



TOWN OF VEGREVILLE

WINTER 2025 RECREATION GUIDE

TOWN OF VEGREVILLE'S FACILITY & RECREATION HOLIDAY HOURS:

STAT HOURS:

Facility Hours 12-5pm

Pool Hours 1-4pm *Public Swim*

February 17 - Family Day

December 24 - Christmas Eve

December 31 - New Years Eve

FACILITY CLOSED:

December 25 - Christmas Day

December 26 - Boxing Day

January 1 - New Years Day

NO SCHOOL SCHEDULE CHANGE:

Additional Public Swim 1-3pm

Adult/Senior Swim 3-4pm

November 10-14 - Fall Break

December 22-31 - Winter Break

RECREATION



Winter Fit Programs

Zumba Session 1 Nov 5 - Dec 17 Course ID: 5873

Session 2 Jan 7 - Feb 25 Course ID: 5874

Zumba combines easy to follow moves with a lively atmosphere to help you burn calories, boost your mood, and stay active. No dance experience needed—just show up, move your body, and enjoy the rhythm!

-Session 1 **Located in the Recreation Centre, Studio**

\$ 35 - 7 Classes

-Session 2 **Located in the Recreation Centre, Studio**

\$ 40 - 8 Classes

WEDNESDAY
6 - 7 PM

Lunch Crunch Session 1 Nov 17 - Dec 17 Course ID: 5871

Session 2 Jan 5 - Feb 27 Course ID: 5872

Lunch Crunch is a condensed boot camp style class. Utilizing Tabata, HIIT and circuit training to increase and endurance. All on your lunch break!

-Session 1 **Located in the Recreation Centre, Studio**

\$ 70 - 14 Classes

-Session 2 **Located in the Recreation Centre, Studio**

\$ 120 - 24 Classes

MON/WED/FRI
12:10-12:50 PM

Body Sculpt Session 1 Nov 18 - Dec 16 Course ID: 5869

Session 2 Jan 6 - Feb 24 Course ID: 5870

Body Sculpt is strength training that focuses on all major muscle groups with an emphasis on toning and sculpting. This class will challenge you and keep you looking your best year round!

-Session 1 **Located in the Recreation Centre, Racquetball Court**

\$ 25 - 5 Classes

-Session 2 **Located in the Recreation Centre, Studio**

\$ 40 - 8 Classes

Please Note: There will be no Sport Drop-ins during the month of December

Winter Sport Drop-in

NOVEMBER—FEBRUARY, 2025

M/W/F 10 AM - 12 PM
T/TH 11 - 12:30 AM

Pickleball **Library Gymnasium**

America's fastest growing sport! Open to all ages, children under 8 must be accompanied by an adult. **\$2 Drop-In**

Family Badminton **Racquetball Court**

Check in with your friends or family at the front desk of the Recreation Centre to borrow a racquet and birdie or bring your own! Open to all ages, children under 8 must be accompanied by an adult. **\$2 Drop-In**

Monday
3 - 5 PM



Monday
8:15 - 10 PM

Adult Basketball **V.C.H.S Gymnasium**

Play some hoop at the Vegreville Composite Highschool! Personal basketballs encouraged. **\$2 Drop-In**

Youth Basketball **Library Gymnasium**

Stop by after school, play some hoop at the Library with your friends! Ages 12-18. **FREE! Drop-In**

Wednesday
3:30 - 5 PM

Wednesday
2:15 - 3:15

Youth Multi-Sport **Library Gymnasium**

Play with sport equipment or run around and have some fun with your friends at the Library after-school! Ages 8-12. **FREE! Drop-In**

Youth Volleyball **Racquetball Court**

Check in at the front desk of the Recreation Centre to borrow a volleyball or bring your own! Practice your skills and drills Ages 12-18 **FREE! Drop-In**

Friday
6:30 - 8 PM

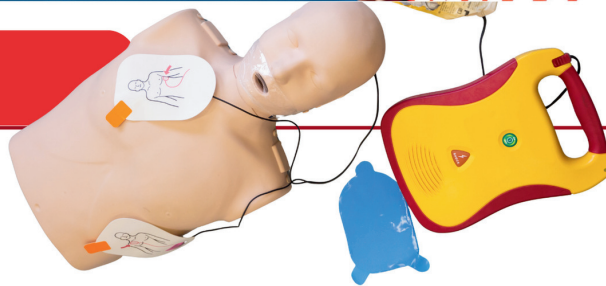
AQUATICS

Intermediate First Aid

November 1 & 2, 2025 (16 hrs)

(Saturday & Sunday)

9:00 am - 6:00 pm



Intermediate First Aid (CPR-C) provides comprehensive training in emergency first aid and cardiopulmonary resuscitation. This course covers CPR skills and theory for adults, children, and infants, including two-rescuer CPR techniques, the importance of early defibrillation, and the use of an AED. Perfect for anyone looking to gain practical, lifesaving skills and confidence in emergency situations.



