CITY GUIDE

SUMMER 2018

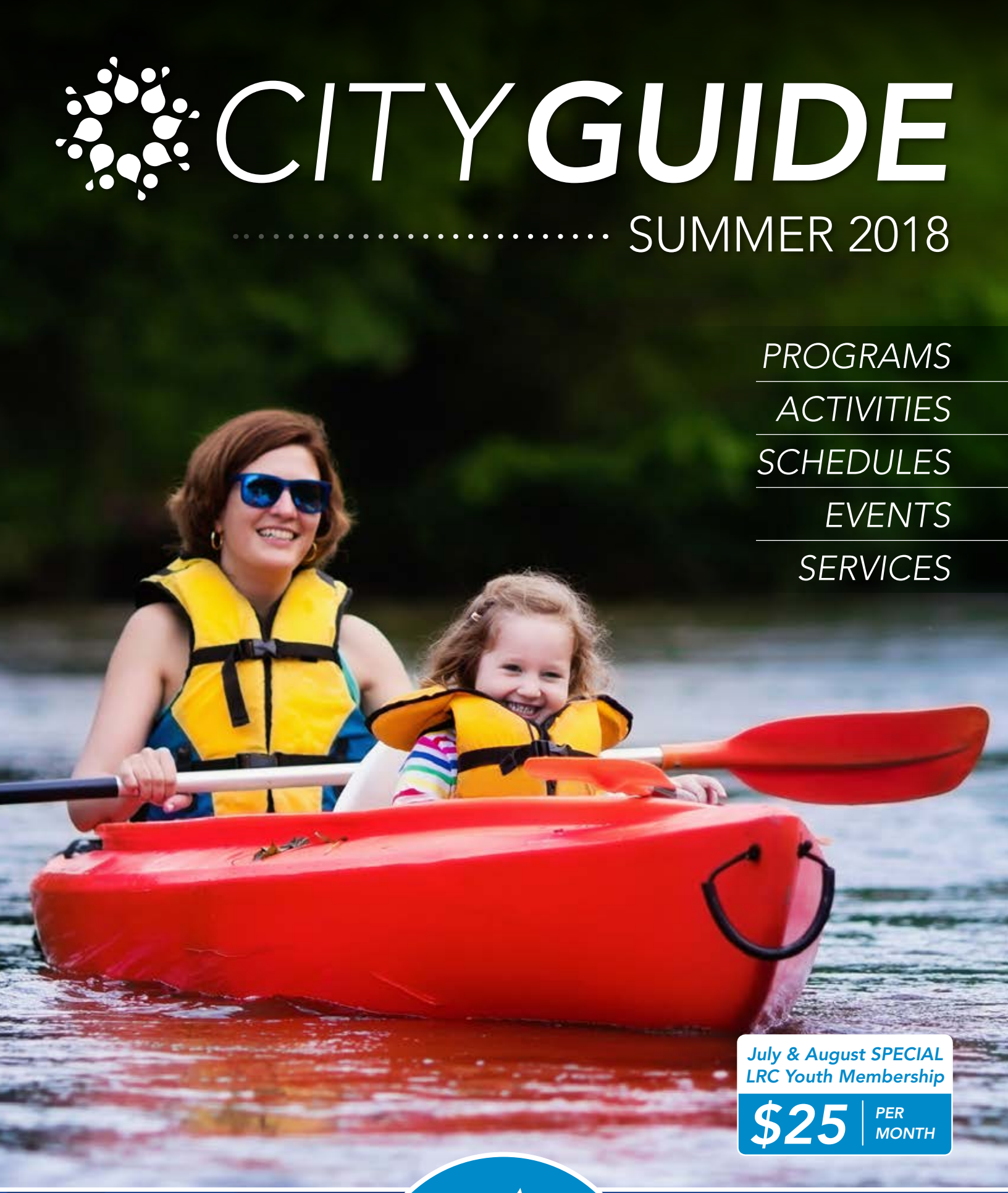
PROGRAMS

ACTIVITIES

SCHEDULES

EVENTS

SERVICES



July & August SPECIAL
LRC Youth Membership

$25 PER MONTH

CITY OF Leduc

We want to extend our appreciation to the following sponsors of the Leduc Recreation Centre

mix family aquatic centre

KEN'S FURNITURE & APPLIANCES

CO-OP PETROLEUM

SAFEWAY Sobeys
Better food starts here.

BMO

RE/MAX

AltaGas utilities

ROBINSON
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MNP LLP

Atb Architecture
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LEDCOR GROUP

KOSMOS
Prime Rib · Steak House and Pizza
5011-50 Ave, Leduc, AB T9E 6V9

ROTARY INTERNATIONAL

LEDUC COUNTY

Alberta WinterGames Leduc 2008 2008

Oil Kings LJAC

Apple Fitness Store
Get the Advantage

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DO *your* THING at the LRC

Exclusive benefits with a LRC Membership!

- Access to ***ALL*** drop-in programs at no extra cost! This includes Yoga, Zumba, Cycling, Aqua-Fit, swimming, hockey, more!
- Early registration for all recreation, fitness, aquatics programs, and summer camps.
- 10% discount on all LRC Registered Programs including: swim lessons, recreation programs, fitness classes, personal training, child minding and more!
- 10% discount on purchases at the following businesses:

View all the benefits of having a LRC Membership at ***Leduc.ca/LRC***

Summer Deals

- ***Summer Youth Membership:*** All monthly youth memberships are only $25/month for July and August. Get yours today!
- ***July Personal Training Special:*** SAVE 20% OFF all individual personal training sessions and 25% Off group personal training sessions in the month of July. Visit page 18 for more info.

LEDUC RECREATION CENTRE

DO *your* THING

For membership information, including corporate rates, or to book a tour of our facility, please contact the LRC at 780-980-7198 ext. 6039.

New CONTINUOUS MEMBERSHIP

NOW Available!

The LRC is excited to announce the expansion of our membership options, allowing you to choose a membership that best suits you and your family. Our newest option will provide greater convenience and flexibility. Learn more below:

** Membership Hold Option allows you to put your Continuous Membership on hold at no additional charge. Minimum hold period is 1 month up to a Maximum hold period of 2 months in a calendar year.*

***Valid to first 50 customers that purchase a Continuous Membership.*

LEDUC RECREATION CENTRE

Leduc.ca/LRC | 780-980-7120 | 4330 Black Gold Drive

Welcome to the LRC

Stop by Guest Services to purchase your day admission wristband. With this wristband you will have unlimited access to all areas within the LRC including: the Apple Fitness Centre, indoor track, Leduc County & Co-op Field Houses, Mix Family Aquatic Centre, and Remax Indoor Playground. You will also have access to drop-in fitness and aquatics programs, and leisure activities (public skating, drop-in basketball, etc.) on a first-come-first-served basis.

LRC Membership Options *(Matinee Membership are only valid Monday – Friday, between 1 – 4 p.m.)*

	Matinee Monthly Pass	Monthly Pass	Continuous Membership	Matinee Annual Membership	Annual Membership
Adult (18 – 59 years)	$39.60	$55.50	$48	$395.75	$527.85
Adult Additional	N/A	$45.25	$39.25	N/A	$430.95
Post-Secondary Student* (18+ years)	N/A	$37	N/A	N/A	$351.90
Youth (8 – 17 years)	N/A	$37	$32	N/A	$351.90
Youth Additional (when added to adult pass)	N/A	$19.45	$16.75	N/A	$183.60
Child (3 – 7 years)	N/A	$26	$22.50	N/A	$247.35
Child Additional (when added to adult pass)	N/A	$15	$13	N/A	$142.80
Pre-School (2 and under)	**FREE**	**FREE**	**FREE**	N/A	**FREE**
Senior (60 – 79 years)	$29.45	$37	$32	$263.65	$351.90
Senior Additional (when added to adult or senior pass)	N/A	$33.25	$28.75	N/A	$316.20
Senior Plus (80+ years)	**FREE**	**FREE**	**FREE**	N/A	**FREE**

**Must show valid student ID.*

Single Visit / Flex Pass

	Single Visit Admissions	Flex Pass (10 Admissions)
Adult (18 – 59 years)	$8.75	$74.70
Youth (8 – 17 years)	$5.75	$50
Child (3 – 7 years)	$4.10	$34.50
Pre-School (2 and under)	**--- FREE ----**	
Senior (60 – 79 years)	$5.75	$50
Senior Plus (80+ years)	**--- FREE ----**	
Family **	$20.10	$180.80

***Family admission consists of 2 adults and all children less than 18, residing in the same household.*

Hours of Operation

WE'RE TRAINING TO SERVE YOU BETTER! The LRC will be closed June 19, 2018 from 1 – 5 p.m. for Staff Training.

	Weekdays		Weekends		Statutory Holidays
Fitness Centre and Track*	Mon. – Fri.	5 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	**11 a.m. – 5 p.m.** Canada Day **11 a.m. – 5 p.m.** Heritage Day (Aug. 6) **11 a.m. – 5 p.m.** Labour Day (Sept. 3)
Aquatic Centre**	Mon. – Thurs. Fri.	5:30 a.m. – 10 p.m. 5:30 a.m. – 9 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	
Guest Services	Mon. – Fri.	8 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	
Field House	Mon – Thurs. Fri.	8 a.m. – 10 p.m. 8 a.m. – 9 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	
Indoor Playground	Mon. – Fri.	9 a.m. – 8 p.m.	Sat. & Sun.	9 a.m. – 8 p.m.	
Child Minding Centre *July & August*	** Please see page 8 for Child Minding Hours. Child Minding Closed on Statutory Holidays.*				

***Note:** Our Indoor Aquatics Centre will be closed for Annual Maintenance and Cleaning from Aug. 19 – Sept. 4, 2018 re-opening on Sept. 5, 2018. We welcome you to our Alexandra Outdoor Pool during this time. To view Outdoor Pool Hours visit page 35.*

Facility Information

Wristbands

To ensure everyone has a safe and enjoyable experience, the LRC has implemented a wristband procedure. This system allows us to identify patrons who have paid for facility activities and identify children that require supervision while in the facility. Children under the age of 7 years and their supervisor will be given matching wristbands.

Personal Belongings

It is recommended that patrons do not leave any valuables in the change rooms. We suggest securing all personal items in a coin-operated locking locker or locking your belongings in a locker with your own padlock. Guest services also sells padlocks ranging in price from $5 - $15. Please remember to remove your lock after your visit as any locks left overnight will be removed.

The City of Leduc and LRC are not responsible for lost or stolen articles.

Public Drop-In and Outside Training

Public drop-in access is intended for recreational use only. Any outside personal training or group instruction/ coaching is strictly prohibited during public drop-in times.

Active Participation vs. Active Supervision

Active Participation requires a responsible person 14 years of age or older to participate with the participants 7 years of age or under in the field house. In the aquatics centre the child must be within arm's reach of guardian, or on the ice. If the description states an **Adult is required** the active participant must be 18 years or older. Some instructor-led programs may also require active participation. You will see the following red icon beside all ***Active Participation*** activities.

Active Supervision requires a responsible person 14 years of age or older to watch participants 7 years or under from the sidelines of the field house or from the players bench in the ice arenas.

Registration

Summer Registration Dates

Member* Registration

**must have a current LRC membership at the time of registration and start of the program.*

Online	10 a.m.
In-person / phone	5 p.m.

Aquatic Registration – May 29, 2018

All registered swim lessons, aquatic fitness programs, and leadership courses.

General Registration – June 5, 2018

All registered recreation, fitness, and education programs.

Never Miss a Class!
LRC Members receive early registration.

Open Registration

Online	10 a.m.
In-person / phone	5 p.m.

Aquatic Registration – May 31, 2018

All registered swim lessons, aquatic fitness programs, and leadership courses.

General Registration – June 7, 2018

All registered recreation, fitness, and education programs.

Live Leduc Registration Options

Online	Visit ***Live.Leduc.ca*** and log-in. Browse for the courses you would like to register for or type in the barcode and follow the registration instructions online.
In-person	Stop by the Guest Services desk at the Leduc Recreation Centre during regular hours of operation. Our address is 4330 Black Gold Drive, Leduc.
By phone	Call our Guest Services Team at 780-980-7120 during regular hours of operation.

Registration Process

Fees must be paid **in full** at the time of registration. All fees include GST (where applicable). Waiting lists will be taken for all programs. If demand is sufficient and appropriate time, space, and instructors are available, classes may be added. A program will be cancelled or combined due to low registration **1 week prior** to the program's start date. Register early to avoid disappointment.

Please keep in mind:

- Program withdrawals must be completed in person or over the phone by calling Guest Services at 780-980-7120.
- **NSF cheques** are subject to a $35 administration fee and immediate removal from class list. Re-enrollment must be paid by cash, debit, certified cheque or credit card.
- **An account credit** can be used for registering in an alternative course. Outstanding credits over $25 will be automatically refunded by the end of the year. Unused credits under $25 will be cleared after 12 months.
- **City cancelled programs** 100% refund, pro-rated refund or an account credit.
- **Patron withdrawal prior to 7 days:** If withdrawing more than 7 days before the course start date, a full refund will be issued with no administrative fee applied.
- **Patron withdrawal within 7 days**: If withdrawing within 7 days to the course start date, refunds will not be granted, however, a credit will be placed on the account and a $10 administrative fee will be applied. May transfer to another program within the same session with no penalty where possible. For specialty courses, an applicable admin fee will be applied with the amount indicated in the course description.
- **Patron withdrawal after course start date:** If you are withdrawing from a course after the course start date refunds will not be granted and a prorated credit will be placed on the account along with a $10 administrative fee. For specialty courses, an applicable admin fee will be applied with the amount indicated in the course description.
- **Medical/Relocation withdrawal** Refund requests due to medical reasons must be accompanied by a Doctor's Certificate. The amount of the refund will be prorated based on the remaining classes on the date indicated in the medical slip. For relocation, a proof of new address will be requested. No administrative fee will be applied.

For more information on the City of Leduc's policies on program fees, cancellations, and refunds please visit **Leduc.ca/LRC/registration**, speak to a guest services representative at the LRC, or call **780-980-7120**.

Registered Program Information

General Information

We are pleased to provide quality recreation, aquatic, and fitness programs for people of all ages, interests and abilities in our community. Our commitment is to ensure our participants have a safe, entertaining, and beneficial program experience.

For more information on our programs and registration options, please visit the Leduc Recreation Centre, go online **Leduc.ca/LRC/registered-programs** or call 780-980-7120.

Program Age and Prerequisite Requirements

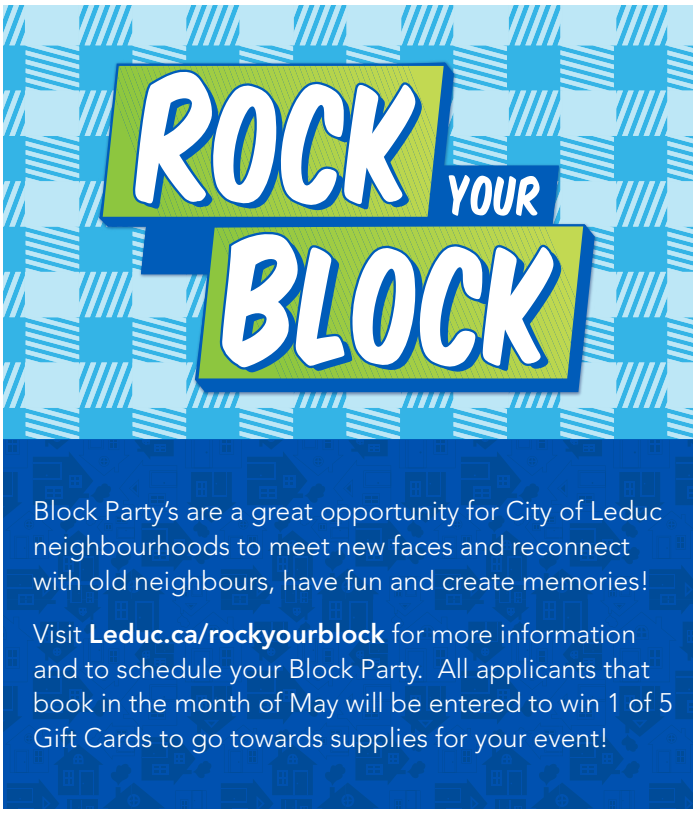
Unless otherwise stated, participants must be within one month of the minimum age identified for the program. Some programs do require participant has successfully completed a prerequisite program prior to registering for the next program. If you have any questions about prerequisites please contact one of the following programmers:

Fitness	780-980-8466
Aquatics	780-980-7165
Recreation	780-980-8461

We encourage individuals with special needs to participate in our programs. Please inform the area's supervisor, **prior to registering**, to ensure a positive program experience.

Be Prepared

Please dress appropriately for your program. At the time of registration you will be provided with a printout of all pertinent information related to your program. Please note, only plastic water bottles are permitted in the facility. Indoor footwear is required for all fitness, children's, and child minding programs. All children's programs, including child minding, are completely nut-free.



BUILD YOUR OWN Party

Host your next party at the Leduc Recreation Centre! It could be a birthday, team builder, retirement, family function or anniversary party – the options are endless!

Build your unique experience by choosing from a variety of options, creating a one of a kind event that suits your needs in four easy steps:

1. **Book a Private Room**
   We have multiple private rooms to fit your needs ranging in size from 30-70 person occupancy. Some of our rooms come equipped with sinks and fridges, while others have more space to hold activities

   Suitable for a range of party types, such as family gathers, anniversary parties, children parties, cooperate gatherings, potlucks, and more.

2. **Choose your activity or favorite sport. Private or public drop-in, it's your choice!**
   a. Private options – the sky is the limit! Choose from a variety of options, not limited to, soccer, dodgeball, skating, hockey, basketball, and pickleball. Or, rent our games bag for a collection of passive games to play.
   b. Public Drop-in use – Avoid waiting or head counting day of. We will prepackage your admissions to participate in one or all of our daily drop-in opportunities like swimming, drop-in field house activities, or drop-in arena opportunities. **Regular admission rates apply, groups 15+ qualify for a discounted price.*

3. **Book an LRC Leisure Host**
   a. Our Party Host will take care of the set up and take down of your party room before and after your booking time as well as assist you throughout your booking time with clean up, games, activities, and other odd tasks you may ask of them.

4. **Your Personal Touch**
   a. All you need to do is show up and add your personal touch

For rates, questions and booking, please contact us for more information: email **LRCParties@leduc.ca** or call **780-980-7118**.

Child Minding Centre

We provide babysitting services so that parents/guardians have the opportunity to take part in recreational programs and fitness classes available at the LRC knowing that their child, ages 2 months to 7 years, is nearby and receiving quality care.

