



# GREENVIEW REGIONAL MULTIPLEX AQUATICS PROGRAMS 2026

# MAY

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 CDN Sponsored Community Swim 2:00 - 4:00 pm 
3	4	5 Water Works 10:00 - 11:00 am	6 Parent & Tot 6:00 - 6:45 pm	7 Water Works 10:00 - 11:00 am	8 Aqua Kids Care 5:00 - 7:00 pm	9 CDN Sponsored Community Swim 2:00 - 4:00 pm 
10 HAPPY Mothers DAY 	11	12 Water Works 10:00 - 11:00 am	13 Parent & Tot 6:00 - 6:45 pm	14 Liquid Zen 7:00 - 7:45 am Water Works 10:00 - 11:00 am	15 BABYSITTING COURSE 9:00 - 5:00 pm WIBIT Fun! 3:00 - 8:30 pm	16 CDN Sponsored Community Swim 2:00 - 4:00 pm 
17	18 Victoria Day Facility 12-8 Pool 1-7 	19 Water Works 10:00 - 11:00 am	20 Parent & Tot 6:00 - 6:45 pm	21 Liquid Zen 7:00 - 7:45 am Water Works 10:00 - 11:00 am	22 Aqua Kids Care 5:00 - 7:00 pm	23 CDN Sponsored Community Swim 2:00 - 4:00 pm 
24 31	25	26 Water Works 10:00 - 11:00 am	27 Parent & Tot 6:00 - 6:45 pm	28 Liquid Zen 7:00 - 7:45 am Water Works 10:00 - 11:00 am	29	30 CDN Sponsored Community Swim 2:00 - 4:00 pm 



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## PARENT & TOT LESSONS

**WHEN:** Wednesdays 6, 13, 20, 27

**TIME:** 6:00 - 6:45 pm

**COST:** \$45.00

**AGE:** 4 months - 3 years old

**LOCATION:** Leisure Pool

The Parent & Tot Program structures in-water interaction between parent/caregiver and child to stress the importance of play in developing water-positive attitudes and skills. One parent/caregiver per child. Each child must be registered. Stay and play for 15 minutes after session included!

## WATER WORKS

**WHEN:** Tuesdays & Thursdays, May 8 - 28 (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, May 14, 21, 28

**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.

## AQUA KIDS CARE

**WHEN:** Friday, May 8 & 22

**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).

## BABYSITTING COURSE

**WHEN:** Friday, May 15

**TIME:** 9:00 am - 5:00 pm

**AGE:** 11 +

**COST:** \$45.00

**LOCATION:** Party Room

Build your caregiver skills and knowledge in this hands-on Red Cross course. Participants will engage in basic first aid, how to prevent and respond to emergencies, and provide high-quality care for children in a variety of age groups. Participants must bring clean indoor shoes, water bottle, snacks, lunch and a doll for diapering

## CHECK OUT OUR WIBIT!

Our Wibit obstacle features a hurdle and wiggle discs set up in the lane pool, turning the water into a fun, interactive challenge. Swimmers can jump, balance, and test their skills as they move across the floating obstacles. It's a great way to stay active, build confidence in the water, and just have a lot of fun with friends!

**Victoria Day**  
**May 18, 2026**

Facility 12:00 - 8:00 pm

Public Swim 1:00 - 7:00 pm



### **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

## CDN Community Swim

**Saturdays - May 2 to May 30**

**2:00 - 4:00 pm**

This May, enjoy a Public Community Swim every Saturday, sponsored by CDN Controls.

See you at the pool!

