

Aquatic Centre Information

rules & regulations

1. Children 6 yrs and under MUST BE ACCOMPANIED by a person 16 yrs of age or older AT ALL TIMES.
2. Each Bather MUST take a cleansing shower prior to entering the pool.
3. Persons on medication for high blood pressure, heart condition or other medical conditions must consult a physician prior to use of whirlpool or sauna.
4. Pregnant women, persons with heart disease, hypertension, seizures, diabetes, and obesity or those greater than 65 years of age should consult with their physician.
5. Young children, 35 months and under, and anyone who is incompetent must wear protective, and water resistant swimwear in order to minimize the introduction of contamination.
6. Please, NO street shoes may be worn in wet traffic areas
7. Please walk on the pool deck.
8. No bather may be intoxicated while using the facility.
9. No glass is allowed on the pool deck, or barefoot areas.

Drop-in Programs

The Westlock Community Recreation Centre offers a variety of aquatic drop-in opportunities. All instructed drop-in programs are accessible to those who have an All Facility Pass or pay an All Facility Pass single admission rate.

shallow water aquafitness

Enjoy a workout which is invigorating and refreshing yet low impact. This class combines cardiovascular fitness and muscle strength to provide you with an enjoyable workout that is suitable for all ages and fitness levels.

Mon & Wed 9am – 10am **January, February & March**
Thursdays 7pm – 8pm **January, February & March**

gentle aquafitness

This class is geared for the beginner but you can alter the class to fit your skill level and ability.

Tuesdays 1pm – 2pm **January, February & March**

deep water aqua fitness

You should feel comfortable in the deep end of the pool as this class is done in the deep water. Aqua belts are worn so you don't have to know how to swim.

Fridays 9am – 10am **January, February & March**

For pricing and further information on the Advanced Courses and Specialty Classes listed below. 780.349.6677

Advanced Aquatic Courses

N.L.S. – National Lifeguard Service Award and A.E.D.

(Automatic External Defibrillator) **\$250.00**

Society's National Lifeguard Service Award builds on the fundamental skills, knowledge and values of the lifesaving society to develop the practical skills and knowledge required by lifeguards. **Pre-requisites: Bronze Cross and Standard First Aid, 16 years of age by the end of the course.**

Monday to Friday 9am – 6pm **Mar 26 to 30**
assisted water safety instructor **\$225.00**

This Red Cross course covers the foundation of instructional skills including: teaching methods, safety supervision, progressions and physical principles. **Pre-requisites: Swim Kids 10 and 15 years of age by the end of the course.**

Saturdays 9:00am-5:00pm **February 4,11,18,25**

water safety instructor **\$235.00**

This Red Cross course further develops instructional ability by focusing on how to effectively plan and teach the Red Cross Pre School, Red Cross Swim Kids and Aqua Adult Programs. Candidates apply their teaching skills and knowledge during 12 hours of practical teaching experience which is not included in the scheduled course time. **Pre-requisites: Assistant Water Safety Instructor and 16 years of age by the end of the course.**

Dates TBA

Specialty Aquatic Classes

aqua rehabilitation

A pre-registered 30 minute class in shallow water which is designed to help people with arthritis, hip or knee replacements, neck, back or shoulder injuries, or who have pain from a motor vehicle accident. We will work on improving range of motion and quality of life doing day to day activities. **No swimming ability required.**

Mondays 1pm – 1:30pm **January 9- March 19**

water art fitness instructor

Interested in becoming a certified aquatic class instructor? Learn the various muscle groups and how they work, cueing techniques, choreography and much more! Whether you're a stay at home mom or work a regular 9 -5pm job, this might just be what you need.

Saturdays 10:00am-6:00pm **April 14 and 28**