



CITY GUIDE

FALL 2019



Activities
Programs
Schedules
Services
Events



CITY OF
Leduc

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■ Welcome to the LRC

Stop by Guest Services to purchase your day admission wristband. With this wristband you will have unlimited access to all areas within the LRC including: the Apple Fitness Centre, Alberta Winter Games Indoor Running Track, Leduc County & Co-op Field Houses, Mix Family 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 <i>Matinee Membership only valid Mon. – Fri. between 1 – 4 p.m.</i>					
	Monthly Pass	Continuous Membership	Annual Membership	Matinee Monthly Pass	Matinee Annual Membership
Adult (18 – 59 years)	\$56.60	\$49.00	\$538.40	\$40.40	\$403.70
Adult Additional	\$46.15	\$40.00	\$439.60	N/A	N/A
Post-Secondary Student (18+ years)*	\$37.75	N/A	\$358.95	N/A	N/A
Youth (8 – 17 years)	\$37.75	\$32.65	\$358.95	N/A	N/A
Youth Additional (when added to adult pass)	\$19.65	\$17.10	\$187.25	N/A	N/A
Child (3 – 7 years)	\$26.50	\$22.95	\$252.30	N/A	N/A
Child Additional (when added to adult pass)	\$15.30	\$13.25	\$145.65	N/A	N/A
Pre-School (2 and under)	FREE	FREE	FREE	FREE	FREE
Senior (60 – 74 years)	\$37.75	\$32.65	\$358.95	N/A	N/A
Active Afternoon Senior (60+ years)**	FREE	FREE	FREE	FREE	FREE
Senior Additional (when added to adult or senior pass)	\$33.90	\$29.35	\$322.50	N/A	N/A
Senior Plus (now available for 75+ years)	FREE	FREE	FREE	FREE	FREE

* Must show valid student ID for the post secondary membership.

**Active Afternoon Senior 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)	\$9.00	\$81.00
Youth (8 – 17 years)	\$6.00	\$54.00
Child (3 – 7 years)	\$4.25	\$38.00
Pre-School (2 and under)	--- FREE ---	
Senior (60 – 74 years)	\$6.00	\$54.00
Senior Plus (75+ years)	--- FREE ---	
Family**	\$20.50	\$185.00

* Starting Sept. 1, 2019, 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 less than 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.	11 a.m. – 5 p.m. Labor Day (Sept. 2)
Aquatic Centre	<i>* Please see page 31 for the detailed Aquatic Centre hours.</i>				10 a.m. – 8 p.m. Thanksgiving (Oct. 14)
Guest Services	Mon. – Fri.	8 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	11:30 a.m. – 8 p.m. Remembrance Day (Nov. 11)
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.	5 a.m. – 3 p.m. Christmas Eve (Dec 24)
Indoor Playground	Mon. – Fri.	9 a.m. – 9 p.m.	Sat. & Sun.	9 a.m. – 9 p.m.	CLOSED Christmas Day (Dec 25)
Child Minding Centre	<i>* Please see page 7 for Child Minding Hours. Child Minding Closed on Statutory Holidays.</i>				11 a.m. – 5 p.m. Boxing Day (Dec 26)
					5 a.m. – 3 p.m. New Year's Eve (Dec 31)
					CLOSED New Year's Day (Jan 1)

■ 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.



Live Leduc

■ Registration

Fall Registration Dates

Member* Registration Aug. 27, 2019

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 Aug. 29, 2019

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 prior to 7 days:** If withdrawing more than 7 days before the course start date, a full refund will be issued with no administrative fee applied.
- **Patron withdrawal within 7 days:** If withdrawing within 7 days to the course start date, refunds will not be granted, however, a credit will be placed on the account and a \$10 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 prior to registering for the next program. If you have any questions about prerequisites please contact one of the following programmers:

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

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

Be Prepared

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



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For over 65 years, the Leducor Group has been building with integrity. We're an industry-leading, innovative construction company, both inside and out.

Leducor is employee-owned and we put people first. We embrace you as a colleague, collaborator and vital member of our team.

FORWARD TOGETHER.

BUILD YOUR CAREER WITH LEDCOR.
VISIT LEDOR.COM

LEDOR GROUP

Canada's Top 100 Employers



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



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 Sept. 1 – Dec. 31

Monday	8:45 a.m. – 2 p.m., 5 - 8 p.m
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: We have increased capacity during peak hours.

*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. Strollers 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 live.leduc.ca to register.

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

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

Sat. / Sun.	9 a.m. – 5 p.m.	Sep 21/22	7034
Thurs. / Fri.	9 a.m. – 5 p.m.	Nov 7/8	7039

Standard First Aid Re-Certification Course \$90

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

Sat.	9 a.m. – 5 p.m.	Sept. 7	7041
Mon.	9 a.m. – 5 p.m.	Oct. 28	7035
Sat.	9 a.m. – 5 p.m.	Dec. 14	7040

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. 16 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.



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co-workers* and sign up for our
Group Membership today.

**SAVE
20 %** ON YOUR
ANNUAL MEMBERSHIP TO THE
LEDUC RECREATION CENTRE

Visit Guest Services,
Leduc.ca/LRC/groupmembership
or call 780-980-7120 for more information.

LEDUC
RECREATION CENTRE

Exclusive benefits with a LRC Membership!

- Access to ALL drop-in programs at no extra cost! This includes Yoga, Zumba, Cycling, Aqua-Fit, swimming, hockey, more!
- Enjoy a Complimentary tour of the Fitness Facility. Please visit the fitness desk upstairs to book a time.
- Early registration for all recreation, fitness, and aquatic programs.
- 10% discount on all registered programs including: swim lessons, recreation programs, fitness classes,
- Personal training, child minding, and more!
- Access to the Alexandra Outdoor Pool for FREE!
- 10% discount on all purchases at the following local businesses:



Holland Food Services



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

20/20

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.

RECREATION PROGRAMS

■ General Information

The City of Leduc is pleased to provide quality recreational programs for children, youth, and families in our community. Our commitment is to ensure all participants have a safe, entertaining and meaningful program experience. Visit Leduc.ca/LRC/registration 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.

■ Recreation Programs Schedule

Session 1: Sept. 1 – Nov. 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Safari Troopers 9 – 11 a.m.	Kitchen Monsters* 9 - 11 a.m.	Fresh Air Fun* 9 - 11 a.m.	Kitchen Monsters* 9 - 11 a.m.	Little Splashers 9 a.m. – Noon	Little Explorers 9 a.m. - Noon	Babysitting* 9 a.m. - 5 p.m.
Tiny Scientists 12:30 – 2:30 p.m.	SuperHeroes & Princesses 9 - 11 a.m.	Little Explorers 9 a.m. - Noon	Kitchen Monsters 8:45 - 10:45 a.m.	Kitchen Monsters 1 - 3 p.m.	Youth Trip*	
Stay Safe Noon - 6 p.m.	Ready, Set, Go! Noon - 3 p.m.	Gym & Swim 12:30 – 2:30 p.m.	Alphabet Soup 12:30 - 2:30 p.m.	Sportball mornings (times vary)	Classy Cuisine* 1 - 3:30 p.m.	
			Kitchen Creations 6 – 7:30 p.m.		Youth Movie*	
	Sportball evenings (time varies)			Gran & Me* 1 - 2:30 p.m.		
				Halloween Hooligans* 9:30 - 11:30 a.m.		
				Classy Cuisine* 6:30 - 9 p.m.		
				Cake Night* 6 - 8 p.m.		
				Paint the Night* 7 - 9 p.m.		

*One time class, not session long.

Developmental Domains



Social Competence



Language & Thinking



Emotional Maturity



Physical Health & Well-being



Communication Skills & General Knowledge

*One time class, not session long.



Family Programs



Preschool Dryland Programs



Preschool Swimming Programs



School Aged & Youth Programs



Adult Programs



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

Recreation Programs Schedule

Session 2: Nov. 2 – Dec. 23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Safari Troopers 9 – 11 a.m.	Little Explorers 9 a.m. - Noon	NEW Bonjour 9 - 11 a.m.	Kitchen Monsters 9 - 11 a.m.	Little Splashers 9 a.m. – Noon	NEW Self Defense (times vary)
Splash n' Play (M&W) 12:30 - 2:30 p.m.	Little Masterpieces 12:30 - 2:30 p.m.		Little Einstein's 12:30 - 2:30 p.m.		Youth Trip* TBA
Classy Cuisine* 6:30 - 9 p.m.	PD Day Camp* 8:30 a.m. - 4 p.m.		Sweet Treats 6 - 7:30 p.m.	Craftea* 6 - 8 p.m.	
PD Day Camp* 8:30 a.m. - 4 p.m.				Star Bounce (session and individual classes)	
				Reindeer Games* 9:30 - 11:30 a.m.	

*One time class, not session long.

Fall Registration Dates

Member Registration Aug. 27, 2019
Public Registration Aug. 29, 2019
Online / In-person / Phone 5 p.m.



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.

