CITY GUIDE

SPRING 2020

Activities

Programs

Schedules

Services

Events

CITY OF Leduc

We want to extend our appreciation to our sponsors.

PETROLEUM

CONTENTS

Leduc Recreation Centre

2 Hours of Operation
3 Facility Information
5 Registered Program Information
7 Child Minding Information
7 RE/MAX Indoor Playground
8 Educational Programs
8 Recreation Credit Initiatives & Subsidy Programs

Recreation Programs

10 Schedule
12 Family Programs
13 Preschool Programs
15 School Aged & Youth Programs
16 Adult Programs

Fitness Centre Programs & Services

18 Fitness Centre Information
19 Personal Training & Fitness Services
Nutritional Services
20 Registered & Drop-In Fitness Programs

Youth, Senior & Adult Activities

24 Youth Activities
26 Senior Activities
28 Adult Activities

Spring Events

29 Spring Events

Aquatic Programs & Services

30 Aquatic Centre Information
31 Aquatic Centre Schedule
32 Event Bookings
35 Swimming Lessons
42 Aquatic Leadership Courses

Alexandra Outdoor Pool

46 Information
49 Pool Closure Information

Arena / Leisure Opportunities

50 Leisure Information
54 Drop-In Schedules

Leduc Public Library

56 Programs

Family & Community Support Services

62 Information & Referral
63 Upcoming Workshops & Youth Development

Environment

64 Eco Station

Maclab Centre For Performing Arts

66 Information & Upcoming Performances

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 Fitness Centre, Alberta Winter Games Indoor Running Track, Leduc County & Leduc Co-op Field Houses, Aquatic Centre, and RE/MAX 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 only valid Mon. – Fri. between 1 – 4 p.m.*

	Monthly Pass	Continuous Membership	Annual Membership	Matinee Monthly Pass	Matinee Annual Membership
Adult (18 – 59 years)	$57.75	$50.00	$549.00	$41.25	$412.00
Adult Additional	$47.00	$41.00	$448.50	N/A	N/A
Post-Secondary Student (18+ years)*	$38.50	N/A	$366.50	N/A	N/A
Youth (8 – 17 years)	$38.50	$33.30	$366.50	N/A	N/A
Youth Additional (when added to adult pass)	$20.00	$17.50	$191.00	N/A	N/A
Active 8's & 9's (Grade 8 & Grade 9's in current school year)**	--- FREE ---				
Child (3 – 7 years)	$27.00	$23.30	$257.50	N/A	N/A
Child Additional (when added to adult pass)	$15.60	$13.50	$148.50	N/A	N/A
Pre-School (2 and under)	--- FREE ---				
Senior (60 – 74 years)	$38.50	$33.30	$366.50	N/A	N/A
Senior Active Afternoon (60+ years)***	--- FREE ---				
Senior Additional (when added to adult or senior pass)	$34.50	$30.00	$329.00	N/A	N/A
Senior Plus (now available for 75+ years)	--- FREE ---				

** Must show valid student ID for the post secondary membership. ** Free membership to LRC and Alexandra Outdoor Pool for those in grade 8 and grade 9 in the City of Leduc and Leduc County. *** Senior Active Afternoon membership facility access only available Mon. – Fri. between Noon – 4 p.m.*

SINGLE VISIT / FLEX PASS

	Single Visit Admissions	Flex Pass* (10 Admissions)
Adult (18 – 59 years)	$9.25	$84
Youth (8 – 17 years)	$6.25	$56
Child (3 – 7 years)	$4.50	$39
Pre-School (2 and under)	--- FREE ---	
Senior (60 – 74 years)	$6.25	$56
Senior Plus (75+ years)	--- FREE ---	
Family**	$21.25	$191

** Flex Passes will expire 2 years from date of purchase. They are transferrable but not refundable.*
*** Family admission consists of 2 adults and all children under 18 years of age, residing in the same household.*

Hours of Operation

	Weekdays		Weekends		Statutory Holidays
Fitness Centre and Track	Mon. – Fri.	5 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	**10 a.m. – 8 p.m.** Family Day (Feb 17)
Aquatic Centre	Please see page 31 for the detailed Aquatic Centre hours.				**10 a.m. – 8 p.m.** Good Friday (Apr 10)
Guest Services	Mon. – Fri.	8 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	**10 a.m. – 8 p.m.** Easter Monday (Apr 13)
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.	**10 a.m. – 8 p.m.** Victoria Day (May 18)
Indoor Playground	Mon. – Fri.	9 a.m. – 9 p.m.	Sat. & Sun.	9 a.m. – 9 p.m.	
Child Minding Centre	Please see page 7 for Child Minding Hours. Child Minding Closed on Statutory Holidays.				

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 7 years of age and under 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 token locker or securing your belongings in a locker with your own padlock. Guest services also does sell 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 and/or on the ice the child must be within arm's reach of guardian. 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 of age or under from the sidelines of the field house or from the players bench in the ice arenas.

Registration

Spring Registration Dates

Member* Registration Mar 10, 2020

All registered recreation, fitness, and education programs as well as registered swim lessons, aquatic fitness programs, and leadership courses.

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

Online / In-person / Phone 5 p.m.

Never Miss a Class!
LRC Members receive early registration.

Public Registration Mar 12, 2020

All registered recreation, fitness, and education programs. as well as registered swim lessons, aquatic fitness programs, and leadership courses.

Online / In-person / Phone 5 p.m.

LET'S GET YOU READY TO REGISTER ONLINE

1. **Activate your account OR Login to your Live Leduc account prior to the registration dates listed**
2. **Ensure that you remember your password**
3. **Confirm all family members are listed on your account**

Please call Guest Services at 780-980-7120 if you have any trouble accessing your account, need to verify your email or add any family members to your account prior to registration.

Registration Options

Online	Visit ***Live.Leduc.ca*** and log-in. After you have logged in, find the courses you would like to register for or type in the barcode and follow the registration instructions online. We suggest stopping by the Guest Services desk at the Leduc Recreation Centre to confirm your email address during regular hours of operation.
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, AB
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. Account credits cannot be used when registering online but can be used in-person or over the phone.
- **City cancelled programs** 100% refund, pro-rated refund or an account credit.
- **Patron withdrawal 8 days or more:** If withdrawing 8 days or more before the course start date, a full refund will be issued. If withdrawing within 7 days to the course start date, refunds will not be granted and the current administrative fee will be 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 admin fee will be applied. You 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 admin 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 admin fee will be applied.

For more information on the City of Leduc's policies on program fees, cancellations, and refunds please visit **Leduc.ca/registered-programs**, 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 that a participant has successfully completed a prerequisite program or be a certain age 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	780-980-1550

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

For more information on rates and availability and/or to book, please email LRCParties@leduc.ca or call 780-980-7118.

HOST YOUR NEXT PARTY OR EVENT

AT THE

LEDUC RECREATION CENTRE

Plan a birthday, team builder, retirement, family function or anniversary party – the options are endless!

1 CHOOSE YOUR ACTIVITY OR FAVORITE SPORT

Private or public drop-in, it's your choice!

2 BOOK A PRIVATE ROOM

We have multiple private rooms to fit your needs ranging in size from 30-70 person occupancy.

3 BOOK AN LRC LEISURE HOST

Our Party Host can help you with setting up and taking down the party room and assisting you throughout your booking time with games and activities.

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 of age, 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 April 1 – June 30

Monday, Tuesday, Thursday	8:45 a.m. – 2 p.m., 5 - 8 p.m*
Wednesday	8:45 a.m. – 2 p.m., 5 - 8 p.m
Friday	8:45 a.m. - Noon
Saturday	8:45 a.m. – Noon*
Sunday & Stats	Closed

NOTE: *Closed May 2, 2020. *Hours may change based on demand. Call to confirm. Evenings and Saturdays need at least 4 pre-booked spots to be open.*

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 completely nut free and all children walking **must** have indoor shoes.

Bookings

With the purchase of a child minding 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.*

Child Minding Fees		
AGE	**60 Min Member**	**60 Min Non-Member**
2 – 19 months	$8.00	$8.80
20 months – 7 years of age	$6.00	$6.60

** Time used will be based on 30-min intervals*

Babysitter Referral Service

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.

RE/MAX Indoor Playground

General Information

The RE/MAX Indoor Playground is waiting to be conquered, climbed and played on at the LRC. This is an indoor play experience for children **7 years of age and under** and is included with paid daily admission or membership to the facility.

Hours of Operation

Mon. – Sun.	9 a.m. – 9 p.m.
Statutory Holidays	See page 3 for statutory 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).

Help keep our playground clean! You can enjoy your snacks and beverages outside the indoor playground at the tables in the lobby.

Educational Programs

Registration for all 2020 First Aid courses will open with Winter registration and remain open until 1 week prior to course start date.

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, visit us or go online ***at liveleduc.ca*** to register.

Standard First Aid – Blended Learning

$90 Member | $100 Non-Member

Blended delivery relies on a combination of online instruction with in-class, face-to-face instruction. Theory and information is conveyed to participants outside of the classroom through an online component, which allows for the in-class component to concentrate on skill development and application of theory. Participants will be required to complete the online component prior to coming to the 1-day Skills component and must provide proof of completion at the start of the Skills component. This course still includes CPR 'C', information about automated external defibrillation (AED), head and spinal injuries,choking, medical poisoning and life threatening emergencies.

NEW

NOTE: Registrants will be registered in the online modules a minimum of 2 weeks prior to the Skills session date. No manual is required to complete the online component but to reference the Red Cross Standard First Aid manual on your MyRC profile go to: My Profile, My Online Books

Sat	9 a.m. – 5 p.m.	May 23	8621
Fri	9 a.m. – 5 p.m.	Aug 28	8944
Fri	9 a.m. – 5 p.m.	Nov 13	8623

Standard First Aid / CPR / AED - Level C

$135 Member | $150 Non-Member

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.

Wed / Thurs	9 a.m. – 5 p.m.	Apr 8 & 9	8615
Mon / Tues	9 a.m. – 5 p.m.	July 27 & 28	8617
Sat / Sun	9 a.m. – 5 p.m.	Sept 26 & 27	8619
Thurs / Fri	9 a.m. – 5 p.m.	Nov 12 & 13	8623

Standard First Aid CPR / AED - Level C Re-Certification Course

$81 Member | $90 Non-Member

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.	April 20	8616
Sun	9 a.m. – 5 p.m.	June 7	8622
Fri	9 a.m. – 5 p.m.	July 3	8618
Sat	9 a.m. – 5 p.m.	Sept 12	8620
Mon	9 a.m. – 5 p.m.	Oct 19	8624
Sun	9 a.m. – 5 p.m.	Dec 6	8625

Red Cross Babysitters Course

Prepare for your first job as a 'professional babysitter.' Learn the basics in this one-day course and get tips for finding babysitting jobs. You'll learn simple techniques for First Aid, how to handle emergency situations and strategies to create a safe and happy environment for children.

The course covers babysitters' and family rights and responsibilities, basic baby and child care skills, ideas to foster positive interactions with children of different ages, as well as child safety and injury prevention.

Graduates of this program can choose, with parental consent, to have their name included in our Babysitter Referral Service. Students are asked to bring lunch money or a bagged lunch. No cell phone usage during class.

See pg. 15 for upcoming courses.

Babysitter Referral Service *FREE*

Are you a parent looking for a babysitter? To assist 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.

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. 5 for our cancellation & withdrawal policy.

THERE'S SOMETHING FOR EVERYONE AT THE LEDUC RECREATION CENTRE.

309,000 square foot premium multi-use Recreation and Fitness Facility for people of all ages.

Aquatic Centre

- Six lane main pool with public and lane swims, waterslide, hot tub, whirlpool and a steam room.

State of the Art Fitness Centre

- 9,000 sq.ft. with cardio and resistance training equipment and free weights.
- 200 meter indoor track with four extra wide lanes.

Leduc County and Leduc Co-op Field Houses

- Leisure activities include drop-in basketball, volleyball, pickleball, badminton and so much more.

Robinson & Wilhauk Beef Jerky Twin Arenas & Sobeys Performance Arena

- Public and family skates, shinny and stick & puck on an NHL sized rink.

RE/MAX Indoor Playground

- Indoor play experience for children ages 7 and under included with a paid daily admission or membership to the facility.

Exclusive benefits with a LRC Membership!

- Access to drop-in programs at no extra cost!
- Enjoy a Complimentary tour of the Fitness Facility.
- Early registration for recreation, fitness, and aquatic programs.
- 10% discount on most registered programs.
- Access to the Alexandra Outdoor Pool for FREE!
- 15% Off Full Day Tickets and Rentals at Rabbit Hill Snow Resort for the 19/20 Season.
- 10% discount on all purchases at Leduc Coffee Shop, Leduc Golf Club and Holland Food Services.
- 10% discount on all Apple Fitness Store purchases.

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

rabbit hill snow resort

Leduc Coffee Shop

Holland Food Services

Leduc Golf Club 1981

Apple Fitness Store

RECREATION PROGRAMS

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

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 Leduc.ca/LRC 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.

Developmental Domains

- Emotional Maturity
- Social Competence
- Physical Health & Well-being
- Language & Thinking
- Communication Skills & General Knowledge

- *Family Programs*
- *Preschool Dryland Programs*
- *Preschool Swimming Programs*
- *School Aged & Youth Programs*
- *Adult Programs*
- *Multi Levels*

Active Participation requires a responsible person 14 years of age or older to participate with the child.

Recreation Programs Schedule

Session 1: Apr 5 - May 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Safari Troopers 9 – 11 a.m.	Tiny Scientists 9 - 11 a.m.	Little Explorers 9 - Noon	Kitchen Monsters 9 - 11 a.m.	Little Splashers 9 a.m. – Noon	
Splash n' Play Mon & Wed 12:30 - 2:30 p.m.	Little Masterpieces 12:30 - 2:30 p.m.		DinoROAR! 12:30 - 2:30 p.m.	Sportball mornings (times vary)	
		Gran & Me* 1 - 2:30p.m.			
		Kitchen Creations 2.0 6 - 7:30 p.m.	Cupcakes 101 (NEW) 6 – 7:30 p.m.		
		Youth Disc Golf 6 - 7:30 p.m.			

*One time class, not session long.

Recreation Programs Schedule

Session 2: May 10 - June 20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Babysitting Course* 9 a.m. - 4:30p.m.	Safari Troopers 9 – 11 a.m.	Little Explorers 9 - Noon	Outdoor Fun 9 a.m. - Noon	Kitchen Monsters 9 – 11 a.m.		Tales of the Multiway (NEW) 10 a.m. - Noon
	Little Gnomes 12:30 - 2:30 p.m.	Super Heroes & Princesses 12:30 - 2:30 p.m.	Gym & Swim 12:30 - 2:30 p.m	Wings, Wheels & Whistles 12:30 - 2:30 p.m.	Incredible Edible Books 12:30 - 2:30 p.m.	Adult Disc Golf* 1 - 3 p.m.
	Craftea* 6 - 8 p.m.	Dance Lessons 7 - 8:30 p.m. (NEW)	Kids In the Kitchen 6 - 7:30 p.m.	Kitchen Creations 6 - 7:30 p.m.	Youth Trip*	Stay Safe* 9 a.m. - 3 p.m.
		Sportball evenings (times vary)	Adult Disc Golf* 7 - 9 p.m.		Babysitting Course* 9 a.m. - 4:30p.m.	

*One time class, not session long.

Spring Registration Dates
Member Registration Mar 10, 2020
Public Registration Mar 12, 2020
Online / In-person / Phone 5 p.m.

Leduc Summer Camps
Registration May 5 & 7, 2020.

Family Programs

All of our family programs require an adult to be actively involved. From sports to painting we have a single day program or an entire session ready for you to make memories at the LRC with your family.

Gran & Me *Ages 2 - 6*

A new kind of family outing at the LRC! Grandma or Grandpa partnered with their grandchild doing arts, crafts and even cooking. Each class will be something new and exciting for the special bond between the ages to grow. Max of 2 children/adult, indoor shoes are mandatory.

Date	Day	#	Time	Cost	Code
May 6 Mother's Day	Wed	1	1 - 2:30 p.m.	$14.25	9015

Sportball – Parent & Child
Ages 16 months – 2 years

You've made the team! Toddlers and parents/caregivers learn fundamental sport skills and participate in creative motor games, songs, rhymes, stories, bubble time and much more! In addition to focusing on physical movements and social exploration, these 45-minute programs will introduce children to a different sport each week. Parents/caregivers participate with their little one to guide and challenge them according to their individual skill level. Sportball maintains a one-parent-per-child ratio policy in all Parent & Child programs to ensure that focus is kept on helping little ones practice and progress. Bring indoor shoes and water bottle for both parent and child.

Date	Day	#	Time	Cost	Code
May 8 - June 19*	Fri	6	8:55 - 9:40 a.m.	$96	9006

**No class May 29.*

Sportball – Parent & Child
Ages 2 – 3.5

You made it to the big leagues! Parents/caregivers have a direct hand in their pre-schooler's development through this unique 45-minute Multi-Sport program. With the active support and participation of their grownup, children are able to refine their skills and continue their social and physical development such as balance and coordination by participating in eight popular sports - hockey, soccer, football, baseball, basketball, volleyball, golf and tennis. Under the guidance of our expert Coaches, grownups also understand proven teaching techniques that can be applied outside of Sportball classes. Sportball maintains a one-parent-per-child ratio policy in all Parent & Child programs to ensure that focus is kept on helping little ones practice and progress. Bring indoor shoes and water bottle for both parent and child.

Date	Day	#	Time	Cost	Code
May 8 - June 19*	Fri	6	9:45 – 10:30 a.m.	$96	9007
May 12 - June 16	Tues	6	5:15 – 6 p.m.	$96	9009

**No class May 29.*

Preschool Programs

Calling all 3, 4, 5 and 6 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!

DinoROAR! *Ages 4 – 6*

Send your little dino enthusiast on a weekly learning expedition. Each class we will dig into a different dinosaur by discovery learning, experiencing themed centers, and making a special craft too! By the end you will have little paleontologists ready to discover the next fossil in their backyard. All participants must bring 1 nut free snack, water bottle, wear indoor shoes and be fully toilet-trained.