Parents **MUST** remain within the LRC while accessing the child minding services. Book your child's spot by calling 780-980-8451

Hours of Operation (July 1 – Aug. 31)

Mon. – Fri.	8:45 a.m. – Noon
Sat. & Sun.	Closed
Statutory Holidays	Closed

Note: *If demand is in/sufficient, hours may be adjusted to the weekly schedule.*

Guidelines

Parents/guardians **must** remain in the facility for the entire duration that their children are in our care to a maximum of 3 hours/day. Sign in/out is required when dropping and picking up your child, along with indicating where and how the staff can get a hold you (if needed) within the facility. Parents are responsible for supplying all personal items, such as diapers, wipes, formula, snacks, etc.

Parents have a **total grace period of 5 minutes** with each booking. Any time beyond the 5 minute grace period parents will be charged additional time.

Note: All snacks **must** be nut free and all children walking **must** have indoor shoes.

Bookings

With the purchase of a child minding punch pass, parents can pre-book child care in advance. For parents participating in a registered, session long program you are encouraged to confirm child minding hours of operation for that session and pre-book your child's spot. Without a medical certificate, refunds will not be provided for no-shows or withdrawals made within **24 hours** of the booked timeslot.

Note: *Booking times in child minding are based on child to adult ratios. Please be mindful of your booking start and end time. If you are arriving at a time other than your booking time, confirm with the child minding staff if there is available space.*

Fees & Payment Options	
One child per half hour	$3.75
Family per half hour	$6.85
10 - hour punch pass (single child)	$59.20
10 - hour punch pass (2nd child)	$32.25
10 - hour punch pass (3+ child)	$26.85
20 - hour punch pass (single child)	$118.35
20 - hour punch pass (2nd child)	$64.50
20 - hour punch pass (3+ child)	$53.55

Re/Max Indoor Playground

General Information

The Remax Indoor Playground is waiting to be conquered, climbed and played on at the LRC. This is an indoor play experience for children 7 years-old and under and is included with paid daily admission or membership to the facility.

Hours of Operation

Mon. – Sun.	9 a.m. – 8 p.m.
Statutory Holidays	See page 5 for hours.

Guidelines:

This is a SOCK ONLY ZONE. All children and supervisors must have socks while in the playground area.

Boot racks are available just outside the door to store your outdoor footwear. Socks are available for purchase at west guest services. Stollers can be parked outside the door.

Please respect the enjoyment of others and the equipment. There are children of various ages occupying the space. The indoor playground is not staffed. Children must be actively supervised by a responsible person 14 years of age and older while accessing the playground (one supervisor required for every six children).

Food, gum and beverages are not permitted in the indoor playground. We want to keep our playground clean, safe and allergy free.

Educational Programs

Canadian Red Cross First Aid Programs

Be prepared for the unexpected. First Aid and CPR knowledge can help you protect yourself and those close to you. Before a professional responder arrives to help, you can make all the difference in helping someone in need. Call 780-980-7120, or visit us online **Live.Leduc.ca** to register.

Minimum 6 registrants for course to run

Standard First Aid / CPR / AED - Level C *$150*

Learn to think, react and improvise in emergency situations. The two-day course includes CPR, automated external defibrillation (AED), head and spinal injuries, choking, poisoning and life-threatening emergencies.

Sat. / Sun.	9 a.m. – 5 p.m.	June 9 / 10	5650
Mon. / Tues.	9 a.m. – 5 p.m.	July 30 / 31	5727
Mon. / Tues.	9 a.m. – 5 p.m.	Oct. 15 / 16	5731
Sat. / Sun.	9 a.m. – 5 p.m.	Dec. 1 / 2	5733

Standard First Aid Re-Certification Course *$90*

This one-day re-certification course is designed for individuals that have a valid Standard First Aid certificate that will soon expire. Please bring your **unexpired** certificate with you when you attend.

Mon.	9 a.m. – 5 p.m.	June 25	5652
Fri.	9 a.m. – 5 p.m.	July 6	5729
Sun.	9 a.m. – 5 p.m.	Sept. 16	5732
Fri.	9 a.m. – 5 p.m.	Nov. 2	5734

Recreation Credit Initiatives & Subsidy Programs

Recreation Assistance Program Subsidy

For residents in financial need, the City of Leduc offers funding for city-run recreation programs and facility admissions. Approved applicants will receive up to 80% of LRC membership and program registration costs up to a maximum of $200/person/calendar year. The remaining value must be paid by the applicant at the time the membership is issued or registration is completed. Contact Family and Support Services (FCSS) at 780-980-7109 for more information.

See pg. 6 for our cancellation & withdrawal policy.

Attention City of Leduc User Groups!

We are planning for your indoor Fall & Winter 2018/19 Season!

Submit your request for ice or field house use by May 15th, 2018. Forms available at **Leduc.ca** or contact us at **events_bookings@leduc.ca**

RECREATION PROGRAMS

General Information

The City of Leduc is pleased to provide quality recreational programs for children, youth, and families in our community. Our commitment is to ensure all participants have a safe, entertaining and meaningful program experience. Visit **Live.Leduc.ca** for details on age requirements, program registration and withdrawals, as well as waitlist and cancellation policies.

Do you have a question, suggestion or feedback about programs? Email us at **programs@leduc.ca**.

Babysitter Referral Service ***FREE***

Are you a parent looking for a babysitter? To assist you in your search please visit **Leduc.ca/LRC** and complete the Babysitter Inquiry Form. The information will be forwarded to the parents/guardians of Red Cross Babysitter Program participants and they will make the decision to follow up with your inquiry.

Preschool Programs

Calling all 3, 4 and 5 year olds. Our preschool programs capture a wide array of themes, events and special programs. Be sure to check back regularly to see new programs and enjoy our favourites too!

Little Explorers *3 – 5 years* *$19/child/class*

NOTE: this program is located at the Leduc Scout Hall (4612 48a Street)

Bring your preschooler for a fun filled experience in our three hour program. Each class is packed with new experiences, a fun environment for socialization, crafts, games and even songs and stories! Please provide 1 small nut free snack and a water bottle for your child. All participants must wear indoor shoes and be fully toilet trained. Please apply bug spray and sun screen before dropping your preschooler off at camp.

Date	Day	Theme	Hours	Code
July 3	Tues.	Clowning Around	1-4 pm	5105
July 4	Wed.	Fairy Tales	9am-Noon	5108
July 5	Thurs.	Up, Up, Away	1-4pm	5107
July 10	Tues.	Sizzlin' Summer	1-4pm	5113
July 11	Wed.	Busy Bees	9am-Noon	5115
July 12	Thurs.	T-Rex Tops	1-4pm	5114
July 17	Tues.	Ssslithering	1-4pm	5110
July 18	Wed.	Bird Watchers	9am-Noon	5109
July 19	Thurs.	Flaming Flamingo	1-4pm	5112
July 24	Tues.	Dino Digging	1-4pm	5106
July 25	Wed.	Beautiful Butterflies	9am-Noon	5111
July 26	Thurs.	Magic Unicorns	1-4pm	5123
July 31	Tues.	Chase the Rainbow	1-4pm	5134
Aug. 1	Wed.	Fire Breather	9am-Noon	5124
Aug. 2	Thurs.	We Can Fly	9am-Noon	5117
Aug. 2	Thurs.	Whale Tale	1-4pm	5121
Aug. 7	Tues.	Bear Claws	1-4pm	5133
Aug. 8	Wed.	Nature Hunters	9am-Noon	5126
Aug. 9	Thurs.	Moon Dance	1-4pm	5119
Aug. 14	Tues.	Lovely Ladybugs	9am-Noon	5132
Aug. 14	Tues.	Flip Flop Frenzy	1-4pm	5135
Aug. 15	Wed.	Drop the Mic	9am-Noon	5127
Aug. 15	Wed.	Slow Pokes	1-4pm	5129
Aug. 16	Thurs.	Bright Skies	9am-Noon	5120
Aug. 16	Thurs.	Penguin Palooza	1-4pm	5118
Aug. 21	Tues.	Trollin' Around	9am-Noon	5131
Aug. 21	Tues.	Colour Me Crazy	1-4pm	5130
Aug. 22	Wed.	Mini Masquerade	9am-Noon	5128
Aug. 22	Wed.	Garden Galore	1-4pm	5125
Aug. 23	Thurs.	Classy Cleopatra	9am-noon	5122
Aug. 23	Thurs.	Fiesta Fun	1-4pm	5116

Little Splashers *3 – 5 years $19/child/class*

NOTE: this program is located at the LRC – MNP Room

Be a part of a splashing good time at the LRC! This three hour program starts with a refreshing dip in the pool then we have some fun with games and a craft! Please provide 1 small nut free snack, a water bottle for your child and swim suit with towel. All participants must wear indoor shoes and be fully toilet trained.

Note: Please bring your preschooler in their bathing suit on & don't forget their towel.

Date	Day	Theme	Hours	Code
July 3	Tues.	Jumpin' Jellies	9am-noon	5136
July 4	Wed.	A Mermaid's Tale	1-4pm	5142
July 5	Thurs.	Frog Friends	9am-Noon	5145
July 10	Tues.	Argh!	9am-Noon	5139
July 11	Wed.	Shark Attack	1-4pm	5144
July 12	Thurs.	Funky Fish	9am-Noon	5150
July 17	Tues.	Beach Trails	9am-Noon	5140
July 18	Wed.	Sea Monsters	1-4pm	5146
July 19	Thurs.	Puffy Cones	9am-Noon	5149
July 24	Tues.	Under the Sea	9am-Noon	5138
July 25	Wed.	Octopus Craze	1-4pm	5147
July 26	Thurs.	Beach Bums	9am-Noon	5152
July 31	Tues.	Popsicle Party	9am-Noon	5137
Aug. 1	Wed.	Water Works	1-4pm	5143
Aug. 7	Tues.	Snailin' Away	9am-Noon	5141
Aug. 8	Wed.	Dazzling Dolphins	1-4pm	5148
Aug. 9	Thurs.	Leaping Lilies	9am-Noon	5151

School Aged Programs

Leduc Summer Camps *5 – 12 year olds*

Every day brings a new adventure at LSC! There are daily activities, crafts, and games reflecting our themes. We offer two age groups for registration: ages 5 – 7* and 8 – 12 (as of July 2018). The same great day awaits all participants, as age groupings are due to supervision requirements in the programs and at the field trip locations. To get the most out of our day camps, check our website (**Leduc.ca/summercamps**) to find our detailed calendar including what your child should wear or bring for that day.

Find an option just right for you! We have SINGLE day camps, WEEK long camps, FIELD TRIPS and even a SPECIALTY camps.

Swimming Days: *Tuesdays and Thursdays*

Field Trip Day: *Wednesdays*

Register for a Day

Day Camps *8:30 a.m. – 5 p.m. $45 / day*

				AGES	
	Day	Date	Theme	5 - 7*	8 - 12
💧	T	July 3	Twisted Twister	5155	5156
💧	Th	July 5	Puzzle Palooza	5159	5160
	F	July 6	Dueling Dice	5161	5162
	M	July 9	Guess Who It Is	5165	5166
💧	T	July 10	Operation Disaster	5167	5168
💧	Th	July 12	Battle Ship	5171	5172
	F	July 13	Brain Buzz	5173	5174
	M	July 16	Connect the Dots	5351	5352
💧	T	July 17	Whoops, Sorry!	5353	5354
💧	Th	July 19	Outside the Box	5358	5357
	F	July 20	Perfect Pictionary	5359	5360
	M	July 23	8 in 1 Ball Games	5371	5367
💧	T	July 24	Blasted Bounce Off	5379	5375
💧	Th	July 26	Kerpluuunck!	5394	5395
	F	July 27	On the Green	5399	5404
	M	July 30	Mighty Mouse Trap	5372	5368

	Day	Date	Theme	AGES 5 - 7*	AGES 8 - 12
💧	T	July 31	Gone Fishing	5380	5376
💧	Th	Aug. 2	Hungry, Hungry Hippos	5392	5396
	F	Aug. 3	Snakes & Space	5400	5406
💧	T	Aug. 7	Apples to Bananas	5457	5458
💧	Th	Aug. 9	Pies in the Face	5462	5461
	F	Aug. 10	Candyland Maze	5463	5464
	M	Aug. 13	Scene It Where?	5373	5370
💧	T	Aug. 14	Camp Charades	5382	5378
💧	Th	Aug. 16	Kings & Queens	5391	5397
	F	Aug. 17	Under the Hat	5402	5405
	M	Aug. 20	Tower of Cards	5374	5369
💧	T	Aug. 21	Double Trouble	5381	5377
💧	Th	Aug. 23	Jenga Extreme	5393	5398
	F	Aug. 24	3-2-1 GO!	5401	5403

Register for a Week

Day Camp Weeks *8:30 a.m. – 5 p.m.*

Date	Theme	AGES 5 - 7*	AGES 8 - 12	Fee
July 3 - 6	Play-opoly	5153	5154	$156
July 9 - 13	Brain-opoly	5163	5164	$195
July 16 - 20	Create-opoly	5362	5361	$195
July 23 - 27	Sport-opoly	5407	5411	$195
July 30 - Aug.3	Zoo-opoly	5409	5413	$195
Aug. 7 - 10	Edible-opoly	5455	5465	$156
Aug. 13 - 17	Show-opoly	5408	5414	$195
Aug. 20 - 24	Best of-opoly	5410	5412	$195

Register for a Field Trip

Field Trips *8:30 a.m. – 5 p.m.* *$55 / day*

Date	Theme	AGES 5 - 7*	AGES 8 - 12
July 4	To Be Announced	5157	5158
July 11	TELUS World of Science	5169	5170
July 18	Art Gallery of Alberta	5356	5355
July 25	Prairie Gardens Adventure Farm	5383	5387
Aug. 1	Edmonton Valley Zoo	5386	5390
Aug. 8	Jungle Farm	5460	5459
Aug. 15	Movie & More!	5384	5389
Aug. 22	ELLIS Bird Farm	5385	5388

Specialty Camps

NEW

Swim Camp *6 – 12 year olds*

Drop Off: Stageworks (4611 44 St) 8:30 a.m.
Pick Up: LRC (Child Minding) 4 p.m.

We have partnered with the Aquatic Team at the LRC to offer a camp that includes a swimming lesson. We will be walking to the LRC Tuesday-Friday for swimming lessons. Monday is a full camp day with no swimming.

Date	Ages 6 - 12	Fee	Hours
July 3 - 13	5456	$375	8:30 a.m. - 4 p.m.

Adventure Camp *8 – 14 year olds*

Drop Off: Stageworks (4611 44 St) 8:30 a.m.
Pick Up: Stageworks (4611 44 St) 4 p.m.

This week we are going to be on a week of adventures with campers ages 8-14. We will be going biking in the middle of the week, along with scavenger hunts, challenges and testing your skills. You will need to bring a bike and helmet on Tuesday & Wednesday to camp including your helmet.

Date	Theme	Code	Fee
July 16-20	Adventure Camp	5466	$210
July 16	The Tribe Has Spoken	5467	$48
July 17	Detours & Speed Bumps	5468	$48
July 18	Trail Blazin'	5469	$48
July 19	Ninja Warrior Showdown	5470	$48
July 20	X Marks the Spot	5471	$48

Science Camp *5 – 12 year olds*

Drop Off: Stageworks (4611 44 St) 8:30 a.m.
Pick Up (M,W,F): Stageworks (4611 44 St) 4 p.m.
Pick Up (M,W,F): Outdoor Pool 4 p.m.

This week we will be diving into the outdoor pool on Tuesday & Thursday afternoon along with learning, experimenting and creating wonders of science.

		AGES		
Date	Theme	5 - 7*	8 - 12	Fee
July 23-27	Science Camp	5478	5479	$210
July 23	Inventors Workshop	5481	5480	$48
July 24	Camp Clue	5482	5483	$48
July 25	Ooey Gooey	5484	5485	$48
July 26	Starry Night	5486	5487	$48
July 27	Muck, Mess & Mayhem	5488	5489	$48

NEW

Artsy Camp *5 – 14 year olds*

Drop Off: Stageworks (4611 44 St) 8:30 a.m.
Pick Up: Stageworks (4611 44 St) 4 p.m.

Get ready to use your creative juices! We will be making, creating and designing projects all week.

Date	Theme	Code	Fee
July 30-Aug.3	Artsy Camp	5477	$210
July 30	Off the Page	5472	$48
July 31	Paintlishous	5473	$48
Aug. 1	Colour Me Happy	5474	$48
Aug. 2	String, Beads & Sequins	5475	$48
Aug. 3	Frame It!	5476	$48

Aquamazing Camp *5 – 12 year olds*

Pick Up: Stageworks (4611 44 St) 4 p.m.
Pick Up: LRC (Child Minding) 4 p.m.

Best of both camp and swim world. We will be doing fun camp activities and crafts before walking to the LRC for swimming every afternoon.

		AGES		
Date	Theme	5 - 7*	8 - 12	Fee
Aug. 7-10	Aquamazing Camp	5491	5490	$170
Aug. 7	H-2-Whoa!	5493	5492	$48
Aug. 8	Treasure Hunters	5496	5495	$48
Aug. 9	Under the Sea	5497	5494	$48
Aug. 10	Splish, Splash	5499	5498	$48

Sports Camp *5 – 12 year olds*

Drop Off: Stageworks (4611 44 St) 8:30 a.m.
Pick Up: Stageworks (4611 44 St) 4 p.m.

Warm up, stretch and lets play! We will be busy enjoying all sorts of sports this week inside and outdoors.

		AGES		
Date	Theme	5 - 7*	8 - 12	Fee
Aug. 13-17	Sports Camp	5501	5500	$210
Aug. 13	Training Camp	5502	5503	$48
Aug. 14	All Ballz	5508	5504	$48
Aug. 15	The Odd Olympics	5509	5505	$48
Aug. 16	Hoops, Nets & Bats	5510	5506	$48
Aug. 17	Old School	5511	5507	$48

NEW

Dreamatorium Camp *5 – 12 year olds*

Drop Off: Stageworks (4611 44 St) 8:30 a.m.
Pick Up: Stageworks (4611 44 St) 4 p.m.

Imagine, pretend and make believe are what we will be doing this week. Bring your dreams, imagination and energy to camp.