Sportball – Parent & Child 16 months – 2 year olds



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
Sept. 20 - Oct. 11	Fri.	4	8:55 - 9:40 a.m.	\$64	7992

Sportball – Parent & Child 2 – 3.5 year olds



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
Sept. 20 - Oct. 11	Fri.	4	9:45 – 10:30 a.m.	\$64	7993
Sept. 24 - Oct. 29	Tues.	6	5:15 – 6 p.m.	\$96	7996

Halloween Hooligans 1 – 6 years



A fun, safe and supervised Trick-or-Treating event for children 1 to 6 years old. Little Hooligans that are too small to enjoy the festivities are welcome to come along for the fun but are not included in the goodies (not nut free). The morning will include games, activities and Trick-or-Treating at the LRC. Parents must join in the fun with your Halloween Hooligan. Don't forget your costumes & treat bag! You must pre-register for this event. Limited space; sign up early.

Date	Day	#	Time	Cost	Code
Oct. 25	Fri.	1	9:30 - 11:30 a.m.	\$15	8008

Gran & Me 2-6 years olds



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
Dec 11 Winter Kisses	Wed.	1	1 - 2:30 p.m.	\$14	7983

Reindeer Games 1 – 6 years



Come on a holiday themed adventure inside the LRC with your family! Bring your 1 - 6 year old reindeer to join in on the festivities. Tiny reindeer are welcome to come along but cannot enjoy the treats provided. Wander through the magical winter wonderland playing games, making crafts and even get your picture with Santa! Be sure to register early as registration is required! Note: This event is not nut free.

Date	Day	#	Time	Cost	Code
Dec. 20	Fri.	1	9:30 - 11:30 a.m.	\$15	8009

Star Bounce 2 – 6 years



Come have a bouncing good time with our inflatables! Four different inflatables will be set up for your little ones to jump themselves silly. Supervision is the responsibility of the parent/caregiver. Socks are mandatory. No food, drink or sharp clothing permitted.

Date	Day	#	Time	Cost	Code
Nov 8 - Dec 13*	Fri.	4	1-3 p.m.	\$27.60	8015
Nov 8	Fri.	1	1-3 p.m.	\$6.90	8016
Nov 15	Fri.	1	1-3 p.m.	\$6.90	8017
Dec 6	Fri.	1	1-3 p.m.	\$6.90	8018
Dec 13	Fri.	1	1-3 p.m.	\$6.90	8019

*No class Nov 22 & 29

■ Preschool Programs

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

Safari Troopers 3 – 5 year olds

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 a nut free snack, water bottle, wear indoor shoes and be fully toilet-trained.

Date	Day	#	Time	Cost	Code
Sept 23 - Oct 28*	Mon.	5	9 – 11 a.m.	\$72.75	7978
Nov 4 - Dec 16**	Mon.	6	9 – 11 a.m.	\$87.30	7979

*No class Oct. 14 **No Class Nov. 11

Splash n' Play 3 – 5 year olds

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 a nut free snack, water bottle, swim suit and towel, wear indoor shoes and be fully toilet-trained.

Date	Day	#	Time	Cost	Code
Nov 4 – Dec 4*	Mon. & Wed.	8	12:30 – 2:30 p.m.	\$136	8011

*No Class Nov 11, 27

Tiny Scientists 3 – 5 year olds

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 a nut free snack, water bottle, wear indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
Sept 23 – Oct 28*	Mon.	5	12:30 – 2:30 p.m.	\$72.75	7980

*No class Nov. 11






SuperHeroes & Princesses

3 – 5 year olds   

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
Sept 24 – Oct 29	Tues.	6	9 - 11 a.m.	\$87.30	7981

Ready, Set, Go!

4-6 years olds     

Let's get ready to be a big kid and go off to school together. Each class we will inspire play-based learning through stories, letters, numbers, movement and exciting centres. We will get to practice routine, circle time, lining up, following instructions, problem solving and responsibility. Note this class is for 4, 5 & 6 year olds.

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

Date	Day	#	Time	Cost	Code
Sept 24 – Oct 29	Tues.	6	12:00-3 p.m.	\$129.90	7982

Little Masterpieces

3-5 years olds     

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 a nut free snack, water bottle, wear indoor shoes and be fully toilet-trained.

Date	Day	#	Time	Cost	Code
Nov 5 - Dec 17	Tues.	7	12:30-2:30 p.m.	\$101.85	8012



Fresh Air Fun! 4-6 years olds



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! 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 one nut free snack, hat, water bottle, closed toed shoes (no flip flops) and dress to the weather.

Date	Day	#	Time	Cost	Code
Sept 18	Wed.	1	9 - 11 a.m.	\$14.55	8048

Little Explorers 3-5 year olds



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 a nut free snack, water bottle, wear indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
Sept 25 - Oct 30	Wed.	6	9 a.m. - Noon	\$129.90	7984
Nov 5 - Dec 17	Tues.	7	9 a.m. - Noon	\$151.55	8013
Oct 5 - Oct 26	Sat.	4	9 a.m. - Noon	\$86.60	8049

Gym & Swim 3-5 year olds



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
Sept 25 - Oct 30	Wed.	6	12:30-2:30 p.m.	\$94.50	7995

Bonjour 4-6 years olds



This two hour course is an introduction for 4, 5 and 6 year olds to the French language. Each class will be a positive learning environment full of sing-alongs, learning centres, story time and movement activities that will develop recognition and verbal skills in French.

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



Date	Day	#	Time	Cost	Code
Nov 6 - Dec 18*	Wed.	6	9 - 11 a.m.	\$87.30	8020

*No Class Nov 27

Kitchen Monsters

3-5 year olds



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 a snack, water bottle, wear indoor shoes and be fully toilet-trained.

NOTE: This is NOT an allergy free zone!

Date	Day	#	Time	Cost	Code
Sept 17	Tues.	1	9 - 11 a.m.	\$15.30	8046
Sept 19	Thurs.	1	9 - 11 a.m.	\$15.30	8047
Sept 26 - October 31	Thurs.	6	8:45 - 10:45 a.m.	\$91.80	7985
Sept 27 - Oct 18	Fri.	4	1 - 3 p.m.	\$61.20	7986
Nov 7 - Dec 19*	Thurs.	6	9 - 11 a.m.	\$91.80	7987

*No Class Nov 28

Alphabet Soup 3-5 year olds



Children will learn letter recognition through crafts and activities based on new letters of the alphabet each week. Typical fun includes printing practice, crafts, circle time, and play time. All participants must bring a nut free snack, water bottle, wear indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
Sept 26 - Oct 31	Thurs.	6	12:30-2:30 p.m.	\$87.30	7988

Little Einstein's

3-5 year olds



Each week we will learn a number and a colour through crafts and activities. Typical fun includes printing practice, craft, circle time, and play time in the Remax Indoor Playground. All participants must bring 1 nut free snack, water bottle, wear indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
Nov 7 - Dec 19*	Thurs.	6	12:30-2:30 p.m.	\$87.30	8014

*No Class Nov 28



Sportball – Coaches & Children

3.5 – 5 year olds

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
Sept 20 – Oct 11	Fri.	4	10:35-11:20 a.m.	\$64	7994
Sept 24 – Oct 29	Tues.	6	6:05-6:50 p.m.	\$96	7997

Little Splashers

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
Sept 27 – Oct 18	Fri.	4	9 a.m. – Noon	\$91.80	7990
Nov 8 – Dec 13*	Fri.	5	9 a.m. – Noon	\$114.75	7991

*No class Nov 29

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.

Sportball – Coaches & Children Multi-Sport 5 – 7 year olds

Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis. Bring a water bottle and indoor shoes.

Date	Day	#	Time	Cost	Code
Sept 24 - Oct 29	Tues.	6	6:55-7:40 p.m.	\$96	7998

Sportball – Coaches & Youth

8 – 14 year olds

Sportball includes non-competitive, high energy and fun sports instruction that introduces youth to the concepts and skills involved with 3 core sports - floor hockey, soccer and badminton. The program will reinforce the benefits of teamwork and skill development rather than the importance of winning. A water bottle and indoor shoes are required.

Date	Day	#	Time	Cost	Code
Sept 24 - Oct 29	Tues.	6	7:45-8:30 p.m.	\$96	7999

Kitchen Creations 8 – 14 year olds

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
Oct 3 - Oct 24	Thurs.	4	6-7:30 p.m.	\$64	7989

Red Cross Stay Safe! Course

9-13 years old

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
Oct 21	Mon.	1	Noon - 6 p.m.	\$45	8003

Self Defense 12-17 years old



At the Arashi-Do studio right here in Leduc a qualified instructor will teach you to grow and develop your skills in self defense. Registration is required and will open on General Registration only.

All participants need to bring a water bottle to Arashi-Do at 5906 50 Street Leduc, AB.

Ages	Date	Day	#	Time	Cost	Code
Ages 12 - 14	Nov 2 – Nov 30	Sat.	5	10 - 11 a.m.	FREE	8022
Ages 15 – 17	Nov 2 – Nov 30	Sat.	5	11 a.m. - Noon	FREE	8023

Sweet Treats 10-17 years old

Sugar, chocolate chips and sprinkles! Oh my, doesn't that sound divine! Learn the skills and techniques needed to make a sweet treats like cookies, cakes, and other types of desserts. Each week we will be baking something new!

NOTE: This is NOT an allergy free zone!

Date	Day	#	Time	Cost	Code
Nov 7 – Dec 19*	Thurs.	6	6 - 7:30 p.m.	\$96	8021

*No Class Nov 28

Red Cross Babysitter Course

11+ years old

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.