Date	Day	#	Time	Cost	Code
Apr 9 - May 7	Thurs	4	12:30 - 2:30 p.m.	$59.40	8994

*NOTE: This class is for 4, 5 & 6 year olds. *No class April 23.*

Gym & Swim *Ages 3 – 5*

Be a part of the splashing good time at the LRC. Our program starts off with a refreshing dip in the pool and then we have some fun planned. All participants must bring 1 nut free snack, water bottle, swim suit & towel, wear indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
May 13 - June 10	Wed	5	12:30-2:30 p.m.	$80.25	8998

Incredible Edible Books
Ages 3 – 5

How cool would it be to read a book and eat it too? Well do we have a surprise for you because we have combined reading with cooking all into one marvellous class. We will start by reading a very incredible book and then make an edible snack that is in the story we just read. All participants must bring 1 nut free snack, water bottle, wear indoor shoes and be fully toilet-trained.

Date	Day	#	Time	Cost	Code
May 22 - June 12	Fri	4	12:30 - 2:30 p.m.	$59.40	9000

Kitchen Monsters *Ages 3 – 5*

Join our chefs in the kitchen to learn about kitchen safety, how to measure, mix, follow recipes and clean up. Children will bring home a treat each class. All participants must bring 1 snack, water bottle, wear indoor shoes and be fully toilet-trained.
NOTE: This is NOT an allergy free zone.

Date	Day	#	Time	Cost	Code
Apr 9 - May 7	Thurs	5	9 - 11 a..m.	$78	8992
May 14 - June 11*	Thurs	4	9 - 11 a.m.	$62.40	8993

**No class May 28.*

Little Explorers *Ages 3 – 5*

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! All participants must bring 1 nut free snack, water bottle, wear indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
Apr 8 - May 6	Wed	5	9 a.m. – Noon	$110.25	8990
May 12 - June 9	Tues	5	9 a.m. – Noon	$110.25	8991

Little Gnomes *Ages 3 – 5*

Ever wonder how a seed ends up into a blooming masterpiece or a yummy edible? Join us in the dirt to explore the life cycle of plants and helper animals too. Be prepared to go outside and get dirty if the weather permits. All participants must bring 1 nut free snack, water bottle, wear indoor shoes (no flip flops) and be fully toilet trained.

Date	Day	#	Time	Cost	Code
May 11 - June 8*	Mon	4	12:30 - 2:30 p.m.	$59.40	8996

**No class May 18.*

Little Masterpieces
Ages 3 - 5

Give your little Picasso the chance to explore a variety of art experiences based on stories in a fun and creative learning environment. This program focuses on having fun while creating fantastic masterpieces. All participants must bring 1 nut free snack, water bottle, wear indoor shoes and be fully toilet-trained.

Date	Day	#	Time	Cost	Code
Apr 7 - May 5	Tues	5	12:30-2:30 p.m.	$74.25	8989

Little Splashers *Ages 3 - 5*

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

Date	Day	#	Time	Cost	Code
Apr 17 - May 8*	Fri	3	9 a.m. – Noon	$70.20	8995

**No class April 24.*

Outdoor Fun
Ages 4 – 6

Let's explore the outdoors through adventures, hands on learning and creative play. We will be playing and learning about all the things we can find outdoors and having way too much fun in just 3 hours! Drop off and pick up will be at the Lede Park Playground. Please ensure to apply bug spray and sunscreen before drop off and that all of items are in a backpack. Program will run unless weather is unfavourable and an email will be sent. All participants must be fully toilet trained, bring 1 nut free snack, hat, water bottle, closed toed shoes (no flip flops) and dress to the weather.

Date	Day	#	Time	Cost	Code
May 13 – June 10	Wed	5	9 a.m. - Noon	$110.25	9593

Safari Troopers *Ages 3 – 5*

This two-hour program is provided under the supervision and guidance of our qualified leaders to provide a fun environment for socialization, craft-time, games, and songs. All participants must bring 1 nut free snack, water bottle, wear indoor shoes and be fully toilet-trained.

Date	Day	#	Time	Cost	Code
Apr 6 - May 4*	Mon	4	9 – 11 a.m.	$59.40	8985
May 11 - June 8**	Mon	4	9 - 11 a.m.	$59.40	8986

**No class April 13. **No class May 18.*

Splash n' Play *Ages 3 – 5*

A unique opportunity for kids to join in a fun recreational program with a swimming lesson, fun activities, and snack! Upon the successful completion of lessons participants will receive a Red Cross Progress Card detailing their accomplishments. All participants must bring 1 nut free snack, water bottle, swim suit and towel, wear indoor shoes and be fully toilet-trained.

Date	Day	#	Time	Cost	Code
Apr 6 - May 4*	Mon & Wed	8	12:30 – 2:30 p.m.	$137.20	8987

**No class April 13.*

SuperHeroes & Princesses
Ages 3 – 5

From capes to crowns this program is for the preschooler that loves to imagine. Each class we will learn about a superhero and princess through play, craft and story time. By the time class is over your preschooler will have stories to tell you about the character behind the mask and under the pretty dress! Participants need 1 nut free snack, water bottle, indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
May 12- June 9	Tues	5	12:30 - 2:30 p.m.	$74.25	8997

Sportball – Coaches & Children
Ages 3.5 – 5

Sportball Coach & Children programs help kids ages 3.5 and up develop independence and build confidence by attending classes 'all by themselves.' Coaches engage younger children with creative storylines and special themes and connect with older kids as leaders and mentors. Parents and caregivers are asked to remain outside during Coach & Children classes to minimize distractions and encourage kids to participate on their own. Children must be fully toilet trained, bring a water bottle & wear indoor shoes.

Date	Day	#	Time	Cost	Code
May 8 - June 19*	Fri	6	10:35-11:20 a.m.	$96	9008
May 12 - June 16	Tues	6	6:05 - 6:50 p.m.	$96	9010

**No class May 29.*

Tales of the Multuway
Ages 4 – 6

Come outside and enjoy reading a book page by page on the multiways around Leduc. Follow the story down the multiway while reading, playing and making memories. Have a blast being wrapped up in the tale all while being outside and active.

Drop off and pick up will be at various playgrounds around Leduc. Please ensure to apply bug spray and sunscreen before drop off and that all of items are in a backpack. Program will run unless weather is unfavourable and an email will be sent. All participants must be fully toilet trained, bring 1 nut free snack, hat, water bottle, closed toed shoes (no flip flops) and dress to the weather.

Date	Day	#	Time	Cost	Code
June 6 - 20	Sat	3	10 a.m. - Noon	$44.55	9001

Tiny Scientists *Ages 4 – 6*

From air to water, weather and what's under our feet, our Tiny Scientist program is for the curious nature of preschoolers. In this program each scientist will get to engage, interact and explore hands on exciting science topics. Each day is a new day of discovery! All participants must bring 1 nut free snack, water bottle, wear indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
Apr 7 - May 5	Tues	5	9 - 11 a.m.	$74.25	8988

Wings, Wheels & Whistles
Ages 3 – 5

Hop on board and join us for a movin' good time. Whether it be in the air, on land or in the sea we are sure to use our 5 senses to experience wings, wheels and whistles. All participants must bring 1 nut free snack, water bottle, wear indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
May 14 - June 11	Thurs	5	12:30 - 2:30 p.m.	$74.25	8999

School-Aged & Youth Programs

These programs are specifically programmed for children ages 5-17. These program lengths and times vary as some run just once and others are for a session and some are offered after school and on weekends.

Cupcakes 101 *Ages 8 - 14*

NEW

Whip up and decorate scrumptious cupcakes each week that will make your friends amazed. From fruit to chocolate and all the icing and décor in between, you will learn some basic skills to serve up at your next party. Indoor shoes are mandatory for this class.

NOTE: This is NOT an allergy free zone!

Date	Day	#	Time	Cost	Code
Apr 9 - May 7	Thurs	5	6-7:30 p.m.	$81.50	9002

Kids In The Kitchen *Ages 6 – 8*

Learn how to be a junior home cook right in your own kitchen. Join us and you will learn to make delicious edible masterpieces that can impress your friends. During this course participants will learn kitchen safety, how to read recipes, measure and use basic kitchen tools. All participants must wear indoor shoes.

NOTE: This is NOT an allergy free zone!

Date	Day	#	Time	Cost	Code
May 13 - Jun 10	Wed	4	6-7:30 p.m.	$65.20	9013

**No class May 27.*

Kitchen Creations *Ages 9 – 11*

We're cooking up more than just tasty treats. Join us as we learn how to prepare snacks that can be easily made at home alone. All participants must wear indoor shoes.

NOTE: This is NOT an allergy free zone!

Date	Day	#	Time	Cost	Code
May 14 - June 11	Thurs	4	6-7:30 p.m.	$65.20	9014

**No class May 28.*

Kitchen Creations 2.0 *Ages 12 – 17*

We're mixing up some unique masterpieces. Join us as we learn how to prepare some extraordinary recipes that you can make later and impress a crowd. All participants must wear indoor shoes.

NOTE: This is NOT an allergy free zone!

Date	Day	#	Time	Cost	Code
Apr 8 - May 6	Wed	5	6-7:30 p.m.	$81.50	9004

Red Cross Stay Safe! Course *Ages 9 - 13*

The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations. This program offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities.

Students are asked to bring lunch money or a bagged lunch. No cell phone usage during class.

Date	Day	#	Time	Cost	Code
May 16	Sat	1	9 a.m. - 3 p.m.	$45	9366

Red Cross Babysitter Course
Ages 11+

Prepare for your first job as a 'professional babysitter.' Learn the basics in this one-day course and get tips for finding babysitting jobs. You'll learn simple techniques for First Aid, how to handle emergency situations and strategies to create a safe and happy environment for children. The course covers babysitters' and family rights and responsibilities, basic baby and child care skills, ideas to foster positive interactions with children of different ages, as well as child safety and injury prevention.

Graduates of this program can choose, with parental consent, to have their name included in our Babysitter Referral Service.

Students are asked to bring lunch money or a bagged lunch. No cell phone usage during class.

NOTE: Spring dates to be determined.

Date	Day	#	Time	Cost	Code
May 15	Fri	1	9 a.m. - 4:30 p.m.	$60	9364
June 28	Sun	1	9 a.m. - 4:30 p.m.	$60	9365

Youth Disc Golf *Ages 12 – 17*

Learn how to play disc golf right here in Leduc in Fred Johns Park with our instructor over 4 weeks. We will start off with the basics including an introduction to putters and the game. During games and practice you can try your hand at this outdoor marvel. Add talents to your game with a variety of disks, throws and tips in an outdoor hands on learning experience. Please dress for the outdoor weather, bring a water bottle, and wear active clothing and running shoes. If the weather is poor we will contact you to cancel the course via email.

Date	Day	#	Time	Cost	Code
May 6 - 27	Wed	4	6-7:30 p.m.	FREE	9017

Leduc Recreation Youth Trips

Unique, interactive and memorable day trips are for youth ages 12-17 and offer fun adventures. Registration is required and spots are limited. We have partnered with Leduc Transit to provide specific bus stop pickups and one central drop off location (Bus Stop 100 – 50 Street & 47 Ave) for easy accessible programs in and around Leduc. We will email a copy of the map and the waiver the week before the trip.

NOTE: Program cancellation notifications will be the Wednesday before the scheduled trip not a week prior. We require an active email on your account for the details to be emailed to.

Fitset Ninja Edmonton

Play on obstacles you've seen on American Ninja Warrior in 10,000 square feet of all things Ninja. You will need to wear active clothing, bring clean indoor running shoes and a water bottle. Please note there are waivers that are required to participate so please provide an active email to receive them the week of the trip.

- Leave Bus Stop 100 at 11:30 a.m.
- Return to Bus Stop 100 at 4:30 p.m.

Youth need to bring clean indoor shoes, wear comfortable clothing and bring a water bottle.

Date	Day	Time	Cost	Code
May 15	Fri	11:30 a.m. - 4:30 p.m.	$20	9328

To register, visit *Live.Leduc.ca today!*

Adult Programs

The LRC offers programs for participants 18+ years old. These programs are offered seasonally through the year so keep your eye online and on the City Guide for upcoming programs.

Adult Disc Golf *Ages 16+*

NEW

Join our instructor in learning the basics of disc golf including types of discs, putters and skills. Practice in a safe learning environment and then take your skills out to the course right here in Leduc at Fred Johns Park. Please dress for the outdoor weather, bring a water bottle, and wear active clothing and running shoes. If the weather is poor we will contact you to cancel the course via email.

Date	Day	#	Time	Cost	Code
June 13	Sat	1	1 - 3 p.m.	$20	9016
June 17	Wed	1	7 - 9 p.m.	$20	9018

Dance Lessons - Two Step

NEW

Dance lessons designed for those who want to bring dance into their life with no previous dance experience. Whether you are looking to learn a new dance style or bring a partner and have a great time to music, we have a lesson for you. Our instructors will teach you to move to the music in a stress free, fun environment. Please wear comfortable clothing, bring clean indoor shoes (non-sticking, no rubber, preferably smooth bottoms) and a water bottle.

NOTE: This class is for a couple. Please register only 1 person but bring a partner with you to class.

Date	Day	#	Time	Cost	Code
June 2 - 23 Two Step	Tues	4	7 - 8:30 p.m.	$220	9363

Craftea

Do you pin a lot of things thinking you will make them later? Come have a cup of tea and feel good checking something off your to do list. Join us for a night out to craft, socialize and let us provide all the supplies, instruction and tea.

Date	Day	#	Time	Cost	Code
May 25 Macrame Feathers	Mon	1	6 - 8 p.m.	$50	9327

ACTIVE 8's & 9's

Receive a FREE MEMBERSHIP to the LRC and Alexandra Outdoor Pool.

Now until August 31, 2020

Applicable to all 2019/2020 Grade 8 and Grade 9 students from the City of Leduc or Leduc County.

Register with Guest Services today and be ready to get moving!

The Active 8's and 9's Membership will now be offered to Grade 8 and Grade 9 students from the City of Leduc and Leduc County each school year moving forward (September 1 to August 31).

FITNESS CENTRE

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

Scan your LRC Membership Card up at the Fitness Desk!

LRC Patrons can scan their LRC Membership card up at our fitness desk during our hours of operation indicated on page 2. 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 of age.

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 aged 18+.

REGISTER EARLY!

Sometimes our favourite programs get cancelled when everyone waits to the last minute to register. Each of our programs must meet a minimum number of registrations to run. Decisions on class cancellations are made 1 week prior to the class start date. Join the fun and register early!

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
1 session	$60
3 sessions	$171
5 sessions	$279
10 sessions	$545
15 sessions	$774
20 sessions	$1025

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 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	$142/person	$264/person	$363/person
3	$107/person	$196/person	$256/person
4	$87.50/person	$154/person	$198/person
5	$75/person	$130/person	$168/person

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

Fitness Centre Orientation *FREE*

Meet with one of our Fitness Centre staff and get a tour of the 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 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 Fitness Centre desk at 780-980-8455.

Teen Fit Starter Package *$153*

(4 hours, 1 hour orientation, 3 personal training sessions)

Youth ages 14-17 will meet with a certified personal trainer to go through a Teen Fit orientation and get the opportunity to put their newfound knowledge into practice with 3 individual personal training sessions. Teens will receive tailored programming personalized to their own health and wellness goals and get a head start on the right track to a healthy active lifestyle.

Fitness Assessments *$109 - (1.5 hours)*

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 *$123 – 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 *$39 - (.5 hours)*

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

$258 - (6 sessions)

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 *$51*

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 *$692*

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.

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**.

Registered Fitness Programs *Spring Registered Session: April 6 – June 26*

Monday	Tuesday	Wednesday	Thursday	Friday
Bootcamp 5:30 - 6:30 a.m. HPZ / Track		Bootcamp 5:30 - 6:30 a.m. HPZ / Track		Metabolic Conditioning 5:30 - 6:30 a.m. HPZ / Track NEW
Lift. Rest. Repeat. 9 - 10 a.m. HPZ	Fired Up 9 – 10 a.m. HPZ / Track	Fitness at the Barre 9 – 10 a.m. Aspenleaf Studio Lift. Rest. Repeat. 9 – 10 a.m. HPZ	Fired Up 9 – 10 a.m. HPZ / Track	
Move Better Monday (Workshop Series) 1:30 - 2:15 p.m. Rotary Room NEW			Yoga for the Health of It 11:45 a.m. – 12:30 p.m. Civic Centre	Strong 30 12:15 - 12:45 p.m. Court C
	Titans 6 – 7 p.m. HPZ / Track	Fit Happens 6 - 7 p.m. Group Training Zone	Geared Up 5:45 - 6:45pm	
Rears & Gears 7:30 – 8:30 p.m. Cycling Zone		Fitness at the Barre 7:15 – 8:15 p.m. Aspenleaf Studio		

FREE SAMPLE CLASS
March 16, 18, 23, 25.

Registered Fitness Programs

General Information

Session Dates:	Spring I: April 6 - May 15 (6 weeks)
	Spring II: May 19 - June 26 (6 weeks)

Please note registered programs do not run on Statutory holidays or long weekends; **; no classes the following dates:**
Easter Weekend - April 10, 11, 12, 13
Victoria Day Weekend - May 16, 17, 18

Deadline for Spring session registration is March 25
Remember to register early to avoid disappointment. All registered programs are subject to cancellation if there is insufficient registration. Participants will be notified prior to class starting.

Bootcamp *12 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
Apr 6 - June 24	Mon & Wed	5:30 - 6:30 a.m.	$269.50	9536

Fired Up *12 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
Apr 7 - June 23	Tues	9 - 10 a.m.	$162	9531
April 9 - June 25	Thurs	9 - 10 a.m.	$162*	9530

**Thursday cost will be discounted 20% if registered in Tuesday class.*

Fit Happens *12 weeks*
Whether you're a beginner or a seasoned fitness participant, this class is meant to increase your overall strength and cardiovascular health. Each class incorporates a variety of equipment and styles of training and is meant to be challenging and fun! We want to help keep you motivated and achieve your fitness goals!

