

General Information

CONTACT US:

Al Anderson Memorial Pool
4949 207 Avenue
604 514 2860
www.langleycity.ca

REGISTRATION INFORMATION:

- Pre-registration is required
- Drop-in's are not permitted
- Registration opens 7 days in advance of program start date
- Registration closes 2 hours prior to program start time

ADMISSION RATES:

- \$4.10 Adult
- \$3.05 Student / Senior / Youth
- \$2.05 child (3-12 years)
- 10 visit / 20 visit / 1 month pass options available

REFUNDS:

48 hours notice will be required for a credit/refund.

PROGRAMS & SCHEDULES ARE
SUBJECT TO CHANGE.

Covid-19 Guidelines

GENERAL GUIDELINES

- Stay home if you are sick
- Patrons must stay 2m apart from others
- Masks are required in all public spaces (including the outdoor line up for pool access) for ages 13+ unless you are in the pool. Masks are strongly encouraged for children ages 2 to 12 years.

SWIMMING AT AL ANDERSON MEMORIAL POOL

- Arrive a maximum of 10 mins prior to the start of the session and line up outside the main doors.
- Be SWIM READY; limited change rooms are available.
- You must sanitize your hands prior to entering the pool.
- It is recommended that you take a quick, cleansing shower before using the pool.
- If you need physical assistance, it should be provided by a family member.
- You are encouraged to bring your own pool equipment. PFD's are available for use.
- Do not spit or blow your nose in the water.
- Washroom facilities are available.
- Change rooms are open for 15 minutes after the swim session.

SUMMER
JULY 1 - SEPT 3

Swim Schedule



Public & Length Swimming; Aquatic Fitness



Summer Public Swim Schedule July 1 to September 3,
2021 Al Anderson Memorial Pool (4949 207 Street)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am - 8:30am Length Swim	7:30am - 8:30am Length Swim	7:30am - 8:30am Length Swim	7:30am - 8:30am Length Swim	7:30am - 8:30am Length Swim		
<i>swim lessons</i>	<i>swim lessons</i>	<i>swim lessons</i>	<i>swim lessons</i>	<i>swim lessons</i>		<i>swim club</i>
<i>swim lessons</i>	<i>swim lessons</i>	<i>swim lessons</i>	<i>swim lessons</i>	<i>swim lessons</i>	10:00am - 11:30am Length Swim	
<i>swim lessons</i>	<i>swim lessons</i>	<i>swim lessons</i>	<i>swim lessons</i>	<i>swim lessons</i>		11:30am - 12:30pm Deep Aquafit
					12:00pm - 1:30pm Public Swim	
1:00pm - 2:30pm Public Swim	1:00pm - 2:30pm Public Swim	1:00pm - 2:30pm Public Swim	1:00pm - 2:30pm Public Swim	1:00pm - 2:30pm Public Swim		1:00pm - 2:30pm Public Swim
					2:00pm - 3:30pm Public Swim	
3:00pm - 4:30pm Public Swim	3:00pm - 4:30pm Public Swim	3:00pm - 4:30pm Public Swim	3:00pm - 4:30pm Public Swim	3:00pm - 4:30pm Public Swim		3:00pm - 4:30pm Public Swim
					4:00pm - 5:30pm Public Swim	
<i>swim club</i>	<i>swim club</i>	<i>swim club</i>	<i>swim club</i>	<i>swim club</i>		5:00pm - 6:30pm Public Swim
					6:00pm - 7:30pm Public Swim	
7:30pm - 8:30pm Shallow Aquafit	7:30pm - 8:30pm Deep Aquafit	7:30pm - 8:30pm Shallow Aquafit	7:30pm - 8:30pm Deep Aquafit	7:30pm - 8:30pm Shallow Aquafit		
9:00pm - 10:30pm Length Swim & Public Swim	9:00pm - 10:30pm Length Swim & Public Swim	9:00pm - 10:30pm Length Swim & Public Swim	9:00pm - 10:30pm Length Swim & Public Swim	9:00pm - 10:30pm Length Swim & Public Swim		

Pool Closed for events and schedule adjusted for holidays. Contact us for more information.

LENGTH SWIM

Ages 16+

Open to anyone interested in improving skills or endurance. Participants should be comfortable swimming a minimum 25 metre continuously.

PUBLIC SWIM

All Ages

Public swims are open to all ages and swimmer types. Swimmers may use pool toys and life jackets.

AQUATIC FITNESS DEEP WATER

Ages 16+

Instructors are trained in the latest techniques in providing safe aquatic exercises to improve flexibility, aerobic capacity, muscular strength and endurance. Deep-water participants must be comfortable in deep water.

AQUATIC FITNESS SHALLOW WATER

Ages 16+

Components include a warm-up, aerobics, muscle conditioning exercises and a cool down. Water exercise exerts less impact to the joints and is suitable for swimmers and non-swimmers.