Date	Day	#	Time	Cost	Code
Oct 20	Sun.	1	9 a.m. – 4:30 p.m.	\$60	8001

Sportball PD Day Camp 6-12 years old

This full-day camp is specifically for 6-12 yr old Sportballers, and it's going to be sweet! Sportballers will experience a day filled with SPORTS, fun and learning! The day will host Epic Time, ranging from dodgeball tournaments, Lego building, and Nerf Gun challenges. This camp is so fun that kids won't even realize that they're also improving their sports skills!

All participants must bring a nut free snack and lunch, water bottle, indoor shoes and wear clothes they can be active in.

Date	Day	#	Time	Cost	Code
Nov 12	Tues.	1	8:30 a.m. - 4 p.m.	\$50	8051

Youth Halloween Movie 12-17 years old

The classic horror comedy Goosebumps is being featured at Leduc Cinemas so get your friends together and don't miss out!

Ages	Date	Day	#	Time	Cost
Ages 12 - 17	Oct. 31	Thurs.	1	5 p.m.	FREE

Concession is not included but can be purchased separately. It is first come, first served as seats are limited.

Winter Day Camp ages 5-12 years

NEW

The LRC offers full day programs for children in ages 5-12. These themed day camps are sure to be fun and exciting for everyone! Each day will include games, crafts, and activities that involve the theme of the day. We will be swimming in the afternoon. We offer two age groups for all registrants --- ages 5-7 and ages 8-12. The same great day awaits all participants, as grade groupings are due to supervision requirements in the programs and in the aquatics centre.

All participants must bring a bagged lunch, water bottle, indoor shoes, swim suit and weather appropriate clothing is required.

Date	Ages	Day	#	Time	Cost	Code
Dec 23	5-7 years	Mon.	1	8:30 a.m. - 4 p.m.	\$48	8053
Dec 23	8-12years	Mon.	1	8:30 a.m. - 4 p.m.	\$48	8052



Leduc Recreation Youth Trips

Unique, interactive and memorable day trips are for youth ages 12-17 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 have the map posted online as well as a copy will emailed with the waiver after registration.

Note: Program cancellation notifications will be the Wednesday before the scheduled trip not a week prior.

Launch Pad

Join the EXTREME FUN with custom trampolines that are joined not only on the floor but the walls too. Jump into a foam pit, rebound off a wall or practice your sweet skills in a jump off.

- Leave Bus Stop 100 at 8:45 a.m.
- Return to Bus Stop 100 at 1 p.m.

Youth need to bring/wear socks, comfortable clothing and bring a water bottle.

Date	Day	Time	Cost	Code
Sept 14	Sat.	8:45 a.m. - 1 p.m.	\$20	8007

Watch out for the December Trip.

Details coming soon! Leduc.ca/lrc-youth-trip

■ 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.

Classy Cuisine

Spice up your kitchen with our Chef in one of our tasty cooking classes. Whether you are a beginner or looking to expand your culinary skills, join us for hands on cooking with demonstrations and tastings. You will leave with not only a take home meal but a new discovered appetite for the culinary world.

Date	Day	#	Time	Cost	Code
Sept 28 – Soup for the Soul	Sat.	1	1-3:30 p.m.	\$75.50	8004
Oct 18 – Filled Pasta	Fri.	1	6:30-9 p.m.	\$88.25	8005
Nov 18 – Holiday Appetizers	Mon.	1	6:30-9 p.m.	\$88.25	8006

Craftea

Do you pin a lot of things thinking you will make them later? Come have a cup a 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
Dec 13 – Outdoor Winter Planter	Fri.	1	6 - 8 p.m.	\$50	8041

Cake Night 16+ year olds

Unleash your inner cake decorator with Tara at Cake Night. During this 2 hour class you will learn how to prepare, store and decorate the baked sweet treasure. You will learn something new or brush up on forgotten skills each class. And of course you get to keep and EAT your cake!

Date	Day	#	Time	Cost	Code
Sept 19 – 2 Mini Iced Cakes	Thurs.	1	6 - 8 p.m.	\$50	8045

Paint the Night 18+ year olds

Enjoy a night out at the LRC creating your own unique masterpiece. During the two hours you will be guided through each painting while you sip on an adult beverage or appetizer ordered from Moo's Lounge (food and beverage not included in price). We provide the canvas, paint & brushes too! It's easy, stress free and no experience necessary. Check out the pictures on the LRC Facebook page.

Date	Day	#	Time	Cost	Code
Oct 11 – Spooky	Fri.	1	7 – 9 p.m.	\$30	8044



Senior Drop-In Activities

Location: MNP Room | Time: 3 - 4 p.m.

Check online Drop-In Schedule.

With purchase of a Daily Admission- a wristband is needed to participate. *Please see Guest Services.*

Chess & Checkers - Sept 24, Oct 22, Nov 26

Join in on some just for fun card and board game action. Learn a new game or enjoy an old favourite each week.

Bridge & Skipbo – Oct 29

Join in on some just for fun card and board game action. Learn a new game or enjoy an old favourite each week.

Craft Social – Sept 26, Oct 24

Do you love crafting and also getting together with other like minds? Bring your creative project and join us for a social afternoon. No crafting supplies provided.

Floor Curling & Shuffle Board – October 3, Nov 7

Let's enjoy a new spin on some old favourite games.

Guest Speaker – Oct 17, Nov 21, Dec 19

Join us for an informational presentation from a field expert. You will have the opportunity to learn something new, ask questions and take home some beneficial information.

Hearts & Blackjack – Oct 15, Nov 19, Dec 17

Join in on some just for fun card and board game action. Learn a new game or enjoy an old favourite each week.

Needles & Thread – Oct 10, Nov 14, Dec 12

Join in for an afternoon of merriment sharing projects, patterns and techniques on all things needle and thread. Whether you are a beginner or long time crafter this opportunity is for you to rediscover your love for craft. Bring your project and supplies with you, supplies will not be provided.

Potluck Snack Social – Oct 31

Bring your favourite snack to share with the group while you connect, share stories and mingle. Water, coffee and tea will be provided.

Scrabble & Mahjong – Oct 8, Nov 12, Dec 10

Join in on some just for fun card and board game action. Learn a new game or enjoy an old favourite each week.

Texas Hold'em & Cribbage – Oct 1, Nov 5

Join in on some just for fun card and board game action. Learn a new game or enjoy an old favourite each week.



FITNESS CENTRE

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 3. 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 18 years of age or older.



■ Fitness Services

Individual Personal Training

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

Sessions	Price
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 Apple Fitness Centre desk or at Guest Services.

Group Personal Training

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

Number of people	Session Packages		
	4 sessions	8 sessions	12 sessions
2	\$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 Apple Fitness Centre including proper use of equipment, general guidelines for exercise, etiquette and safety information. Perfect for those who are new to fitness or those needing a bit of extra support.

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

Teen Fit *FREE*

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

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

Teen Fit Starter Package *\$153*

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

NEW

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.

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**.

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.

Registered Fitness Programs

General Information

Session	Fall I: Sept. 16 – Nov. 1 (7 weeks)
Dates:	Fall II: Nov. 4 – Dec. 20 (7 weeks)

Please note registered programs do not run on Statutory holidays or long weekends; ; no classes the following dates: Thanksgiving weekend Oct. 12 - 14, Remembrance Day weekend Nov. 9 – 11

Deadline for fall session registration is September 6

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 14 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
Sept. 16 – Dec. 18	Mon. & Wed.	6 - 7 a.m.	\$312	8024
Sept. 20 – Dec. 20	Friday	6 - 7 a.m.	\$168*	8025

**Friday cost will be discounted 20% if registered in Mon./Wed. class.*

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!



Is there a Registered Class you are interested in but aren't sure?

Come to the LRC and pay just a Daily Admission to try our Sample/Demo class week happening September 9 – 13.

Check with the Fitness Desk in September for the full schedule.

Experience classes such as:

- **Rears and Gears**
Monday September 9 | 7:30 – 8:30 p.m.
- **Fired Up**
Tuesday September 10 | 9 - 10 a.m.
Thursday September 12 | 9 - 10 a.m.
- **Fitness at the Barre**
Wednesday September 11 | 9 – 10 a.m.
and 7:15 – 8:15 p.m.
- **Lift. Rest. Repeat.**
Wednesday September 11 | 9 – 10 a.m.

Fired Up 14 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
Sept. 17 – Dec. 17	Tues.	9 - 10 a.m.	\$185.50	8026
Sept. 19 – Dec. 19	Thurs.	9 - 10 a.m.	\$185.50*	8027

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

Fit 101 14 weeks

This is a fun bootcamp for beginners and those new to exercise. Participants will work on the essentials of strength conditioning, cardiovascular training and flexibility using a variety of modalities to progressively improve their fitness.

Date	Day	Time	Cost	Code
Sept. 18 – Dec. 18	Wed.	6 – 7 p.m.	\$175	8028

Fitness at the Barre 7 weeks & 5 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
Sept. 18 – Oct. 30	Wed.	9 - 10 a.m.	\$96.25	8029
Sept. 18 – Oct. 30	Wed.	7:15 – 8:15 p.m.	\$96.25	8030
Nov. 20 – Dec. 18	Wed.	9 - 10 a.m.	\$68.25	8031
Nov. 20 – Dec. 18	Wed.	7:15 – 8:15 p.m.	\$68.25	8032

Fundamental Fitness Training For Teens

7 weeks

For Ages 14 – 17. Learn the best technique to move safely as you build strength and endurance. This class will build strong foundations for weight training and sports.