Date	Day	Time	Cost	Code
Apr 8 - June 24	Wed	6 – 7 p.m.	$153	9532

Fitness at the Barre *6 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
Apr 8 - May 13	Wed	9 - 10 a.m.	$84	9538
Apr 8 - May 13	Wed	7:15 – 8:15 p.m.	$84	9540
May 20 - June 24	Wed	9 - 10 a.m.	$84	9539
May 20 - June 24	Wed	7:15 – 8:15 p.m.	$84	9541

Geared Up *8 weeks*
This class is designed to have you ready for road or trails by the time the snow has melted! For mountain bikers, road cyclists or those serious about intense cardio training. Progress will be monitored weekly with functional threshold testing using the Keiser M Series interactive cycling app.

Date	Day	Time	Cost	Code
Apr 9 - May 28	Thurs	5:45 - 6:45 p.m.	FREE	9558

Lift. Rest. Repeat *10 & 12 weeks*
This class focused solely on strength requires previous experience lifting and is intended for those who are at an intermediate level. Not only will participants build muscular strength and endurance, but they will also broaden their knowledge of strength exercises and resistance training.

Date	Day	Time	Cost	Code
Apr 6 - June 22	Mon	9 - 10 a.m.	$135	9535
Apr 8 - June 24	Wed	9 - 10 a.m.	$162*	9533

**Wednesday cost will be discounted 20% if registered in Monday class.*

Metabolic Conditioning *11 weeks* NEW
Metabolic conditioning targets the different energy systems that the body uses, improving the cardiovascular system, recovery time and overall fitness. The class will follow a structured pattern of full body training that involves a very high work rate with short periods of rest. Different modalities and movements used will push the limits of your body to build strength and endurance while getting toned.

Date	Day	Time	Cost	Code
Apr 17 - June 26	Fri	5:30 - 6:30 a.m.	$140	9553

**Cost discounted 20% if registered in Bootcamp.*

Move Better Monday (Workshop Series) *6 weeks* NEW
Focus on 6 areas of the body in 6 weeks. Each class will consist of basic anatomy, strengthening and stretching to improve range of motion for that specific area. Also includes fall prevention, balance, neuroplasticity and focus on core and its importance.

Date	Day	Time	Cost	Code
Apr 6 - May 25	Mon	1:30 - 2:15 p.m.	FREE	9563

Rears and Gears *5 weeks*
Get ready for a lower body blast! This combination class will incorporate varied indoor cycling drills on our Keiser M3i spin bikes along with barre-inspired movements.

Date	Day	Time	Cost	Code
Apr 6 - May 11	Mon	7:30 - 8:30 p.m.	$70	9542
May 25 - June 22	Mon	7:30 - 8:30 p.m.	$70	9543

Strong 30 *5 & 6 weeks*
STRONG 30 is a 30-minute, high-intensity, full body workout where every single cardio and muscle-conditioning move is perfectly synced to original music. So instead of counting reps, you train to the beat, pushing past your limits and torching more calories.

Date	Day	Time	Cost	Code
Apr 17 - May 15	Fri	12:15 - 12:45 p.m.	$48.75	9554
May 22 - June 26	Fri	12:15 - 12:45 p.m.	$58.50	9555

Titans *12 weeks*
This is an intermediate-level conditioning and lifting class focused on building muscle, burning fat and 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
Apr 7 - June 23	Tues	6 – 7 p.m.	$162	9534

Yoga for the Health of It *5 & 6 weeks*
Please join us for this de-stressing class. Perfect for beginners and existing yogis who are looking for that 'aaaaah moment.' Props will be provided, but you must bring your own mat.

Date	Day	Time	Cost	Code
Apr 9 - May 14	Thurs	11:45 - 12:30 p.m.	$76.50	9544
May 21 - June 18	Thurs	11:45 - 12:30 p.m.	$63.75	9545

**This class is held at the Leduc Civic Centre.*

Private Group Fitness Class
If you are a group of 6 or more people looking for a fun, high-energy group fitness experience, look no further! Perfect for groups of up to 12 people with the flexibility to book 4, 8 or 12 weeks of classes with a qualified Fitness Instructor. Class formats offered include cycling, resistance, yoga or Barre.
Pricing varies, to book your class please call the Fitness Programs Supervisor at 780-980-8466.

Drop-in Fitness Programs

Spring Drop-In Session: Mar 28 - June 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Ride & Shine 6 - 6:40 a.m. Cycling Zone Healthy Hearts		Sweat Equity 6 - 6:45 a.m. Cycling Zone / Track			
Fit & Fierce 9 – 9:45 a.m. Group Training Zone	Circuit 9 – 9:45 a.m. Group Training Zone	RPMs & Abs 9 – 9:45 a.m. Cycling Zone Healthy Hearts	Right to Bare Arms 9 – 9:30 a.m. Group Training Zone Right to Bare Arms 9:35 – 10:05 a.m. Group Training Zone	Rock Bottom 9 – 9:45 a.m. HPZ	Weekend Warrior 9:15 – 10 a.m. HPZ	Sunday Cycle 9 - 9:45 a.m. Cycling Zone
Power (Stroller friendly) 10 - 10:45 a.m. HPZ		Active & Ageless 10 – 10:45 a.m. Aspenleaf Studio		Healing Yoga 10 – 11 a.m. Aspenleaf Studio		Power Yoga 10 – 10:45 a.m. Aspenleaf Studio
Power Yoga 12:10 - 12:50 p.m. Aspenleaf Studio	Power (Stroller friendly) 1 – 1:45 p.m. HPZ Matinee Yoga 2:30 – 3:15 p.m. Aspenleaf Studio	Crank'd 12:15 – 12:45 p.m. Cycling Zone	Quickfit 12:15 - 12:45 p.m. Group Training Zone Barre for Boomers 1:15 - 2 p.m. Aspenleaf Studio	Zumba Gold 1 – 1:45 p.m. Court C		
Circuit 6:30 – 7:15 p.m. Group Training Zone	Indoor Cycling 5:30 - 6:15 p.m. Cycling Zone	ABSolutely! 6:20 – 6:50 p.m. MNP Room				
H.I.I.T It! 7:30 – 8:15 p.m. Group Training Zone Healthy Hearts	Right to Bare Arms 7:15 - 7:45 p.m. Group Training Zone	Zumba 7 – 7:45 p.m. MNP Room	Walk With a Doc 7 – 7:45 p.m. Healthy Hearts Fit & Fierce 7 – 7:45 p.m. HPZ / Track			

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

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

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

Classes do not run on Statutory holidays or long weekends; no drop-in classes the following dates:
Easter Weekend - April 10, 11, 12, 13
Victoria Day Weekend - May 16, 17, 18

Drop-in schedule subject to change, please check the Fitness Centre desk for a current drop-in fitness class schedule, or find the most up-to-date schedule on our website at ***Live.Leduc.ca***

Drop-in Fitness Programs

ABSolutely!
Get ready to rock your abs. This class will focus on exercises to tone your abdominal area and strengthen your back.

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.

Barre for Boomers
This class is a lower intensity beginner barre class that emphasizes the foundations of a typical barre class with a strong focus on postural strength, alignment, breath and muscle action.

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. This is a quick class geared to getting you in, cranking up your energy level and getting you out within 30 minutes.

Fit & Fierce
Group exercise at its best! Be ready for this class to work your cardiovascular system and challenge your muscles through various drills and exercises.

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! Healthy Hearts
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. This class moves outside for the summer.

Indoor Cycling (Includes Sunday Cycle)
This class incorporates all the components of indoor cycling: speed work, intervals, hill climbs and more on our Keiser M3i bikes.

Matinee Yoga
This is a gentler yoga class where participants can develop greater flexibility, balance, strength, and much more ease in their bodies. Practiced correctly, yoga can help ease the discomfort of arthritis and the general aches and pains of aging.

Power
Unleash your power! This stroller-friendly class features lots of weights and cardio in a circuit format.

Power Yoga
Build strength, endurance and flexibility in this power flow yoga class. This is an intermediate to advanced class, previous yoga experience highly recommended.

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

Ride & Shine Healthy Hearts
Start your morning off right with this high intensity 40 minute cycling class.

Right to Bare Arms
Tone your arms with this upper body class focusing on deltoids, triceps and biceps. Mostly strength exercises with various tools from weights to battling ropes to body weight, however cardio can also be a component some weeks.

RPMs & Abs Healthy Hearts
Rev it up in this rapid, fat burning class incorporating indoor cycling and running drills on the track. Get in the zone and become addicted to the aerobic rush these two activities provide. Followed by a short but effective abdominal session.

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
This class is cardio! We use the indoor cycling bikes and track to challenge you through drills and exercises on and off the bikes.

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

Weekend Warrior
This circuit-style class incorporates strength, conditioning and cardio components to get your whole body moving and fit!

Zumba
Join this fun dance class that is exercise in disguise. Easy to follow moves in fun form will burn calories and help tone your body!

Zumba Gold
This is a modified Zumba class that re-creates the original moves you love at a lower intensity. Zumba Gold introduces easy-to-follow choreography that focuses on balance, range of motion and coordination.

Child Minding Centre
Did you know we provide babysitting services for those participating in our drop-in classes or registered programs at the LRC?

It is available for children ages 2 months to 7 years.

Refer to page 7 for hours of operation, guidelines and fees.

YOUTH FOCUS

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 Fitness Centre desk at 780-980-8455.

Teen Fit Starter Package *$153*

(4 hours, 1 hour orientation, 3 personal training sessions)

Youth ages 14-17 will meet with a certified personal trainer to go through a Teen Fit orientation and get the opportunity to put their newfound knowledge into practice with 3 individual personal training sessions. Teens will receive tailored programming personalized to their own health and wellness goals and get a head start on the right track to a healthy active lifestyle.

Cupcakes 101 *Ages 8 - 14*

Whip up and decorate scrumptious cupcakes each week that will make your friends amazed. From fruit to chocolate and all the icing and décor in between, you will learn some basic skills to serve up at your next party. Indoor shoes are mandatory for this class.

NOTE: This is NOT an allergy free zone!

Date	Day	#	Time	Cost	Code
Apr 9 - May 7	Thurs	5	6-7:30 p.m.	$81.50	9002

Kitchen Creations 2.0 *Ages 12 – 17*

We're mixing up some unique masterpieces. Join us as we learn how to prepare some extraordinary recipes that you can make later and impress a crowd. All participants must wear indoor shoes.

NOTE: This is NOT an allergy free zone!

Date	Day	#	Time	Cost	Code
Apr 8 - May 6	Wed	5	6-7:30 p.m.	$81.50	9004

Teen Swim Basics *FREE Ages 13-17*

Includes Wristband for public swim!

Is your teen not quite finished their Swim Kids levels but feeling too "old" to continue them? Or are they looking for something to do after their Swim Kids levels before they are old enough to participate in our leadership courses? Then this is the course for them! Working with a Water Safety Instructor, they'll be able to finish up skills from Swim Kids 8-10 levels with a focus on the things they need to master in order to progress into Lifeguarding or Instructing courses. Plus, with a wristband, they can practice their skills on their own or swim for the fun of it after their lesson!

See page 34 for schedule.

WIBIT *Ages 8+*

Our giant inflatable obstacle course (also known as a Wibit) will be set-up in the Main Pool May 1 and June 5 from 7–9 p.m. Grab your friends and come join us for an evening of fun. Day admission pass or FREE for LRC Members.

Deep water swim test required.

TEEN TAKE OVER

A FREE night for youth 12-17 after hours at the LRC. Bring your friends, join in on the fun and win some prizes!

You can swim, play sports, participate in special activities, hang out, use WiFi, play games and of course enjoy the snacks!

April 4 | 9-11 p.m.

More details to come.

Friday Fun Skates

Bring the whole family for arena fun with lots of treats and prizes to be won! Friday Fun Skates are every 3rd Friday from 7 – 8:30 p.m. FREE for LRC Members or a Day Admission pass to attend.

Equipment requirements for children 12 and under: CSA certified helmet

- **February 21 – Superhero Skate –** Calling all Super Heroes. Grab your masks and capes and help us celebrate your powers.
- **March 20 – Neon Night Fun Skate –** Dress up bright for neon night! Join us as we go back in time, when lights were colorful and clothes were bright.
- **April 17 - Jersey Day -** Come wearing your favorite Jersey and celebrate the world of sports.

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.

See drop-in schedules on pages 54 - 55 for all arena and field house drop-in opportunity times.

TEEN ADVISORY CLUB

Join us at the Leduc Public Library on the first Thursday of each month from 4 to 5 p.m. and be part of a team that suggests and plans creative events for teens in our city. Become a member and gain volunteer hours!

New members always welcome! Free to attend!
Grades 8 through 12

Leduc Recreation Youth Trips

Unique, interactive and memorable day trips are for youth ages 12-17 and offer fun adventures. Registration is required and spots are limited. We have partnered with Leduc Transit to provide specific bus stop pickups and one central drop off location (Bus Stop 100 – 50 Street & 47 Ave) for easy accessible programs in and around Leduc. We will email a copy of the map and the waiver the week before the trip.

NOTE: Program cancellation notifications will be the Wednesday before the scheduled trip not a week prior. We require an active email on your account for the details to be emailed to.

Fitset Ninja Edmonton

Play on obstacles you've seen on American Ninja Warrior in 10,000 square feet of all things Ninja. You will need to wear active clothing, bring clean indoor running shoes and a water bottle. Please note there are waivers that are required to participate so please provide an active email to receive them the week of the trip.

- Leave Bus Stop 100 at 11:30 a.m.
- Return to Bus Stop 100 at 4:30 p.m.

Youth need to bring clean indoor shoes, wear comfortable clothing and bring a water bottle.

Date	Day	Time	Cost	Code
May 15	Fri	11:30 a.m. - 4:30 p.m.	$20	9328

To register, visit *Live.Leduc.ca today!*

ACTIVE AGING

Active & Ageless

- Wednesdays 10 - 10:45 a.m.
  Aspenleaf Studio

  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.

Barre For Boomers

- Thursdays 1:15 - 2 p.m.
  Aspenleaf Studio

  This class is a lower intensity beginner barre class that emphasizes the foundations of a typical barre class with a strong focus on postural strength, alignment, breath and muscle action.

Matinee Yoga

- Tuesdays 2:30 - 3:15 p.m.
  Aspenleaf Studio

  This is a gentler yoga class where participants can develop greater flexibility, balance, strength, and much more ease in their bodies. Practiced correctly, yoga can help ease the discomfort of arthritis and the general aches and pains of aging.

Healing Yoga

- Fridays 10 - 11 a.m.
  Aspenleaf Studio

  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.

Zumba Gold

- Fridays 1 - 1:45 p.m.
  Court C

  This is a modified Zumba class that re-creates the original moves you love at a lower intensity. Zumba Gold introduces easy-to-follow choreography that focuses on balance, range of motion and coordination.

Pickleball for Beginners

- Wednesdays 7 - 9 p.m. & Saturdays 5 - 9 p.m.
  LRC Field House

  This is an opportunity for participants that are looking to build their confidence and abilities with new and beginner pickleballer's. Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis into one.

touchtennis & Lawn Sports

- Tuesdays & Thursdays 9:30 - 11:30 a.m.
  LRC Field House

  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.

Public Skate

- Mon - Sun | Various Times
  Arenas

  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.

See leisure schedule and equipment needs on pages 55.

Seniors AquaFit

- Tuesdays & Thursdays 11 - 11:45 a.m.
  Thursdays 2:15 - 3 p.m. FREE
  LRC Indoor Pool

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

  Maximum of 45 participants

Introducing

SENIOR'S *Active* AFTERNOONS

Are you 60+?
Are you looking to get more active?

Visit Guest Services to register for your FREE Membership today!

Monday – Friday
Noon – 4 p.m.

LEDUC RECREATION CENTRE **DO *your* THING.**

LEDUC RECREATION CENTRE **DO *your* THING.**

Did you know you can sign out a variety of board and card games at Guest Services to play in the building?

Bring a friend, check out an activity, play and return back to Guest Services.
Stay as long or as little as you like.

FUN FOR ADULTS

Adult 18+ 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 20 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.

See leisure schedule and equipment needs on pages 51.

Adult Hour *Drop-in*

Monday - Friday 9 – 10 p.m.

Blow off some steam and play with others your age (18+) during Adult Hour! 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. *Adult Hour activities are identified with an * on the Field house schedule.*

AquaFit – Shallow & Deep Water *Drop-in*

Tuesdays & Thursdays 8 – 8:50 p.m.

Shallow water AquaFit is high energy and provides a low impact workout while exercise in deep water provides virtually zero impact because of the body's submersion in the water. Check out page 33 for the Aquatic Fitness schedule and full class descriptions. **Maximum of 16 participants*

Adult Disc Golf *Ages 16+*

NEW

Join our instructor in learning the basics of disc golf including types of discs, putters and skills. Practice in a safe learning environment and then take your skills out to the course right here in Leduc at Fred Johns Park. Please dress for the outdoor weather, bring a water bottle, and wear active clothing and running shoes. If the weather is poor we will contact you to cancel the course via email.

Date	Day	#	Time	Cost	Code
June 13	Sat	1	1 - 3 p.m.	$20	9016
June 17	Wed	1	7 - 9 p.m.	$20	9018

Dance Lessons - Two Step

NEW

Dance lessons designed for those who want to bring dance into their life with no previous dance experience. Whether you are looking to learn a new dance style or bring a partner and have a great time to music, we have a lesson for you. Our instructors will teach you to move to the music in a stress free, fun environment. Please wear comfortable clothing, bring clean indoor shoes (non-sticking, no rubber, preferably smooth bottoms) and a water bottle.

NOTE: This class is for a couple. Please register only 1 person but bring a partner with you to class.