Date	Theme	Code	Fee
Aug. 20-24	Dreamatorium Camp	5512	$170
Aug. 20	Animation Station	5513	$48
Aug. 21	Buildapalooza	5515	$48
Aug. 22	Wands & Wizards	5514	$48
Aug. 23	Starship Explorers	5516	$48

The Director's Cut *6 – 14 year olds*

Create a stop motion animation film that is sure to rival the likes of Hollywood's best. Working in small crews, you will use Lego characters, and/or clay to build characters and backgrounds, and then bring them to life through the film craft of stop motion animation. Crews will add voices, sound effects and titles. All filmmakers will receive their completed film to take home.

Date	Code	Fee	Hours
Aug 20-24	5518	$280	9am-4pm

Note: This program is at the LRC in the Oil Kings Boardroom.

Visit **Leduc.ca/summercamps** for more detailed information

NEW

Scooter Camp *6 – 14 year olds*

Join staff from Wheelz Inc for 3 mornings of scooter instruction, practice and fun! Campers will learn the basics of scootering at the Leduc Skate Park from qualified and experienced coaches on their scooters. Each camper will be challenged no matter their skill level. Safety equipment, and scooters are mandatory for this class. Camp is outdoors so make sure to bring weather appropriate clothing (hat, sunscreen, bug spray, coat, etc), wear athletic clothing, water bottle, nut free snack and appropriate shoes.

Date	Code	Fee	Hours
July 3-5	5517	$90	9am-noon

Note: This program is at the Leduc Skateboard Park.

TELUS World of Science Sleepover

6 – 12 year olds

Spend the night at the science centre! Trip includes pizza supper, morning breakfast, IMAX movie, private gallery tours, science programs and more! Participants must supply their own sleeping bag, twin-sized air mattress or foam underlay, indoor shoes, water bottle, pillow and personal hygiene materials. No cots please. It's going to be the best slumber party this summer!

Date	Code	Fee	Hours
Aug. 27-28	5655	$125	Drop Off: 5pm Pick Up: 1pm

See pg. 6 for our cancellation & withdrawal policy.

Playin in the Park

6 – 12 year olds FREE

Playin in the Park is a free program designed to get children outside and participating in games, nature based crafts and activities during the months of July and August. Playin in the Park will take place on Mondays from 1 - 4 p.m. in Alexandra Park (weather permitting) for children aged 6 to 12 years old. Parents of children under 6 are asked to stay at the park due to supervision ratios.

Participants are asked to bring a nut-free snack, sunscreen, hat, a jacket, and a water bottle. Make sure to wear footwear that you can play safely in.

Note: Registration is NOT required. Program may be cancelled due to severe weather.

Date	Theme
July 9	Rock Talk
July 16	Tie-dye Butterfly
July 23	Eggrific
July 30	Bead Seeds
August 13	Bestest Nest
August 20	Beetlerama

Counsellors in Training (CIT)

The Counsellors in Training program is a youth development program whereby youth ages 12-17 volunteer their time to learn the skills necessary to become a camp counsellor. All CITs must complete the CIT training and orientation program held the week before Leduc Summer Camps start. Following training, CITs will take part in a minimum of 2 weeks or 10 classes placement depending on their age and experience.

Youth interest in the program must submit a resume and cover letter to programs@leduc.ca no later than June 15, 2018. All applicants will be contacted for an interview. Successful candidates will then register for the CIT program. Registration includes a program fee of $50, complete all registration forms and sign a behaviour and confidentiality agreement.

FITNESS CENTRE PROGRAMS & SERVICES

Scan your LRC Membership Card up at the Fitness Desk!

LRC Patrons can now scan their LRC Membership card up at our fitness desk during our hours of operation. Please note that any membership renewals, program registration, or day admission passes must be completed at Guest Services. Fitness Centre staff cannot accept cash or cheques for admission. For more information, please call 780-980-7120.

Fitness Centre Age Requirements

The minimum age to access the Fitness Centre unsupervised is 16 years.

Youth aged 14-15 can access the Fitness Centre alone, only after completing the Teen Fit Orientation.

Youth aged 12-13 can access the Fitness Centre only after completing the Teen Fit orientation, and must be actively supervised by a responsible person 18 years of age or older.

Fitness Services

Individual Personal Training

We offer expert advice and motivational programming tailored to help you meet your individual fitness goals. Our personal trainers will build you a personalized exercise program and provide all the help and support you need!

Sessions	Price	Member Rate
1 session	$59	$53.10
3 sessions	$168	$151.20
5 sessions	$274	$246.50
10 sessions	$536	$482.50
15 sessions	$762	$685.50
20 sessions	$1008	$907

All training packages include a complimentary first session that includes a consultation, assessments and goal setting with your personal trainer. Prior to purchasing this service, please fill out a Personal Training Intake Form at the Apple Fitness Centre desk or at Guest Services.

Group Personal Training

Group personal training offers the opportunity for you to work out with a friend, family member or co-worker while receiving all the benefits of working with a personal trainer. Our trainers will help you and your partner stay motivated and build you a program that fits both of your fitness goals.

Number of people	Session Packages		
	4 sessions	8 sessions	12 sessions
2	$140/person	$259/person	$357/person
3	$105/person	$192/person	$252/person
4	$86/person	$151/person	$195/person
5	$73/person	$128/person	$165/person

Please note: *No outside personal training or group fitness class instruction is permitted within the facility.*

Personal Training Payment Plans

We now offer the flexibility to pay for personal training in instalments at regular intervals. For more information, please contact the Fitness Services Coordinator at **780-980-8454**.

Fitness Centre Orientation *FREE*

Meet with one of our Fitness Centre staff and get a tour of the Apple Fitness Centre including proper use of equipment, general guidelines for exercise, etiquette and safety information. Perfect for those who are new to fitness or those needing a bit of extra support.

To book your orientation, contact our Apple Fitness Centre desk at **780-980-8455**.

Teen Fit *FREE*

This program is a prerequisite for youth aged 12-15 to use the fitness centre, track and attend drop-in fitness classes. Youth will learn the basics of fitness centre etiquette, safety, resistance training, and guidelines to exercising for beginners. Youth will get a tour of the fitness centre including equipment instruction.

To book your Teen Fit orientation, contact our Apple Fitness Centre desk at **780-980-8455**.

Sports Team Training

We offer dryland training for teams with a focus on cardiovascular exercise, strength training, speed & agility and other sport-specific functional training. Our certified and experienced fitness professionals can help your group achieve a wide range of fitness and training goals whether it be supplemental training, offseason conditioning or sport-specific skill development. The instructor will use a variety of different modalities such as spin bikes, battling ropes and much more to help your team meet their training goals.

Total Number of Sessions Booked	Price per Session
1 – 15	$125
16 – 30	$115
31+	$105

To request sessions, please contact the Fitness Programs Supervisor at **780-980-8466**.

Fitness Assessments (1.5 hours) *$106*

Meet with a personal trainer for an in-depth fitness assessment and appraisal. This includes measuring body composition, muscular strength, endurance, flexibility, aerobic endurance and power. Data collected will help create a more individualized program to help you reach your fitness goals.

Personal Program Design *$121 – 2 hours (1 hour assessment, 1 hour program design)*

A certified personal trainer will help you get started with your fitness goals. This session includes goal setting, individualized program design, and an equipment orientation. The personal trainer can also answer any fitness questions you have.

Body Composition Assessment (.5 hours) *$38*

There are many factors that contribute to overall health that can't be read on a scale. Gain more insight into the different components of your body including body fat & lean body mass and what they mean for your health. Our Tanita Total Body Composition Analyzer uses bioelectrical impedance technology to provide you with accurate and detailed information about your body composition. A certified fitness staff will administer the assessment and help interpret the results.

Nutritional Coaching Program (6 sessions) *$254*

Our Certified Holistic Nutritional Consultant will work with you over a period of two months to ensure your health and nutrition stays on track. This includes evaluating your unique nutritional needs and you will be provided with an individualized health plan. Plans include customized meal plans with corresponding recipes, grocery shopping tips and personalized lifestyle recommendations. Follow-ups will cover goal setting check-ins, additional recipes, nutrition education and any needed meal plan adjustments.

*Purchase this assessment at Guest Services and call **780-980-8454** to book your appointment.*

Introductory Nutritional Counselling *$50*

Meet with our Certified Holistic Nutritional Consultant for a 45-minute session to get you on the path to a healthier diet. This includes information on portion control, healthy options for eating out, proper digestion as well as a 3-day meal plan, corresponding healthy recipes and basic lifestyle recommendations to get you started on the right track.

Purchase this assessment at Guest Services and call **780-980-8454** to book your appointment.

Nutritional Coaching & Personal Training Package *$680*

Physical fitness and proper nutrition go hand in hand. Sign up for our two-month nutritional coaching program and individual personal training sessions and save on both! Package includes 6 sessions with our Certified Holistic Nutritional Consultant and 8 sessions with a personal trainer.

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mix family aquatic centre

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STRONG FROM THE GROUND UP
Since 1969

Registered Fitness Programs

General Information

Session Dates:	Summer Session I: July 9 – Aug. 3
	Summer Session II: Aug. 7 – 31

Please note registered programs do not run on Statutory Holidays or long weekends; ***no classes on Aug. 6 Civic Holiday.***

All registered programs are subject to combination or cancellation if there is insufficient registration. Participants will be notified prior to class starting. New classes are always being added! Please refer to our fitness insert schedule or online for the most up-to-date class times.

*Please note registration can be split between both months to accommodate summer holidays. Contact the Fitness Programs Supervisor at 780-980-8466 for more information.

Bootcamp *4 weeks*

Get challenged in our functional training bootcamp with high intensity cardio intervals, agility drills, strength training exercises, and more. The format of this class varies to keep your body challenged. Whether a beginner or seasoned participant, this class will challenge you from the inside out!

Date	Day	Time	Cost	Code
July 9 – Aug 1	Mon. & Wed.	6 - 7 a.m.	$96	5691
Aug 8 – 29	Mon. & Wed.	6 - 7 a.m.	$84	5692

Fired Up *4 weeks*

Get your metabolism fired up! This fast-paced class brings unique blends of aerobic & anaerobic conditioning, calisthenics, strength, and endurance training. You're sure to get a varied and fun total body workout each and every time.

Date	Day	Time	Cost	Code
July 10 – July 31	Tues.	9 - 10 a.m.	$53	5693
Aug 7 – 28	Tues.	9 - 10 a.m.	$53	5695
July 12 – Aug 2	Thurs.	9 - 10 a.m.	$53	5694
Aug 9 – 30	Thurs.	9 - 10 a.m.	$53	5696

Fitness at the Barre *4 weeks*

Join us at the barre for this total body strength class that is low on impact but high on muscle recruitment! This challenging sculpting class will build strength and flexibility in a new way! No dance background needed.

Date	Day	Time	Cost	Code
July 11 – Aug 1	Wed.	7:15 – 8:15 p.m.	$55	5697
Aug 8 – 29	Wed.	7:15 – 8:15 p.m.	$55	5698

Guns & Glutes *4 weeks*

This class is ideal for tightening your lower body, toning those arms and everything in between! The use of varied equipment each week will challenge your muscles in different ways.

Date	Day	Time	Cost	Code
July 10 – 31	Tues.	11 a.m. - noon	$50	5699
July 12 – Aug 2	Thurs.	11 a.m. – noon	$50	5701
Aug 7 – Aug 28	Tues.	11 a.m. – noon	$50	5700
Aug 9 – 30	Thurs.	11 a.m. - noon	$50	5702

Mindful Movements *4 weeks*

A class geared towards the mature participant. Each week participants will be lead through various exercises to increase endurance, stability and strength. Portions of the class will have a yoga influence where participants will be encouraged to connect with their mind, breath and bodies.

Date	Day	Time	Cost	Code
July 9 – 30	Mon.	10:30 - 11:30 a.m.	$47	5703
Aug 13 – 27	Mon.	10:30 - 11:30 a.m.	$32.25	5704

Rears and Gears *4 weeks*

Get ready for a lower body blast! This combination class will incorporate indoor cycling on our Keiser M3i spin bikes along with barre-inspired movements.

Date	Day	Time	Cost	Code
July 9 – 30	Mon.	6 - 7 p.m.	$55	5705
Aug 13 – 27	Mon.	6 - 7 p.m.	$41.25	5706

Summer Body Project *4 weeks*

Stay healthy and fit this summer with this class that incorporates the most effective cardio and strength exercises to tighten, tone and energize.

Date	Day	Time	Cost	Code
July 11 – Aug 1	Wed.	6 - 7 p.m.	$50	5707
Aug 8 – 29	Wed.	6 - 7 p.m.	$50	5708

Tuesday Titans *4 weeks*

This is a progressive conditioning and lifting class focused on building muscle, burning fat, increasing strength & stamina. Implements such as barbells, dumbbells, kettlebells and more will be used for strength and power movements, combined with dynamic cardiovascular exercises. Previous lifting experience is highly recommended.

Date	Day	Time	Cost	Code
July 10 – 31	Tues.	6 - 7 p.m.	$53	5709
Aug 7 – 28	Tues.	6 - 7 p.m.	$53	5710

See pg. 6 for our cancellation & withdrawal policy.

Private Indoor Cycling Class

$12.50 / participant

If you are a group of 10 or more people and are looking for a fun, high-energy activity, look no further! Perfect for groups of all types and sizes up to 15, this one-hour private class will leave you feeling invigorated and full of adrenalin. Please call the Fitness Programs Supervisor at 780-980-8466 to book your class.

KEN'S FURNITURE & APPLIANCES

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Leduc
1-5201 50 Street – 780.986.8202

Wetaskiwin
4904B – 56th Street – 780.352.6183

Camrose
5048 – 50 Street – 780.672.8759

Drop-in Fitness Programs

All **drop-in classes** are included with membership or paid daily admission.

Classes showing the Healthy Hearts Leduc logo are sponsored by Healthy Hearts Leduc and are **FREE** (no daily wristband required).

Check at fitness desk if tokens are required for class. Classes may be cancelled due to low participation (less than 4 participants).

No drop-in classes the following dates: June 30, July 1 or Aug. 6

Please check the Apple Fitness Centre desk for a current drop-in fitness class schedule, or find them online at ***Live.Leduc.ca***

Active & Ageless

This class is for the older adult or someone new to fitness and will focus on your health and wellness using the spin bikes, walking track and other types of equipment.

Circuit

This class incorporates various strength and cardio exercises in a circuit to keep your fitness program on track. It's a great class to push you harder because of the group setting and give you new ideas for your own future workouts.

Crank'd

For the indoor cyclist on the go. It is a quick class geared to getting you in, cranking up your energy level and getting you out within 30 minutes.

Healing Yoga

Please join us for this de-stressing class that is low on impact and full of relaxation. Perfect for both beginners and existing Yogis. *Props are provided but please bring your own mat.*

H.I.I.T. It!

Increase your strength and conditioning in this Tabata class. Various forms of high intensity interval training with diverse exercises is what this quick class is all about.

Hooping for Fitness

Bring back the days of your youth in this non-impact, fat-burning fun workout that strengthens your core and calms your mind. Weighted hula hoops will be provided.

Moments to Meditate

An evening to unwind and quiet your thoughts. With our world getting busier and busier the pathways that have been created in our brains are like race tracks! Join us in a guided mediation to give you the tools to create new pathways on your journey to health and happiness

Power

This stroller-friendly class features lots of weights and cardio in a circuit format.

Quickfit

This class uses Tabata training to increase conditioning, strength and stamina through 20 second intervals of maximum intensity.

Rock Bottom

Lower body power starts with the glutes. Whether you're looking to have better athletic performance or work on your rear view, this class will help you achieve your 'rock bottom'.

Sweat Equity

Join us on the cycling bikes and hit the track for various cardio drills and strength work that will make you sweat! Sometimes we complete the workout together, sometimes we compete in teams and sometimes we work at our own pace. This class changes every week!

Walk With a Doc

Join a local physician for a 45-minute walk outside or on the track and improve your health, one step at a time.

Indoor Aqua Fit Schedule *June 26 – Aug. 18*

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Main Pool	Aqua Fit - Shallow 8 – 8:50 a.m.	Aqua Fit - **Seniors** 8 – 8:50 a.m.	Aqua Fit - Shallow 8 – 8:50 a.m.	Aqua Fit - **Seniors** 8 – 8:50 a.m.	AquaFit - Shallow 8 – 8:50 a.m.
Main Pool	Aqua Fit - Shallow 8 – 8:50 p.m.	AquaFit - Deep 7 – 7:50 p.m.	Aqua Fit - Shallow 7 – 7:50 p.m.	Aqua Fit - Deep 8 – 8:50 p.m.	

Aqua Fit – Shallow Water (Outdoor Pool)

This high-energy class incorporates both cardio and muscular training in the aquatic environment, providing a low impact workout that really works! Bring your shades and sunscreen for an amazing outdoor workout!

**Maximum 30 participants*

Location	May 19 – June 2				
	Monday	Tuesday	Wednesday	Thursday	Friday
Outdoor Pool	AquaFit - Shallow noon – 12:50 p.m.		AquaFit - Shallow noon – 12:50 p.m.		AquaFit - Shallow noon – 12:50 p.m.

Location	June 3 – 30				
	Monday	Tuesday	Wednesday	Thursday	Friday
Outdoor Pool	AquaFit - Shallow 11 – 11:50 a.m.	AquaFit - Shallow noon – 12:50 p.m.	AquaFit - Shallow 11 – 11:50 a.m.	AquaFit - Shallow noon – 12:50 p.m.	AquaFit - Shallow 11 – 11:50 a.m.

Location	July 1 – Sept. 4				
	Monday	Tuesday	Wednesday	Thursday	Friday
Outdoor Pool	AquaFit - Shallow noon – 12:50 p.m.	AquaFit - Shallow noon – 12:50 p.m.	AquaFit - Shallow noon – 12:50 p.m.	AquaFit - Shallow noon – 12:50 p.m.	AquaFit - Shallow noon – 12:50 p.m.

MIX FAMILY AQUATIC CENTRE

Indoor Aquatic Centre Summer Schedule

June 24 – Aug. 18

Public Swim		
Monday	9 a.m. – 8 p.m.	all pools
	8 – 9 p.m.	limited pool use
Tues. – Fri.	9 a.m. – 2:30 p.m.	limited pool use
	2:30 – 4:30 p.m.	all pools
	4:30 – 7 p.m.	limited pool use
Sat. & Sun.	1 – 9 p.m.	all pools

Family Swim - *A more quiet time for families with young children*		
Sat. & Sun.	9 a.m. – 1 p.m.	all pools

Waterslide Hours of Operation	
Mon.	9 a.m. – 9 p.m.
Tues. – Fri.	1 – 9 p.m.
Sat. & Sun.	11 a.m. – 9 p.m.