Date	Day	Time	Cost	Code
Sept. 17 – Oct. 31	Tues. & Thurs.	4:15 - 5:15 p.m.	\$84	8466
Nov. 5 – Dec. 19	Tues. & Thurs.	4:15 - 5:15 p.m.	\$84	8467

Lift. Rest. Repeat 14 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
Sept. 18 – Dec. 18	Wed.	9 - 10 a.m.	\$185.50	8037

Rears and Gears 6 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
Sept. 16 – Oct. 28	Mon.	7:30 - 8:30 p.m.	\$82.50	8038
Nov. 4 – Dec. 16	Mon.	7:30 - 8:30 p.m.	\$82.50	8039

Titans 14 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
Sept. 17 – Dec. 17	Tues.	6 – 7 p.m.	\$185.50	8040

Yoga for the Health of It 7 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
Sept. 19 – Oct. 31	Thurs.	11:45 - 12:30 p.m.	\$87.50	8042
Nov. 7 – Dec. 19	Thurs.	11:45 - 12:30 p.m.	\$87.50	8043

*This class is held at the Leduc Civic Centre.

Private Group Fitness Class

If you are a group of 5 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

Fall Drop-In Session: Sept. 3 – Dec. 22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Ride & Shine 6 - 6:40 a.m. Cycling Zone 		Sweat Equity 6 - 6:45 a.m. Cycling Zone / Track			
Fit & Fierce 9 – 9:45 a.m. Court C	Circuit 9 – 9:45 a.m. Group Training Zone	RPMs & Abs 9 – 9:45 a.m. Cycling Zone	Right to Bare Arms 9 – 9:45 a.m. Group Training Zone	Rock Bottom 9 – 9:45 a.m. HPZ	Weekend Warrior 8:15 – 9 a.m. HPZ	Sunday Cycle 9 – 9:45 a.m. Cycling Zone
Power (Stroller friendly) 10 – 10:45 a.m. HPZ	Hooping for Fitness 10 – 10:45 a.m. Court C	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
	Athletic Performance Mobility 12:15 – 12:45 p.m. HPZ Stroller Fit 1 – 1:45 p.m. High Performance Zone Matinee Yoga 2 – 2:45 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	Matinee Zumba 1 – 1:30 p.m. Aspenleaf Studio		
Circuit 6:30 – 7:15 p.m. Group Training Zone 		ABSolutely! 6:20 – 6:50 p.m. MNP Room STARTS SEPT. 25	Yoga Flow 6 – 6:45 p.m. Aspenleaf Studio			
H.I.I.T It! 7:30 – 8:15 p.m. Group Training Zone	Indoor Cycling 7:30 – 8:15 p.m. Cycling Zone	Zumba 7 – 7:45 p.m. MNP Room STARTS SEPT. 25	Walk With a Doc 7 – 7:45 p.m.  Indoor Cycling 7 – 7:45 p.m. Cycling Zone Fit & Fierce 7 – 7:45 p.m. HPZ / Track	<div> Classes with this logo  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. </div>		

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: October 12, 13, 14, November 9, 10, 11

Drop-in schedule subject to change, please check the Apple 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.

Athletic Performance Mobility

This mobility class is all about dedicating time to care for your body and soft tissue to promote better movement and improved functional range of motion. This class is for the frequent gym-goer or sports athlete that needs to get the most out of their movements.

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!

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.

Hoop for Fitness

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

Indoor Cycling (including 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.

Matinee Zumba

This is a gentle dance class that is exercise in disguise. Easy to follow moves in fun form designed for those requiring a lower intensity than our regular Zumba class.

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 45 minute 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

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

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'.

Stroller-Fit

Bring your stroller to this strength and cardio fitness class designed for parents and kids under the age of 4. All levels of fitness are welcome. Children must be under the age of 4 and stay in the stroller.

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

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!

Yoga Flow

This class includes yoga postures that enhance flexibility while integrating the mind, body and breath. *Props are provided but please bring your own mat.*

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!



Teen Fit *FREE*

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

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

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.

Self Defense *12-17 years old*

At the Arashi-Do studio right here in Leduc, a qualified instructor will teach you to grow and develop your skills in self defense. Registration is required and will open on General Registration only.

All participants need to bring a water bottle to Arashi-Do at 5906 50 Street Leduc, AB.

Ages	Date	Day	#	Time	Cost	Code
Ages 12 - 14	Nov 2 – Nov 30	Sat.	5	10 - 11 a.m.	FREE	8022
Ages 15 – 17	Nov 2 – Nov 30	Sat.	5	11 am - Noon	FREE	8023

Youth Halloween Movie *12-17 years old*

The classic horror comedy Goosebumps is being featured at Leduc Cinemas so get your friends together and don't miss out!

Ages	Date	Day	#	Time	Cost
Ages 12 - 17	Oct. 31	Thurs.	1	5 p.m.	FREE

*Concession is not included but can be purchased separately.
It is first come, first served as seats are limited.*

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

- **September 20 – Neon Night** – Neon is wear-it's-at! Dress up bright for a neon night!
- **October 25 – Ghost & Goblin's Skate** – Calling all ghosts and goblins to the LRC! With Halloween just around the corner, it is time to try on your costumes and kick off the spooky season. We have plenty of treats, so no tricks needed!
- **November 22 – Jersey Skate** – Show off your favorite team while you breeze around the arena. There will be game day style refreshments and goodies to take home.
- **December 20 – Christmas Fun Skate** – Begin a new tradition or carry on an old one by joining us for our holly jolly Christmas party on the ice. Write letters to Santa, enjoy traditional holiday snacks, and most importantly, be surrounded by the ones you care about most.

*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.*



Leduc Recreation Youth Trips

Unique, interactive and memorable day trips are for youth ages 12-17 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 have the map posted online as well as a copy will emailed with the waiver after registration.

Note: Program cancellation notifications will be the Wednesday before the scheduled trip not a week prior.

Launch Pad

Join the EXTREME FUN with custom trampolines that are joined not only on the floor but the walls too. Jump into a foam pit, rebound off a wall or practice your sweet skills in a jump off.

- Leave Bus Stop 100 at 8:45 a.m.
- Return to Bus Stop 100 at 1 p.m.

Youth need to bring/wear socks, comfortable clothing and bring a water bottle.

Date	Day	Time	Cost	Code
Sept 14	Sat.	8:45 a.m. - 1 p.m.	\$20	8007

Watch out for the December Trip.

Details coming soon! Leduc.ca/lrc-youth-trip

Live Leduc MOBILE APP

We are so excited to be launching the Live Leduc mobile app here at the Leduc Recreation Centre in 2019! The Live Leduc app will allow members to access classes, view holiday hours, receive amenity closure notifications, and more right at their fingertips.

App Features:

With our Live Leduc App you will now be able to:

- Have your membership card located right on your phone. Use it to check-in at Guest Services or the Fitness Desk!
- Access to a real-time group fitness class schedule.
- Keep a list of your favorite classes, programs and share them with others and view public drop-in schedules.
- Receive notifications on amenity closures, program cancellations & class reminders.
- And much more!

Visit Guest Services to provide your email address and stay tuned for our official launch date!





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.

Badminton

- Tuesdays & Thursdays 8 a.m. - 4:30 p.m.
Saturdays 12:30 - 4:30 p.m.
Sundays 8 a.m. - 3 p.m.
LRC Field House

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

Matinee Yoga

- Tuesdays 2 - 2:45 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.

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 pickleballers. Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis into one.

Touchtennis

- Tuesdays & Thursdays 8 - 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.

Seniors AquaFit

- Thursdays 2 - 2:45 p.m.
LRC Indoor Pool

For anyone looking for a gentle Aquatic exercise experience. Tailored to be easy on your bones and joints.

Zumba

- Fridays 7 - 7:45 p.m.
MNP Room

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!



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.



DO *your* THING.



Senior Drop-In Activities

Location: MNP Room | Time: 3 - 4 p.m.

Refer to page 17 for more details!

With purchase of a Daily Admission- a wristband is needed to participate. *Please see Guest Services.*

Chess & Checkers - Sept 24, Oct 22, Nov 26

Bridge & Skipbo – Oct 29

Craft Social – Sept 26, Oct 24

Floor Curling & Shuffle Board – October 3, Nov 7

Guest Speaker – Oct 17, Nov 21, Dec 19

Hearts & Blackjack – Oct 15, Nov 19, Dec 17

Needles & Thread – Oct 10, Nov 14, Dec 12

Potluck Snack Social – Oct 31

Scrabble & Mahjong – Oct 8, Nov 12, Dec 10

Texas Hold'em & Cribbage – Oct 1, Nov 5



FALL EVENTS

Rock the Rails Youth Festival

- August 10, 2019
Leduc Skateboard Park
Alexandra Arena is the back-up location due to poor weather.

Party in Alexandra Park

- August 29, 2019
Alexandra Park
Alexandra Arena is the back-up location due to poor weather.

Fall Community Information and Registration Day (CIRD)

- August 29, 2019
Alexandra Park
Alexandra Arena is the back-up location due to poor weather.