Date	Day	#	Time	Cost	Code
June 2 - 23 Two Step	Tues	4	7 - 8:30 p.m.	$220	9363

Bootcamp *12 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
Apr 6 - June 24	Mon & Wed	5:30 - 6:30 a.m.	$269.50	9536

Fired Up *12 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
Apr 7 - June 23	Tues	9 - 10 a.m.	$162	9531
April 9 - June 25	Thurs	9 - 10 a.m.	$162*	9530

**Thursday cost will be discounted 20% if registered in Tuesday class.*

SPRING EVENTS

Leduc Ringette Provincials

- March 13-15, 2020 | Leduc Recreation Centre

Chamber of Commerce Business Expo

- April 18-19, 2020 | Leduc Recreation Centre

Volunteer Appreciation Banquet

- April 23, 2020 | Leduc Recreation Centre

Karma Concert

- April 24, 2020 | Leduc Recreation Centre

Leduc Crush Lacrosse Tournament

- May 1-3 2020 | Leduc Recreation Centre

Maple Leaf Open Air Gun Competition

- May 8-10 2020 | Leduc Recreation Centre

Sledge National Championship

- May 14-17, 2020 | Leduc Recreation Centre

Black Gold Rodeo & Trade Fair

- May 28 - 31, 2020 | Leduc Recreation Centre

4H Achievement

- June 1, 2020 | Leduc Recreation Centre

AB Dairy Congress

- June 3-6, 2020 | Leduc Recreation Centre

For a full listing of community events, please visit *Leduc.ca*.

WILHAUK BEEF JERKY™

You Don't Win Friends with Salad!

ALBERTA'S BEST BEEF JERKY

780-986-2537

www.wilhaukbeefjerky.com

AQUATIC CENTRE

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

General information

Wristbands – The wristband system allows us to identify patrons and the children they are with that require **Active Participation** while in the facility. Children 0 to 7 years of age must be accompanied in and out of the water by an adult or responsible youth, 14 years or older, at all times. Supervisors and children 7 years old and under will be given a matching wristband.

If the description states an **Adult is required** the active participant needs to be 18 years or older. All programs that require **Active Participation** will include this red icon.

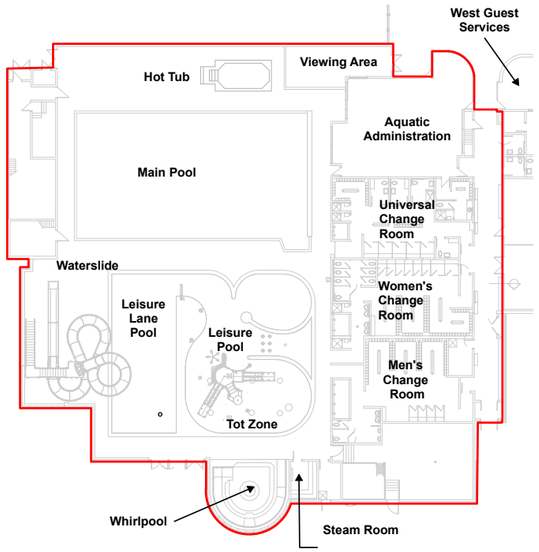
Morning Lane Swim Admittance – Weekdays, 5:30 a.m. – 8 a.m., patrons must present their membership pass or punch card to the lifeguard on duty. The aquatic centre staff will not accept cash or cheques for admission. For more information, please ask a Guest Services representative.

Pool Deck Requirements for Shoes and Strollers – For health and safety reasons outdoor footwear and strollers are not permitted on deck or in the change rooms. Shoe racks are provided at the change room entrance and the viewing area entrance on deck. You can take your shoes into the change room to lock them in your locker. Strollers can be left in the 'Stroller Parking Lot' and exchanged for 'pool' strollers to be used on the deck or in the change rooms.

Pool Fouling – Unfortunately, on occasion, pools have to be closed in an untimely manner due to pool fouling. Health regulations require our pools be closed anywhere from 1 to 36 hours for necessary disinfecting. Please take precautions and feed your children after their swim or a few hours before. Have them use the washroom before entering the water and during lessons or leisure swimming.

Diaper Requirements – *Swim diapers are required for all patrons who are not toilet trained.*

Swim diapers are available at Guest Services for free. Disposable and cloth diapers aren't allowed in the pools as these diapers soak up the water. Disposable diapers can also explode in the water which will cause a closure of the pool.



Aquatic Wheelchairs – We offer aquatic wheelchairs for use on the pool deck, as well as in the water. These chairs are stainless steel and completely submersible, allowing guests with mobility constraints to enjoy the pool. Please see a lifeguard to access an aquatic wheelchair.

Classes fill up quickly, so we encourage all registrants to pre-plan their registration before registration opens. If your preferred program is full, please ask to be waitlisted as classes will be added where possible.

Member Registration *Mar 10, 2020*
Online / In-person / Phone 5p.m.

Public Registration *Mar 12, 2020*
Online / In-person / Phone 5p.m.

Indoor Aquatic Centre Spring Schedule
April 5 - June 27

Public Swim		
Mon - Fri	9 a.m. – 4 p.m.	limited pool use
	6:30 – 9 p.m.	
Saturday	1 – 9 p.m.	all pools
Sunday	1 - 5 p.m.	all pools
	5 - 7 p.m.	limited pool use
	7 - 9 p.m.	all pools

Family Swim - *A more quiet time for families with young children* **Youth (8+) must be in attendance with an adult family member*		
Mon / Wed / Fri	4 p.m. – 6:30 p.m.	leisure tot area
Saturday	11 a.m. – 1 p.m.	limited pool use
Sunday	9 a.m. – 1 p.m.	all pools

Waterslide Hours of Operation	
Mon / Wed / Fri	4 – 9 p.m.
Tuesday & Thursday	6:30 – 9 p.m.
Saturday & Sunday	11 a.m. – 9 p.m.

Public Swimming Lessons	
Monday - Friday	4 – 7 p.m.
Tues/Thurs Preschool	11 a.m. – 12 p.m.
Wednesdays	1 – 2:30 p.m.
Saturday	9 a.m. – Noon
Sunday	5 – 7 p.m.

Please note that only registered swim lessons, user groups and lane swim is available Tuesdays / Thursdays from 4 – 6:30 p.m. and Saturdays 9 –11 a.m. Please look below for all available family and public swim times.

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

School Swimming Lessons	
Monday – Thursday	9 a.m. – 2:30 p.m.
Friday (June 12 & 19)	10 a.m. - Noon

Lane Swim & Water Running
MP = Main Pool, LP = Leisure Lane Pool

		Lane Swim	*Water Running*
Mon. – Fri. **No lane swim 7-10 pm Fridays & 1-5 pm Saturday and Sundays*	5:30 – 8 a.m.	4 lanes MP + 2 lanes LP	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.	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	
Sun.	8 – 9 a.m.	3 lanes MP + 1 lanes LP	1 lane LP
	9 a.m. – 1 p.m.	1 lane MP	
	5 – 9 p.m.	1 lane MP	

Lane Swim will end at 6:30 p.m. on May 5 & June 5 to accomodate the WIBIT.

**limited pool use means access to Main & Leisure pools will be shared with programs and varies every 15-30 mins. Leisure Pool play structures may be turned off during programs.*

Statutory Holiday Schedule		
STAT Holiday Hours	Good Friday & Easter Monday (April 10 & 13) 10 a.m. – 8 p.m.	Victoria Day (May 18) 10 a.m. – 8 p.m.
Public Swim	10 a.m. – 8 p.m. Shared Use	10 a.m. – 8 p.m. Shared Use
Lane Swim	Noon-1 p.m. 3 lanes Main Pool All other times 1 lane available	Noon-1 p.m. 3 lanes Main Pool All other times 1 lane available

Toonie Swims

Take the plunge into the pool, not into your wallet! Join us on these days and times for just a toonie.

Sat, June 20	9 - 11 a.m.
Tues, June 23	4 - 6:30 p.m.

Everyone ages 3+ pays only $2.00! Ages 2 and under are always FREE.

Changes to our Swim Test Requirements

Help us provide a safe and enjoyable environment!

Starting March 1, 2020, all swimmers who appear to be under the age of 16 will be required to complete a swim test on each visit to the lifeguard on duty and will receive a mark that will identify that they have successfully completed the test for that day.

Visit leduc.ca/aquatic-centre for details.

Aquatic Centre Bookings

Is your group looking to make a splash? Join us at the Aquatic Centre for a tropical getaway 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 20% off regular admission prices. Contact Aquatic Services at 780-980-7198 ext. 6040 or email aquaticbookings@leduc.ca to book today.

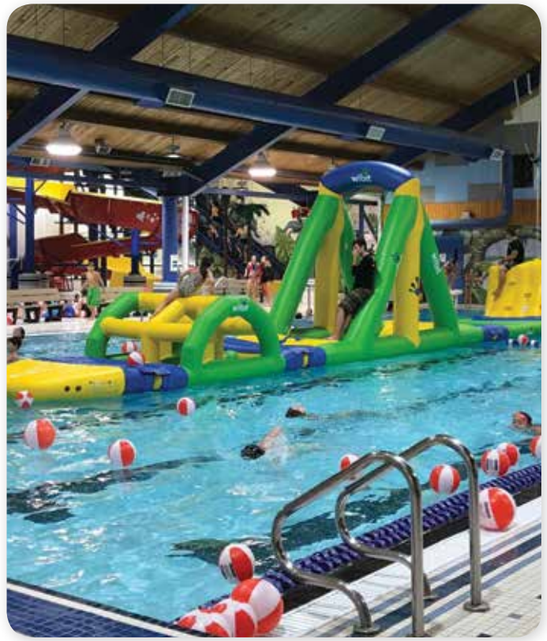
What does this package get you?

- Access to the Aquatic Centre*
- Discounted admission rates
- Pre-packaged wristbands
- Optional room booking (additional charge, subject to availability)

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

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.



WIBIT *Ages 8+*

Our giant inflatable obstacle course(also known as a Wibit) will be set-up in the Main Pool May 1 and June 5 from 7–9 p.m. Grab your friends and come join us for an evening of fun. Day admission pass or FREE for LRC Members.

Deep water swim test required.

Indoor Aquatic Fitness Programs *Apr 5 - June 27*

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Main Pool	AquaFit - Shallow 8 – 8:50 a.m.	AquaFit - Deep 8 – 8:50 a.m.	AquaFit - Shallow 8 – 8:50 a.m.	AquaFit - Deep 8 – 8:50 a.m.	AquaFit - Shallow 8 – 8:50 a.m.
		AquaFit - Seniors 11 – 11:45 a.m.		AquaFit - Seniors 11 – 11:45 a.m.	
				AquaFit - Seniors Healthy Hearts 2:15 - 3 p.m.	
Leisure Lane Pool	Gentle AquaFit 2:30 – 3:15 p.m. Healthy Hearts		Gentle AquaFit 2:45 – 3:30 p.m. Healthy Hearts		
Main Pool	AquaFit - Shallow 8 –8:50 p.m.	AquaFit - Deep 8 – 8:50 p.m.	AquaFit - Shallow 8 –8:50 p.m.	AquaFit - Deep 8 – 8:50 p.m.	

Drop-in program

**Drop-in schedules may change without notice due to instructor availability. Please visit Leduc.ca/LRC or the latest schedule.*

AquaFit will be taking a break over Spring Break Mar 29-Apr 4. Don't forget, morning AquaFit time changes to 8am for Spring session April 6!

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.

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.

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)*

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 – 8 a.m. & 9 – 10 p.m.
- Sat & Sun: 8 – 9 a.m.

Scuba Certification *Ages 12+*

$315 Member | $350 Non-Member

Are you planning a tropical getaway? Make that vacation unforgettable by completing the pool portion of your open water diver certification and then finish the last step in the tropics. You won't regret it!

NOTE: This is the confined component to the Open Water certification. This course & it's price do not include the cost to complete the Open Water diving portion of this certification.

Ages 12-14 are required to have an adult (18+) registered and participating with them.

Date	Day	Time	Code
Apr 3 - 5	Fri Sat Sun	6 - 10 p.m. 9 a.m. - 5 p.m. 10 a.m. - 5 p.m.	8945

SDI Scuba - Medical waivers for each participant are required to be completed prior to registration. Any answers "YES" to any medical questions will require the participant to provide a doctor's note to participate.

Swimming Lessons

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	$59.20
Pre-school	30 minute lessons	$53.20
Swim Kids 1 – 3	30 minute lessons	$53.20
Swim Kids 4 – 7	45 minute lessons	$59.20
Swim Kids 8 – 10	60 minute lessons	$65.60
Teen Swim Basics (See pg. 43 for course details)	60 minute lessons	FREE
Adult Learn-to-Swim & Stroke Improvement		$68.88

***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 *30 min*

$29 Members | $32.25 Non - Members

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.

NOTE: Add a second participant working on the same level for $16.15

Swim Evaluations *$9.75*

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.

This program is for children aged four to 16 years with a disability who may need smaller steps to meet their Red Cross Learn to Swim goals. Individualized instruction, goal-setting, and a basic approach, along with tons of fun, will take you a few steps further to enjoying the wonderful world of water. Parents, aids or guardians are required in the water to help support and encourage the child as they learn to swim. For information or to discuss the needs of your swimmer with our programmer, please call 780-980-7165.

Adult Lessons *Ages 18+*

$59.04 Members | $65.60 Non - Members

Not as confident in the water as you'd like to be? Register for one of our Adult classes we are offering during the Winter, Spring and Fall sessions. See page 43 for schedule.

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

Teen Swim Basics *FREE Ages 13-17*

Includes Wristband for public swim!

Is your teen not quite finished their Swim Kids levels but feeling too "old" to continue them? Or are they looking for something to do after their Swim Kids levels before they are old enough to participate in our leadership courses? Then this is the course for them! Working with a Water Safety Instructor, they'll be able to finish up skills from Swim Kids 8-10 levels with a focus on the things they need to master in order to progress into Lifeguarding or Instructing courses. Plus, with a wristband, they can practice their skills on their own or swim for the fun of it after their lesson! See page 40 for schedule.

Swimming Lessons

Apr 5 - June 27

Session Dates	Session	Memo Day	Parent Day	NO CLASS
Apr 6 – June 8	Mon evenings	May 11	May 25	Apr 13 & May 18
Apr 7 – May 26	Tues evenings	May 5	May 12	--
Apr 8 – May 27	Wed afternoons & evenings	May 6	May 13	--
Apr 9 – May 28	Thurs evenings	May 7	May 14	--
Apr 14 – May 7	Tues/Thurs a.m. #1	Apr 28	Apr 30	--
Apr 17 – June 5	Fri evenings	May 15	May 22	--
Apr 18 – June 13	Sat mornings	May 23	May 30	May 16
Apr 19 – June 14	Sun evenings	May 24	May 31	May 17
May 19 – June 11	Tues/Thurs a.m. #2	June 2	June 4	--
June 9 - 19	2-weeks (Tues-Fri)	June 16	June 17	--

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

Parented – *Adult is required (18+)*

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

Starfish **Ages 4 - 12 months**

$59.20 member / non-member

45 min. Parented *(includes 15 mins hot tub time)*

Able to hold their head up. Babies and caregivers are oriented to the water through songs, play, and water safety education.

Class Dates	Days	Time	Code
Apr 6 – June 8	Mon	4 p.m. 6 p.m. C	9060 9061
Apr 7 – May 26	Tues	5 p.m. C	9062
Apr 8 – May 27	Wed	1:30 p.m. C 4:30 p.m. C	9063 9064
Apr 9 – May 28	Thurs	5 p.m. C	9065
Apr 14 – May 7	Tues, Thurs	11:30 p.m. C	9019
Apr 17 – June 5	Fri	5 p.m. C	9066
Apr 18 – June 13	Sat	9 a.m.	9067
May 19 - June 11	Tues, Thurs	11 a.m. C	9059

Duck **Ages 12 - 24 months**

$59.20 member / non-member

45 min. Parented *(includes 15 mins hot tub time)*

Toddlers and caregivers learn how to use floating objects for support and explore different water movements through games, songs, and active water play.

Class Dates	Days	Time	Code
Apr 6 – June 8	Mon	4:30 p.m. 6 p.m. C	9069 9070
Apr 7 – May 26	Tues	5 p.m. C	9071
Apr 8 – May 27	Wed	1:30 p.m. C 4:30 p.m. C	9072 9073
Apr 9 – May 28	Thurs	5:30 p.m. C	9074
Apr 14 – May 7	Tues, Thurs	11:30 a.m. C	9020
Apr 17 – June 5	Fri	5 p.m. C	9075
Apr 18 – June 13	Sat	11:15 a.m. C	9076
May 19 – June 11	Tues, Thurs	11 a.m. C	9068

Sea Turtle **Ages 2 -3**

$59.20 member / non-member

45 min. Parented *(includes 15 mins hot tub time)*

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

Class Dates	Days	Time	Code
Apr 6 – June 8	Mon	4:45 p.m. 5:30 p.m. 6 p.m.	9079 9078 9077
Apr 7 – May 26	Tues	4:30 p.m. 5:45 p.m.	9081 9080
Apr 8 – May 27	Wed	2 p.m. 4:15 p.m.	9082 9083
Apr 9 – May 28	Thurs	4:45 p.m. 5:30 p.m.	9084 9085
Apr 14 – May 7	Tues, Thurs	11 a.m. 11:30 a.m.	9021 9546
Apr 17 – June 5	Fri	5:30 p.m.	9086
Apr 18 – June 13	Sat	9 a.m. 9:30 a.m. 10:30 a.m.	9087 9089 9088
Apr 19 – June 14	Sun	5:30 p.m. 6:30 p.m.	9091 9090
May 19 – June 11	Tues, Thurs	11 a.m. 11:30 a.m.	9547 9548

Un-Parented

(swimmers advance after completion of evaluated criteria)

Sea Otter **Ages 3-5**

$47.88 member / $53.20 non-member

30 min. Unparented

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.