Lane Swim & Water Running *MP = Main Pool, LP = Leisure Lane Pool*			
		Lane Swim	*Water Running*
Mon. – Fri. **No lane swim 9 – 10 p.m. Fri.*	5:30 – 8 a.m.	5 lanes MP + 2 lanes LP	1 lane MP + 2 lanes LP
	8 a.m. – noon	1 lane MP	
	noon – 1 p.m.	6 lanes MP	
	1 – 9 p.m.	1 lane MP	
	9 – 10 p.m.	5 lanes MP + 2 lanes LP	1 lane MP + 2 lanes LP
Sat.	8 – 9 a.m.	1 lane MP + 4 lanes LP	
	9 a.m. – 1 p.m.	1 lane MP	
	5 – 9 p.m.	1 lane MP	
Sun.	8 – 9 a.m.	5 lanes MP + 2 lanes LP	1 lane MP + 2 lanes LP
	9 a.m. – 1 p.m.	1 lane MP	
	5 – 9 p.m.	1 lane MP	

HOLD THE *Splash,*
BUT JUST FOR A WHILE...

Indoor Pool Closed for Annual Maintenance ***Aug. 19 – Sept. 4***

Join us at the Alexandra Outdoor Pool!

mix family aquatic centre

Public Swimming Lessons	
Session 1: Tues. – Fri. June 26 – July 6	4:30 – 6:30 p.m.
Session 2: Tues. – Fri. July 10 – 20	9 a.m. – noon
Session 3: Tues. – Friday July 24 – Aug. 3	9 a.m – noon 4:30 – 7 p.m.
Session 4:	9 a.m. – noon

Statutory Holiday Schedule			
STAT Holiday Hours	Canada Day (July 1) 11 a.m. – 5 p.m.	Heritage Day (Aug. 6) 11 a.m. – 5 p.m.	Labor Day (Sept. 3) 11 a.m. – 5 p.m.
Public Swim	11 a.m. – 5 p.m. Shared Use	11 a.m. – 5 p.m. Shared Use	Indoor Aquatic Centre CLOSED Visit us at the Outdoor Pool!
Lane Swim	Noon – 1 p.m. 6 lanes Main Pool All other times 1 lane available	Noon – 1 p.m. 6 lanes Main Pool All other times 1 lane available	

NEW
Don't forget, if you're planning to ride the large waterslide, you'll need to be at least 40" or 102 cm tall.

**Stay tuned for our giant inflatable obstacle course (WIBIT) to be featured at some special events at the Alexandra Outdoor Pool this summer

Remember, the pool is shared with other activities during many scheduled times. Drop in activities can be cancelled and/or pool location changed due to maintenance, lessons, rentals, and/or special events.

For more information, please visit **Leduc.ca/LRC** or call guest services at 780-980-7120.

Mix Family Aquatic Centre Bookings

Is your group lookingto make a splash this fall? Join us at the Mix Family Aquatic Centre for a tropical gateaway close to home. If you have a group of 15 or more people that is looking to use the pool, give us a call to book for 25% off regular admission prices. Contact Aquatic Services at 780-980-7198 ext. 6040 or email aquaticbookings@leduc.ca to book today.

What does this package get you?

- Access to the Mix Family Aquatic Centre for up to two (2) hours of fun*
- Discounted admission rates
- Pre-packaged wristbands
- Optional room booking (additional charge, subject to availability)

**During public swim times as shown in the City Guide*

Swimming Lessons
June 26 – Aug. 17

Please help us ensure everyone's safety by keeping your children close at hand in and out of the water before and after lessons. If you wish to public swim before or after lessons, please purchase a wristband at Guest Services prior to entering the pool area.

		8 Lessons
Parented*	45 minute lessons	$58
Pre-school	30 minute lessons	$52
Swim Kids 1 – 3	30 minute lessons	$52
Swim Kids 4 – 7	45 minute lessons	$58
Swim Kids 8 – 10	60 minute lessons	$64
Adult Learn-to-Swim & Stroke Improvement		$64

***Waiting lists** will be taken for all registered programs. If demand is sufficient and appropriate time, space and instructors are available, classes may be added.*

***Hot tub/whirlpool time** - Parented preschool classes (Starfish, Duck and Sea Turtle) include 15 minutes in the hot tub/whirlpool after each lesson to warm up with your child and visit with the other lesson participants. Please note that if you have a child in other lessons they will need to purchase a wristband to sit in the hot tub/whirlpool with you as this treat isn't offered in other lessons.

Private swim lessons *$31.50 / 30 min*

Participants receive one-on-one individualized instruction. Lessons are geared for swimmers in Red Cross Swim Kids 1-10 and the Adult and Teen Program. Call Guest Services to book a private lesson.

Semi-private swim lessons:

Preschool Levels	$72
Swim Kids 1 – 3	$72
Swim Kids 4 – 5	$80

In the lesson lists, semi-private lessons have SP next to the level.

Semi-private classes are for participants wanting smaller class sizes. The maximum number of students per class is three (3) for pre-school levels, four (4) for Swim Kids 1-3, and five (5) for Swim Kids 4 and 5.

Swim Evaluations *$9.50*

Take the guessing game out of your child's swimming registration. In 10 minutes an instructor can assess your child's skill level to be sure they're registered in the class that is right for them. This includes a drop-in single admission fee for the LRC. Supervision requirements must be met while accessing the facility after the evaluation. Swim evaluations can be completed during any public swim. Please let staff know at the west guest services counter and an instructor will meet you on deck.

Swim Steps *$100*

Adapted Aquatics Program – Eight (8) Lessons

You may request a time by calling 780-980-7165.
Subject to instructor and program space availability.

Swim Steps programs are offered during the Winter, Spring and fall sessions. For information or to discuss the possibility of setting up a Swim Steps lesson in the fall session, contact our programmer at 780-980-7165.

Adult and Teen Lessons *$64* *Ages 15+*

Not as confident in the water as you'd like to be? Register for one of our Adult Learn-to-Swim or Stroke Improvement classes running this summer! You'll be amazed at how quickly you improve. See pg. __ for available courses.

Visit our website to view equivalency charts for swimmers joining our Red Cross lessons from Lifesaving Society or YMCA programs.

Stingrays Lifeguard Club

Stingrays is an exhilarating, educational swim club for any youth 8 years or older with Swim Kids 4 or higher swimming capability and the desire to have a terrific time in an aquatic setting. The Lifeguard Club works on swimming skills, as well as an introduction to water and dry land fitness. Participants develop team building and first aid skills, improve self-esteem, and participate in seasonal events and competitions (both local and provincial). Summer Camps focus on team building & stroke improvement skills. These are great for swimmers wanting to try our Stingrays Lifeguard Club before the official season begins.

**A minimum of six (6) participants is required to run these programs*

Outdoor Summer Camp *July 24 – Aug. 3*			
Tues. – Fri.	10 – 11 a.m.	$65	5735

Indoor Summer Camp *Aug. 7 – 17*			
Tues. – Fri.	5 – 6 p.m.	$65	5736

See pg. 6 for our cancellation & withdrawal policy.

CELEBRATING OUR 50th RODEO
2018
LEDUC BLACK GOLD 50th ProRodeo
May 31st - June 3rd
www.BLACKGOLDRODEO.com

Red Cross Swim Preschool

Parented – *Adult is required (18+)*

Classes require Active Participation with an adult. There is no formal evaluation, participation based only.

Starfish: 4 - 12 months and able to hold their head up
Babies and caregivers are oriented to the water through songs, play, and water safety education.

Duck: 12 - 24 months
Toddlers and caregivers learn how to use floating objects for support and explore different water movements through games, songs, and active water play.

Sea Turtle: 24 to 36 months
Toddlers and caregivers learn, through fun games and songs, how to combine skills, how to kick with a buoyant object, and how to perform basic floats, glides, and kicks.

Un-Parented

(swimmers advance after completion of evaluated criteria)

Sea Otter: 3 to 5 years
Transitional level that transfers the preschooler to the care of the Instructor. All skills are assisted by the instructor. Swimmers enter this level when they are three years of age. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim one metre.

Salamander: 3 to 5 years
Swimmers build on skills learned in Sea Otter using games and activities. Swimmers learn to swim two metres, further develop basic floats, and increase their distance on front and back glide.

Sunfish: 3 to 5 years
Swimmers build on skills learned in Salamander using games and activities. Swimmers learn to swim two metres, increase their distance using buoyant objects, increase their front and back glide with kick, and develop their roll-over glide, side glide, and front swim.

Crocodile: 3 to 5 years
Swimmers build on skills learned in Sunfish using games and activities. Swimmers learn to swim five metres on their front and back, perform a dolphin kick, and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming distance to 10 metres.

Whale: 3 to 5 years
Swimmers build on skills learned in Crocodile using games and activities. Swimmers perform a front and back swim for 10 metres. Swimmers work on developing their flutter kick and perform a distance swim of 15 metres.

Red Cross Swim Kids

This is a 10-level program for children 6 to 12 years of age. Help your child develop a healthy lifestyle through swimming. Your child will learn to swim and stay safe in a fun environment that promotes a personal best and celebrates individual success. All Swim Kids levels are unparented but parents are encouraged to participate on Parent Day.

Swim Kids 1
This level provides swimmers with an orientation to water and the pool area, working on floats, glides and kicking without assistance. Swimmers build their endurance by working on flutter kick and 5m front swim.

Swim Kids 2
This level works on propulsion skills to move through the water and remain at the surface. Swimmers work on 5m front swim, learn about deep-water activities and how to use Personal Flotation Devices (PFD). Fitness activities include 10m flutter kick and a 10m distance swim.

Swim Kids 3
This level provides an introduction to diving, surface support and teaches swimmers how to make wise choices about where and when to swim. Fitness activities include working on 15m flutter kick and 10m front swim. Endurance is built through a 15m distance swim.

Swim Kids 4
This level introduces front crawl (10m) and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds in deep water) and developing a sense of self-safety by understanding their own limits. Endurance is built through a 25m distance swim.

Swim Kids 5
This level introduces back crawl (15m), sculling, whip kick on the back (10m), stride dives and treading water (1 min in deep water). An introduction to safe boating skills is also included. Front crawl increases to 15m and endurance is developed through a 50m distance swim.

Swim Kids 6
This level refines front crawl (focus on hand entry and breathing (25m), back crawl (focus on arm positions and body roll (25m) and introduces elementary backstroke (15m). Ice safety, rescuing others with throwing assists, front dives, dolphin kick, and treading water (1.5 min in deep water) are also learned. Endurance is built through a 75m distance swim.

Swim Kids 7
This level builds skills and endurance for front crawl (50m), back crawl (50m) and elementary back stroke (25m), and introduces whip kick on the front (15m). Swimmers learn about airway and breathing obstructions, reaching assists and stride entries. Endurance is increased to a 150m distance swim.

Swim Kids 8
This level introduces breast stroke (15m) and feet-first surface dives. Front crawl and back crawl distances are increased to 75m and elementary backstroke increases to 25m. Swimmers learn about the dangers of open water and hypothermia, performing rescue breathing on children and adults, using eggbeater to tread water (3 min) and standing shallow dives. Endurance is built through a 300m swim.

Swim Kids 9
This level refines front crawl (100m), back crawl (100m), elementary back stroke (50m) and breast stroke (25m), and introduces sidestroke (15m). They also work on head-first surface dives and learn about wise choices, peer influences and self-rescues from ice. Endurance is built through a 400m swim.

Swim Kids 10
This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary back stroke 50m, breast stroke 50m and sidestroke 25m). Swimmers learn about sun safety, rescue of others from ice and increase fitness with dolphin kick. Endurance is built through a 500m swim.

Swimming Lessons
June 26 – Aug. 17

**Leduc County Bus-to-Swim lessons for Thorsby & Warburg residents call the County at 780-770-9264 for more details or registration.*

Outdoor Pool Lessons will run in all weather circumstances except thunder & lightning. In these instances your account will be credited for the missed lesson

Session	Session Dates	Memo Day	Parent Day
Indoor Session #1	Tues. - Fri. June 26 - July 6	July 3	July 4
Indoor Session #2	Tues. - Fri. July 10 - 20	July 17	July 18
Outdoor Session #1	Tues. - Fri. July 10 - 20	July 17	July 18
Bus to Swim Session #1	Tues. - Fri. July 17 - 27	July 24	July 25
Indoor Session #3	Tues. - Fri July 24 - Aug. 3	July 31	Aug 1
Outdoor Session #2	Tues. - Fri July 24 - Aug. 3	July 31	Aug 1
Bus to Swim Session #2	Tues. - Fri. July 31 - Aug. 10	Aug 7	Aug 8
Indoor Session #4	Tues. - Fri. Aug. 7 - 17	Aug 14	Aug 15

Classes with a "C" behind the class time are combined with another level immediately above or below it

Classes with a "SP" behind the class time are Semi-Private. See pg. 24 for Semi-Private pricing information

Starfish (4 – 12 months) – 45 min. parented
$58 member / non-member

Class Date		Days	Time	Location
June 26	July 6	Tues-Fri	4:45pm C	LRC
July 10	July 20	Tues-Fri	10:00am C	LRC
July 24	Aug 3	Tues-Fri	10:45am	LRC
July 24	Aug 3	Tues-Fri	5:15pm C	LRC
Aug 7	Aug 17	Tues-Fri	9:00am	LRC

Duck (12 – 24 months) – 45 min. parented
$58 member / non-member

Class Date		Days	Time	Location
June 26	July 6	Tues-Fri	4:45pm C	LRC
July 10	July 20	Tues-Fri	10:00am C	LRC
July 24	Aug 3	Tues-Fri	9:30am	LRC
July 24	Aug 3	Tues-Fri	5:15pm C	LRC
Aug 7	Aug 17	Tues-Fri	11:30am	LRC

Sea Turtle (2 – 3 years) – 45 min. parented
$58 member / non-member

Class Date		Days	Time	Location
June 26	July 6	Tues-Fri	5:00pm	LRC
July 10	July 20	Tues-Fri	9:30am	LRC
July 10	July 20	Tues-Fri	10:45am	LRC
July 24	Aug 3	Tues-Fri	11:15am	LRC
July 24	Aug 3	Tues-Fri	5:15pm	LRC
Aug 7	Aug 17	Tues-Fri	9:30am	LRC
Aug 7	Aug 17	Tues-Fri	11:00am	LRC

Sea Otter (3 – 5 years) – 30 min. unparented
$46.80 member / $52 non-member

Class Date		Days	Time	Location
June 26	July 6	Tues-Fri	4:30pm	LRC
June 26	July 6	Tues-Fri	5:30pm SP	LRC
July 10	July 20	Tues-Fri	9:00am	LRC
July 10	July 20	Tues-Fri	10:00am	LRC
July 10	July 20	Tues-Fri	11:30am	LRC
July 24	Aug 3	Tues-Fri	9:00am	LRC
July 24	Aug 3	Tues-Fri	11:00am	LRC
July 24	Aug 3	Tues-Fri	4:30pm	LRC
July 24	Aug 3	Tues-Fri	5:45pm	LRC
Aug 7	Aug 17	Tues-Fri	9:00am	LRC
Aug 7	Aug 17	Tues-Fri	10:00am	LRC
Aug 7	Aug 17	Tues-Fri	11:30am	LRC

Salamander (3 – 5 years) – 30 min. unparented
$46.80 member / $52 non-member

Class Date		Days	Time	Location
June 26	July 6	Tues-Fri	4:30pm	LRC
June 26	July 6	Tues-Fri	5:30pm	LRC
July 10	July 20	Tues-Fri	9:30am SP	LRC
July 10	July 20	Tues-Fri	10:30am	LRC
July 10	July 20	Tues-Fri	11:30am	LRC

Salamander (3 – 5 years) – 30 min. unparented $46.80 member / $52 non-member				
July 24	Aug 3	Tues-Fri	9:15am	LRC
July 24	Aug 3	Tues-Fri	10:15am	LRC
July 24	Aug 3	Tues-Fri	4:30pm	LRC
July 24	Aug 3	Tues-Fri	6:15pm	LRC
Aug 7	Aug 17	Tues-Fri	9:30am SP	LRC
Aug 7	Aug 17	Tues-Fri	11:00am	LRC
Aug 7	Aug 17	Tues-Fri	11:30am	LRC

Sunfish (3 – 5 years) – 30 min. unparented $46.80 member / $52 non-member				
Class Date		Days	Time	Location
June 26	July 6	Tues-Fri	5:15pm	LRC
June 26	July 6	Tues-Fri	6:00pm	LRC
July 10	July 20	Tues-Fri	9:15am	LRC
July 10	July 20	Tues-Fri	11:15am	LRC
July 24	Aug 3	Tues-Fri	9:30am	LRC
July 24	Aug 3	Tues-Fri	5:45pm	LRC
Aug 7	Aug 17	Tues-Fri	9:45am	LRC

Crocodile (3 – 5 years) – 30 min. unparented $46.80 member / $52 non-member				
Class Date		Days	Time	Location
June 26	July 6	Tues-Fri	5:30pm C	LRC
July 10	July 20	Tues-Fri	10:15am C	LRC
July 24	Aug 3	Tues-Fri	9:45am C	LRC
Aug 7	Aug 17	Tues-Fri	10:00am	LRC

Whale (3 – 5 years) – 30 min. unparented $46.80 member / $52 non-member				
Class Date		Days	Time	Location
June 26	July 6	Tues-Fri	5:30pm C	LRC
July 10	July 20	Tues-Fri	10:15am C	LRC
July 24	Aug 3	Tues-Fri	9:45am C	LRC
Aug 7	Aug 17	Tues-Fri	9:00am	LRC

Swim Kids 1 (6 – 12 years) – 30 min. $46.80 member / $52 non-member				
Class Date		Days	Time	Location
June 26	July 6	Tues-Fri	4:30pm	LRC
June 26	July 6	Tues-Fri	6:00pm	LRC
July 10	July 20	Tues-Fri	9:00am	LRC
July 10	July 20	Tues-Fri	9:30am	LRC

Swim Kids 1 (6 – 12 years) – 30 min. $46.80 member / $52 non-member				
July 10	July 20	Tues-Fri	10:00am	Alex Pool
July 10	July 20	Tues-Fri	11:00am SP	LRC
July 10	July 20	Tues-Fri	11:30am	Alex Pool
July 24	Aug 3	Tues-Fri	9:00am	LRC
July 24	Aug 3	Tues-Fri	10:00am	Alex Pool
July 24	Aug 3	Tues-Fri	10:30am SP	LRC
July 24	Aug 3	Tues-Fri	11:00am	Alex Pool
July 24	Aug 3	Tues-Fri	11:15am	LRC
July 24	Aug 3	Tues-Fri	5:00pm	LRC
Aug 7	Aug 17	Tues-Fri	9:00am SP	LRC
Aug 7	Aug 17	Tues-Fri	9:30am	LRC
Aug 7	Aug 17	Tues-Fri	10:45am	LRC