Culture Days

- September 27 - 28, 2019
Multiple locations throughout the City

Free Access Day

- September 29, 2019
Leduc Recreation Centre

LRC Community Run

- September 29, 2019
Multi-way behind the Leduc Recreation Centre

Do Your Thing Month

- October 2019
Leduc Recreation Centre

Black Gold Quilt Patch Guild

- October 18 - 19, 2019
Leduc Recreation Centre

Veteran's Week

- November 11 - 15, 2019
Leduc Recreation Centre

Festival of Trees



- November 23 - 24, 2019
Leduc Recreation Centre

Santa's Helper Auction

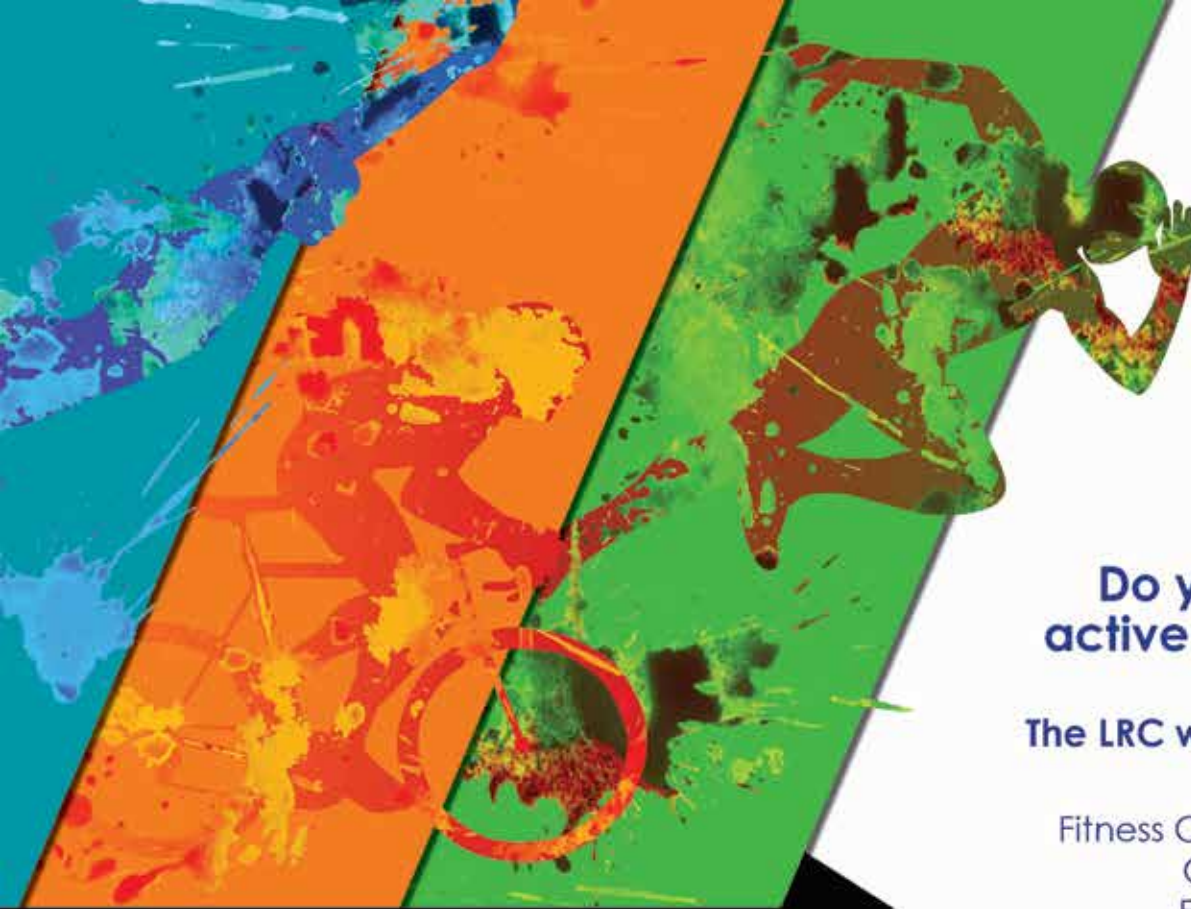
- December 7, 2019
Leduc Recreation Centre

For more information visit Leduc.ca

THE LEGENDS ARE COMING TO LEDUC



LEDUC, AB
NOV. 27 - DEC. 1, 2019



DO *your* THING.

Do you want to get active and have fun?

The LRC would be a great fit.

Aquatic Centre
Fitness Centre • Indoor Track
Group Fitness Classes
Field House • Arena's
Indoor Playground
and so much more!

**Register for a membership
in October 2019
and receive a
FREE BONUS!**

Renew, upgrade
or purchase an
annual membership
**& RECEIVE ONE
MONTH FREE**

VALUE UP
TO \$56.60

Purchase a 10
Admission Family
or Youth Flex Pass*
**& RECEIVE 3 FREE
ADDITIONAL
ADMISSIONS**

VALUE UP
TO \$24.30

Purchase a
Continuous
membership
**& RECEIVE A
FREE GYM BAG**

VALUE
OF \$35



Leduc.ca/LRC
 @leducrecreationcentre

* Starting Sept. 1, 2019, Flex Passes will expire 2 years from date of purchase. They are transferrable but not refundable.

AQUATIC CENTRE

■ 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.



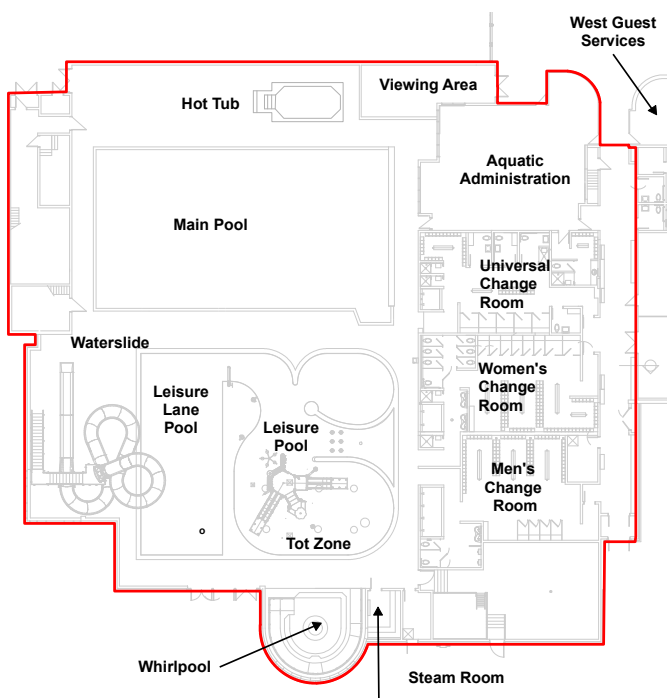
Morning Lane Swim Admittance – Weekdays, 5:30 a.m. – 9 a.m., patrons must present their membership pass or punch card to the lifeguard on duty. The aquatic centre staff will not accept cash or cheques for admission. For more information, please ask a Guest Services representative.

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 Aug. 27, 2019
Online / In-person / Phone 5p.m.

Public Registration Aug. 29, 2019
Online / In-person / Phone 5p.m.



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

■ Indoor Aquatic Centre Fall Schedule Sept. 23 – Dec. 21

Public Swim

Mon - Fri	9 a.m. – 4 p.m.	limited pool use
	6:30 – 9 p.m.	limited pool use
Sat. & Sun.	1 – 9 p.m.	all pools

Family Swim -

A more quiet time for families with young children
*Youth (8+) must be in attendance with a 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	4:30 – 6:30 p.m.

School Swimming Lessons

Monday – Thursday	9 a.m. – 2:30 p.m.
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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.

Indoor Pool Closed for Annual
Maintenance **Aug. 25 – Sept. 22**

mix
family
aquatic centre



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.

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 – 9 a.m.	4 lanes MP + 2 lanes LP	2 lanes LP
	9 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.	2 lanes MP + 2 lanes LP	1 lane LP
	9 a.m. – 1 p.m.	1 lane MP	
	5 – 9 p.m.	1 lane MP	

Note: Tritons swim club practice has been moved from Saturday to Sunday mornings. Number of lanes available will be affected. Please see Lane Swim & Water Running schedule for details.

*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	Labour Day (Sept. 2)	Thanksgiving (Oct. 14) 10 a.m. – 8 p.m.	Remembrance Day (Nov. 11) 11:30 a.m. – 8 p.m.	Christmas Eve & New Years Eve (Dec. 24 & 31) 5:30 a.m. – 3 p.m.	Christmas Day & New Years Day (Dec. 25 & Jan. 1) CLOSED
Public Swim		10 a.m. – 8 p.m. Shared Use	11:30 a.m. – 8 p.m. Shared Use	9 a.m. – 3 p.m. Shared Use	
Lane Swim	Indoor Aquatic Centre CLOSED Visit us at the Outdoor Pool 11 a.m. – 4 p.m.	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	5:30 – 9 a.m. 6 lanes Main Pool Noon-1 p.m. 3 lanes Main Pool All other times 1 lane available	LRC Closed

■ Mix Family Aquatic Centre Bookings

Is your group looking to make a splash this fall? Join us at the Mix Family 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 25% off regular admission prices. Contact Aquatic Services at 780-980-7198 ext. 6040 or email aquaticbookings@leduc.ca to book today.

