



Adult Swim Classes

Jan 14 – March 18, 2025

6:00 – 6:30 pm

Adult Beginner:

For those who are scared stiff or not comfortable in deep water.

Adult Stroke Development:

For those who are comfortable in deeper water and have basic swim skills

Winter 2025 Swim Lessons

Registration is open!

5 Week Set (Mon & Wed)

Set 1: Jan 13 – Feb 12

Set 2: Feb 19 – Mar 24

10 Week Set

Tues: Jan 14 – Mar 18

Thur: Jan 16 – Mar 20

Swim Schedule

Public Swim:

Mon-Thurs: 6:30 – 8:00 pm

Fri: 6:00 – 7:30 pm

Sat & Sun: 1:00 – 4:30 pm & 6:00 – 7:30 pm

Lane Swim:

Mon/Wed/Fri: 6:30 – 7:30 am & 12:00 – 12:55 pm

Adult Lane:

Mon – Thur: 8:00 – 9:00 pm

Sat & Sun: 7:30 – 8:30 pm

*Teens 13 yrs and older are welcome to attend Wed, Sat & Sun

Parent & Tot (5 yrs and under):

Tues: 10:00 – 11:00 am

Noon Wading Pool (ages 5 and under):

Mon/Wed/Fri: 12:00 – 12:55 pm

Extra Swim Times This Month:

Nov 12: 1:00 – 3:00 pm

Nov 13: 1:00 – 2:00 pm

(Aqua Fit Class will run 2:00 – 3:00 pm)

Nov 14: 1:00 – 3:00 pm

Nov 15: 1:00 – 3:00 pm

AT THE
November
C-PLEX

Rock Wall

Saturdays & Sundays

2:30 – 5:30 pm

One time Climb:

No experience necessary.

Our staff will belay you or take advantage of our auto belayers. \$3.25 per climb

Open Climb:

Bring a friend and take turns belaying each other for multiple climbs (belay check may be required)

Adults: \$11.50

Jr/Sr: \$9.50

Belay check: \$8.10

Book a private rental on the wall.

For more information call 780-842-5508

**The C-Plex will
be closed
Nov. 11
For Remembrance Day**

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