Swim Kids 2 (6 – 12 years) – 30 min. $46.80 member / $52 non-member				
Class Date		Days	Time	Location
June 26	July 6	Tues-Fri	5:00pm	LRC
June 26	July 6	Tues-Fri	6:00pm	LRC
July 10	July 20	Tues-Fri	9:00am	LRC
July 10	July 20	Tues-Fri	11:00am	Alex Pool
July 10	July 20	Tues-Fri	11:30am	Alex Pool
July 24	Aug 3	Tues-Fri	9:45am	LRC
July 24	Aug 3	Tues-Fri	10:30am	Alex Pool
July 24	Aug 3	Tues-Fri	10:45am SP	LRC
July 24	Aug 3	Tues-Fri	11:30am	Alex Pool
July 24	Aug 3	Tues-Fri	6:30pm	LRC
Aug 7	Aug 17	Tues-Fri	9:00am	LRC
Aug 7	Aug 17	Tues-Fri	10:30am	LRC

Swim Kids 3 (6 – 12 years) – 30 min. $46.80 member / $52 non-member				
Class Date		Days	Time	Location
June 26	July 6	Tues-Fri	6:00pm	LRC
July 10	July 20	Tues-Fri	10:45am SP	LRC
July 10	July 20	Tues-Fri	9:45am	LRC
July 10	July 20	Tues-Fri	10:00am	Alex Pool
July 10	July 20	Tues-Fri	10:30am	Alex Pool
July 10	July 20	Tues-Fri	11:30am	LRC
July 24	Aug 3	Tues-Fri	9:15am	LRC
July 24	Aug 3	Tues-Fri	10:45am	Alex Pool
July 24	Aug 3	Tues-Fri	11:30am	Alex Pool

Swim Kids 3 (6 – 12 years) – 30 min. $46.80 member / $52 non-member				
July 24	Aug 3	Tues-Fri	6:00pm	LRC
Aug 7	Aug 17	Tues-Fri	9:30am	LRC
Aug 7	Aug 17	Tues-Fri	10:00am	LRC
Aug 7	Aug 17	Tues-Fri	11:30am SP	LRC

Swim Kids 4 (6 – 12 years) – 45 min. $52.20 member / $58 non-member				
Class Date		Days	Time	Location
June 26	July 6	Tues-Fri	4:30pm	LRC
July 10	July 20	Tues-Fri	10:45am	LRC
July 10	July 20	Tues-Fri	11:15am	Alex Pool
July 24	Aug 3	Tues-Fri	9:45am	LRC
July 24	Aug 3	Tues-Fri	10:00am	Alex Pool
July 24	Aug 3	Tues-Fri	11:15am	LRC
July 24	Aug 3	Tues-Fri	5:30pm	LRC
Aug 7	Aug 17	Tues-Fri	9:00am	LRC
Aug 7	Aug 17	Tues-Fri	10:45am	LRC

Swim Kids 5 (6 – 12 years) – 45 min. $52.20 member / $58 non-member				
Class Date		Days	Time	Location
June 26	July 6	Tues-Fri	5:15pm	LRC
July 10	July 20	Tues-Fri	9:00am	LRC
July 10	July 20	Tues-Fri	10:00am	Alex Pool
July 10	July 20	Tues-Fri	11:00am	Alex Pool
July 10	July 20	Tues-Fri	11:15am	LRC
July 24	Aug 3	Tues-Fri	10:00am	Alex Pool
July 24	Aug 3	Tues-Fri	10:30am	LRC
July 24	Aug 3	Tues-Fri	4:30pm	LRC
July 24	Aug 3	Tues-Fri	6:15pm	LRC
Aug 7	Aug 17	Tues-Fri	10:00am	LRC

Swim Kids 6 (6 – 12 years) – 45 min. $52.20 member / $58 non-member				
Class Date		Days	Time	Location
June 26	July 6	Tues-Fri	5:45pm	LRC
July 10	July 20	Tues-Fri	10:00am	LRC
July 10	July 20	Tues-Fri	10:45am	Alex Pool
July 24	Aug 3	Tues-Fri	9:00am	LRC
July 24	Aug 3	Tues-Fri	11:15am	Alex Pool
July 24	Aug 3	Tues-Fri	6:15pm	LRC
Aug 7	Aug 17	Tues-Fri	10:45am	LRC

Swim Kids 7 (6 – 12 years) – 45 min. $52.20 member / $58 non-member				
Class Date		Days	Time	Location
July 10	July 20	Tues-Fri	9:45am	LRC
July 10	July 20	Tues-Fri	10:30am	Alex Pool
July 24	Aug 3	Tues-Fri	10:45am	Alex Pool
July 24	Aug 3	Tues-Fri	11:15am	LRC
July 24	Aug 3	Tues-Fri	4:30pm	LRC
Aug 7	Aug 17	Tues-Fri	10:00am	LRC
Aug 7	Aug 17	Tues-Fri	11:15am	LRC

Swim Kids 8 (6 – 12 years) – 60 min. $57.60 member / $64 non-member				
Class Date		Days	Time	Location
July 10	July 20	Tues-Fri	9:00am C	LRC
July 10	July 20	Tues-Fri	10:00am C	Alex Pool
July 24	Aug 3	Tues-Fri	10:15am C	LRC
July 24	Aug 3	Tues-Fri	11:00am	Alex Pool
July 24	Aug 3	Tues-Fri	5:00pm C	LRC
Aug 7	Aug 17	Tues-Fri	11:00am C	LRC

Swim Kids 9 (6 – 12 years) – 60 min. $57.60 member / $64 non-member				
Class Date		Days	Time	Location
July 10	July 20	Tues-Fri	9:00am C	LRC
July 10	July 20	Tues-Fri	10:00am C	Alex Pool
July 24	Aug 3	Tues-Fri	10:15am C	LRC
July 24	Aug 3	Tues-Fri	11:00am	Alex Pool
July 24	Aug 3	Tues-Fri	5:00pm C	LRC
Aug 7	Aug 17	Tues-Fri	11:00am C	LRC

Swim Kids 10 (6 – 12 years) – 60 min. $57.60 member / $64 non-member				
Class Date		Days	Time	Location
July 10	July 20	Tues-Fri	9:00am C	LRC
July 10	July 20	Tues-Fri	10:00am C	Alex Pool
July 24	Aug 3	Tues-Fri	10:15am C	LRC
July 24	Aug 3	Tues-Fri	11:00am	Alex Pool
July 24	Aug 3	Tues-Fri	5:00pm C	LRC
Aug 7	Aug 17	Tues-Fri	11:00am C	LRC

Adult Learn-to-Swim (13+ years) – 60 min. $56.60 member / $64 non-member				
Class Date		Days	Time	Location
July 24	Aug 3	Tues-Fri	9:00pm	LRC

Private Lessons (6+ years) – 30 min. $28.35 member / $31.50 non-member			
Class Date	Days	Time	Location
June 26	Tues	5:30pm	LRC
June 27	Wed	5:30pm	LRC
June 28	Thurs	5:30pm	LRC
June 29	Fri	5:30pm	LRC
July 3	Tues	5:30pm	LRC
July 4	Wed	5:30pm	LRC
July 5	Thurs	5:30pm	LRC
July 6	Fri	5:30pm	LRC
July 10	Tues	10:00am	LRC
July 11	Wed	10:00am	LRC
July 12	Thurs	10:00am	LRC
July 13	Fri	10:00am	LRC
July 17	Tues	10:00am	LRC
July 18	Wed	10:00am	LRC
July 19	Thurs	10:00am	LRC
July 20	Fri	10:00am	LRC
July 24	Tues	11:30am	LRC
July 25	Wed	11:30am	LRC
July 26	Thurs	11:30am	LRC
July 27	Fri	11:30am	LRC
July 31	Tues	11:30am	LRC
Aug 1	Wed	11:30am	LRC
Aug 2	Thurs	11:30am	LRC
Aug 3	Fri	11:30am	LRC
Aug 7	Tues	9:30am	LRC
Aug 8	Wed	9:30am	LRC
Aug 9	Thurs	9:30am	LRC
Aug 10	Fri	9:30am	LRC
Aug 14	Tues	9:30am	LRC
Aug 15	Wed	9:30am	LRC
Aug 16	Thurs	9:30am	LRC
Aug 17	Fri	9:30am	LRC

See pg. 6 for our cancellation & withdrawal policy.

Aquatic Leadership Courses 2018

Registration for Summer & Fall aquatic leadership courses will open with Summer Aquatic registration dates. Visit Leduc.ca/getcertified

Having trouble finding a course that fits your schedule? Give us a call to be added to our interest list at 780-980-7165.

100% attendance is mandatory for all leadership courses.

Lifesaving Society Bronze Medallion and Cross *$265*

Date	Day	Time	Code
July 16 - 20	Mon - Fri	9 a.m. - 5 p.m.	5619

Bronze Medallion - Rescuers learn tows and carries, defense and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Students also learn CPR and first aid skills.

Bronze Cross - Rescuers use skills previously learned from the Bronze Medallion to address challenging situations while learning about safe supervision and aquatic facilities. Bronze Cross is a prerequisite for the NL and Lifesaving Instructor Award.

Pre-requisites:

- Medallion: Must be 13-years-old by the end of the course or have a current Bronze Star certification
- Cross: Must have successfully completed the Bronze Medallion certificate

Lifesaving Society National Lifeguard *$315*

Date	Day	Time	Code
Aug. 13 - 17	Mon. - Fri.	8 a.m. - 5 p.m.	5576

NL is designed to develop an understanding of lifeguard principles, good judgment and a mature responsible attitude towards the role of a lifeguard.

Pre-requisites:

- Must be at least 16-years-old by the end of the course
- Must have successfully completed the Bronze Cross certificate
- Must have a current Standard First Aid or Aquatic Emergency Care

Lifesaving Society National Lifeguard Recertification *$53*

Date	Day	Time	Code
Sept. 15	Sat.	8 a.m. – 1 p.m.	5737

Red Cross Assistant Lifeguard certificate (ALG) *$200*

	Date	Day	Time	Code
FREE	May 26, 27 & Jun. 2, 3	Sat. / Sun.	9 a.m. - 5 p.m.	5624
	Sept. 22, 23 & 29, 30	Sat. / Sun.	9 a.m. - 5 p.m.	5738

Start your training to become a lifeguard through the Red Cross Assistant Lifeguard course. This pre-requisite course for the lifeguard certification teaches injury prevention, teamwork, basic rescues, and lifeguard skills. Candidates are continuously evaluated throughout the course based on standard evaluation criteria.

Pre-requisites:

- Must be at least 12-years-old at start of the course
- Ability to swim at Swim Kids level 10 or equivalent

Red Cross Lifeguard Certificate (LG) *$285*

	Date	Day	Time	Code
FREE	July 9 - 13	Mon. - Fri.	8 a.m. - 5 p.m.	5620
	Dec. 7 & 14	Fri.	5 – 9 p.m.	
	Dec. 8, 9 & 15, 16	Sat. / Sun.	8 a.m. - 5 p.m.	5758

The course prepares deck-ready lifeguards to prevent and respond to lifeguard emergencies, create a safe environment, work in teams, and handle public relations in a professional manner. The candidates are continuously evaluated throughout the course based on standard evaluation criteria and complete final skills and knowledge assessments.

Pre-requisites:

- Must be at least 15-years-old at start of the course
- Must have current Standard First Aid (SFA)
- ALG/Prep course

Red Cross Lifeguard Recertification *$53*

Date	Day	Time	Code
July 20	Fri.	9 a.m. - 3 p.m.	5621
Oct. 29	Mon.	4 - 10 p.m.	5759

Red Cross Water Safety Instructor Development Program (WSI)

The WSI Course is designed to provide candidates with the proper knowledge and skills to teach swimming and water safety while promoting water-safe attitudes in, on, and around the water. Learn to teach all levels of the Red Cross Learn to Swim program. Course material will cover teaching methods for water safety, water skills, and swimming strokes. This certification consists of 4 components, all of which must be completed for successful completion of the WSI certification.

PART 1: Skills Evaluation – *completed within Classroom & Pool component*

This initial skills assessment can be completed before, during or after candidates complete the online modules but must be completed prior to finishing the classroom portion. Candidates are evaluated on water safety skills & strokes (based on Red Cross Swim Kids 10 performance criteria) & Instructor Emergency Response (IER) skills to ensure the WSI candidate can identify and demonstrate how to prevent & manage any emergency situation that may arise in an instructional setting.

PART 2: Online Professional Development Modules

**Cost included with classroom registration. Contact Aquatic Programs Coordinator to purchase Online materials only at 780-980-7165*

This 14-20 hour online component of the course focuses on the theory of instruction. WSI candidates' knowledge is tested through videos, virtual games, workbook & online activities, and a knowledge evaluation at the end of each module. The WSI course package includes all WSI course materials including access to the WSI – Online component. This online component can be done at the candidate's leisure but must be completed prior to beginning their Teaching Experience and classroom portions of the Instructor Development Program. Candidates can pick up the course package at the LRC Aquatic Centre upon registration.

PART 3: Teaching Experience – *available City of Leduc co-teaches can be selected at briefing*

The Teaching Experience component follows the online modules and is completed prior to the classroom and pool component. Candidates complete a minimum of 8 hours (total) of teaching experience:

- 4 hours teaching with a Red Cross Preschool class
- 4 hours teaching with a Red Cross Swim Kids class

Each participant must arrange their co-teaching at a facility of their choice. Teaching experience will need to be completed within 6 months of completing the online modules and before beginning the classroom portion of the program.

The City of Leduc does not guarantee that all candidates will be able to get co-teaches at our facilities. Contact the Aquatic Programs Coordinator at 780-980-7165 to talk about setting yours up.

PART 4: Classroom & Pool Component *$420*

In the classroom, the Water Safety Instructor Trainer (WSIT) will debrief all the workbook activities the candidates completed during the online component. This 25-hour portion of the course further develops instructional technique by focusing on the ability to plan and teach the Red Cross Program successfully.

Date	Day	Time	Code
June 18	Mon. (Briefing)	7 - 9 p.m.	
July 30 - Aug. 2	Mon - Thurs.	9 a.m. - 5 p.m.	5654
Sept. 17	Mon. (Briefing)	7 - 9 p.m.	
Nov. 3, 10, 17, 24	Sat.	9 a.m. - 5 p.m.	5761

Pre-requisites:

- Must be at least 15-years of age before end of course
- One of: Red Cross Assistant Lifeguard, Emergency First Aid or higher, or Bronze Cross – not required to be current

*Unsure if your Instructor skills and strokes meet Red Cross Swim Kids 10 performance criteria? Register in one of our private lessons or a full 8-lesson **Adult Stroke Improvement** classes to brush up! (Ages 15+) See this sessions' available adult classes and private lessons in the lesson tables on pages 36.*

Red Cross Water Safety Instructor Recertification (WSI) *$95*

Date	Day	Time	Code
July 9	Mon.	9 a.m. - 3 p.m.	5622
Nov. 1	Thurs.	4:30 - 10 p.m.	5762

See pg. 6 for our cancellation & withdrawal policy.

Red Cross Assistant Lifeguard Instructor Course

Date	Day	Time	Code
July 26/27	Thurs. / Fri.	9 a.m. - 2 p.m.	5760

The Assistant Lifeguard Instructor (ALGI) Course prepares Water Safety Instructors to teach the Red Cross Assistant Lifeguard course. With the required prerequisites, candidates enter into our comprehensive Instructor Development Program, which is delivered in a blended learning format.

Pre-requisites:

- 16 yrs
- Current Red Cross Lifeguard
- Current Standard First Aid with CPR C
- Current Red Cross Water Safety Instructor

Looking to get certified with us this spring/summer? *Here's the drill!*

Swim Instructor

- **Step 1:** Take one of: Standard First Aid (June 9 & 10), Assistant Lifeguard (May 26-June 3) or Bronze Cross (July 16-20) as pre-requisites
- **Step 2:** Register in the Summer (July 31-Aug 2) Classroom component & attend the **May 28** briefing (be sure to plan ahead!) to receive your online materials – then get started on the online modules.
- **Step 3:** Arrange your teaching experience at any red Cross Swim facility (to be done after your online modules & before starting classroom component – City of Leduc co-teaches will be assigned at the May 28 briefing)
- **Step 4:** Take the WSI - Classroom component + Skills Evaluation during July 31 – August 2

Lifeguard

- **Step 1:** Take the ALG course May 26-June 3 and complete your observation assignment. Or, if you have previously completed Bronze Cross, take the Lifeguard Prep course May 13.
- **Step 2:** Take the Standard First Aid course June 9 & 10.
- **Step 3:** Take the LG course July 9-13 & complete your observation assignment.

Indoor Aquatic Fitness Programs *June 26 – Aug. 18*

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Main Pool	AquaFit - Shallow 8 – 8:50 a.m.	AquaFit - **Seniors** 8 – 8:50 a.m.	AquaFit - Shallow 8 – 8:50 a.m.	AquaFit - **Seniors** 8 – 8:50 a.m.	AquaFit - Shallow 8 – 8:50 a.m.
Main Pool	AquaFit - Shallow 8 – 8:50 p.m.	AquaFit - Deep 7 - 7:50 p.m.	AquaFit - Shallow 7 - 7:50 p.m.	AquaFit - Deep 8 – 8:50 p.m.	

Drop-in program Registered program

Drop-in schedules may change without notice due to instructor availability. Please visit our website for the latest schedule

*A minimum of four (4) participants is required to run drop-in programs. For health and safety reasons, drop-in and registered aquatic fitness program participants **must be at least 14 years of age** unless otherwise noted.*

Don't forget your program pass wristband to bring onto the pool deck! Bands are available at West Guest Services and help ensure class sizes are safe and comfortable for participants. Classes are full when all the bands have been claimed. Class maximums are listed below each class description. Stop by our Guest Services desk for more information.

AquaFit – Shallow water *Drop-in*

This high-energy class incorporates both cardio and muscular training in the aquatic environment, providing a low impact workout that really works!

**Maximum of 45 participants (indoor pool) and 25 participants (outdoor pool)*

AquaFit – Deep water *Drop-in*

Exercise in deep water provides virtually zero impact on your bones and joints because of the body's submersion in the water, while giving you a more intense muscular workout as you work against the water's natural resistance. Aqua jogger belts are provided to keep you afloat during your workout.