Class Dates	Days	Time	Code
Apr 6 – June 8	Mon	4 p.m. 4:30 p.m. 5 p.m. 5:30 p.m.	9100 9022 9101 9099
Apr 7 – May 26	Tues	4 p.m. 4:30 p.m. 5:30 p.m. 6 p.m.	9565 9102 9103 9564
Apr 8 – May 27	Wed	1 p.m. 5 p.m. 5:30 p.m. 5:45 p.m.	9104 9107 9106 9105
Apr 9 – May 28	Thurs	4 p.m. 4:30 p.m. 5:15 p.m. 5:30 p.m.	9111 9109 9112 9110
Apr 14 – May 7	Tues, Thurs	11 a.m. 11:30 a.m.	9029 9095
Apr 17 – June 5	Fri	6 p.m.	9113
Apr 18 – June 13	Sat	9:30 a.m. 10 a.m. 10:45 a.m.	9115 9114 9116
Apr 19 – June 14	Sun	5 p.m. 5:45 p.m.	9118 9119
May 19 – June 11	Tues, Thurs	11 a.m. 11:30 a.m.	9096 9097
June 9 - 19	T, W, T, F	4:30 p.m. 5:30 p.m.	9098 9030

Salamander **Ages 3 - 5**

$47.88 member / $53.20 non-member

30 min. Unparented

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.

Class Dates	Days	Time	Code
Apr 6 – June 8	Mon	4 p.m. 5 p.m. 5:30 p.m. 6 p.m.	9127 9023 9126 9125
Apr 7 – May 26	Tues	5 p.m. 5 p.m. 5:15 p.m. 5:30 p.m.	9129 9131 9128 9130
Apr 8 – May 27	Wed	2 p.m. 4:45 p.m. 5:30 p.m. 6 p.m.	9132 9134 9133 9135
Apr 9 – May 28	Thurs	4 p.m. 4:30 p.m. 4:45 p.m. 5:30 p.m. 5:45 p.m.	9138 9136 9140 9137 9139
Apr 14 – May 7	Tues, Thurs	11 a.m. 11:30 a.m.	9027 9120
Apr 17 – June 5	Fri	5:30 p.m.	9141
Apr 18 – June 13	Sat	9 a.m. 9:30 a.m. 10 a.m. 10:45 a.m. 11:30 a.m.	9143 9145 9147 9142 9146
Apr 19 – June 14	Sun	5:15 p.m.	9148
May 19 – June 11	Tues, Thurs	11 a.m. 11:30 a.m.	9121 9122
June 9 - 19	M, T, W, Th	4 p.m. 5 p.m. 6 p.m.	9124 9028 9123

Sunfish Ages 3 - 5

$47.88 member / $53.20 non-member

30 min. Unparented

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.

Class Dates	Days	Time	Code
Apr 6 – June 8	Mon	4:30 p.m.	9024
Apr 7 – May 26	Tues	4 p.m. 5:30 p.m.	9154 9153
Apr 8 – May 27	Wed	5:15 p.m.	9155
Apr 9 – May 28	Thurs	4:30 p.m.	9156
Apr 14 – May 7	Tues, Thurs	5 p.m. 11 a.m.	9157 9025
Apr 17 – June 5	Fri	5:30 p.m.	9158
Apr 18 – June 13	Sat	9 a.m. 10 a.m.	9160 9159
Apr 19 – June 14	Sun	5 p.m.	9162
May 19 – June 11	Tues, Thurs	11:30 a.m.	9151
June 9 - 19	M, T, W, Th	4 p.m. 5:30 p.m.	9152 9026

Crocodile Ages 3 - 5

$47.88 member / $53.20 non-member

30 min. Unparented

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.

Class Dates	Days	Time	Code
Apr 6 – June 8	Mon	5:30 p.m. C	9031
Apr 7 – May 26	Tues	4:30 p.m. C	9164
Apr 9 – May 28	Thurs	6 p.m. C	9165
Apr 18 – June 13	Sat	9:30 p.m. C	9166
Apr 19 – June 14	Sun	6 p.m. C	9167
June 9 - 19	T, W, Th, F	5 p.m. C	9032

Whale Ages 3 - 5

$47.88 member / $53.20 non-member

30 min. Unparented

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.

Class Date	Days	Time	Code
Apr 6 – June 8	Mon	5:30 p.m. C	9033
Apr 7 – May 26	Tues	4:30 p.m. C	9169
Apr 9 – May 28	Thurs	6 p.m. C	9170
Apr 18 – June 13	Sat	9:30 a.m. C	9171
Apr 19 – June 14	Sun	6 p.m. C	9172
June 9 - 19	T, W, Th, F	5 p.m. C	9034

Swim Kids 1 Ages 6 – 12

$47.88 member / $53.20 non-member

30 min. Unparented

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.

Class Dates	Days	Time	Code
Apr 6 – June 8	Mon	4 p.m.	9039
Apr 7 – May 26	Tues	4 p.m. 4:30 p.m.	9212 9214
Apr 8 – May 27	Wed	6 p.m. 1 p.m. 4 p.m. 5 p.m.	9213 9215 9217 9216
Apr 9 – May 28	Thurs	4 p.m. 5 p.m.	9218 9219
Apr 17 – June 5	Fri	5 p.m.	9220
Apr 18 – June 13	Sat	9 a.m. 9:30 a.m. 11:15 a.m.	9223 9222 9221
Apr 19 – June 14	Sun	5:30 p.m.	9224
June 9 - 19	M, T, W, Th	4 p.m.	9040

Swim Kids 2 Ages 6 – 12

$47.88 member / $53.20 non-member

30 min. Unparented

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.

Class Dates	Days	Time	Code
Apr 6 – June 8	Mon	4:30 p.m.	9041
Apr 7 – May 26	Tues	4 p.m. 4:45 p.m. 5:30 p.m.	9225 9227 9226
Apr 8 – May 27	Wed	2 p.m. 4:30 p.m. 6 p.m.	9228 9230 9229
Apr 9 – May 28	Thurs	4 p.m. 6 p.m.	9231 9232
Apr 17 – June 5	Fri	6 p.m.	9233
Apr 18 – June 13	Sat	9 a.m. 10 a.m. 11:15 a.m.	9585 9234 9235
Apr 19 – June 14	Sun	6 p.m.	9236
June 9 - 19	M, T, W, Th	4:30 p.m.	9042

Swim Kids 3 Ages 6 - 12

$47.88 member / $53.20 non-member

30 min. Unparented

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.

Class Dates	Days	Time	Code
Apr 6 – June 8	Mon	5 p.m.	9045
Apr 7 – May 26	Tues	4:30 p.m. 5 p.m. 6 p.m.	9239 9237 9238
Apr 8 – May 27	Wed	1:30 p.m. 4 p.m. 5:30 p.m.	9240 9241 9242
Apr 9 – May 28	Thurs	4:30 p.m. 5 p.m. 6 p.m.	9245 9244 9243
Apr 17 – June 5	Fri	5 p.m. 6 p.m.	9246 9247
Apr 18 – June 13	Sat	9:30 a.m. 11 a.m.	9248 9249
Apr 19 – June 14	Sun	6:30 p.m.	9250
June 9 - 19	M, T, W, Th	4:30 p.m.	9046

Swim Kids 4 Ages 6 – 12

$53.28 member / $59.20 non-member

45 min. Unparented

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.

Class Dates	Days	Time	Code
Apr 6 – June 8	Mon	5:15 p.m.	9047
Apr 7 – May 26	Tues	4 p.m.	9251
Apr 8 – May 27	Wed	1 p.m. C 4 p.m.	9252 9253
Apr 9 – May 28	Thurs	6 p.m.	9254
Apr 17 – June 5	Fri	5:45 p.m. C	9255
Apr 18 – June 13	Sat	9 a.m. 10 a.m. C	9257 9256
Apr 19 – June 14	Sun	6:15 p.m. C	9258
June 9 - 19	M, T, Th, F	5 p.m.	9048

Swim Kids 5 Ages 6 - 12

$53.28 member / $59.20 non-member

45 min. Unparented

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.

Class Dates	Days	Time	Code
Apr 7 – May 26	Tues	4 p.m.	9262
Apr 8 – May 27	Wed	1 p.m. C 4:45 p.m.	9049 9263
Apr 9 – May 28	Thurs	5 p.m.	9264
Apr 17 – June 5	Fri	5:45 p.m. C	9260
Apr 18 – June 13	Sat	9:45 a.m. 10 a.m. C	9265 9266
Apr 19 – June 14	Sun	6:15 p.m. C	9261
June 9 - 19	T, W, Th, F	5:45pm	9050

LEDUC RECREATION CENTRE DO *your* THING.

Get the latest information about what is happening at the LRC, receive special offers and discounts and be in the know about contests and giveaways.

Follow us on Facebook
@leducrecreationcentre

Swim Kids 6 Ages 6 -12

$53.28 member / $59.20 non-member
45 min. Unparented

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.

Class Dates	Days	Time	Code
Apr 6 – June 8	Mon	4 p.m.	9051
Apr 7 – May 26	Tues	5 p.m.	9270
Apr 8 – May 27	Wed	1:45 p.m.	9271
Apr 9 – May 28	Thurs	4 p.m.	9272
Apr 17 – June 5	Fri	5:00 p.m. C	9273
Apr 18 – June 13	Sat	10 a.m.	9275
June 9 - 19	T, W, Th, F	5 p.m.	9268

Swim Kids 7 Ages 6 - 12

$53.28 member / $59.20 non-member
45 min. Unparented

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.

Class Dates	Days	Time	Code
Apr 7 – May 26	Tues	4:45 p.m.	9278
Apr 8 – May 27	Wed	1:45 p.m.	9052
Apr 9 – May 28	Thurs	4 p.m.	9279
Apr 17 – June 5	Fri	5 p.m. C	9276
Apr 18 – June 13	Sat	10:45 a.m.	9280
June 9 - 19	T, W, Th, F	5:45 p.m.	9269

Swim Kids 8 Ages 6 - 12

$59.04 member / $65.60 non-member
60 min. Unparented

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.

Class Dates	Days	Time	Code
Apr 7 – May 26	Tues	5:30 p.m. C	9053
Apr 8 – May 27	Wed	1 p.m. C	9282
Apr 18 – June 13	Sat	9 a.m. C	9283
June 9 - 19	M, T, W, Th	4 p.m. C	9054

Swim Kids 9 Ages 6 - 12

$59.04 member / $65.60 non-member
60 min. Unparented

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.

Class Dates	Days	Time	Code
Apr 7 – May 26	Tues	5:30 p.m. C	9055
Apr 8 – May 27	Wed	1 p.m. C	9285
Apr 18 – June 13	Sat	9 a.m. C	9286
June 9 - 19	M, T, W, Th	4 p.m. C	9056

Swim Kids 10 Ages 6 - 12

$59.04 member / $65.60 non-member
60 min. Unparented

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.

Class Dates	Days	Time	Code
Apr 7 – May 26	Tues	5:30 p.m. C	9057
Apr 8 – May 27	Wed	1 p.m. C	9288
Apr 18 – June 13	Sat	9 a.m. C	9289
June 9 - 19	M, T, W, Th	4 p.m. C	9058

Teen Swim Basics Ages 13+

FREE (Includes public swim wristband)
60 min.

Class Dates	Days	Time	Code
Apr 19 – June 14	Sun	6 p.m.	9036

Adult Learn-to-Swim Ages 18+

$59.04 member / $65.60 non-member
60 min.

Class Dates	Days	Time	Code
Apr 18 – June 13	Sat	10 a.m.	9037

Adult Stroke Improvement Ages 18+

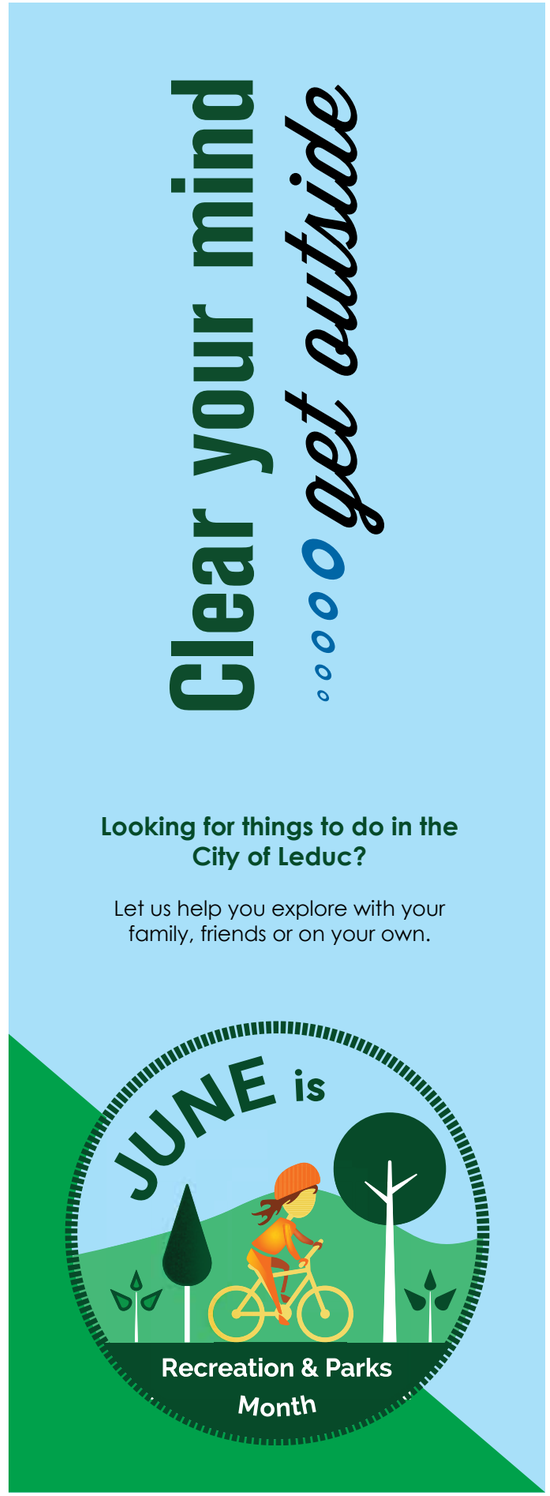
$59.04 member / $65.60 non-member
60 min.

Class Date	Days	Time	Code
Apr 9 – May 28	Thurs	9 p.m.	9038

Private Lessons Ages 6+

$29 member / $32.25 non-member 30 min.

Days	Time	Class Date	Code
Mon	5 p.m.	Apr 6	9035
		Apr 20	9173
		Apr 27	9174
		May 4	9175
		May 11	9176
		May 25	9177
		June 1	9178
		June 8	9179
Tues	5:45 p.m.	Apr 7	9180
		Apr 14	9181
		Apr 21	9182
		Apr 28	9183
		May 5	9184
		May 12	9185
		May 19	9186
		May 26	9187
Thurs	4:30 p.m.	Apr 9	9188
		Apr 16	9189
		Apr 23	9190
		Apr 30	9191
		May 7	9192
		May 14	9193
		May 21	9194
		May 28	9195
Tues	6 p.m.	June 9	9204
Wed		June 10	9205
Thurs		June 11	9206
Fri		June 12	9207
Tues		June 16	9208
Wed		June 17	9209
Thurs		June 18	9210
Fri		June 19	9211



Aquatic Leadership Courses 2020

Registration for all 2020 leadership courses is available all year and registration will remain open until 1 week prior to course start date.

100% attendance is mandatory for all leadership courses.
Proof of pre-requisites required at start of each course.

Red Cross Assistant Lifeguard Certificate (ALG)

$180 member / $200 non-member

Date	Day	Time	Code
FREE Aug 4 - 7	Tues - Fri	9 a.m. - 5 p.m.	8526
Oct 17, 18, 24, 25	Sat / Sun	9 a.m. - 5 p.m.	8627

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 age 12 at start of the course
- Ability to swim at Swim Kids level 10 or equivalent

Red Cross Assistant Lifeguard Transfer

$67.50 member/$75 non-member
Transfer from Bronze Cross

Date	Day	Time	Code
July 29	Wed	9 a.m. - 3 p.m.	8630
Sept 25	Fri	4 - 10 p.m.	8631
Dec 2	Wed	4 - 10 p.m.	8632

If you've completed your Bronze Cross certification (current or not) you only need to take the five-hour prep course to continue on to the Red Cross Lifeguard Course. Through this prep course you will use your skills and knowledge to prepare yourself for the Red Cross Lifeguard course.

Pre-requisites:

- Must be at least age 12 at start of the course
- Have ability to swim to the Red Cross Swim Kids level 10 or equivalent
- Must have completed a Bronze Cross certification

Red Cross Assistant Lifeguard Recertification

$45 Member / $50 non-member

Date	Day	Time	Code
May 3	Sun	9 a.m. - 3 p.m.	8628

Red Cross Lifeguard Certificate (LG)

$256.50 member / $285 non-member

Date	Day	Time	Code
Mar 30 - Apr 3 (Spring Break)	Mon - Fri	8 a.m. - 5 p.m.	8589
FREE Aug 17 - 21	Mon - Fri	8 a.m. - 5 p.m.	8633
Dec 4 & 11 Dec 5, 6, 12, 13	Fri Sat - Sun	5 - 9 p.m. 8 a.m. - 5 p.m.	8634

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 age 15 at start of the course
- Must have current Standard First Aid (SFA)
- ALG / ALG Transfer course

Red Cross Lifeguard Recertification

$47.50 Member / $53 non-member

Date	Day	Time	Code
Apr 5	Sun	9 a.m. - 3 p.m.	8635
June 13	Sat	9 a.m. - 3 p.m.	8636
July 20	Mon	9 a.m. - 3 p.m.	8637
Oct 1	Thurs	4 - 10 p.m.	8638

Red Cross Assistant Lifeguard Instructor (ALGI)

$112.50 Member / $125 non-member

Date	Day	Time	Code
July 2-3	Thurs - Fri	9 a.m. - 3 p.m.	8639

Instructor certification course that prepares Water Safety Instructors to teach the Red Cross Assistant

Lifeguard course. This course consists of a 5-hour online component that is required to be completed prior to the Classroom/Pool component

Pre-requisites:

- Must be at least age 16 at start of the course
- Current Red Cross Lifeguard certification
- Current Standard First Aid (SFA)
- Current Red Cross Water Safety Instructor

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 – *is registered separately & must be completed prior to Classroom component*

$22.50 Member / $25 non-member

Date	Day	Time	Code
Apr 17	Fri	5 - 7 p.m.	8641
Sept 18	Fri	5 - 7 p.m.	8642

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-teachers 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-teachers at our facilities. Contact the Aquatic Programs Coordinator at 780-980-7165 to talk about setting yours up.

