








GREENVIEW REGIONAL MULTIPLEX AQUATICS PROGRAMS 2026

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
	1 	2	3	4 Liquid Zen 7:00 - 7:45 am	5 Aqua Kids Care 5:00 - 7:00 pm	6
7	8	9 Mermaid Class 4:00 - 4:45 pm	10 Mermaid Class 4:00 - 4:45 pm	11 Liquid Zen 7:00 - 7:45 am	12 Wibit Fun! 3:00 - 8:30 pm	13
14	15 Summer Swim Lesson Registration opens 9:00am	16	17	18 Liquid Zen 7:00 - 7:45 am	19 Aqua Kids Care 5:00 - 7:00 pm	20 
21 Happy Father's Day 	22	23 Family Game Night in the Pool 5:00 - 7:00 pm	24	25 Liquid Zen 7:00 - 7:45 am	26 Wibit Fun! 3:00 - 8:30 pm	27 
28	29	30				



LIQUID ZEN

WHEN: Thursdays, June 4, 11, 18, 25

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.

FAMILY GAME NIGHT

WHEN: Tuesday, June 23

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!

WIBIT FUN!

WHEN: Friday, June 12 & 26

TIME: 3:00 - 8:30 pm

AGE: All Ages (supervision age guidelines apply)

LOCATION: Lane Pool

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!



FOR MORE INFORMATION:

Phone: 780-524-4097

Website: www.mdgreenview.ab.ca

Facebook: [Greenview Regional Multiplex](https://www.facebook.com/GreenviewRegionalMultiplex)

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, June 5 & 19

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).

MERMAID CLASS

WHEN: June 9 - 10

TIME: 4:00 - 4:45 PM

Age: 8 - 12

Participants will learn proper fin technique, body positioning, and dolphin kick movement while building core strength, flexibility, and endurance. Our instructors will guide you step-by-step, starting with safety and fin fitting, then moving into beginner skills, breath control, and playful underwater routines. Monofins provided. Classes are included with membership or daily drop-in. Pre-registration required.

SWIMMING LESSONS

Registration Opens Wednesday, June 15 at 9:00 am -see Swimming Lesson flyer for more information on level availability and times.

July swimming lessons are between 11:00 - 2:30 pm

Week 1 July 6 - 9

Week 2 July 13 - 16 (East Smokey Rec Board)

Week 3 July 20 - 23

Week 4 July 27 - 30

August swimming lessons are between 3:30 - 7:00 pm

Week 5 August 10 - 13

Week 6 August 17 - 20

Week 7 August 24 -27

Parent & Tot 1-3 (Age 4 months to 3 years): **\$55.00**

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

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