Bronze Cross



November 8 - 10, 2025 (20 hrs)

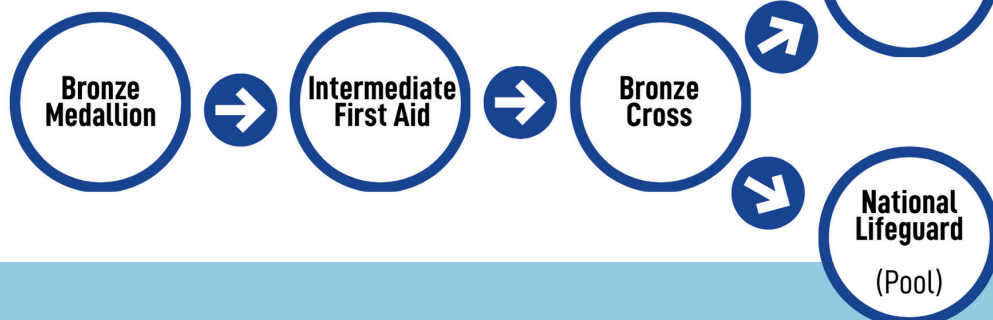
(Saturday to Monday)

9:00 am - 4:00 pm

This course bridges the gap between lifesaving and lifeguarding, preparing candidates to assist lifeguards and take on greater responsibility. It builds on lifesaving skills with a focus on teamwork, communication, and active surveillance to prevent and manage aquatic emergencies. **Bronze Cross is required for the National Lifeguard** and other advanced Lifesaving Society certifications.

Prerequisite: Bronze Medallion and a current Basic or Intermediate First Aid certification from the Lifesaving Society or an approved agency.

**UNIOR & SENIOR LIFEGUARDS/
SWIM INSTRUCTORS**





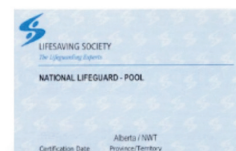
National Lifeguard

January 9-11 & 16-18, 2026 (40 hrs)

(Friday, Saturday & Sunday)

Friday 4:30 pm - 8:30 pm, Weekend 9:30 am - 6:00 pm

**NATIONAL
LIFEGUARD**



The **National Lifeguard** course is a nationally recognized certification program that develops the skills and knowledge required for professional lifeguarding. To qualify, candidates must be at least **15 years old**, hold a **Bronze Cross**, and have their **Intermediate First Aid** certification. When submitting test sheets, candidates must also include a **photocopy of their first aid certification card**, or the award will not be issued.

Prerequisite: Bronze Cross and a current Intermediate First Aid certification from the Lifesaving Society or another approved agency.

Swim Instructor

November 12 - 15, 2025 (32 hrs)

(Wednesday to Saturday)

9:30 am - 6:00 pm



The Lifesaving Society **Swim Instructor** course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the **Lifesaving Society Swim for Life** program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques.

Prerequisites: 15 years of age by the end of the course; **Bronze Cross** certification





A close-up photograph of a woman and a baby in a swimming pool. The woman, on the left, is smiling and looking at the baby. The baby, on the right, is also smiling and looking back at the woman. They are both on a bright yellow inflatable ring. The water is blue and rippling. In the background, other people are visible in the pool, but they are out of focus.

POOL SCHEDULE (subject to change)

Pg.6

AQUATICS



Parent & Tot 1

6 - 12 months

January 6 to 22, 2026

Tuesday and Thursday (6 Classes)
Session 3

Afternoon 5:20 to 5:50 pm

Parent & Tot 2

13 - 24 months



Parent & Tot 3

25 - 42 months



Preschool 1

November 18 - Dec 4, 2025

Tuesday and Thursday
(6 Classes)
Session 2

Afternoon 5:50 - 6:20 pm

January 6 - 22, 2026

Tuesday and Thursday
(6 Classes)
Session 3

Afternoon 5:50 - 6:30 pm

February 23 - Mar 11, 2026

Monday and Wednesday
(6 Classes)
Session 4

Afternoon 4:10 - 4:40 pm

Preschool 2 & 3

November 18 - Dec 4, 2025

Tuesday and Thursday
(6 Classes)
Session 2

Afternoon 4:30 - 5:10 pm

January 6 - 22, 2026

Tuesday and Thursday
(6 Classes)
Session 3

Afternoon 4:30 - 5:10 pm

February 23 - Mar 11, 2026

Monday and Wednesday
(6 Classes)
Session 4

Afternoon 4:40 - 5:20 pm

Swimmer 1 & 2

November 18 - Dec 4, 2025

Tuesday and Thursday
(6 Classes)
Session 2

Afternoon 5:10 - 5:50 pm

January 6 - 22, 2026

Tuesday and Thursday
(6 Classes)
Session 3

Afternoon 5:50 - 6:30 pm

February 23 - Mar 11, 2026

Monday and Wednesday
(6 Classes)
Session 4

Afternoon 4:00 - 4:40 pm

Swimmer 3

Swimmer 4

Swimmer 5

Swimmer 6

Find out more about all of the upcoming Swim Lessons by visiting us or giving us a call at the Recreation Centre, or check our website.

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Arena Schedule



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@VegParksandRec