PART 4: Classroom & Pool Component

$360 Member / $400 non-member

Date	Day	Time	Code
May 9, 10, 23, 24	Sat - Sun	9 a.m. - 5 p.m.	8643
Apr 14 July 21 - 24	Tues (Briefing) Tues - Fri	5 - 6:30 p.m. 9 a.m. - 5 p.m.	8644
Sept 14 Nov 7, 14, 21, 28	Mon (Briefing) Saturdays	5 - 6:30 p.m. 9 a.m. - 5 p.m.	8645

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.

Pre-requisites:

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

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 (Ages 18+) or Teen Swim Basics (Ages 13+) to brush up!

Red Cross Water Safety Instructor Recertification (WSI)

$85.50 Member / $95 non-member

Date	Day	Time	Code
Apr 4	Sat	9 a.m. - 3 p.m.	8646
June 29	Mon	9 a.m. - 3 p.m.	8649
Nov 1	Sun	9 a.m. - 3 p.m.	8648

Lifesaving Society Bronze Medallion and Cross

$238.50 Member / $265 non-member

Date	Day	Time	Code
July 13 - 17	Mon - Fri	9 a.m. - 5 p.m.	8650

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.

Pre-requisites:

- Must be age 13 by the end of the course or have a current Bronze Star certification

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:

- Must have successfully completed the Bronze Medallion certificate

Lifesaving Society National Lifeguard (NL)

$283.45 Member / $315 non-member

Date	Day	Time	Code
Aug 10 - 14	Mon - Fri	8 a.m. - 5 p.m.	8651

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 age 16 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 Recert

$47.70 Member / $53 non-member

Date	Day	Time	Code
June 20	Sat	9 a.m. - 2 p.m.	8653
Oct 3	Sat	9 a.m. - 2 p.m.	8654

Lifesaving Instructor

$225 Member / $250 non-member

Date	Day	Time	Code
July 6 - 9	Mon - Thurs	9 a.m. - 5 p.m.	8655

The Lifesaving Instructor course prepares Instructors to apply level 1 leadership competencies and strategies while teaching and evaluating.

Lifesaving Instructors are responsible for teaching and evaluating candidates participating in the Canadian Swim Patrol, Bronze Medals, Distinction, Boat Rescue and Lifesaving Society CPR programs.

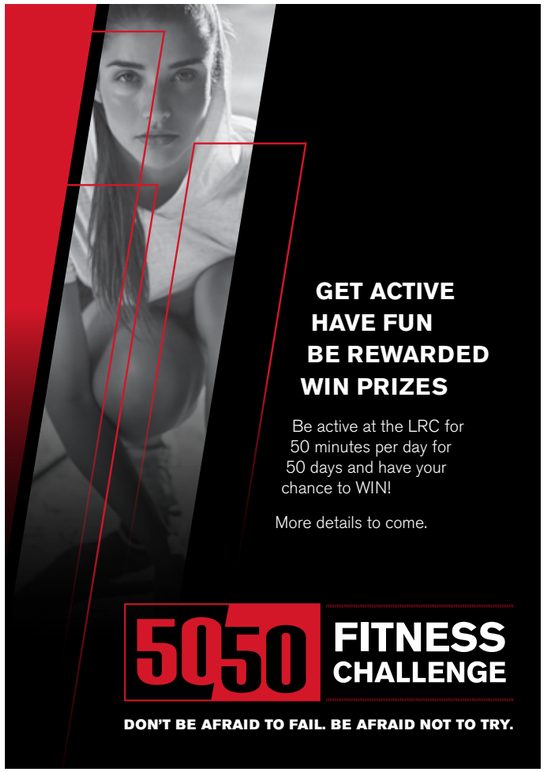
Pre-requisites:

- Minimum age 16 at start of course
- Bronze Cross or higher (need not be current)

Lifesaving Instructor Recertification

$54 Member / $60 non-member

Date	Day	Time	Code
March 28	Sat	9 a.m. - 1 p.m.	9587



Looking to get certified with us this Spring or Summer?

Here's the drill!

LIFEGUARD

1. **Take a Standard First Aid course**
   May 23 (blended), April 8/9 or July 27/28
2. **Take the ALG course** (Aug 4 - 7 for FREE) and complete your observation assignment. OR, if you already have your Bronze Cross, take the Assistant Lifeguard Transfer Course (July 29)
3. **Take the LG course** (Aug 17 - 21 for FREE) and complete your observation assignment.

Now you're a Lifeguard!

SWIM INSTRUCTOR

1. **Take one of:**
   Bronze Medallion/Cross (July 13 - 17), Assistant Lifeguard (August 4 - 7 for FREE), or Standard First Aid - May 23 (blended), April 8/9 or July 27/28 as prerequisites.

   Register for WSI Skills Evaluation (Apr 17)
2. **Register in the summer** (July 21 - 24) Classroom component & attend the Apr 14 briefing (be sure to plan ahead!) to receive your online materials – then get started on the online modules.
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 briefing (If you've missed this or skills evaluation) briefing contact 780-980-7165 to discuss other options.)
4. **Attend the WSI** - Classroom component on July 21 - 24.

Now you're a Swim Instructor!

ALEXANDRA
OUTDOOR POOL & SPRAY PARK

Leduc.ca/LRC | 780-980-7119 | 5 Alexandra 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: 75+ years	-- FREE --			
Spray Park Admission Rates	-- FREE --			

**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 16 - June 27

Spray Park	May 16 - June 27	Statutory Holidays
Daily	10 a.m. – 8 p.m.	9 a.m. – 8 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.

wibit

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 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 below for rental times.

Is your group looking to make a splash? Join us at the outdoor pool during regular public swim times with your group of 15 or more people for 20% 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*
- Discounted admission rates
- Pre-packages wristbands

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

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. No class on Stat Holidays. All outdoor AquaFit programs are drop-in.*

Date	Day	Time
May 16 - 30*	Mon, Wed, Fri	Noon - 12:50 p.m.

Date	Day	Time
May 31 - June 27*	Mon- Fri	Noon - 12:50 p.m.

Outdoor Pool AquaFit Cancellation Policy

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

- Temperature below 15 degrees
- 60 – 100% chance of steady rain forecasted
- Air Quality 7+ on AQHI

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

Outdoor Pool Special Event Days
Join us these days for special rates and extra fun in the sun!

June 27 – Kick off to Summer *1 - 4 p.m.*

Celebrate the first day of summer vacation by joining us for a special public swim! We'll have a DJ spinning some great beats and activities in the park for the whole family to enjoy!

And later on, from 7 - 9 p.m. our WIBIT floating inflatable obstacle course will be taking over the pool for youth.

wibit

July 1 – Canada Day *10 a .m. – 8 p.m.*

Join us for FREE admission and a slice of birthday cake to celebrate Canada's birthday. Our WIBIT floating inflatable obstacle course will be taking over the pool for youth between 6-8 p.m.

**Stay tuned for more Special Events to be announced in our Summer edition of the City Guide*

Outdoor Pool Spring Schedule

May 16 - 30						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
Public Swim Noon - 5 p.m.	Aqua Fit/Lap Swim Noon - 12:50 p.m. Rental 1 - 3 p.m. Family Swim 3 - 4 p.m.		Rental 10 a.m. - Noon Aqua Fit/Lap Swim Noon - 12:50 p.m. Family Swim 3 - 4 p.m.		Rental 10 a.m. - Noon Aqua Fit/Lap Swim Noon - 12:50 p.m. Family Swim 3 - 4 p.m.	Public Swim Noon - 5 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. Rental 8 - 9 p.m.	Rental 5 - 7 p.m. Public Swim 7 - 9 p.m.

Celebrate the first day of summer vacation by joining us on Saturday, June 27 for a special Public Swim from 1-4 p.m.
Our schedule changes to summer hours on Sunday, June 28.

May 31 - June 27						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
Lane Swim 10 - 11 a.m.	Family Swim 10 a.m. - Noon	Rental 10 a.m. - Noon	Family Swim 10 a.m. - Noon	Rental 10 a.m. - Noon	Family Swim 10 a.m. - Noon	Lane Swim 10 - 11 a.m.
Public Swim 11 a.m. - 5 p.m.	Aqua Fit/Lap Swim Noon - 1 p.m. Rental 1 - 3 p.m. Family Swim 3 - 4 p.m.	Aqua Fit/Lap Swim Noon - 1 p.m. Rental 1 - 3 p.m. Family Swim 3 - 4 p.m.	Aqua Fit/Lap Swim Noon - 1 p.m. Rental 1 - 3 p.m. Family Swim 3 - 4 p.m.	Aqua Fit/Lap Swim Noon - 1 p.m. Rental 1 - 3 p.m. Family Swim 3 - 4 p.m.	Aqua Fit/Lap Swim Noon - 1 p.m. Rental 1 - 3 p.m. Family Swim 3 - 4 p.m.	Public Swim 11 a.m. - 5 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 - 8 p.m. Rental 8 - 9 p.m.	Public Swim 4 - 9 p.m.	Public Swim 4 - 8 p.m. Rental 8 - 9 p.m.	Rental 5 - 7 p.m. Public Swim 7 - 9 p.m.

Outdoor Parks & Open Spaces Bookings

Thinking of having an event or booking an outdoor space in the City of Leduc?

Contact Events and Bookings at **events_bookings@leduc.ca or 780-980-7118** to see which spaces we have available for you!

Outdoor Field Status

Outdoor sports fields and diamonds will open May 1. (weather permitting)

To stay up to date on sport field statuses, please visit **leduc.ca/parks/sports-field-status**

Pool Closure Information

Unforeseeable incidents happen at pools. Refunds or free admission passes are generally not available. A credit will be available to program or lesson registrants for any missed days. Bookings and rentals during mechanical failures will be rebooked when possible or otherwise credited on a prorated basis for lost time.

In the event of:		Indoor Pool	Outdoor Pool
Fouling Incident	Public Swim Bookings & Rentals	Pool cleared to another pool/deck. Reopen when safe.	Pool cleared to deck. Reopen when safe.
	Lessons / Programs	Lessons continue on deck.	Lessons continue on deck.
Medical Emergency	Public Swim, Bookings, Rentals & Lessons / Programs	Entire pool area cleared to changerooms until incident is cleared aand it is safe to resume swim.	Entire pool area cleared to changerooms until incident is cleared aand it is safe to resume swim.
Mechanical Failure	Public Swim, Bookings, Rentals & Lessons / Programs	Pool cleared to another pool/deck. Reopen when safe.	Pool cleared to another pool/deck. Reopen when safe.
Thunder / Lighting	Public Swim, Bookings, Rentals & Lessons / Programs	Remains open with no impact.	Facility closes and reopens 30 minutes after the last sign of lightning or thunder.
Cold Weather / Rain	Public Swim, Bookings, Rentals & Lessons / Programs	Remains open with no impact.	Public Swim / Bookings canceleld if temperature < 16 degrees celcius. Lessons run in all weather circumstances except thunder & lightining,
Air Quality 7+ Health Index	Public Swim, Bookings, Rentals & Lessons / Programs	Remains open with no impact.	Facility closes and reopens once AQHI indicates a level under 7.

CORPORATE WELLNESS PROGRAM

Your employer is a LRC 20/20 Corporate Wellness Member and that means

You get 40% off the cost of stress-reducing, fun-inducing, caffeine-replacing recreation. Visit the LRC today and get 20% off the price of your annual membership, then give your receipt to your employer to get another 20% back.

LEISURE OPPORTUNITIES

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

Included with your membership or paid admission is access to the many leisure opportunities available throughout the Leduc Recreation Centre. Please see page 3 regarding Active Supervision & Active Participation. View our drop-in schedules on pages 54 - 55 or at Leduc.ca/LRC.

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

Apr 1 – June 30, 2020

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.

*Adult Hour activities are identified with an * on the Field house schedule.*

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.

Dodgeball

A game in which players on two teams try eliminate all players of the opposing team by throwing game balls at each other, while avoiding being hit by a ball themselves.

Eclipse Ball NEW

This exciting new opportunity combines elements of volleyball and badminton. Pass the black and white ball between teammates before sending it over the net to score some points. First team to earn 21 points wins!

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 our scheduled Football time. Have enough players to play a game of flag-football, sign-out our pinnies and flags and you can have a scrimmage.

Lawn Sports

Escape the chill of Spring and enjoy lawn games in the shelter of our field house!

MNP Kicks for Kids MNP

Sponsored by MNP, school aged children can participate in our field house activities with a unique wristband provided by Guest Services for free, to be worn during this offered opportunity. Although this opportunity is intended for youth, to get them active, all ages are permitted to participate. This is a sponsored program for youth, it is not intended for organized teams.

Pickleball

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

Pickleball for Beginners

This is an opportunity for participants that are looking to build their confidence and abilities with new and beginner pickleballers. Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis into one.

Did You Know: Badminton

- **A badminton shuttle can travel up to speeds of 289 km/h, though the average speed is around 180 km/h**
- **Badminton was adopted by the British in the 1800's from India, however it was called poona.**
- **Badminton got its name when the Duke of Beaufort played the game at his Gloucestershire estate, which was called Badminton. So it came to be called "the Badminton game."**
- **The game is played to 15 points, except when played as ladies singles, which is only played to 11 points.**
- **It became an Olympic sport in 1992.**
- **An ordinary badminton shuttle (also called a shuttlecock or bird) contains 14 to 16 feathers from geese, ducks, and even chickens in some parts of the world but also could be made of plastic.**

Preschool Playtime

This is an opportunity for casual playtime between parents and children under six. The LRC has a variety of toys that can be provided during this parent supervised activity.

Soccer

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

Tennis

Played all around the world for centuries, Tennis has finally made its way to the LRC! Join a friend or opponent on the court and take part in this fun, easy to play, sport.

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.

Arena Opportunities

Apr 1 – June 26, 2020

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, skates, hockey gloves and regulation hockey stick. Suggested equipment include: full face mask, neck guard, hockey pants, support cup, and shin/elbow/shoulder pads.

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

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 20 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.

Friday Fun Skates

Bring the whole family for arena fun with lots of treats and prizes to be won! Friday Fun Skate happens one Friday per month from 7 - 8:30 p.m. FREE for LRC Members or a Day Admission pass to attend.

Equipment requirements for children 12 and under: CSA certified helmet

- **February 21 – Superhero Skate –** Calling all Super Heroes. Grab your masks and capes and help us celebrate your powers.
- **March 20 – Neon Night Fun Skate –** Dress up bright for neon night! Join us as we go back in time, when lights were colorful and clothes were bright.
- **April 17 - Jersey Day -** Come wearing your favorite Jersey and celebrate the world of sports.
- **May 22 - Disco Skate -** Join us as we head back to the 70's, where Disco was born.
- **June 19 - Kick Off to Summer -** School's out for summer, not quite but close. Come for a relaxing skate before you have to crunch down on those final exams.

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 54 - 55 for all arena and field house drop-in opportunity times.

Join us on PD Days, Early Dismissals, and statutory holidays.

Apr 1 - June 30, 2020

FIELD HOUSE OPPORTUNITIES | Noon - 5 p.m.

Basketball, Pickleball, Floor Hockey, Soccer, Dodgeball

ARENA OPPORTUNITIES | 1:30 - 3:30 p.m.

Public Skate

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

We want to be your partner of choice finding unique ways to customize activation of your brand while working within your budget.

There are a wide variety of advertising options including rink boards, arena and field house sponsorship, our aquatic centre as well as program & meeting room space. We also offer highly visible LRC hosted campaigns and events.

The City of Leduc has gained a reputation for customer service that has earned our 309, 000 sq. ft. multipurpose facility national and international recognition so don't miss out on your opportunity to build year round presence and gain exposure for your brand. Connect with athletes, spectators, residents and visitors - over 1.2 Million per year.

For more information, please contact our Corporate Partnerships Coordinator,

Denise Broadbent
780-980-7178 | dbroadbent@leduc.ca

LEDUC RECREATION CENTRE

DROP - IN SCHEDULES

Field House Drop-in Opportunities *April 1 – June 30, 2020*

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Badminton**		8 a.m. - 3 p.m.		8 a.m. - 3 p.m.	4 - 9 p.m.	8 a.m. - 1 p.m.	10 a.m. - 3 p.m.
Basketball	Noon - 9 p.m. 9 - 10 p.m.*	8 a.m. - 9 p.m. 9 - 10 p.m.*	Noon - 9 p.m. 9 – 10 p.m.*	8 a.m. - 9 p.m. 9 - 10 p.m.*	Noon - 9 p.m. 9 – 10 p.m.*	8 a.m. - 9 p.m.	8 a.m. - 9 p.m.
Dodgeball	3 - 4:30 p.m.				5 - 8 p.m.		
NEW Eclipse Ball		5 - 7 p.m.					
Floor Hockey	8 - 9 p.m. 9 – 10 p.m.*	7:30 - 9 p.m. 9 – 10 p.m.*		7:30 - 9 p.m. 9 – 10 p.m.*		4 - 6 p.m.	
Football						7 - 9 p.m.	4 - 6 p.m.
MNP Kicks for Kids		MNP 3 - 4:30 p.m.		MNP 3 - 4:30 p.m.			
Pickleball**	8 a.m. - 2:30 p.m.		8 a.m. - 2:30 p.m. 9 - 10 p.m.*		8 a.m. - 2:30 p.m.		3:30 - 9 p.m.
Pickleball for Beginners**			7 - 9 p.m.			5 - 9 p.m.	
Preschool Playtime		9:30 - 11 a.m.		9:30 - 11 a.m.			
Soccer	Noon - 1 p.m. 3 - 4:30 p.m. May & June 7 - 9 p.m. 9 - 10 p.m.	Noon - 1 p.m. May & June 9 - 10 p.m.	Noon - 1 p.m. 3 - 4:30 p.m. May & June 9 - 10 p.m.	Noon - 1 p.m.	Noon - 1 p.m. 3 - 4:30 p.m. 7 - 9 p.m. 9 - 10 p.m.	11 a.m. - 1 p.m. 3 - 7 p.m.	11 a.m. - 1:30 p.m.
Tennis		7:30 – 9 a.m.		7:30 – 9 a.m. 9 – 10 p.m.*			
touchtennis** & Lawn Sports		9:30 - 11:30 a.m.		9:30 - 11:30 a.m.			
Volleyball	June 5:30 - 9 p.m. 9 - 10 p.m.	Noon - 3 p.m.		Noon - 3 p.m. 4 - 6:30 p.m.		1 - 3:30 p.m.	6 - 9 p.m.