What does this package get you?

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

*During public swim times as shown in the City Guide

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.



Toonie Swims

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

Sat., Sept. 28	9 – 11 a.m.
Mon., Oct. 7	4 – 6:30 p.m.
Fri., Oct. 11	4 – 6:30 p.m.
Sun., Dec. 15	9 – 11 a.m.

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

Starting October 4





Our giant inflatable obstacle course (also known as a Wibit) will be set-up in the Main Pool every Friday night from 7–9 p.m. Grab your friends and come join us for an evening of fun.


Ages: 8+ years

Cost: Day admission pass or FREE for LRC Members

Deep water swim test required

■ Indoor Aquatic Fitness Programs *Sept. 23 – Dec. 21*

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Main Pool	AquaFit - Shallow 9 – 9:50 a.m.	AquaFit - Deep 9 – 9:50 a.m.	AquaFit - Shallow 9 – 9:50 a.m.	AquaFit - Deep 9 – 9:50 a.m.	AquaFit - Shallow 9 – 9:50 a.m.	Prenatal AquaFit 9 – 9:45 a.m.
		AquaFit - Seniors 11 – 11:45 a.m.		AquaFit - Seniors 11 – 11:45 a.m.		
				Seniors AquaFit  2 – 2:45 p.m. 		
Leisure Lane Pool	Gentle AquaFit 2:30 – 3:15 p.m. 		Gentle AquaFit 2:45 – 3:30 p.m. 			Babyweights 10 – 10:45 a.m.
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

 Registered program

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

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

AquaFit – Shallow water *Drop-in*

This high-energy class incorporates both cardio and muscular training in the aquatic environment, providing a low impact workout that really works! **Maximum of 45 participants (indoor pool) and 25 participants (outdoor pool)*

AquaFit – Deep water *Drop-in*

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

**Maximum of 16 participants*

AquaFit – Seniors *Drop-in*

Senior Aqua Fit program is a fun fitness experience tailored to be gentle on your bones and joints. **Maximum of 45 participants*

Seniors AquaFit *Drop-in*

For anyone looking for a gentle Aquatic exercise experience. Tailored to be easy on your bones and joints.

**Maximum of 45 participants*

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.

Water Running *1 Lane Drop-in*

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

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

Prenatal AquaFit \$60

October 20 - November 24 8470

Congratulations on your pregnancy! Want to stay active while expecting your bundle of joy and meet other expectant moms in the community? You will enjoy the benefits of this low impact deep water Aqua Fit program as it can help to relieve the aches and pains of your pregnancy while you keep up your fitness routine. This program is held in the deep end of the main pool. Aqua Jogger belts or noodles are provided.

A minimum of 6 participants is required to run this program

Babyweights \$60

October 20 - November 24 8471

Come and enjoy some quality time in the pool with your baby! This Aqua fit program uses our baby boats so your little one (6 months to 24 months, with a maximum weight of 25 lbs) can bob along to great music while you get a workout.

A minimum of 6 participants is required to run this program. A limit of one child per participant.

Stingrays Lifeguard Club

Stingrays is an exhilarating, educational swim club for any youth 8 years or older with Swim Kids 4 or higher swimming capability and the desire to have a terrific time in an aquatic setting. Stingrays members are encouraged to develop skills based on personal bests in swimming, lifesaving, fitness, knowledge, leadership and team work. This program provides high activity challenges in an energetic club environment both on deck and in the pool. Members may also be introduced to competitive lifesaving activities.



Our Junior (8-12yrs) & Senior (13-17yrs) Sport clubs will combine practices twice a week, giving senior club members an opportunity to mentor and help develop our junior club members.

Junior Stingrays will have an opportunity to train alongside their older peers. Workouts & practices will be run together but with junior level & senior level activities separated within each practice.

If attending competitions, registrants will be required to purchase a black or blue swimsuit and are encouraged to attend one or more competitions.

Lifesaving Sport Club (8 - 17 yrs)

Day	Time
Tues.	4:45 - 6:30 p.m. (pool)
Thurs.	4:45 - 5:30 p.m. (dry) 5:30 - 6:30 p.m. (pool)
Sun.	10 - 11 a.m. (pool only Drop-In)

*2 lanes will be reserved for Stingrays who'd like some extra pool time on Sunday's. This weekly opportunity will not be coached, rather swimmers can grab a swim workout from the Aquatic Shift Leader on duty and do a self-directed workout! This opportunity is highly recommended for those Stingrays thinking ahead to competitions.

Fall Session		Winter Session	
Sept. 24 - Dec. 19 *no practice Oct 31		Jan. 7 - Apr. 9 *no practice Mar 31 / Apr 2	
\$162.50	8056	\$156	8058

*Swim Caps (\$15) & T-shirts (\$25) can be purchased at Guest Services at any time



Mer-Folk Academy \$240

Dive into a magical underwater experience in this introductory Mermaid Tail program geared towards Mer-girls & Mer-boys ages 8-12 with Swim Kids level 3 experience. Mostly in the pool, learn fundamental Mer-skills to swim safely with a mermaid tail. With a focus on safety, Mer-Folk in this program will begin practicing skills without equipment and progress to learning skills in a full mermaid tail with the goal being to confidently complete the Mermaid swim test at any LRC public swim opportunity. *Appropriate swim attire required. Mermaid tail included in registration fee. For those who already have a tail, a discount is provided.*

Date	Day	Time	Code
Oct 25-Nov 29	Fri.	5 - 6:30 p.m.	8057

Mer-Folk Private Lessons \$40/30 mins



Curious about what a mermaid tail feels like when you put it on & how to use it before purchasing one of your own? Or does your mermaid/man just want some mer-swim-test practice with a professional before trying it out in public swim? Book a private lesson with one of our resident mermaids and make a splash in one of our tails!

***Ages 6+ (adults included!)**

Date	Day	Time	Code
Oct 16	Wed	5:30 - 6 p.m.	8059
Oct 23	Wed	5:30 - 6 p.m.	8060
Oct 30	Wed	5:30 - 6 p.m.	8061
Nov 6	Wed	5:30 - 6 p.m.	8062
Nov 13	Wed	5:30 - 6 p.m.	8063
Nov 20	Wed	5:30 - 6 p.m.	8064
Nov 27	Wed	5:30 - 6 p.m.	8065
Dec 4	Wed	5:30 - 6 p.m.	8066

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.


Scuba & Snorkel Ages 12+

Discover the underwater experience of Snorkeling or Scuba Diving right here at the LRC! Whether you are a first-timer or an experienced snorkeler or diver, join us in the pool for some underwater fun. All equipment will be provided for you. **Ages 12-14 are required to have an adult (18+) registered and participating with them.*

Date	Day	Time	Cost	Code
October 5 - Discover Snorkel	Sat.	10 - 11 a.m.	\$30	8067
October 5 - Discover Scuba	Sat.	10 - 11 a.m.	\$50	8464

■ 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	\$58	
Pre-school	30 minute lessons	\$52	
Swim Kids 1 – 3	30 minute lessons	\$52	
Swim Kids 4 – 7	45 minute lessons	\$58	
Swim Kids 8 – 10	60 minute lessons	\$64	
Teen Swim Basics (See pg. 42 for course details)	60 minute lessons	FREE	
Adult Learn-to-Swim & Stroke Improvement		\$64	

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

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

Private swim lessons \$31.50 / 30 min

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

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 \$64 Ages 18+

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. Contact our programmer for more information at 780-980-7165.

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!




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
@ledurecreationcentre





Red Cross Swim Preschool

Parented – Adult is required (18+)



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



Starfish: 4 - 12 months and able to hold their head up

Babies and caregivers are oriented to the water through songs, play, and water safety education.



Duck: 12 - 24 months

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



Sea Turtle: 24 to 36 months

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



Un-Parented

(swimmers advance after completion of evaluated criteria)



Sea Otter: 3 to 5 years

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



Salamander: 3 to 5 years

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



Sunfish: 3 to 5 years

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



Crocodile: 3 to 5 years

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



Whale: 3 to 5 years

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



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

Swim Kids 1

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

Swim Kids 2

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

Swim Kids 3

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

Swim Kids 4

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

Swim Kids 5

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

Swim Kids 6

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

Swim Kids 7

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

Swim Kids 8

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

Swim Kids 9

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

Swim Kids 10

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

Swimming Lessons

Oct. 8 – Dec. 20

Session Dates	Session	Memo Day	Parent Day	NO CLASS
Oct 8 – Nov 5	Tuesday & Thurs am #1	Oct 22	Oct 24	Oct 31
Oct 10 – Dec 5	Thursday evenings	Nov 14	Nov 21	Oct 31
Oct 15 – Dec 3	Tuesday evenings	Nov 12	Nov 19	--
Oct 16 – Dec 4	Wednesdays (afternoon & evening)	Nov 13	Nov 20	--
Oct 18 – Dec 6	Friday evenings	Nov 15	Nov 22	--
Oct 19 – Dec 7	Saturday mornings	Nov 16	Nov 23	--
Oct 20 – Dec 8	Sunday evenings	Nov 17	Nov 24	--
Oct 21 – Dec 16	Monday evenings	Nov 25	Dec 2	Nov 11
Nov 19 – Dec 12	Tuesday & Thurs am #2	Dec 3	Dec 5	--
Dec 10 – 20	2-Weeks (Tues-Fri)	Dec 17	Dec 18	--