**Maximum of 16 participants*

AquaFit – Seniors *Drop-in*

Senior Aqua Fit program is a fun fitness experience tailored to be gentle on your bones and joints.

**Maximum of 45 participants*

Water Running *1 Lane Drop-in*

Water running (even walking or jogging) may have a small reputation but it comes with BIG results. Water Running is recommended by doctors and physiotherapists as a great low-impact workout that requires little to no swimming skill. Sports trainers and elite athletes also praise this activity as a great way to cross-train and develop cardiovascular endurance. 1 lane available in either the Main Pool or Leisure Lane Pool during the following times:

- Weekdays: 5:30 – 9 a.m. & 9 – 10 p.m.
- Sundays: 8 – 9 a.m.

ALEXANDRA OUTDOOR POOL & SPRAY PARK

General Information

Located in the beautiful Alexandra Park and steps away from the Leduc Public Library, this is the perfect spot for families and people of all ages.

Parking for the facility is available along the south side of the Alexandra Arena, Library parking lot, south of the outdoor pool and at Linsford Park School.

Alexandra Outdoor Pool Admission Rates				
	Admissions	Flex Pass	Season Pass *Early-bird rate until May 31*	Season Pass
Child: 3 – 7 years	$3.75	$30	$58	$68
Youth: 8 – 17 years	$4.75	$38	$75.50	$89
Adult: 18 – 59 years	$5.75	$46	$89.75	$105.50
Senior: 60 – 79 years	$4.75	$38	$75.50	$89
Family*	$15.25	$122	$240.25	$282.50
Senior Plus: 80+ years	-- FREE --			
Spray Park Admission Rates				
	-- FREE --			

Memberships can be purchased prior to opening day at either LRC Guest Services desk.

**Family admission consists of two (2) adults and all children less than 18 years of age, residing in the same household*
***LRC membership includes access to the outdoor pool, outdoor pool membership does not include LRC.*

Spray Park Schedule
May 19 – June 30

Spray Park	May 19 – Sept. 4	Statutory Holidays
Daily	10 a.m. – 8 p.m.	9 a.m. – 9 p.m.

Tips Before you Play

Check the weather
For most people, 18°C is the minimum comfortable temperature for outdoor aquatics. Temperatures in Leduc during June and August often dip below 18 degrees. Please be cautious, especially with small children, when using the Spray Park on these days.

Toilet-training?
Make sure all little ones not yet potty-proficient are wearing swim diapers on the pad. Accidents can cause a closure of the park.

Change Facility
We recommend arriving in swim attire. Alexandra Pool change rooms are available during pool operating hours only. A single washroom located on the northeast corner of the outdoor pool building is available when the pool is closed. This washroom is not equipped with a shower.

Food Options
Food can be consuming on the grassed areas. Please tidy up after yourself and help us keep the park clean for everyone. Avoid glass containers to keep the park feet-friendly. A concession is available at the Alexandra Arena.

Don't Forget!
Children under 8 should be actively supervised on the Spray Pad. Smoking is not permitted in the park and pets are best left at home.

Youth Summer Membership Special!

Just $25/month
for July and August

Outdoor Pool Spring Schedule

May 19 – Jun. 2						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
Public Swim noon - 5 p.m.	Aqua Fit / Lane Swim noon - 12:50 p.m.		Aqua Fit / Lane Swim noon - 12:50 p.m.		Aqua Fit / Lane Swim noon - 12:50 p.m.	Public Swim noon - 5 p.m.
	Rental 1 - 3 p.m.		Rental 1 - 3 p.m.		Rental 1 - 3 p.m.	
Rental 5 - 7 p.m.	Family Swim 3 - 4 p.m.		Family Swim 3 - 4 p.m.		Family Swim 3 - 4 p.m.	Rental 5 - 7 p.m.
Public Swim 7 - 9 p.m.	Public Swim 4 - 9 p.m.	Public Swim 4 - 9 p.m.	Public Swim 4 - 9 p.m.	Public Swim 4 - 9 p.m.	Public Swim 4 - 8 p.m.	Public Swim 7 - 9 p.m.
					Rental 8 - 9 p.m.	

**May 21 Stat Holiday Hours: Public Swim 10 a.m. - 6 p.m.*

Jun. 3 – 30						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
Lane Swim 10 - 11 a.m.	Family Swim 10 - 11 a.m.	Rental 10 a.m. - noon	Family Swim 10 - 11 a.m.	Rental 10 a.m. - noon	Family Swim 10 - 11 a.m.	Lane Swim 10 - 11 a.m.
Public Swim 11 a.m. - 5 p.m.	AquaFit 11 a.m. - noon		AquaFit 11 a.m. - noon		AquaFit 11 a.m. - noon	Public Swim 11 a.m. - 5 p.m.
	Lap Swim noon - 1 p.m.	AquaFit noon - 1 p.m.	Lap Swim noon - 1 p.m.	AquaFit noon - 1 p.m.	Lap Swim noon - 1 p.m.	
	Rental 1 - 3 p.m.	Rental 1 - 3 p.m.	Rental 1 - 3 p.m.	Rental 1 - 3 p.m.	Rental 1 - 3 p.m.	
	Family Swim 3 - 4 p.m.	Family Swim 3 - 4 p.m.	Family Swim 3 - 4 p.m.	Family Swim 3 - 4 p.m.	Family Swim 3 - 4 p.m.	
Rental 5 - 7 p.m.	Public Swim 4 - 9 p.m.	Public Swim 4 - 9 p.m.	Public Swim 4 - 8 p.m.	Public Swim 4 - 9 p.m.	Public Swim 4 - 8 p.m.	Rental 5 - 7 p.m.
Public Swim 7 - 9 p.m.			Rental 8 - 9 p.m.		Rental 8 - 9 p.m.	Public Swim 7 - 9 p.m.

** June 6: Public Swim 2 – 8 p.m.* ** June 28 & 29: Public Swim 1 – 4 p.m.*

July 1 – Aug. 4						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
Lane Swim 10 - 11 a.m.	Rental 10 a.m. - noon	Morning Lessons 10 a.m. - noon	Morning Lessons 10 a.m. - noon	Morning Lessons 10 a.m. - noon	Morning Lessons 10 a.m. - noon	Lane Swim 10 - 11 a.m.
Public Swim 11 a.m. - 5 p.m.	Aqua Fit / Lane Swim noon - 12:50 p.m.	Aqua Fit / Lane Swim noon - 12:50 p.m.	Aqua Fit / Lane Swim noon - 12:50 p.m.	Aqua Fit / Lane Swim noon - 12:50 p.m.	Aqua Fit / Lane Swim noon - 12:50 p.m.	Public Swim 11 a.m. - 5 p.m.
Rental 5 - 7 p.m.	Public Swim 1 - 9 p.m.	Public Swim 1 - 9 p.m.	Public Swim 1 - 8 p.m.	Public Swim 1 - 9 p.m.	Public Swim 1 - 8 p.m.	Rental 5 - 7 p.m.
Public Swim 7 - 9 p.m.			Rental 8 - 9 p.m.		Rental 8 - 9 p.m.	Public Swim 7 - 9 p.m.

**July 1: Public Swim 10 a.m. – 6 p.m.*

Aug. 5 – Sept. 4						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
Lane Swim 10 - 11 a.m.	Rental 10 a.m. - noon	Public Swim 10 a.m. - noon	Public Swim 10 a.m. - noon	Public Swim 10 a.m. - noon	Public Swim 10 a.m. - noon	Lane Swim 10 - 11 a.m.
Public Swim 11 a.m. - 5 p.m.	Aqua Fit / Lane Swim noon - 12:50 p.m.	Aqua Fit / Lane Swim noon - 12:50 p.m.	Aqua Fit / Lane Swim noon - 12:50 p.m.	Aqua Fit / Lane Swim noon - 12:50 p.m.	Aqua Fit / Lane Swim noon - 12:50 p.m.	Public Swim 11 a.m. - 5 p.m.
Rental 5 - 6 p.m.	Public Swim 1 - 8 p.m.	Public Swim 1 - 8 p.m.	Public Swim 1 - 8 p.m.	Public Swim 1 - 8 p.m.	Public Swim 1 - 8 p.m.	Rental 5 - 6 p.m.
Public Swim 6 - 8 p.m.						Public Swim 6 - 8 p.m.

**Aug. 6: Public Swim 10 a.m. – 6 p.m.* **Aug. 11: Public Swim Ends 6:30 p.m. Youth Only Swim 6:30 – 8:30 p.m.*
**Sept. 3: Public Swim 11 a.m. – 3 p.m.* **Sept. 4: Public Swim 4 – 8 p.m.* **Aug. 7 - 10 & 14 - 17 no 10 a.m. Public Swim*

Outdoor Pool Special Event Days

Join us these days for special rates and extra fun in the sun!

June 30 – Kick Off to Summer *1 – 4 p.m.*

SPONSORED BY servus credit union

Celebrate the first day of summer vacation by joining us for a special public swim! We'll have a DJ spinning some great beats, our floating Wibit inflatable obstacle course and activities for the whole family to enjoy. This is a FREE event.

July 1 – Canada Day *10 a.m. – 6 p.m.*

Join us for FREE admission, our floating Wibit inflatable obstacle course and slice of birthday cake to celebrate Canada's birthday.

July 18 – Water Wars *2 – 4 p.m.*

Leduc's annual epic water fight between kids and lifeguards is back again this year! Bring your water gun and put your game face on because our lifeguards have been practising all year long. If the game gets too intense, we'll be bringing in our reinforcements form the Fire Department for backup. Regular admission rates apply.

Aug. 11 – Rock the Pool *6:30 – 8:30 p.m.*

Join us at the pool after Rock the Rails for special youth-only swim (ages 12-17). $2.00 admission

Aug. 12 – Youth Swim *1 – 5 p.m.*

To celebrate International Youth Day we're inviting youth ages 8-17 to join us for FREE admission, our floating Wibit inflatable obstacle course and summer jams provided by a local DJ and some sweet treats!

Aug. 23 – Party in Alex Park *1 – 4 p.m.*

Enjoy $2.00 admission for all ages from 1-4pm, our floating Wibit inflatable obstacle course and then hang out afterwards in Alexandra Park for a whole host of family activities including a BBQ, inflatables, movies at Leduc Cinemas and the fall CIRD event from 5-8pm in Alexandra Arena.

Sept. 4 – Food Bank Swim *4 – 8 p.m.*

Relax after the first day of school by hitting the Outdoor Pool for it's last day of the season. Bring a food bank donation and get your admission for only $2.00.

Please note that for safety reasons, children must be at least 8 years old to use the Wibit. Life Jackets are advised for smaller users or those with limited swimming experience.

Booking Rates

Book your summertime event outdoors this year! There's no better place to entertain your group than the outdoor pool and spray park. Bookings are accepted on a first-come first-served basis. Contact Aquatic Services at 780-980-7198 ext. 6040 or email aquaticbookings@leduc.ca to book today!

	Hourly Rates
1 – 30 swimmers	$80
31 – 75 swimmers	$110
76 – 150 swimmers	$140
151 – 200 swimmers	$170
201 – 240 swimmers	$200

**Refer to schedule on pages 36 - 37 for rental times*

Is your group looking to make a splash this spring? Join us at the outdoor pool during regular public swim times with your group of 15 or more people for 25% off regular admission prices. Contact Aquatic Services at 780-980-7198 ext. 6040 or email aquaticbookings@leduc.ca to book today.

What does this package get you?

- Access to the Outdoor Pool for up to two (2) hours of fun*
- Discounted admission rates
- Pre-packages wristbands

**During public swim times as shown in the City Guide*

Outdoor Pool AquaFit Cancellation Policy

AquaFit will be cancelled if any/all of the following conditions arise:

- Temperature below 15 degrees
- 60 – 100% chance of steady rain forecasted

Conditions are checked daily an hour prior to AquaFit commencing and information will be posted if cancellation decision is made.

Outdoor Aquatic Fitness

AquaFit – Shallow Water *Drop-in*

This high-energy class incorporates both cardio and muscular training in the aquatic environment, providing a low impact workout that really works! Bring your shades and sunscreen for an amazing outdoor workout!

**Maximum of 30 participants*

Outdoor Pool: May 19 – Jun. 2				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Aqua Fit - Shallow noon – 12:50 p.m.		Aqua Fit - Shallow noon – 12:50 p.m.		Aqua Fit - Shallow noon – 12:50 p.m.

Outdoor Pool: June 3 – 30				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Aqua Fit - Shallow 11 – 11:50 p.m.	Aqua Fit - Shallow noon – 12:50 p.m.	Aqua Fit - Shallow 11 – 11:50 p.m.	Aqua Fit - Shallow noon – 12:50 p.m.	Aqua Fit - Shallow 11 – 11:50 p.m.

Outdoor Pool: Juy 1 – Sept. 4				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Aqua Fit - Shallow noon – 12:50 p.m.	Aqua Fit - Shallow noon – 12:50 p.m.	Aqua Fit - Shallow noon – 12:50 p.m.	Aqua Fit - Shallow noon – 12:50 p.m.	Aqua Fit - Shallow noon – 12:50 p.m.

LEISURE OPPORTUNITIES

Included with your membership or paid admission is access to the many leisure opportunities available throughout the Leduc Recreation Centre. Please see page 4 for information regarding admissions, and page 5 regarding Active Supervision & Active Participation. View our drop-in schedules on page 44 - 45 or at **Live.Leduc.ca**

Fair Play

The LRC respects all members and participants, their diverse abilities, ages and desire to participate. Fair Play encompasses respect for the rules and/or equal treatment all concerned; Fair Play is expected from all participants, these values for Fair Play participation are expected to be managed by the participants when possible and if necessary facility staff will make an effort to resolve issues as identified.

Field House Opportunities

July 1 – Aug. 31, 2018

Equipment Rentals

We have a wide variety of court and field equipment that can be borrowed. From basketballs, table top games pieces, badminton racquets, volleyballs and more, we have the equipment you need to play our leisure drop-in activities. Sign out equipment at East Guest Services with a piece of collateral such as a membership card.

Adult Hour

Blow off some steam and play with others your age (18+) during Adult Hour Monday to Friday, 9pm-10pm. Learn a new sport, pick up an old one or polish some skills with one of several court, ice and field drop-in adult opportunities where you can play like a kid again.

Badminton

Bat a birdie back and forth with family and friends, or rally a little competitive game with other members.

Basketball

Come out and shoot some hoops, play 1-on-1, or full court with a group of friends and other participants.

Floor Hockey

The perfect opportunity to learn or improve hockey skills on a flat dry surface.

Football

Pass a ball between friends, or play some flag football during this drop-in time slot.

Pickleball

A racquet sport that combines elements of badminton, tennis, and table tennis into one.

Soccer

Practice on passing the ball, shooting on net, and dribbling down the full length field.

Table Tennis

Come enjoy this passive activity of rallying a ball on our ping pong table! Bring your own paddles or check one out at East Guest Services.

Table Top Games

Located in the foyers of the LRC, these Table Top Games consist of crossword game, chess, checkers, slides and ladders, and card game tables.

touchtennis

Played on a smaller court with foam balls and shorter (21 inch) rackets. touchtennis is a compact form of the traditional game. It's fast, fun and incredibly energetic while easy to pick up.

Volleyball

Learning how to serve or set the ball can be a lot of fun among friends.

Youth Lacrosse

This drop-in opportunity allows participants, 8-17 years of age, to work on their lacrosse skills. Full equipment is required to and must be provided by the participants.

Arena Pad Opportunities
July 1 – 31, 2018

Wristbands and rollerblades are required to be worn on the arena pads during all drop-in activities. All rollerbladers 12-years-old and under are required to wear a CSA certified helmet while participating in our rollerblading opportunities. Details on equipment, supervision and other participant requirements can be viewed online at Leduc.ca/LRC/Arena. Specific requirements are detailed in each description.

Ball Hockey

Take part in our ball hockey scrimmage on our Arena Pad on Tuesdays and Thursdays. Ball hockey is available on a first-come, first-serve basis, for patrons 8 – 17 years of age. Participants are permitted to check-in 30 minutes prior to scheduled time. Maximum 20 players plus two goalies.

Equipment requirements for youth: CSA approved hockey helmet, hand gloves, shin guards, running shoes, and a regulation hockey stick.

Friday Fun Roller Skate

Bring the whole family for arena fun with lots of treats and prizes to be won!

Equipment requirements for children 12 and under: CSA certified helmet

Aug. 1 – 31, 2018

Wristbands and skates are required to be worn on the ice during all skating activities. All skaters 12-years-old and under are required to wear a CSA certified helmet while participating in our skating opportunities. Details on equipment, supervision and other participant requirements can be viewed online at Leduc.ca/LRC/Arena. Specific requirements are detailed in each description.

Adult 18+ Skate

An opportunity to enjoy ice time in an adult only environment. Public Skate guidelines apply.

Adult 18+ Stick & Puck

An opportunity to work on passing, puck control and skating skills in an adult only environment. Full hockey equipment is required for all participants. Maximum of 30 participants.

Equipment Requirements: CSA certified hockey helmet with full face mask, skates, neck guard, hockey pants, support cup, hockey gloves, shin/elbow/ shoulder pads, regulation hockey stick.

Family Skate

The perfect opportunity for families to have fun and exercise together. Children and youth (17 and under) must be accompanied by adults on the ice. Sticks are not permitted during Family Skate.

Equipment requirements for children 12 and under: CSA certified helmet

Family Stick & Puck

Designed to enable families the opportunity to work on passing, puck control and skating skills. An adult must accompany all children on the ice. Full hockey equipment mandatory for all children 17 and under. Adults are required to wear a CSA certified helmet, skates, and gloves. This is a family program and not intended for hockey teams. Maximum of 40 participants, with the adult to child ratio 1:4.

Equipment Requirements for children and youth (17 and under): CSA certified hockey helmet with full face mask, skates, neck guard, hockey pants, support cup, hockey gloves, shin/ elbow/ shoulder pads, regulation hockey stick. Equipment Requirements for Adults: CSA certified helmet, skates, and gloves.

Pre-school Skate

Casual skate time for parents and children under six years of age. This is a great opportunity to practice skating in a social setting. Skate aids available.

Equipment requirements for children: CSA certified helmet

Public Skate

Public skating provides an enjoyable indoor skating experience for all ages. Sticks are not allowed on the ice during Public Skate. This activity requires Active Supervision, which can take place from the player's bench.

Equipment requirements for children 12 and under: CSA certified helmet

Shinny

Pick-up hockey on a first-come, first-serve basis. Participants are permitted to check-in one hour prior to scheduled time at East Guest Services. Maximum of 24 players plus two goalies (first two goalies play for FREE).