Drop-In's with this logo MNP are **FREE for youth aged 8-17 years old.**

**Adult Hour (18+ only) **Indicates activities suitable for active older adults.*

Due to tournament bookings and other special events our leisure opportunities may experience schedule changes and/or cancellations. Please visit www.leduc.ca/LRC for up to date modifications. See leisure activity description and equipment needed on pages 50 - 52.

DROP - IN SCHEDULES

Arena Drop-In Opportunities *April 1 – June 26, 2020*

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult 18+ Shinny	11:45 a.m. – 1:15 p.m. 9 – 10 p.m.	11:45 a.m. – 1:15 p.m. 9 - 10 p.m.	11:45 a.m. – 1:15 p.m.	11:45 a.m. – 1:15 p.m. 9 - 10 p.m.	6 – 7:15 a.m. 11:45 a.m. – 1:15 p.m. 9 – 10 p.m.		
Adult 18+ Skate	10:30 – 11:30 a.m.		10:30 – 11:30 a.m.		10:30 – 11:30 a.m.		
Adult 18+ Stick & Puck			9 - 10 p.m.			9 – 10 p.m.	
Adult / Child Stick and Puck						3:15 - 4:15 p.m.	
Family Skate							1 - 3 p.m.
Family Stick & Puck					4:30 - 5:30 p.m.		3:15 - 4:15 p.m.
Preschool Skate		10:30 - 11:30 a.m.		10:30 - 11:30 a.m.			
Public Skate	1:30 - 3:30 p.m. 7 - 8:30 p.m.	1:30 - 3:30 p.m.	1:30 - 3:30 p.m. 7:15 - 8:45 p.m.	1:30 - 3:30 p.m.	1:30 - 3:30 p.m. 7 - 8:30 p.m.	1 - 3 p.m.	

All skaters 12-years-old and under are required to wear a CSA approved helmet while participating in our arena opportunities, please see pages 50 - 52 for all other equipment requirements.

Due to tournament bookings and other special events our leisure opportunities may experience schedule changes and/or cancellations. Please visit leduc.ca/LRC for up to date scheduling information.

See leisure activity description and equipment needed on pages 50 - 52.

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

Registration begins Thursday, February 13 10 a.m.

Drop-in Sessions run from March 2 - 27 and April 6 - May 15. There will be a break between March 30 and April 3 due to Spring Break Activities. Siblings always welcome.

Preschool Programs

Easter Themed Preschool Fun – Drop-In April 6 - 9
Hop! Hop! Hop! Join the Easter fun during any of our weekly preschool programs the week before the holiday.

Baby Laptime - Drop-In

Enjoy delightful songs, books, rhymes, fingerplays and signing to make your little one smile.

Date	Age	Time
Mondays	0 - 12 m	11:15 – 11:45 a.m.

Toddler Time – Drop-In

Join us for reading, songs, rhyming, parachute, bubbles and FUN! *Note: entry will not be permitted once program begins at 10:15 a.m.*

Date	Age	Time
Mondays, Tuesdays & Wednesdays	1 - 5	10:15 – 11 a.m.

ABC • 123 You and Me – Drop-In

Learning ABC's and numeracy made fun.

Date	Age	Time
Wednesdays	1 - 5	11:15 – 11:45 a.m.

Mellow Toddler Time – Drop-In

An all-inclusive calm program for learning and social fun.
Note: this program will not be running on Mar. 6, Apr. 3 & May 1 due to other library events.

Date	Age	Time
Fridays	1 - 5	10:15 – 10:45 a.m.

Family Storytime – Drop-In

Drop-in for interactive stories followed by a related craft or art.

Date	Age	Time
Thursdays	0 - 5	10:15 – 11 a.m.

Play, Learn, Grow – Drop-In

Our very popular program in partnership with **Leduc Parentlink**. Play with your child at the play-based and inspiring stations as their curious minds lead the way! *Note: regular preschool programming doesn't occur on this day.*

Date	Age	Time
Fridays, Mar 6, Apr 3, May 1	0 - 5	10 a.m. - Noon

Preschool Storytime – Drop-In

Join us for fun stories during Play, Learn, Grow dates at 11 a.m. in the children's area.

Date	Age	Time
Fridays, Mar 6, Apr 3, May 1	0 - 5	11 - 11:30 a.m.

St. Patrick's Day Preschool Fun – Drop-In

Pot-O-gold and rainbows! Participate in our Toddler Time program on this fun day and enjoy some extra special St. Patrick's Day themed programming.

Date	Age	Time
Tuesday, Mar 17	1 - 5	10:15 - 11 a.m.

Mother's Day Storytime – Drop-In

We invite Moms and other special caregivers to come with your little ones to celebrate motherhood. Share a special time listening to stories all about Moms and then you get to help them create a Mother's Day keepsake.

Date	Age	Time
Thursday, May 7	0 - 5	10:15 – 11 a.m.

Children's Programs

PD DAYS

Poker Chip Crafting - Drop-In

Who knew the amazing items that can be created from poker chips? We welcome you to give it a try.

Date	Age	Time
Friday, Mar 20	All Ages	11:30 a.m. - 2 p.m.

Popsicle Stick Madness - Drop-In

Birdhouses, airplanes, picture frames and so much more. Have fun creating many projects using popsicle sticks.

Date	Age	Time
Friday, Apr 24	All Ages	11:30 a.m. - 2 p.m.

Leduc Rocks Rocks - Drop-In

Yes, we said it twice! What a great way to welcome the summer by painting rocks to spread joy around the community. Check out the Facebook Page, *Leduc "Rocks" Alberta* to see what it's all about.

Date	Age	Time
Friday, May 15	All Ages	11:30 a.m. - 2 p.m.

SPRING BREAK

Wild Scavenger Hunt - Drop-In

Help us! The library has been invaded by wild animals who are lost. Can you find where they are hiding before they take over and make a huge mess?

Date	Age	Time
Mar 30 - Apr 3	5 - 12	Library hours

Must See Movies - Drop-In

Get out of the house! There are some movies everyone should see at least once. And of course, there will be snacks. Children under 8 must be accompanied by a grown-up. Please note all movies are rated PG.

Date	Age	Time
Mar 30 - Apr 2	School Ages	11 a.m. - 1 p.m.

Date	Movie	Run Time
Monday, Mar 30	Goonies	1 hr 54 min
Tuesday, Mar 31	ET	1 hr 55 min
Wednesday, Apr 1	Jumanji	1 hr 44 min
Thursday, Apr 2	Night at the Musuem	1 hr 48 min

AFTERSCHOOL

Spring Science and Crafts with the University of Alberta – Registered

Learn with a representative from the University of Alberta who will offer science experiments and crafts relating to spring.

Date	Age	Time
Tuesday, Mar 24	6 - 12	3:30 - 5 p.m.

EVENINGS

Pokémon Club - Drop-In

Hang out with other Pokémon card collectors, trade fairly, create related crafts and activities and enter a draw for free cards.

Date	Age	Time
Thursdays, Mar 19, Apr 16, May 21	8 - 12	6:30 - 7:30 p.m.

Table-Hop Tea Party - Drop-In

Meet new friends and enjoy iced tea with a treat. Roam tables with an inspiring mix of activities such as: painting, lip balm, jewellery or card-making. Stations change each month.

Date	Age	Time
Thursdays, Mar 26 & Apr 23	8 - 12	6 - 7:30 p.m.

Teen Programs

Lunchtime Pop-in - Drop-In
Drop-in during lunch break for some Oculus Rift V/R, X-box, Nintendo classic, NES, Wii and board games. *On school days.*

Date	Age	Time
Tuesdays, Mar 3 - May 12	Jr High School Ages	12:30 - 1:05 p.m.

Afterschool Pop-in - Drop-In
Video games, STEAM challenges & Oculus Rift VR. Something different each week except on early dismissal days where we will be showing a movie starting at 2:45 p.m.

Date	Age	Time
Wednesdays, Mar 4 - May 13	12-17	3:30 - 4:30 p.m.

Early Dismissal Days	Movie	Movie Length
Wednesday, Mar 4 starts at 2:45 p.m.	Back to the Future 1 Rated PG	1hr 56min
Wednesday, Apr 8 starts at 2:45 p.m.	Back to the Future 2 Rated PG	1hr 48min
Wednesday, May 6 starts at 2:45 p.m.	Back to the Future 3 Rated PG	1hr 48min

SPRING BREAK

Harry Potter Escape Room – Registered
Fumble around after hours in Mr. Mulpepper's Apothecary in Diagon Alley before Professor Snape returns to find you snooping around! See Library Community Guide for more details. Call 780-986-2637 to book your time slot!

Date	Age	Time
Mar 23 - Apr 2	12 +	30 min escape time

AFTER SCHOOL

Teen Advisory Club - Registered
The Leduc Public Library and the City of Leduc FCSS are partnering up to give teens a voice! Be part of a team to suggest and plan creative ways make your library and city a great place for teens. Become a member and gain volunteer hours. New members are always welcome.

Date	Age	Time
Thursdays, Mar 5, Apr 9, May 7	Grades 8 - 12	4 - 5 p.m.

EVENINGS

Board Games Cafe – Drop-in
Back by popular demand! Boardgames, hot chocolate bar, snacks galore, good friends and loads of fun.

Date	Age	Time
Thursdays, Mar 12, Apr 9, May 14	12 - 17	6:30 - 8:30 p.m.

Teen Toastmasters – Registered
Led by the Leduc Blackgold Toastmasters, the goal is to help young people build their communication and leadership skills. At the end of 7 weeks, participants will receive a certificate of completion to help build their resume and post secondary applications. Snacks provided.

Date	Age	Time
Thursdays, Mar 5 - Apr 30 (except Mar 26 & Apr 2)	13 - 17	6 - 7:30 p.m.

Teen Takeover – Registered
Pizza, Nerf wars, YouTube, Xbox, Wii, games, and more! Bring your friends and rule the library after hours. Registration ends the day of the event at 4 p.m., so register before to secure your spot. You must be registered to be allowed entry.

Date	Age	Time
Friday, Apr 17	12 - 17	6 - 9 p.m.

The Great Cake Decorating Championship – Registered
Enter your team, bring your imagination and we will supply fancy decorations and a cake to be decorated. Do your best as there will be judges and prizes. Presented by FCSS and Leduc Public Library Teen Advisory Commitee. Call 780-986-2637 ext 211 to enter your team of 2-4 teens.

Date	Age	Time
Tuesday, Apr 7	12 - 17	6:30 - 8 p.m.

Teen Resume Preparation – Registered
Looking for your first job this summer? Let us help you get a start in creating a solid resume and a strong cover letter. You'll also get tips on applying and presenting yourself in an interview. Snacks provided.

Date	Age	Time
Thursday, May 7	14 - 17	6:30 - 8:30 p.m.

Family Programs

Children under 8 must be accompanied by an adult.

Freestyle Crafts – Drop-In
Fire-up your creative spark! Bring your imagination and we will supply the materials for you to work at your own pace.

Date	Theme	Age	Time
Monday, Mar 23	Teddy Bear	All Ages	All Day
Monday, Apr 27	Cheerio Bird Feeders	All Ages	All Day
Monday, May 25	Flowers	All Ages	All Day

Colouring Contest – Drop-In
Ahh it's so relaxing and therapeutic to colour! Pick up the colouring page for your age group at the library, do your best colouring and return it to the library to be put on display and entered to win a prize at the end of the month.

Date	Age
Apr 1 - 30	3 - to the young at heart

Games Night – Drop-In
Looking for a fun indoor activity that everyone can enjoy? Join Jason Wiebe and his enormous collection of games for an evening of classic, new and popular games that will keep the excitement going for hours! Bring your friends and family and meet new people!

Date	Age	Time
Wednesdays, Mar 25, Apr 22, May 27	All Ages	6 - 8 p.m.

Adult Programs

Goodbye Mealtime Struggles – Registered
In partnership with Alberta Health Services. Are you a parent of a child 6 months to 5 years old? Want ideas on how to make mealtimes happy times? Register for this program by calling 780-413-7703. Please note this program is for adults only. No childcare will be provided.

Date	Time
Monday, Mar 2	1 - 3:15 p.m.

Bad Art Morning – Registered
No talent in art? Well here is your time to shine! The goal of this incredibly fun program is to create an art piece, without trying or stressing to make the result "nice" or "pretty"! The worse you do, the better! Have your art piece on display at the library for the month of April for your chance to win a prize!

Date	Time
Saturday, Apr 4	10:15 a.m. - 12:15 p.m.

Colouring at the Library – Drop-In
We supply the colouring pages, markers, pencil crayons and more! Take an evening to strengthen your creativity and relax with your friends at the library.

Date	Time
Tuesday, Apr 7	6:30 - 7:30 p.m.

Tenant and Landlord Rights – Drop-In
When you live in a rental property it can be difficult and confusing to know your rights and responsibilities. While this program primarily focuses on tenants, it will also provide important information for landlords.

Date	Time
Wednesday, Apr 8	6:30 - 7:30 p.m.

Gone with the Wind – Registered
Come watch the classic movie 'Gone with the Wind' with us! Snacks provided.

Date	Cost	Time
Saturday, Apr 18	11 a.m. - 3:30 p.m.	3 hr 58 min

Ian Wilson and Jacinthe Lavoie Present Wings Over Canada – Drop-In
Join authors and photographers Ian Wilson and Jacinthe Lavoie as they share their "travelogue with wings" and explore Canada one bird at a time.

Date	Time
Tuesday, Apr 28	6:30 - 7:30 p.m.

Discovering Picture Books and Junior Books for Your Children – Drop-In
Would you like help in finding good books for your children? Join library staff, Rhonda Campbell and Holly Lim-Lovatt, as they highlight and review a selection of children's picture books and junior novels from our library. *Note that this is an adult program and no childcare will be available.*

Date	Time
Thursday, Apr 30	7 - 8 p.m.

Birthday Card Making – Registered
Join Heather from Stampin' Up in making 9 different birthday cards (3 designs)! $15 non-refundable registration fee. You must register for this program at the library.

Date	Time	Cost
Saturday, May 2	10:30 - 12:30 p.m.	$15

Instant Pot 101 – Registered
Do you have an Instant Pot? Come explore the wonderful tips and tricks of the Instant Pot with librarian Holly Lim-Lovatt. Do you already have some worthy Instant Pot stories? Come and share them with the group!

Date	Time
Tuesday, May 5	7 - 8 p.m.

An Evening with an Author – Drop-in
"When an accident jeopardizing the family farm draws Amiah Williams back to Kingsley, Alberta, population 1431, she doesn't expect her homecoming to make front-page news."

Join local author, Jaclyn Dawn, for a reading of "The Inquirer." A question and answer session and book signing will follow. Snacks to be provided.

Date	Time
Tuesday, May 12	7 - 8 p.m.

Leduc Adult Learning

Need basic computer help? New programming coming soon! Check out leducadultlearning.ca for details.

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

To Register for Leduc Adult Learning's Classes/Workshops contact us at:

- **Email:** learn@leducadultlearning.ca
- **Call/Text:** 780-915-9835
- **Website:** www.leducadultlearning.ca

Note: Courses requiring payment require a pre-booked appointment

Canadian Citizenship Prep Course

Are you interested in a Canadian Citizenship Prep Class? Contact LAL at learn@leducadultlearning.ca to put your name on the list for the Spring session. Time and dates TBD.

Computer Essentials Series – Registered

Are you new to Windows 10 computers? Here is a series for you! For more information go to leduclearning.ca

Computer Basics - Part 1
Files and Folders - Part 2
Internet and Email - Part 3

Date	Time	Cost
Tuesdays, Mar 17, 24 & 31	6:30 - 8 p.m.	$25

Internet & Online Safety – Registered

It is hard to tell what is safe online or who is really trying to contact you in that email that wants personal information. This workshop is to discuss tips to keep yourself safe while online.

Date	Time	Cost
Thursday, Apr 2	1 - 3 p.m.	FREE

Tech Talk Saturday – Registered

Need some direction on your device or have a few things that you just don't understand and need some help with? Tech Talk Saturday is for you! Register for a time slot for one-to-one tutoring on the topic of your choice. Time slots will be 30 minutes each. Please have your topic ready at the time of registration and plan to bring your own device.

Date	Time	Cost
Saturday, Apr 25	Noon - 3 p.m.	$5
Saturday, May 30	Noon - 3 p.m.	$5

Windows 10 – Registered

Windows 10 looks different and can be confusing when getting started. We will explore and learn about the Windows 10 environment, how to customize it to personal preference as well as review foundational Windows skills.

Date	Time	Cost
Thursdays, Apr 30 & May 7	6:30 - 8:30 p.m.	$20

Intro to Excel – Registered

Microsoft Excel is a powerful spreadsheet application that can help organize and calculate data. This workshop explores basic uses of Microsoft Excel; exploring data entry and using basic formulas.

Date	Time	Cost
Thursdays, May 21 & 28	6:30 - 8:30 p.m.	$20

Participant pre-requisites: basic understanding of computer use

Intermediate Excel – Registered

Are you ready to move beyond the basics of the excel spreadsheet and explore further? This workshop takes the basic user to the intermediate level.

Date	Time	Cost
Thursdays, June 4 & 11	6:30 – 8:30 p.m.	$20

Participant pre-requisites: basic understanding of Excel.

Using Smartphone Cameras – Registered

Explore your Android or iPhone camera and learn how to take pictures and organize your photo albums. These sessions will have participants exploring the camera app, photo album, cloud storage as well as printing and sending pictures to others.

