKES

Swim the perimeter of Greenview's lakes this spring, track your distance, and climb the weekly leaderboard.

Complete the challenge for a prize draw entry, and compete for the title of Most Kilometers Swam!

April 1 - May 31

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