Equipment Requirements: CSA certified hockey helmet with full face mask, skates, neck guard, hockey pants, support cup, hockey gloves, shin/elbow/shoulder pads, regulation hockey stick.

Adult and Child Stick & Puck

Designed to enable young skaters 10 years of age and under the opportunity to work on passing, puck control and skating skills. An adult must accompany all children on the ice. Full hockey equipment is mandatory for all children, adults are required to wear a CSA certified helmet, skates, and gloves. This is a family program and not intended for hockey teams. Maximum of 40 participants, with the adult to child ratio 1:2.

Equipment Requirements for Children: CSA certified hockey helmet with full face mask, skates, neck guard, hockey pants, support cup, hockey gloves, shin/elbow/shoulder pads, regulation hockey stick. Equipment Requirements for Adults: CSA certified helmet, skates, and gloves

Book your next Event in Leduc!

Experience the great outdoors by hosting your wedding at the Stone Barn Garden or host your next corporate event at Wm. F. Lede Park or family party at one of the Fred Johns picnic sites. The opportunities are endless.

Email us at **events_bookings@leduc.ca** and we will help you plan your fun filled summer in Leduc.

Friday Fun Skates

Bring the whole family for arena fun with lots of treats and prizes to be won! Our Friday Fun Skates are always the third Friday of the month and are from 7:00 – 8:30 p.m. FREE for LRC Members or a day admission fee to participate.

Equipment requirements for children 12 and under: CSA certified helmet

- **July 15 – End of School Skate** – Celebrate the end of the school year with a party on the ice! There will be music, prizes, and treats for all who attend.
- **July 20 – Flashback Friday Fun Roller-skate** – Bring your roller blades or roller skates to the LRC for a unique skate on our arena pad! All the festivities of Fun Skates, including treats, prizes, and music - without the ice.

  Equipment requirements: Roller blades or roller skates for all participants, CSA approved helmets are recommended for all patrons, and mandatory for children twelve years of age and younger. Elbow/knee pads strongly recommended.
- **Aug. 17 – I Scream for Ice Cream!** – Cool down on the ice with an ice cream treat for this Fun Skate! There will be music, prizes, and lots of fun to be had!

Visit us online for more information on public skating guidelines, equipment requirements, up-to-date schedule, and supervision requirements. Changes to the schedule will occur due to holidays, special events, and other facility bookings.

Adult opportunities are for 18+.

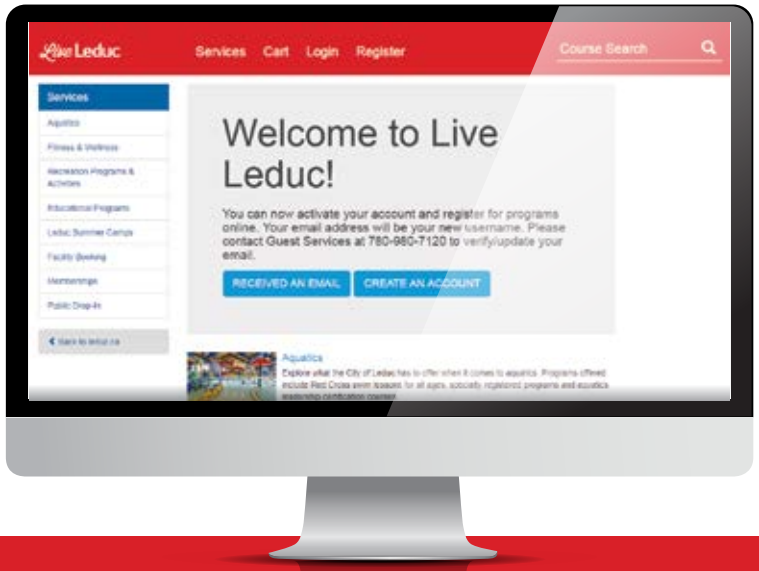
*See drop-in schedules on pages 44 - 45 for all arena and field house drop-in opportunity times.

Lede Park Rd. closed for improvements beginning June 4

Lede Park Rd., north of the LRC to 48 Ave., will be closed June 4 through fall 2018 to be paved and realigned. Enhancements to the road will improve traffic flow and pedestrian safety while creating more functional access to William F. Lede Park. During construction, William F. Lede Park, the K-9 Off-Leash Dog Park and the city's Compost Facility will remain open. Alternate parking and access points to the park and its facilities will be clearly marked. Thank you in advance for your patience during construction.

To learn more about this project, please visit ***Leduc.ca/LedeParkRoad.***

Live Leduc Online Portal



NOW AVAILABLE
FOR PROGRAM REGISTRATION!

Visit ***Live.Leduc.ca*** to create your account online, register for programs, view drop-in programs, and more! Please call Guest Services at 780-980-7120 to verify your email address as this is your new username to login.

DROP-IN SCHEDULES

Field House Drop-in Opportunities *July 1 – Aug. 31, 2018*

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Badminton		8 am - 4:30 pm	3 - 6:30 pm	8 am - 4:30 pm	3 - 8 pm	8 am - 1 pm	10 am - 3 pm
Basketball	noon - 9 pm 9 - 10 pm*	8 am - 9 pm 9 - 10 pm*	noon - 9 pm 9 - 10 pm*	8 am - 9 pm 9 - 10 pm*	noon - 9 pm 9 - 10 pm*	8 am - 9 pm	8 am - 9 pm
Football						7 - 9 pm	4 - 6 pm
Floor Hockey	8 - 9 pm	3 - 9 pm		3 - 9 pm 9 - 10 pm*		4 - 6 pm	
Healthy Hearts**					3 - 4:30 pm Soccer		
Lawn Games		8 - 11:45 am		8 - 11:45 am			
Pickelball	8 am - 2:30 pm		8 am - 2:30 pm 7 - 9 pm 9 - 10 pm*		8 am - 2:30 pm		3:30 - 9 pm
Soccer	noon - 1 pm 3 - 4:30 pm *7 - 9 pm* 9 - 10 pm*	noon - 1 pm 3 - 4:30 pm 9 - 10 pm*	noon - 1 pm 3 - 4:30 pm 9 - 10 pm*	noon - 1 pm 3 - 4:30 pm 9 - 10 pm*	noon - 1 pm 3 - 4:30 pm 7 - 9 pm 9 - 10 pm*	11 am - 1 pm 3 - 7 pm	11 am - 1:30 pm
Table Tennis (Ping Pong)	8 - 11:45 am	3 - 6:30 pm	8 - 11:45 am	3 - 8 pm	8 am - 1 pm	10 am - 3 pm	8 - 11:45 am
TouchTennis		noon - 2:30 pm		noon - 2:30 pm		1 - 4 pm	
Volleyball	3 - 5:30 pm	1 - 4:30 pm		3 - 4:30 pm *4:30 - 9 pm* 9 - 10 pm*		1 - 3:30 pm	6 - 9 pm

**Adult Hour (18+ only)*

Due to tournament bookings and other special events our leisure opportunities may experience schedule changes and/or cancellations. Please visit Live.Leduc.ca for up to date modifications. *See leisure activity description and equipment needed on page 42.*

Field House Drop-in Opportunities *July 1 – Aug. 31, 2018*

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth Ball Hockey (LRC July Only)	5 - 6:30 pm		5 - 6:30 pm		5 - 6:30 pm		
Adult Ball Hockey (LRC July Only)	6:30 - 8 pm		6:30 - 8 pm		6:30 - 8 pm		

Ball Hockey Equipment Requirements: CSA approved hockey helmet, hand gloves, shin guards, running shoes, and a regulation hockey stick.

DROP-IN SCHEDULES

Arena Drop-In Opportunities *Aug. 1 – 31, 2018*

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Skate (18+)	10:45 - 11:45 am		10:45 - 11:45 am		10:45 - 11:45 am		
Adult 18+ Shinny	noon - 1 pm 9 - 10 pm	11:45 am - 1 pm 9 - 10 pm	noon - 1 pm 9 - 10 pm	11:45 am - 1 pm 9 - 10 pm	noon - 1 pm 9 - 10 pm		
Adult / Child Stick & Puck (10 & under)	6:30 - 7:30 pm				6:30 - 7:30 pm	4 - 5 pm	4 - 5 pm
Family Skate							10:45 - 11:45 am
Family Stick & Puck (17 & under)		2:45 - 3:45 pm	6:30 - 7:30 pm	2:45 - 3:45 pm			2:45 - 3:45 pm
Figure Skating		4 - 5 pm					
Public Skate	1:15 - 2:30 pm 7:45 - 8:45 pm	1:15 - 2:30 pm 6:30 - 7:30 pm	1:15 - 2:30 pm 7:45 - 8:45 pm	1:15 - 2:30 pm 6:30 - 7:30 pm	1:15 - 2:30 pm 7:45 - 8:45 pm	noon - 2:30 pm	noon - 2:30 pm
Preschool Skate		10:30 - 11:30 am		10:30 - 11:30 am			
Youth Ball Hockey (Alex Arena)		6 - 7:30 pm (Aug. 1 - 31)		6 - 7:30 pm (Aug. 1 - 31)			
Youth Shinny 10-12 years			5:15 - 6:15 pm	5:15 - 6:15 pm		2:45 - 3:45 pm	
Youth Shinny 13-14 years		5:15 - 6:15 pm			5:15 - 6:15 pm		5:15 - 6:15 pm
Youth Shinny 15-17 years		7:45 - 8:45 pm		7:45 - 8:45 pm		5:15 - 6:15 pm	

All skaters 12-years-old and under are required to wear a CSA approved helmet while participating in our arena opportunities Full Equipment – CSA approved hockey helmet (with full face mask for Stick & Puck and Youth Shinny), skates, neck guard (Stick &Puck and Youth Shinny), hockey pants, support cup, hockey gloves, shin/elbow/shoulder pads, regulation hockey stick.

Due to tournament bookings and other special events our leisure opportunities may experience schedule changes and/or cancellations. Please visit Live.Leduc.ca for up to date modifications.

See leisure activity description and equipment needs for each opportunity on pages 42.

FAMILY & COMMUNITY SUPPORT SERVICES

FCSS provides FREE confidential support and resources to residents of the City of Leduc. Our staff has a strong working knowledge of local support services and is able to connect families, youth, adults, and seniors with available programs and services. We are often the first point of contact for community members and agency groups looking for help in the area of social well-being.

Family and Individual Supports

We provide support to families and individuals within the City of Leduc:

One-on-One Support

We work directly with clients in the FCSS office, or at a designated public space to help families and individuals access resources and develop skills and strategies in response to life struggles. We will often partner with other supporting agencies to assist individuals and families in accessing necessary services.

What would be some reasons you may call Family and Community Support Services for one-on-one supports:

- You're interested in finding more information on affordable counseling and Recreation Subsidy
- You have a child between the ages of 6-18 and you're looking for support or resources on parenting and/or direct supports for your child
- You're an adult of 18 years or older and you're looking for support and/or resources; or
- You or someone you know is experiencing family violence.

Early Development Instrument

The Early Development Instrument (EDI) is a standardized tool that measures the development of five–year old children based on the children's social, emotional, physical and intellectual development. Across the province, some 70,000 children have been evaluated. The results from Leduc and the Leduc region are available online at www.ecmap.ca.

As part of our ongoing commitment to the children of Leduc, the programs we offer are being purposefully created with one or more of the five developmental domains in mind. When you see the symbols by the programs you will know what domains they primarily focus on.

If you would like to learn more about the Leduc Regional Early Childhood Coalition, please visit iamgrowingup.ca. If you have any questions about the EDI, ECMap or the five developmental domains and our programming, please contact the FCSS or Recreation offices at 780-980-7177.

Developmental Domains:

Physical Health & Well-being
Encouraging physical growth and independence, gross and fine motor skills and coordination.

Social Competence
Encouraging playing well with others, curiosity about the world, respect for adults and other children, behavior and following rules/instructions, independence, + self-confidence and eagerness to explore new things.

Emotional Maturity
Encouraging age-appropriate emotional understanding, empathy, reflection, controlled actions (thinking before doing).

Language & Thinking
Encouraging reading, writing, classifcation of shapes, numbers, colours, sizes and concepts.

Communication Skills & General Knowledge
Encouraging open communication of needs and wants in a socially appropriate way, storytelling and an appropriate awareness of the outside world.

Youth Outreach Worker

The Youth Outreach Worker is a resource for youth aged 12-19 that is offered at no cost to parents or guardians. The goal of the Youth Outreach Worker is to support youth that live in the City of Leduc by engaging them in healthy activities and working with them one on one to increase their assets and connection to the community. The Youth Outreach Worker is responsible for providing outreach services by empowering the youth to build their skills, supporting them in accessing services, and advocating for their needs. The Youth Outreach Worker seeks to reduce barriers wherever possible and is flexible about the time and location of meetings with youth.

Older Adult Services

The Older Adult Services program connects with seniors and their families to provide one-on-one support, assists with form completion for government benefits and subsidies, and links seniors with social, recreation and educational programs within the community.

Older Adult programs and initiatives may include:

- Community Volunteer Income Tax Program
- Homemaking services
- Meals on Wheels

Homemaking

The Homemaking program provides light housekeeping assistance with the goal to help client's remain independent by living at home. The cost of this service is based on a sliding–scale fee.

Meals on Wheels

Meals on Wheels is a community service designed for individuals who are unable to prepare adequate meals for themselves, for any number of reasons; such as, illness, injury, mobility issues, vision problems, safety concerns or shopping difficulties. The purpose of the program is to enable recipients to remain comfortable and independent in their own home. Hot nutritious meals are prepared at the Leduc Community Hospital, and volunteers deliver the meals to the client's home.

Elder Abuse

Elder abuse, or the abuse of older adults, is often defined as any act or omission that harms a senior or jeopardizes his or her health or welfare. The World Health Organization defines abuse of older adults as "a single or repeated act, or lack of appropriate action, occurring in any relationship where there is an expectation of trust that causes harm or distress to an older person." Elder abuse can take many forms and can take place in the home, in other residential settings, or in the community. It is estimated that between 4 and 8 per cent of Canadian seniors experience some type of abuse.

If you have any questions or concerns about elder abuse, please call the Seniors Abuse Help Line at 780-454-8888 (24-hour line).

Social Development

Canadian Red Cross – FREE Personal Preparedness Workshop

Are you prepared to protect yourself and your family in the event of a disaster? Attend our workshop where you'll learn how to determine risks in your community, the different types of disasters that can affect you, how to assemble an emergency preparedness kit and develop an emergency evacuation plan.

Date	Time	Location
May 8	6:30 - 8 pm	Leduc Fellowship Church, 4401 Rollyview Road

Light refreshments will be provided.
To register, residents can call 780-980-7109.

Leduc Interagency Session

Leduc Interagency Brown Bag Sessions are a FREE information gathering of representatives from agencies, organizations, and interested individuals who provide programs or services to individuals and families. Participants meet to share information about services and social programs in Leduc and surrounding areas.

Date	Time	Location
June 7 Second Glance	11:45 am - 12:45 pm	Civic Centre, Lede Room B
Oct. 11 - TBD	11:45 am - 12:45 pm	Civic Centre, Lede Room B

To register, please contact Tabitha at twhite@leduc.ca

Good Neighbour Art Unveiling

The City is adding to our public art inventory. On **June 13, 2018 at 6 pm** we're officially unveiling our Good Neighbour artwork by artist, Susan Abma, to the community. We hope you will join us for this celebration at the Civic Centre Atrium. Light refreshments will be provided.

Good Neighbour Day

Neighbour Day is a time for Leduc residents to celebrate our strong neighbourhood ties and community spirit by gathering your neighbours together for a block party, picnic, afternoon tea in a local park or backyard barbecue. Celebrate with us on **Saturday, June 16, 2018** & show your love for your neighbours! Follow our Facebook and Instagram accounts, and comment on one of our contest posts telling us about your #YAYBour day experience. We'll enter your name into a random draw for some great prizes! Visit **Leduc.ca/yaybour** for more information.

Disconnect to Connect / Unplugged

While technology provides us with instant communication with others, it's not a replacement for real human interaction. By disconnecting from technology, more time is available to enjoy quality experiences with family and friends which has the potential to strengthen relationships and increase engagement in meaningful activities. More simply put, we can focus on what we're doing and get closer to our friends and family! Connecting with your family and friends all year provides benefits. Again for the month of **June** we are encouraging residents to **Disconnect to Connect!** Draw boxes will be set up at the LRC, Leduc Public Library and Civic Centre and will also be available at city events - drop by any of these boxes and submit an entry telling us how you unplug in Leduc, and you'll be entered to win an Unplugged prize basket.

New Canadians

Are you new to Canada and the City of Leduc? Would you like some assistance settling into the community? FCSS is here to help – please call us at 780-980-7109.

Some of the ways we can help:

- Connect you with local agencies (i.e. ESL, housing, etc.)
- Help you complete forms and applications
- Help you with processes that may be new (i.e. How to get a driver's license, apply for health care, school, childcare, etc.)
- And more!

Everybody Gets to Play

Everybody Gets to Play is a national initiative to enhance the quality of life for families by increasing access and participation in recreation, athletic and cultural opportunities.

1. **Recreation Assistance Program** provides low-income residents of all ages subsidization towards facility membership and/or programs at the Leduc Recreation Centre.
2. **Creative Culture Connections** is an initiative that provides up to $200 of funding per year for residents with limited financial means to participate in arts or cultural programs.
3. **Canadian Tire Jumpstart Program** is a community based charitable program helping youth aged 4-18 participate in organized sports and recreation, so they can develop important life skills, self-esteem and confidence.

211 Leduc

City of Leduc Residents can Dial 2-1-1 to access information on health, human services, community resources and government assistance programs. The program is available 24 hours a day, 7 days a week.

Upcoming FCSS Events:

I'm losing my mind! Why is this so hard? Can anyone help me?

Does parenting your teen feel like this??

Come out, bring a friend and meet other Leduc parents dealing with the same challenges and get to know community supports over a free dinner.

We will have FCSS, RCMP, Parents Empowering Parents, a previously substance using youth and an addictions counsellor present for you to ask your questions and connect with. Parenting takes a village!! Come find yours.

When: Wednesday May 30, 2018 at 6 - 8 p.m.
Where: Best Western Denham Inn
RSVP: Call Heather at 780-980-7184 to register

Family Fun Fair

When: Friday, June 1, 2018
Time: 4:30 – 8 p.m.
Where: Leduc Recreation Centre Curling Rink

Free admission! Everyone welcome! Jumpy houses, photo booth, face painting, crafts, etc. An opportunity for individuals and families to enjoy a free evening and learn about the services available to them from organizations across the region.