Date	Phone Type	Time	Cost
Thursdays, May 21 & 28	iPhone	2 - 4 p.m.	$20
Thursdays, June 4 & 11	Android	2 - 4 p.m.	$20

Language Learning

Conversational English – Drop-In

Come by and join our ELL conversation group. You will meet and speak to other English learners in a safe and welcoming environment.

Date	Time
Tuesdays, Mar 3 - Jun 23	1:30 - 2:30 p.m.

English Language Learning - Drop-In

Learn to read, write, and speak the English language. We will work on building vocabulary, increasing a working knowledge of grammar, enhancing reading comprehension and improving overall writing skills. *For beginner – intermediate.*

Date	Time
Thursdays, Mar 5 - Jun 25	6:30 - 8 p.m.

Spanish Conversation Circle - Drop-In

Let's Talk Spanish: Drop-In Conversation Spanish Circle. Looking for an opportunity to get together and practice your Spanish with others?
Participants must have some knowledge of the Spanish Language. Not a structured class – an opportunity to talk and practice. Participant led.

Date	Time
Tuesdays, Mar 3 - Jun 23	2:30 - 4:30 p.m.

INTEGRALORG Your mission is ours + Volunteer Leduc

VOLUNTEER ORGANIZATION WORKSHOPS

Occupational Health & Safety	HR Basics	Fundraising
February 12, 2020	March 11, 2020	April 8, 2020

Info and registration: *https://integralorg.ca/attend-an-event/*

City of Leduc · Leduc County

FCSS
Family & Community Support Services

Leduc.ca/FCSS | 780-980-7109 | 1 Alexandra Park, Leduc

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.

Some of the services we offer to residents of the City of Leduc are:

- One-on-one support
- Outreach services
- Subsidized counselling
- Programs and workshops
- Community events
- Youth outreach services
- Meals on Wheels
- Social and community development
- Recreation assistance programs

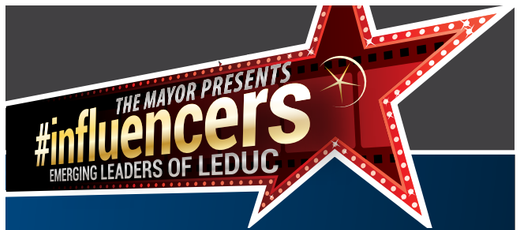
For more detailed information about FCSS services, programs and events, please visit our webpage at **Leduc.ca/FCSS**. You can also call us at **780-980-7109** or, if you require information or referrals outside of regular business hours, please dial 2-1-1 to be connected to health, human services, community resources and government assistance programs.

The FCSS office is located inside the Leduc Civic Centre at 1 Alexandra Park in Leduc, AB. Our hours of operation are Monday to Friday, 8:30 a.m. to 4:30 p.m. (closed for lunch between noon and 1 p.m.).

Do your friends naturally turn to you for support? If so, this might be the program for you!

The Community Helpers Program strengthens the natural abilities of young people in their helping role with their peers. Helpers will learn and develop a variety of skills including effective communication, self-care, coping with stress and much more.

Free sessions taking place Wednesdays in April. Open to youth grades 7-9. Registration is required. Please call FCSS to sign up at 780-980-7109.



Help us reward the outstanding young leaders in Leduc! Submit an online nomination for a deserving young person you know (currently in grades 9 - 12), and all nominees will be recognized at a red carpet event hosted by Mayor Bob Young in September.

LEDUC.CA/INFLUENCERS

CITY OF Leduc

Leduc FCSS offers a number of workshop and information sessions throughout the year to support Leduc residents in a variety of ways. For more info about any of these upcoming programs, please call 780-980-7109 or visit Leduc.ca/FCSS.

Are you concerned or confused about the impacts of gaming and digital technology on today's youth?

Join FCSS and AHS for a free presentation to learn about the effects of digital technology on children and teens.

April 15, 2020 | 6 to 9 p.m.
Leduc Civic Centre

Registration is required - please call 780-980-7109.

A neighbourhood block party is the perfect opportunity for you and your family to make new friends, plan activities, and feel more connected to your community.
The City of Leduc is happy to support residents in hosing a block party, and offers resources to assist you with planning your event.
For more info, visit ***Leduc.ca/rockyourblock***
or call FCSS at 780-980-7109.

BLOCK CONNECTOR

DO YOU REMEMBER A TIME WHEN WE USED TO KNOW OUR NEIGHBOURS?

Make your neighbourhood, a YAYbourhood by joining our Neighbour Connector initiative. Become a Block Connector today!

Block Connectors are residents who are willing to chat with their closest 10-20 households and plan one block event per year. **Does this sound like you? If so, we would love to hear from you!**

To learn more about being a Block Connector, join us at an upcoming orientation, visit leduc.ca/yaybour or call FCSS at 780-980-7109 today!

COLDWELL BANKER HAIDA REALTY | FCSS | CITY OF Leduc

GRAB YOUR NEIGHBOUR AND CELEBRATE

GOOD NEIGHBOUR DAY!

Good Neighbour Day is a time for Leduc residents to celebrate our strong neighbourhood ties and community spirit by gathering together for a block party, picnic, afternoon tea or backyard BBQ.

Please join Coldwell Banker Haida Realty and Leduc FCSS as we host a free BBQ, face painting and other fun activities at Rainbow Park!

SATURDAY, JUNE 20
11 A.M. TO 2 P.M.
RAINBOW PARK

ENVIRONMENT

Eco Station | 6102-46 Street, Leduc

Eco Station – helping you SORT SMARTer

You can drop off your materials and small loads for FREE. Check Leduc.ca to learn more about organics, recyclables, e-waste, household hazardous materials and waste collected at the Eco Station.

Eco Station
6102 - 46 Street, Leduc

The Curbside Cart Collection & Recycling Program helps our community keep tonnes of material out of the landfill every year — and that helps Leduc meet its residential waste diversion targets, which means a cleaner, greener environment for us and for future generations.

Leduc's new and improved

FREE sorting & calendar app!

The City of Leduc's new sorting app offers residents even easier ways to sort smarter. Replacing the Sort Smart app, Leduc's Recycle Coach is our new program for Android and Apple devices offering users:

- sorting information to properly recycle or dispose of items,
- customized collection calendar by address, and
- optional reminders - by phone, text or e-mail.

NEW! Voice activated sorting tips

Sorting is as easy as asking a question!

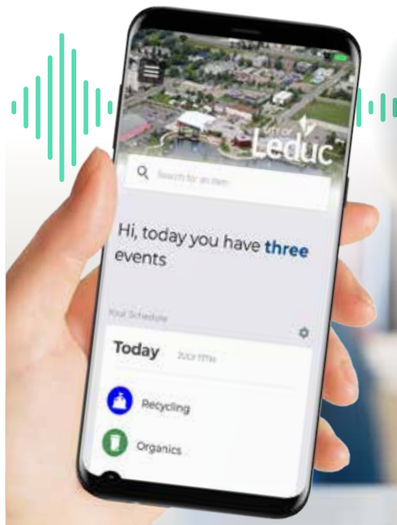
Leduc's Recycle Coach is also compatible with voice command functions such as Amazon Alexa. **Access information hands-free.**

Install Leduc's Recycle Coach today

1. Go to the app store and search for Recycle Coach **OR** check out the link on Leduc.ca **OR** scan this QR Code to find the Recycle Coach app.
2. Install the app and allow notifications to receive collection reminders.
3. Confirm your location as Leduc, Alberta and enter your home address.
4. Review the four information screens or 'skip' and when the City of Leduc image appears you are ready to go!

Download on the App Store | GET IT ON Google Play

recycle coach



For more sorting tips or how to use the voice activated features check out Leduc.ca.

PARTNERING with nature

E-mail: ecosmart@leduc.ca Eco-smart Hotline: 780.980.7107

MACLAB CENTRE
for the PERFORMING ARTS

DISCOVER YOUR
INSPIRATION
2019-2020

The Maclab Centre for Performing Arts is a vibrant community theatre run by the City of Leduc. From plays produced by local communities to nationally and internationally acclaimed performing artists — you can experience everything from classical to rock music, the circus, theatre plays, musicals, comedians and a variety of shows fit for the whole family.

Volunteer

Be a part of the fantastic volunteer community at Maclab Centre. We have a variety of positions that fit you. Pick up an application today from our Patron Services Administrator or download it off the website and learn more at **maclabcentre.com/be-involved**

Stay Informed

Stay up-to-date with events at the Maclab Centre through our email newsletter! Sign up today at **maclabcentre.com**

ABRA Cadabra
Mar. 14, 2020

Martin Kerr
Mar. 28, 2020

Russell deCarle Trio
Apr. 24, 2020

Brian Keating
May 21, 2020

Black Stone Community Family Series

Flyin' Bob
Mar. 15, 2020

GET YOUR TICKETS

1. Online at maclabcentre.com
2. Call 1-888-655-9090
3. Visit our new box office

Maclab Centre (4308 - 50 Street, Leduc)
Tuesday and Wednesday from 10 a.m. – 5 p.m.

Black Stone Community · TICKETPRO · ckua MUSIC STORY CONNECTION · Black Gold Regional Schools · Canada · The ONE 93.1 Leduc's Best Country FM

Live Leduc
MOBILE APP

We are so excited to be launching the Live Leduc mobile app! It will allow members to access classes, view holiday hours, receive amenity closure notifications, and more right at their fingertips.

App Features:

- Have your membership card located right on your phone. Use it to check-in at Guest Services or the Fitness Desk!
- Access to group fitness and public drop-in schedules.
- Keep a list of your favorite classes and share them with others.
- Receive notifications on amenity closures and class cancellations.

LEDUC ANIMAL CLINIC

DID YOU KNOW
ANNUAL
WELLNESS EXAMS
ARE IMPORTANT FOR MAINTAINING YOUR PET'S HEALTH?
FLUFFY KNOWS

DROP BY TO SAY HI OR CALL TO BOOK AN APPOINTMENT TODAY!

CONTACT US
P: (780)-986-3913
W: leducanimalclinic.com
E: reception@leducanimalclinic.com

SKATECANADA
LEDUC FIGURE SKATING CLUB

PreCan & CanPOWERSkate
PreCan & CanSKATE
Intro to StarSKATE
Junior to Senior StarSKATE

LeducFigureSkating.com
Over 50 years of FUNdamental Figure Skating

SHAW INSURANCE AGENCIES LTD.

Contact:
Ph: 780.980.9803
Toll Free: 1.866.980.9803
Email: admin@shawinsurance.ca
Contact our Team of Insurance Experts

FOR YOUR INSURANCE NEEDS.

Group home and auto rates for Chamber Members!

ARTISTIC SWIMMING

SUMMER CAMP

Games, crafts, swimming and friends
Leduc outdoor pool
Tuesday to Friday
8 a.m. to noon

Two sessions:
Aug 11-14 and August 18 - 21
More information: 780-417-6439
www.excelsynchroclub.com

EDMONTON GARAGE DOOR

LEDUC OVERHEAD DOOR

Residential | Commercial | Industrial

INCREASE YOUR HOME VALUE AND CURB APPEAL

24/7 EMERGENCY SERVICE

SERVING:
Devon | Leduc | Edmonton
Sherwood Park | St. Albert
AND SURROUNDING AREAS SINCE 1985

Leduc Overhead Door
Edmonton Garage Door
#104, 6051-47 Street
Leduc, AB T9E 7A5

Monday - Friday
7:30 AM - 5:00 PM

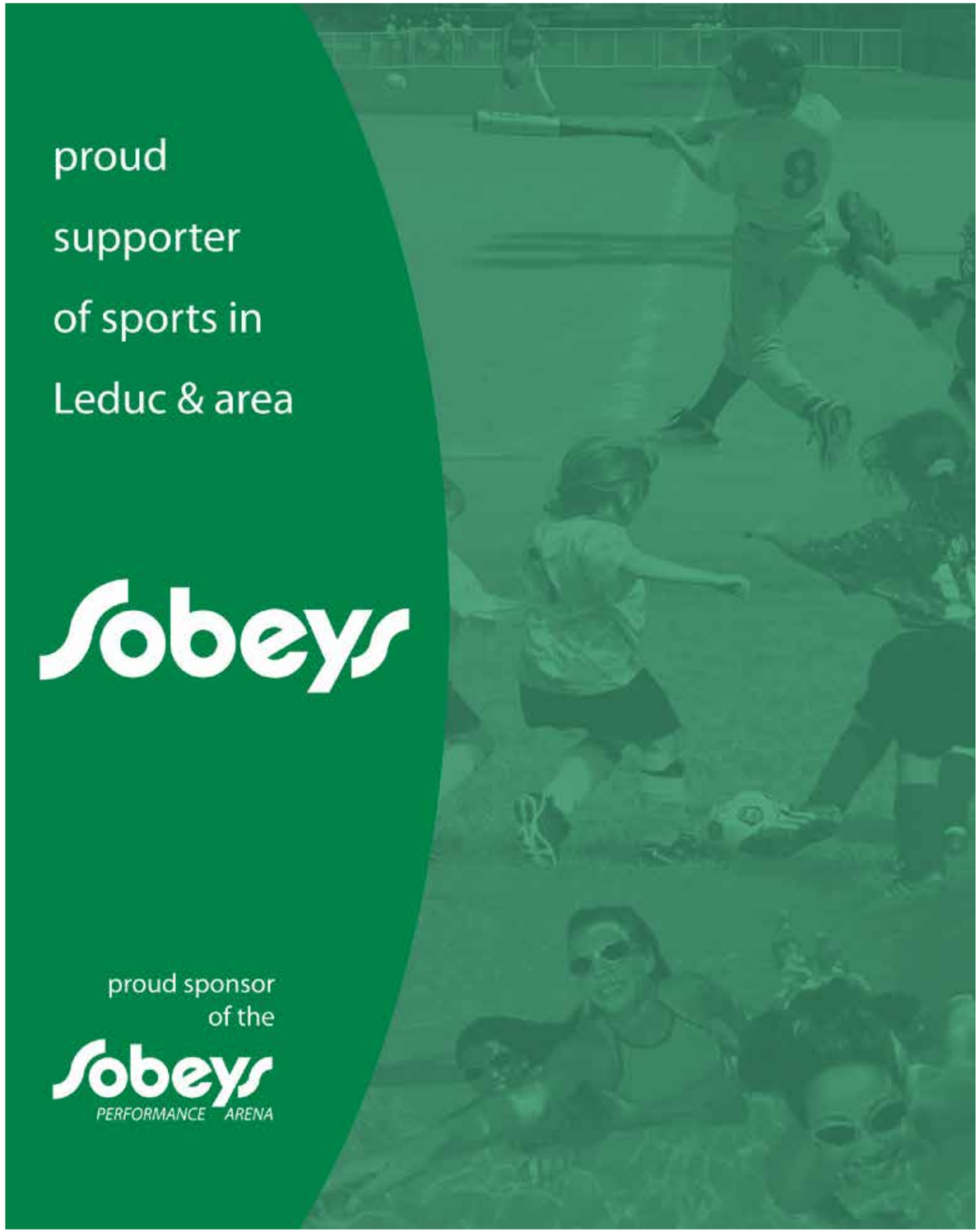
LIVE WHERE YOU'LL HAVE A ROARING GOOD TIME

Whether you're young in years or simply young at heart, Meadowview has something special for everyone! Built on the very ground where dinosaur remains were discovered, this dynamic neighbourhood in Leduc offers plenty of room to play – 12 acres of environment reserve, 2 km of multi-use trails, landscaped parks and a one-of-a-kind dinosaur themed playground!

Visit our Showhomes!

LIVEINMEADOWVIEW.COM

QUALICO® communities



TRITON
SWIM CLUB
www.tritonswimclub.ca

We teach leadership.
We are part of the community.
We build friendships that last a lifetime.
We teach children to swim and love the water.

Triton Swim Club strives to create, nurture, and promote a life of fun, fitness, camaraderie and community spirit through the sport of swimming. The Tritons have been in Beaumont and Leduc since 2008 and is Swim Alberta's award-winning small club.

We offer Competitive programs and Novice Swim School (non-competitive programs for 4-12 years old).

COwork space: a shared workspace with a vision to create COmmunity."
24 HOURS A DAY / 7 DAYS A WEEK ACCESS TO:
FLEX LOUNGE . DEDICATED DESKS .
PRIVATE OFFICES . MEETING ROOMS

Call/Text to book a tour
780.266.9736

@LEDUC.COWORK
www.leduccowork.ca
hello@thelighthouseco.ca

2020 BUSINESS EXPO & CAREER FAIR
2 DAY EVENT
THE CHAMBER LEDUC & WETASKIWIN REGIONS

QUESTIONS?
CONTACT US
E: info@yourchamber.ca
P: 780.986.5454

SATURDAY | APRIL 18
9:00 AM - 4:00 PM
SUNDAY | APRIL 19
10:00 AM - 3:00 PM

LEDUC REC CENTRE

OUTSTANDING OPPORTUNITIES FOR BUSINESSES, JOB SEEKERS, ENTREPRENEURS & CONSUMERS

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

Black Stone

Explore Black Stone - a Community Designed for Everyday Life!

Outdoor Rink is Open for the Season
New Lots Backing the Park
Homes with Income Suites
Move-in Ready Homes

Find us at Grant MacEwan Boulevard & 38 Avenue

LEDUC RECREATION CENTRE REWARDS

EARN POINTS & REWARD YOURSELF

1. Get Active
2. Earn Points
3. Redeem
4. Repeat

HOW CAN YOU EARN POINTS?

Purchase a Membership, Products, Programs, Services, Scans per visit.

It is **FREE** and easy!

WHAT CAN YOU REDEEM FOR?

Water Bottle, Gym Bag, LRC Gift Card, Annual Membership.

SIGN UP WITH GUEST SERVICES TODAY AND START EARNING!

For more information, visit
Leduc.ca/rewards

Day admissions and Flex Pass purchases do not earn points. After two years of inactivity, points will be null and void. Some conditions apply.

LEDUC RECREATION CENTRE REWARDS