

# Summer 2025 Adult Programs

Ages 18+

## Swimming Lessons

Cost: \$50



### Adult 101 - Learn to Swim

This program is designed for beginner swimmers who are interested in learning the basics of swimming. Program content includes comfortability in water, floats, glides, and kicking.

### Adult 102 - Recreational Swimming 101

This program is designed for intermediate swimmers who are interested in developing strokes and deep water skills.

### Adult 103 - Recreational Swimming 102

This program is designed for swimmers who are interested in improving their technique and efficiency in the water. Program content and feedback is individualized for each swimmer.

## Dates

June 3 -26

July 3- 24

July 29-  
Aug 21

Online  
Registration  
Closes

June 1

June 29

July 27

Adult 101

6:10pm -  
6:40pm

5:10 pm -  
5:40 pm

5:10 pm -  
5:40 pm

Adult 102

5:35pm -  
6:05pm

5:45pm -  
6:15pm

5:45pm -  
6:15pm

Adult 103

5:00pm -  
5:30pm

5:45pm -  
6:15pm

5:45pm -  
6:15pm

## Aquafit

Looking for a fun and active workout? Join us at the ECRC for Aquafit!

**When:** Tuesdays & Thursdays, 6:00pm-6:45pm

**Drop In Cost:** \$6

**10 Punch Pass:** \$55

**Season Pass:** \$150

*Aquafit is weather dependent. Please ensure to check the website for pool closures.*



Contact us!

780-727-3947

aquatics@parklandcounty.com

## Looking for a Program that is Right for you?

This year at ECRC we are trying hard to expand our programs to meet our community's needs! Check out our program offerings for this summer and let us know if you would be interested!

**Senior's Swim, 55+ (Mondays, 11:30am-12:30pm)**

**Drop In Cost:** \$2

Skip the hustle and bustle of open swim and come enjoy our facility alone or with a friend! This swim time is geared towards those who may prefer a quieter swim or a gentle workout!

**Fitness Swimmer (Wed./Fri. Mornings, Time TBD)**

**Cost:** \$100

Interested in a workout? Join us in the mornings for a prescribed swim! This program will provide participants with pre-made workouts to target cardio, strength, and endurance.

**NOTE:** Fitness Swimmer is interest based and requires a minimum amount of swimmers to run. Please contact us if you are interested or for more information!