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

Starfish (4 – 12 months) – 45 min. parented
(includes 15 mins hot tub time)
\$58 member / non-member



Class Date	Days	Time	Code
Oct 8	Nov 5	Tues, Thurs	11:30 a.m. C 8087
Oct 10	Dec 5	Thurs	5:15 p.m. C 8091
Oct 20	Dec 8	Sun	5:30 p.m. C 8068
Oct 21	Dec 16	Mon	5:00 p.m. C 8086
Oct 15	Dec 3	Tues	5:00 p.m. C 8089
Oct 16	Dec 4	Wed	4:45 p.m. C 8090
Oct 18	Dec 6	Fri	4:30 p.m. C 8092
Oct 19	Dec 7	Sat	9:00 a.m. C 8093
Oct 19	Dec 7	Sat	10:00 a.m. C 8094
Oct 19	Dec 7	Sat	11:30 a.m. C 8095
Nov 19	Dec 12	Tues, Thurs	11:00 a.m. C 8088

Duck (12 – 24 months) – 45 min. parented
(includes 15 mins hot tub time)
\$58 member / non-member



Class Date	Days	Time	Code
Oct 8	Nov 5	Tues, Thurs	11:30 a.m. C 8097
Oct 10	Dec 5	Thurs	5:15 p.m. C 8101
Oct 20	Dec 8	Sun	5:30 p.m. C 8069
Oct 21	Dec 16	Mon	5:00 p.m. C 8096
Oct 15	Dec 3	Tues	5:00 p.m. C 8099
Oct 16	Dec 4	Wed	4:45 p.m. C 8100
Oct 18	Dec 6	Fri	4:30 p.m. C 8102
Oct 19	Dec 7	Sat	9:00 a.m. C 8103
Oct 19	Dec 7	Sat	10:00 a.m. C 8104
Oct 19	Dec 7	Sat	11:30 a.m. C 8105
Nov 19	Dec 12	Tues, Thurs	11:00 a.m. C 8098

Sea Turtle (2 – 3 years) – 45 min. parented
(includes 15 mins hot tub time)
\$58 member / non-member



Class Date	Days	Time	Code
Oct 8	Nov 5	Tues, Thurs	11:00 a.m. 8108
Oct 8	Nov 5	Tues, Thurs	11:30 a.m. 8109
Oct 10	Dec 5	Thurs	4:30 p.m. 8116
Oct 10	Dec 5	Thurs	5:30 p.m. 8117
Oct 20	Dec 8	Sun	5:00 p.m. 8070
Oct 20	Dec 8	Sun	6:30 p.m. 8106
Oct 21	Dec 16	Mon	4:30 p.m. 8107
Oct 15	Dec 3	Tues	4:30 p.m. 8113
Oct 15	Dec 3	Tues	5:30 p.m. 8112
Oct 16	Dec 4	Wed	2:00 p.m. 8114
Oct 16	Dec 4	Wed	4:30 p.m. 8115
Oct 18	Dec 6	Fri	5:30 p.m. 8118
Oct 19	Dec 7	Sat	9:00 a.m. 8120
Oct 19	Dec 7	Sat	9:30 a.m. 8119
Oct 19	Dec 7	Sat	10:15 a.m. 8121
Nov 19	Dec 12	Tues, Thurs	11:00 a.m. 8110
Nov 19	Dec 12	Tues, Thurs	11:30 a.m. 8111
Dec 10	Dec 20	T, W, Th, F	5:30 p.m. 8123

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

Class Date	Days	Time	Code
Oct 8	Nov 5	Tues, Thurs	11:00 a.m. 8130
Oct 8	Nov 5	Tues, Thurs	11:30 a.m. 8131

Sea Otter (3 – 5 years) – 30 min. unparented \$46.80 member / \$52 non-member				
Oct 10	Dec 5	Thurs	4:00 p.m.	8145
Oct 10	Dec 5	Thurs	4:30 p.m.	8147
Oct 10	Dec 5	Thurs	5:00 p.m.	8144
Oct 10	Dec 5	Thurs	5:30 p.m.	8146
Oct 10	Dec 5	Thurs	6:00 p.m.	8148
Oct 10	Dec 5	Thurs	6:00 p.m.	8149
Oct 20	Dec 8	Sun	4:30 p.m.	8071
Oct 20	Dec 8	Sun	6:00 p.m.	8124
Oct 21	Dec 16	Mon	4:00 p.m.	8125
Oct 21	Dec 16	Mon	4:30 p.m.	8126
Oct 21	Dec 16	Mon	5:30 p.m.	8127
Oct 21	Dec 16	Mon	5:30 p.m.	8128
Oct 21	Dec 16	Mon	6:00 p.m.	8129
Oct 15	Dec 3	Tues	4:00 p.m.	8136
Oct 15	Dec 3	Tues	4:30 p.m.	8138
Oct 15	Dec 3	Tues	4:45 p.m.	8134
Oct 15	Dec 3	Tues	5:00 p.m.	8135
Oct 15	Dec 3	Tues	5:30 p.m.	8139
Oct 15	Dec 3	Tues	6:00 p.m.	8137
Oct 16	Dec 4	Wed	1:00 p.m.	8140
Oct 16	Dec 4	Wed	4:30 p.m.	8142
Oct 16	Dec 4	Wed	5:15 p.m.	8143
Oct 16	Dec 4	Wed	5:45 p.m.	8141
Oct 18	Dec 6	Fri	4:30 p.m.	8150
Oct 18	Dec 6	Fri	5:00 p.m.	8151
Oct 18	Dec 6	Fri	6:00 p.m.	8152
Oct 19	Dec 7	Sat	9:00 a.m.	8156
Oct 19	Dec 7	Sat	9:30 a.m.	8157
Oct 19	Dec 7	Sat	10:00 a.m.	8154
Oct 19	Dec 7	Sat	10:30 a.m.	8155
Oct 19	Dec 7	Sat	10:45 a.m.	8153
Oct 19	Dec 7	Sat	11:15 a.m.	8158
Nov 19	Dec 12	Tues, Thurs	11:00 a.m.	8132
Nov 19	Dec 12	Tues, Thurs	11:30 a.m.	8133
Dec 10	Dec 20	T, W, Th, F	4:30 p.m.	8160
Dec 10	Dec 20	T, W, Th, F	5:00 p.m.	8159
Dec 10	Dec 20	T, W, Th, F	5:30 p.m.	8162
Dec 10	Dec 20	T, W, Th, F	6:00 p.m.	8161

Salamander (3 – 5 years) – 30 min. unparented \$46.80 member / \$52 non-member				
Class Date		Days	Time	
Oct 8	Nov 5	Tues, Thurs	11:00 a.m.	8171
Oct 8	Nov 5	Tues, Thurs	11:30 a.m.	8172
Oct 10	Dec 5	Thurs	4:00 p.m.	8185
Oct 10	Dec 5	Thurs	4:30 p.m.	8186
Oct 10	Dec 5	Thurs	5:00 p.m.	8189
Oct 10	Dec 5	Thurs	5:00 p.m.	8190
Oct 10	Dec 5	Thurs	5:30 p.m.	8187
Oct 10	Dec 5	Thurs	6:00 p.m.	8188
Oct 20	Dec 8	Sun	4:30 p.m.	8073
Oct 20	Dec 8	Sun	5:00 p.m.	8165
Oct 20	Dec 8	Sun	5:30 p.m.	8166
Oct 20	Dec 8	Sun	6:30 p.m.	8164
Oct 21	Dec 16	Mon	4:00 p.m.	8168
Oct 21	Dec 16	Mon	5:00 p.m.	8170
Oct 21	Dec 16	Mon	5:30 p.m.	8169
Oct 21	Dec 16	Mon	6:00 p.m.	8167
Oct 15	Dec 3	Tues	4:00 p.m.	8177
Oct 15	Dec 3	Tues	4:30 p.m.	8175
Oct 15	Dec 3	Tues	5:00 p.m.	8179
Oct 15	Dec 3	Tues	5:30 p.m.	8178
Oct 15	Dec 3	Tues	6:00 p.m.	8176
Oct 16	Dec 4	Wed	2:00 p.m.	8180
Oct 16	Dec 4	Wed	4:00 p.m.	8181
Oct 16	Dec 4	Wed	5:00 p.m.	8183
Oct 16	Dec 4	Wed	5:30 p.m.	8182
Oct 16	Dec 4	Wed	6:00 p.m.	8184
Oct 18	Dec 6	Fri	4:30 p.m.	8192
Oct 18	Dec 6	Fri	6:00 p.m.	8191
Oct 19	Dec 7	Sat	9:00 a.m.	8193
Oct 19	Dec 7	Sat	9:30 a.m.	8197
Oct 19	Dec 7	Sat	10:00 a.m.	8196
Oct 19	Dec 7	Sat	10:45 a.m.	8195
Oct 19	Dec 7	Sat	11:30 a.m.	8194
Nov 19	Dec 12	Tues, Thurs	11:00 a.m.	8173
Nov 19	Dec 12	Tues, Thurs	11:30 a.m.	8174
Dec 10	Dec 20	T, W, Th, F	4:00 p.m.	8200
Dec 10	Dec 20	T, W, Th, F	5:30 p.m.	8199
Dec 10	Dec 20	T, W, Th, F	6:00 p.m.	8198