Youth Movie Night

When: Thursday, August 23, 2018
Time: 9 p.m.
Where: Leduc Cinemas

Free! Youth only event!

Volunteer Leduc

Leduc.ca/volunteers ☎ 780-980-7177
e volunteer@leduc.ca

Are you seeking volunteers? Volunteer Leduc can help your organization recruit volunteers through the Volunteer Registry. To post a volunteer opportunity, contact Volunteer Leduc.

The Value of Volunteering! The impact of volunteering on individuals, communities, an dour country is huge! Volunteering builds confidence, competence, and connections. It creates cohesion, capacity and lifelong friendships. Volunteering creates the foundations for community and a just and caring Canada.

Share your time and skills to group our community. Join Volunteer Leduc Today!
If you are new are new to volunteering or a returning volunteer, Volunteer Leduc can connect you to an opportunity. Be part of the Action, Volunteer! For more information visit **Volunteer.leduc.ca**, call **780-7166** or email **volunteer@leduc.ca**

Lorne and Tina Mix – Mayors Special Award

Jordon Cooke – Athletic Achievement Award

UPCOMING EVENTS

Leduc Black Gold Rodeo

- May 31 – June 3
  Leduc Recreation Centre (4330 Black Gold Drive)

Come cheer on the Cowboys and Cowgirls as the 2018 Black Gold Rodeo! Visit blackgoldrodeo.com for event information.

Leduc Black Gold Rodeo Parade

- June 2, 2018
  Safeway to Leduc Composite High School

Leduc's largest parade is back for another year! Put on your boots and enjoy the parade before heading back to the Rodeo at the LRC!

Canada Day Celebration

- July 1, 2018

Celebrate Canada all day long! Start the day off right with a pancake breakfast and BBQ with the Royal Canadian Legion #108 and parade down main street hosted by the Alberta Legacy Development Society (Leduc Grain Elevator)! Take part in family activities around Leduc during the afternoon, before heading to Lede Park for Leduc's biggest concert of the year featuring modern rock sensation Coleman Hell and fireworks extravaganza! Check out Leduc.ca for an up to date list of events and schedule for the day!

Rock the Rails Youth Festival

- Aug. 11, 2018 | 11 a.m. – 6 p.m.
  Leduc Skate Park

This is a FREE youth festival featuring BMX, Skateboard and Scooter competitions as well as a live DJ, dance, and inflatable zip line. Learn how to create your own graffiti art, participate in a screen printing camp& Ramp Build Demos! New this year performances from Creative Youth Centre.

Party in Alexandra Park

- Aug. 23, 2018
  Alexandra Park

Come enjoy the last days of summer vacation with a celebration in Alexandra Park! Enjoy a toonie swim at the Alexandra Outdoor Pool from 1-4 p.m., before heading into the park for a Free Hotdog (while supplies last). At 4 p.m. the park comes alive with family activities, face painting, live entertainment and more, including the addition of the Fall Community Information & Registration Day! Enjoy a free movie series at Leduc Cinemas (movies and times to be released on Leduc.ca) including a special Youth Only Movie!

Fall Community Information & Registration Day (CIRD)

- Aug. 23, 2018 | 5 – 8 p.m.
  Alexandra Park

Now part of Party in Alexandra Park, there's something for the whole family! Features local organizations representing sport, recreation, culture, arts, church, and social and service clubs. Registration for groups is available at this event.

Leduc Culture Days

- Sept. 28 – 30, 2018

Enjoy a variety of arts and culture events through Leduc, including special performances at Free Access Day at the LRC.

To view events happening at the Alexandra Outdoor Pool this Summer check-out page 38 or visit Leduc.ca/AlexPool.

City Partnered Events

- ***The 5K Foam Fest (July 7)***
  www.the5kfoamfest.com
- ***SPN Nationals (Aug. 3 - 6)***
  Located at Wm. F. Lede Park
- ***Wild Rose Invitational Figure Skating Competition (Aug. 3 - 6)***
  Located at Leduc Recreation Centre
- ***Fragapalooza (Aug. 8 - 12)***
  www.fragapalooza.com
- ***Overdose Awareness (Aug. 24)***
  www.overdoseday.com

Eco Station Upgrades – *new temporary location this summer*

The current ECO Station site will be upgraded this summer and fall to offer better service to residents. While the construction is underway the ECO Station will be temporarily relocated next door. Look for directional signs at the current location – 6102 46 Street.

The ECO Station will remain open for business with hours of operation and drop-off services remaining the same. Check out Leduc.ca for full details.

Organic diversion – continues to grow!

Between 2013 and 2017, visits to the Eco Station have increased 28%.

Summer SORT Smart Tips

Your organics cart is perfect for yard waste that you don't compost or grasscycle including:

- grass clippings,
- leaves,
- small twigs,
- plant material, and
- tree branches less than 1 cm (3/8 inch) diameter.

Maintenance tips help keep your cart clean and odor free.

- Store out of the sun.
- Keep lid closed to keep flies out.
- Line your cart with approved cart liner compostable bags or with soiled newspaper or cardboard.
- Layer wet material with dry material.
- Wrap meat and seafood in newspaper or soiled cardboard.
- Sprinkle baking soda, powdered laundry detergent (without bleach), vinegar or powdered lime in the cart or around the rim.
- Clean out organics from your fridge or freezer just before collection day.
- Wash out your cart and dry it upside down.

Pollinator Gardens – a Bee's Best Friend

Explore the city's pollinator garden located near the Community Gardens at Telford Lake or create one in your own back yard by following these simple tips.

- Provide habitat for pollinators to live. Exposed soil, standing litter, food plants for different life stages and a place to overwinter are all important.
- Provide shallow water dishes with stones for pollinators to stay hydrated.
- Avoid using pesticides anywhere in your yard.
- Cluster flowers in groups at least a metre in diameter.
- Use a variety of plants that will flower from spring through the fall.
- Use flowers of different shapes and ones that have bright colours such as purple and yellow. White flowers with a strong scent are also attractive, especially to night-time pollinators like moths.

Pollinators' favourite flowers include:

- Black-eyed susan
- Wood lily
- Wild bergamot (bee balm)
- Goldenrod
- Speedwell (Veronica spicata)
- Sunflowers

Flowers in the:

- Aster family
- Milkweed family

Fruit and flowering trees:

- Plum and cherry
- Linden, mayday, poplar and willow

For more planting suggestions, check out Leduc.ca or talk to your local greenhouse.

CITYGUIDE

A new advertising option for your business!

Raise Your Profile - Advertise in the City Guide

The City Guide is Leduc's primary recreation and wellness guide – connecting the community to the exciting programs and activities in our city.

In partnership with the Leduc Chamber of Commerce, the City of Leduc is offering businesses the opportunity to advertise in the City Guide.

The guide is published four times a year and is available in both print and online versions – giving your full colour advertisement convenient and continuous access to an active and affluent market.

Book Your Ad Today!

Contact the Leduc Chamber of Commerce at **780-986-5454** or **info@leduc-chamber.com** to place your ad or for more information.

Chamber members receive an additional 5% discount on advertising rates.

CITY OF Leduc

THE LEDUC REGIONAL CHAMBER OF COMMERCE

www.LeducLibrary.ca | 780-986-2637 | #2 Alexandra Park

*Leduc Public Library is proud to introduce our **Summer Learning Challenge 2018***

MAD SCIENCE!

July 9 – August 17

It's FREE! It's FUN! and we offer something for kids of all ages and adults too!

Research proves that children can lose one to three months of learning during the summer. This is called the "Summer Slide". You can help your child continue to learn by signing them up for our Summer Learning Challenge. We offer reading, hands-on STEAM discovery and open-ended design challenges to keep kids' brains working over the summer.

- Get your passport July 3rd
- Drop in for weekly challenges
- Read at home
- One-on-One Reading station with a qualified instructor to help boost their reading skills
- More information will be available on June 1st

We understand that the summer months can be busy, to accommodate your needs, our summer program design is changing to be more flexible.

Here are some of the exciting things happening that you and your family can be involved with to earn points towards winning some fabulous prizes!

For children ages 0-5 years:

- Reading challenges and extra programming with an emphasis on reading, art and science-based activities.

For children ages 5-12 years:

- Pick your choices of STEAM (science, technology, engineering, art, mathematics) challenges to read, explore and create on your own time.
- Drop by our program room weekly, during specified times to complete exciting stations and progress through your passport over the summer.
- Search, find and read to our SLC mascot, Mischief the Rat, hidden in a different location throughout the library each week.

Guest performers for children under 12, Thursday mornings from 10:30 - 11:30 am:

- **July 12** – Choo - Choo the clown
- **July 19** - Zoo 2 U
- **July 26** - Mary Ann Lippiatt
- **Aug. 2** - Princesses & Face painting
- **Aug. 9** - Movie – TBA
- **Aug. 16** - Mary Lambert

At the Leduc Public Library, we believe summer learning is all about having fun, discovering, creating and exploring. Our goal is for Leduc families to develop a love of learning as we explore exciting science themed activities, crafts, and books!

All Learning Counts! Reading for 20 minutes a day helps your child practice important reading skills.

For Teens 13-18 years and adults:

- Challenge yourself to read, complete activities, and make the most of your summer!
- Pick your choices of challenges to do on your own time.

Visit our website at **www.leduclibrary.ca** or give us a call at **780-986-2637** for more information.

Preschool Programs

Baby Laptime *Ages up to 12 months*

Enjoy delightful songs, books, rhymes, fingerplays and learn signing with your little one.

Date	Day	Time
May 15 - June 26	Tuesdays	10:30 - 11 am

Play, Learn, Grow – Drop-in *Ages 0 - 5*

Play with your child at the play-based and inspiring stations as their curious minds lead the way!

Date	Time
Monday, June 18, July 23, & Aug. 20	10 am - noon

Family Programs

Father's Day Craft *All Ages*

We will supply the materials, you bring your creativity and work at your own pace anytime throughout the day.

Date	Time
Monday, June 11	All Day

Father Appreciation Storytime

Bring Dad with you, but if he can't make it, come have fun learning why he is so great and take a hand-made craft home to him. Listen to stories about appreciating Dad, sing Dad themed songs and finish with a craft for Dad.

Date	Time
Monday, June 11	10:30 - 11:15 am OR 1:30 - 2:15 pm

The Incredibles 1 – Registered *All Ages*

Join us a week before The Incredibles 2 release date and refresh your mind with the beginning story before the family heads out to the theatre to see the sequel. Enjoy movie related crafting after the movie.

Date	Time
Thursday, June 6	10 am - 1 pm

Adult Programs

A Movie, Bannock, and Tea – Drop-in

Watch a great Canadian movie from Indigenous film makers. Entry by donation to Speroway, a charity that helps to feed Northern Communities.

Date	Time
Wednesday, June 6	6 - 8:30 pm

Why Your Diet Didn't Work – Registered

Join certified Holistic Health and Wellness Coach, Teresa Abram, to discuss why crash diets are not the answer.

Date	Time
Wednesday, Aug. 15	7 - 8 p.m.

LEARN FOR LIFE
Leduc Adult Learning

Leduc Adult Learning

Are you interested in Adult Learning?

Leduc Adult Learning offers learning opportunities in the following areas:

- Adult Literacy
- Tutoring
- English Language Learning
- Support Services
- Computer and Technology classes
- GED Test Preparation
- Workshops and Information Sessions

For more information about these or other LAL learning opportunities visit www.leducadultlearning.ca or contact us at learn@leducadultlearning.ca call/text 780-915-9835

proud
supporter
of sports in
Leduc & area

Sobeys

proud sponsor
of the
Sobeys
PERFORMANCE ARENA

FIRE SERVICES SURVEY

Medical emergencies can be stressful for you and your loved ones, so we want to know about your experience in receiving emergency medical services (EMS) from Leduc Fire Services personnel. Participating in this survey helps us identify where and how we can help improve our EMS to the community.

Leduc.ca/firesurvey

CITY OF Leduc

OUR FAMILY PROTECTING YOURS

MORE INFORMATION

@LeducFire /LeducFireServices

MacEwan Greens

Luxurious Apartments

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780.920.1952
macewangreens.com

6 Appliances + Superior Finishes | Heat + Water Incl.
1 Energized Stall Incl. | Pets Welcome!
Heated Underground Parking Available
Fitness Center + Guest Suite | Secure Monitored Building

Professional onsite management by Ironwood Management Ltd.

LEDUC HAPPY HOMESTEADERS SQUARE DANCE CLUB

join us for fitness, friendship + fun!

SQUARE DANCING
STARTS IN SEPTEMBER

TELFORD HOUSE
4907 – 46 ST, LEDUC

780.919.9046
LEDUCSQUAREDANCE.CA

COMMUNITY DANCE
CAPITAL DISTRICT

CHAMBER TRAVEL

MEMBER TRIPS TO DISCOVER...

CHINA

MEMBER PRICE: $2,599

10 DAY TRIP
OCT. 16 - 25, 2018

EDMONTON DEPARTURE

DUBAI

MEMBER PRICE: $3,100

9 DAY TRIP
NOV. 20 - 28, 2018

EDMONTON DEPARTURE

NON-MEMBER PRICING AVAILABLE
VISIT OUR WEBSITE FOR ITINERARIES + MORE!

THE CHAMBER
LEDUC & WETASKIWIN REGIONS

780.986.5454 | LEDUC-CHAMBER.COM

Housing for Seniors, Individuals and Families

"Providing high quality, affordable housing and services to seniors, individuals and families of modest means

HOUSING FOR INDIVIDUALS & FAMILIES

Affordable Housing

Safe and affordable rental accommodation in bright, clean, and spacious bachelor, 1, 2, 3 and 4 bedroom units conveniently located in the **City of Leduc, Town of Beaumont, Town of Devon, and Town of Calmar**. Rental rates are set below current market conditions.

Subsidized Housing

Rent geared to 30% of gross monthly income for 2, 3, & 4 bedroom townhouses located in the **City of Leduc**.

Private Landlord & Direct to Tenant Rent Supplement Programs

There are two rent supplement programs that assists individuals and families within the Leduc Region. Program funding, criteria and eligibility for the rent supplement is established by the Government of Alberta.

HOUSING FOR SENIORS

Independent Living - Seniors' Apartments

Affordable rental accommodation for modest income, functionally independent seniors with the Leduc Region. Attractive one-bedroom suites and include a fridge, stove, and drapes. Seniors' Apartments are conveniently located in the City of Leduc , Town of Beaumont, Town of Devon, Town of Calmar, and the Town of Thorsby.

Rental rates are based on 30% of gross monthly income, including pensions (OAS, CPP, Private), supplements - Guaranteed Income Supplement (GIS), Alberta Seniors Benefit (ASB), investment or interest income, and other income that you may have. Rent will be reviewed annually and adjusted whenever your circumstances change. Program funding, criteria and eligibility is established by Government of Alberta.

Supportive Living Program - Lodge Accommodations

Our supportive living program serves functionally independent seniors in a home-like atmosphere enhancing quality of life . Our Lodges are located in the City of Leduc and Village of Warburg. Rent is based on 30% of

FOR INFORMATION & APPLICATION CONTACT

Leduc Regional Housing Foundation
5118 - 50 Avenue, Leduc, Alberta T9E 6V4
Phone: 780.986.2814 Fax: 780.986.4881
Email: info@leducregionalhousing.ca Website: www.leducregionalhousing.ca

PRAIRIE ECO TECH

INNOVATIVE INSULATION + VENTILATION

Kristen Hjelkrem

kristen.prairieeco@gmail.com
780.718.2169
prairieecotech.wixsite.com/site
@prairieecotech
Contractor #6019

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Specializing In:

- Reflective insulation blankets
- Solar powered attic exhaust fans
- Insulation installation
- Air sealing + ventilation
- Hot water tank wraps
- Mold stain removal
- Attic assessments
- Home insulation rebate calculations

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Certified Teachers

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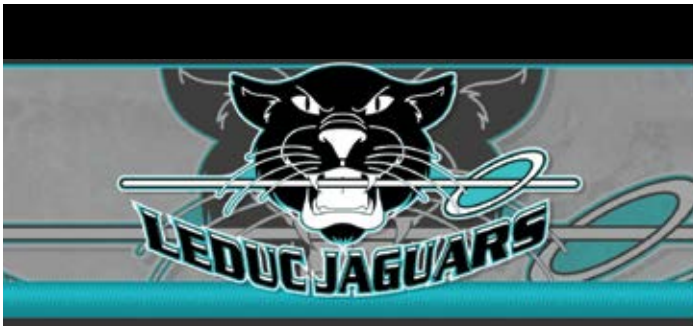

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FREE REGISTRATION FOR ACTIVE START PLAYERS THIS YEAR, JUST PAY RAB INSURANCE FEE!

Leduc FARMERS MARKET

- SHOP LOCAL -

FOR PRODUCE, LOCALLY RAISED MEATS,
SWEET TREATS, HANDCRAFTED ITEMS + MORE!

THURSDAYS + SATURDAYS
10:00 AM - 1:30 PM

THURSDAYS
MAY 17 - OCT 4

SATURDAYS
JUNE 30 - OCT 6

WEST SIDE LRC PARKING LOT

LEDUCFARMERSMARKET.CA

SUMMER EVENTS IN DOWNTOWN LEDUC

FOURTH FRIDAY DOWNTOWN PARTY

FRIDAY: JUNE 22
JULY 27 + AUGUST 24
6:00 - 9:00 PM

LOCAL VENDORS, MUSIC + MORE!

SATURDAYS AT THE SQUARE

SATURDAYS
11:00 AM - 2:00 PM

COFFEE, MUSIC, BOARD GAMES, ICECREAM + MORE!

MAIN STREET SHOPPING DISTRICT

Experience Downtown LEDUC dba downtown business association

CITY OF Leduc

ALL AGES FUN - 48A ST, DOWNTOWN LEDUC

VISIT @MAINSTREETLEDUC ON SOCIAL MEDIA OR MAINSTREETLEDUC.COM

meadowview

LIVE WHERE YOU'LL HAVE A
ROARING GOOD TIME.

SAVE UP TO $15,000 ON SELECT ESTATE LOTS!*
*Some restrictions apply. See showhomes for details.

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THE POSSIBILITIES ARE ENDLESS WHEN YOU GET TO CHOOSE FROM ONE OF OUR MANY FRONT ATTACHED LOTS*.

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WestHavenPark.ca | MELCOR

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LIVE CLOSE TO WHAT MATTERS MOST.

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