



GREENVIEW REGIONAL MULTIPLEX AQUATICS PROGRAMS 2026

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
			<p>1</p> <p>National Lifeguard Day 4 8:30 am - 4:30pm</p> <p>Swim Greenview Lakes Begins!</p>	<p>2</p> <p>National Lifeguard Day 5 8:30 am - 4:30pm</p> <p>Water Works 10:00 - 11:00 am</p>	<p>3</p> <p>Good Friday</p> <p>Facility 12:00 - 8:00 pm</p> <p>Public Swim 1:00 - 7:00 pm</p> <p>WIBIT 1:00 - 6:00 pm</p>	<p>4</p> <p>WIBIT 2:00 - 6:00 pm</p>
<p>5</p> <p>WIBIT 2:00 - 6:00 pm</p>	<p>6</p> <p>Easter Monday</p> <p>Facility 12:00 - 8:00 pm</p> <p>Public Swim 1:00 - 7:00 pm</p>	<p>7</p> <p>Water Works 10:00 - 11:00 am</p> <p>Day 1: Tuesday / Thursday Swimming Lessons 4:00 - 7:00 pm</p>	<p>8</p>	<p>9</p> <p>Morning Hydro Hustle 7:00 - 7:45 am</p> <p>Water Works 10:00 - 11:00 am</p> <p>Day 2: Tuesday / Thursday Swimming Lessons 4:00 - 7:00 pm</p>	<p>10</p> <p>Evening Hydro Hustle 7:00 - 7:45 pm</p>	<p>11</p>
<p>12</p>	<p>13</p> <p>Youth Fitness Swimmer 4:00 - 5:00 pm</p>	<p>14</p> <p>Water Works 10:00 - 11:00 am</p> <p>Day 3: Tuesday / Thursday Swimming Lessons 4:00 - 7:00 pm</p>	<p>15</p> <p>Youth Fitness Swimmer 4:00 - 5:00 pm</p>	<p>16</p> <p>Morning Hydro Hustle 7:00 - 7:45 am</p> <p>Water Works 10:00 - 11:00 am</p> <p>Day 4: Tuesday / Thursday Swimming Lessons 4:00 - 7:00 pm</p>	<p>17</p> <p>Evening Hydro Hustle 7:00 - 7:45 pm</p>	<p>18</p>
<p>19</p>	<p>20</p> <p>Youth Fitness Swimmer 4:00 - 5:00 pm</p>	<p>21</p> <p>Water Works 10:00 - 11:00 am</p> <p>Day 5: Tuesday / Thursday Swimming Lessons 4:00 - 7:00 pm</p>	<p>22</p> <p>Youth Fitness Swimmer 4:00 - 5:00 pm</p>	<p>23</p> <p>Morning Hydro Hustle 7:00 - 7:45 am</p> <p>Water Works 10:00 - 11:00 am</p> <p>Day 6 (Last): Tuesday / Thursday Swimming Lessons 4:00 - 7:00 pm</p>	<p>24</p> <p>Aqua Kids Care 5:00 - 7:00 pm</p> <p>Evening Hydro Hustle 7:00 - 7:45 pm</p>	<p>25</p>
<p>26</p>	<p>27</p> <p>Youth Fitness Swimmer 4:00 - 5:00 pm</p>	<p>28</p> <p>Water Works 10:00 - 11:00 am</p>	<p>29</p> <p>Youth Fitness Swimmer 4:00 - 5:00 pm</p>	<p>30</p> <p>Morning Hydro Hustle 7:00 - 7:45 am</p> <p>Water Works 10:00 - 11:00 am</p>		



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APRIL

SWIM GREENVIEW LAKES

WHEN: April 1 - May 31

Take on a spring swimming challenge like no other! Swim the combined perimeter of Greenview's lakes right here in our pool. Go at your own pace, track your distance, and stay motivated with weekly leaderboard updates

Two ways to win:

- Prize Draw Winner: Selected from all participants who complete the challenge
- Top Distance Winner: Awarded to the swimmer with the most total kilometers swam

Every length counts dive in and see how far you can go this spring!

See this poster for lake perimeters and distances.

SWIMMING LESSONS

April swimming lessons are between 4:00 - 7:00 pm and run 2-days per week for 3-weeks.

Tuesdays & Thursdays

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

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

WATER WORKS

WHEN: Tuesdays & Thursdays, April 2 - 30 (9 classes)

TIME: 10:00 - 11:00 am

AGE: 16 +

COST: \$72.00+ GST **DROP-IN:** \$10.00 / class

LOCATION: Leisure Pool

Water Works is a shallow pool class and geared toward client comfort levels.

HYDRO HUSTLE

WHEN: Wednesdays & Fridays

TIME: 7:00 - 7:45 am (Thursdays) & 7:00 - 7:45 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.

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

YOUTH FITNESS SWIMMER

WHEN: Mondays & Wednesdays, April 13 - 29, 2026

(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: \$48.00 **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.



AQUA KIDS CARE

WHEN: Friday, April 24

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).

GOOD FRIDAY:

Facility 12:00 - 8:00 pm

Public Swim 1:00 - 7:00 pm + WIBIT 1:00 - 6:00 pm



EASTER MONDAY:

Facility 12:00 - 8:00 pm

Public Swim 1:00 - 7:00 pm

DID YOU KNOW?

Did you know that the colors, lines, and markings in the pool are intentionally designed to support swimmer safety? The contrast between the pool floor, walls, lane lines, and depth markers helps lifeguards quickly judge water depth, track movement, and spot swimmers beneath the surface. These visual cues also help swimmers understand where they are in the pool, especially when transitioning from shallow to deep water.

Even the shape and layout of the pool play a role. Gradual slopes, defined drop-offs, and clearly marked edges are all planned to reduce unexpected depth changes and improve awareness. From the tiles under your feet to the lines you follow while swimming, much of what you see in the pool is there for a reason—working quietly in the background to keep every swim safer and more enjoyable.