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

Class Date		Days	Time	Code
Oct 8	Nov 5	Tues, Thurs	11:00 a.m.	8203
Oct 10	Dec 5	Thurs	4:30 p.m.	8209
Oct 10	Dec 5	Thurs	5:30 p.m.	8210
Oct 20	Dec 8	Sun	4:30 p.m.	8072
Oct 20	Dec 8	Sun	6:15 p.m.	8201
Oct 21	Dec 16	Mon	5:30 p.m.	8202
Oct 15	Dec 3	Tues	5:00 p.m.	8206
Oct 15	Dec 3	Tues	5:30 p.m.	8205
Oct 16	Dec 4	Wed	2:00 p.m.	8207
Oct 16	Dec 4	Wed	4:00 p.m.	8208
Oct 18	Dec 6	Fri	5:00 p.m.	8211
Oct 19	Dec 7	Sat	9:00 a.m.	8212
Oct 19	Dec 7	Sat	10:00 a.m.	8213
Oct 19	Dec 7	Sat	11:15 a.m.	8214
Nov 19	Dec 12	Tues, Thurs	11:30 a.m.	8204
Dec 10	Dec 20	T, W, Th, F	5:30 p.m.	8215

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

Class Date		Days	Time	Code
Oct 10	Dec 5	Thurs	5:00 p.m. C	8219
Oct 20	Dec 8	Sun	5:30 p.m. C	8074
Oct 21	Dec 16	Mon	4:30 p.m.	8216
Oct 15	Dec 3	Tues	4:00 p.m. C	8217
Oct 16	Dec 4	Wed	5:15 p.m. C	8218
Oct 19	Dec 7	Sat	9:30 a.m. C	8220
Oct 19	Dec 7	Sat	10:30 a.m. C	8221
Dec 10	Dec 20	T, W, Th, F	5:00 p.m. C	8222

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

Class Date		Days	Time	Code
Oct 10	Dec 5	Thurs	5:00 p.m. C	8226
Oct 20	Dec 8	Sun	5:30 p.m. C	8075
Oct 21	Dec 16	Mon	4:30 p.m.	8223
Oct 15	Dec 3	Tues	4:00 p.m. C	8224
Oct 16	Dec 4	Wed	5:15 p.m. C	8225
Oct 19	Dec 7	Sat	9:30 a.m. C	8227
Oct 19	Dec 7	Sat	10:30 a.m. C	8228
Dec 10	Dec 20	T, W, Th, F	5:00 p.m. C	8229

Swim Kids 1 (6 – 12 years) – 30 min.
\$46.80 member / \$52 non-member

Class Date		Days	Time	Code
Oct 10	Dec 5	Thurs	4:30 p.m.	8239
Oct 10	Dec 5	Thurs	6:00 p.m.	8240
Oct 20	Dec 8	Sun	4:30 p.m.	8076
Oct 20	Dec 8	Sun	6:00 p.m. C	8230
Oct 21	Dec 16	Mon	4:00 p.m.	8232
Oct 21	Dec 16	Mon	5:00 p.m.	8231
Oct 21	Dec 16	Mon	6:00 p.m. C	8233
Oct 15	Dec 3	Tues	4:30 p.m.	8234
Oct 15	Dec 3	Tues	6:00 p.m.	8235
Oct 16	Dec 4	Wed	1:30 p.m. C	8236
Oct 16	Dec 4	Wed	4:30 p.m.	8238
Oct 16	Dec 4	Wed	5:00 p.m.	8237
Oct 18	Dec 6	Fri	4:30 p.m.	8242
Oct 18	Dec 6	Fri	5:30 p.m.	8241
Oct 19	Dec 7	Sat	9:00 a.m.	8246
Oct 19	Dec 7	Sat	9:30 a.m.	8243
Oct 19	Dec 7	Sat	10:00 a.m.	8245
Oct 19	Dec 7	Sat	10:45 a.m.	8244
Oct 19	Dec 7	Sat	11:00 a.m. C	8247
Dec 10	Dec 20	T, W, Th, F	4:00 p.m.	8248
Dec 10	Dec 20	T, W, Th, F	5:00pm	8249

Swim Kids 2 (6 – 12 years) – 30 min.
\$46.80 member / \$52 non-member

Class Date		Days	Time	Code
Oct 10	Dec 5	Thurs	4:00 p.m.	8261
Oct 10	Dec 5	Thurs	5:00 p.m.	8262
Oct 20	Dec 8	Sun	5:00 p.m.	8077
Oct 20	Dec 8	Sun	5:30 p.m.	8252
Oct 20	Dec 8	Sun	6:00 p.m. C	8251
Oct 21	Dec 16	Mon	4:30 p.m.	8253
Oct 21	Dec 16	Mon	6:00 p.m. C	8254
Oct 15	Dec 3	Tues	4:00 p.m.	8257
Oct 15	Dec 3	Tues	5:30 p.m.	8256
Oct 15	Dec 3	Tues	5:45 p.m.	8255
Oct 16	Dec 4	Wed	1:30 p.m. C	8258
Oct 16	Dec 4	Wed	4:00 p.m.	8259
Oct 16	Dec 4	Wed	5:30 p.m.	8260
Oct 18	Dec 6	Fri	5:00 p.m.	8264
Oct 18	Dec 6	Fri	6:00 p.m.	8263

Swim Kids 2 (6 – 12 years) – 30 min. \$46.80 member / \$52 non-member				
Oct 19	Dec 7	Sat	9:00 a.m.	8267
Oct 19	Dec 7	Sat	10:00 a.m.	8266
Oct 19	Dec 7	Sat	10:30 a.m.	8265
Oct 19	Dec 7	Sat	11:00 a.m. C	8268
Dec 10	Dec 20	T, W, Th, F	4:30 p.m.	8269
Dec 10	Dec 20	T, W, Th, F	6:00 p.m.	8270

Swim Kids 3 (6 – 12 years) – 30 min. \$46.80 member / \$52 non-member				
Class Date		Days	Time	Code
Oct 10	Dec 5	Thurs	5:00 p.m.	8281
Oct 20	Dec 8	Sun	4:30 p.m.	8078
Oct 20	Dec 8	Sun	5:00 p.m.	8272
Oct 20	Dec 8	Sun	5:45 p.m.	8271
Oct 21	Dec 16	Mon	5:15 p.m.	8274
Oct 21	Dec 16	Mon	6:00 p.m.	8273
Oct 15	Dec 3	Tues	4:00 p.m.	8277
Oct 15	Dec 3	Tues	5:00 p.m.	8276
Oct 15	Dec 3	Tues	5:15 p.m.	8275
Oct 16	Dec 4	Wed	1:00 p.m.	8278
Oct 16	Dec 4	Wed	4:00 p.m.	8279
Oct 16	Dec 4	Wed	5:00 p.m.	8280
Oct 18	Dec 6	Fri	5:30 p.m.	8282
Oct 19	Dec 7	Sat	9:00 a.m.	8286
Oct 19	Dec 7	Sat	9:30 a.m.	8285
Oct 19	Dec 7	Sat	10:00 a.m.	8284
Oct 19	Dec 7	Sat	10:30 a.m.	8283
Dec 10	Dec 20	T, W, Th, F	5:00 p.m.	8288
Dec 10	Dec 20	T, W, Th, F	6:00 p.m.	8287
Dec 10	Dec 20	T, W, Th, F	4:30 p.m.	8269
Dec 10	Dec 20	T, W, Th, F	6:00 p.m.	8270

Swim Kids 4 (6 – 12 years) – 45 min. \$52.50 member / \$58 non-member				
Class Date		Days	Time	Code
Oct 10	Dec 5	Thurs	4:30 p.m. C	8293
Oct 20	Dec 8	Sun	5:00 p.m. C	8079
Oct 21	Dec 16	Mon	4:00 p.m. C	8289
Oct 15	Dec 3	Tues	4:15 p.m. C	8290
Oct 16	Dec 4	Wed	1:15 p.m. C	8291
Oct 16	Dec 4	Wed	4:30 p.m.	8292
Oct 18	Dec 6	Fri	5:45 p.m. C	8294

Swim Kids 4 (6 – 12 years) – 45 min. \$52.50 member / \$58 non-member				
Oct 19	Dec 7	Sat	9:30 a.m. C	8295
Oct 19	Dec 7	Sat	11:15 a.m. C	8296
Dec 10	Dec 20	T, W, Th, F	4:15 p.m. C	8297

Swim Kids 5 (6-12 years) - 45 min \$52.20 member / \$58 non-member				
Class Date		Days	Time	Code
Oct 10	Dec 5	Thurs	4:30 p.m. C	8302
Oct 20	Dec 8	Sun	5:00 p.m. C	8080
Oct 21	Dec 16	Mon	4:00 p.m. C	8298
Oct 15	Dec 3	Tues	4:15 p.m. C	8299
Oct 16	Dec 4	Wed	1:15 p.m. C	8300
Oct 16	Dec 4	Wed	5:45 p.m.	8301
Oct 18	Dec 6	Fri	5:45 p.m. C	8303
Oct 19	Dec 7	Sat	9:30 a.m. C	8304
Oct 19	Dec 7	Sat	11:15 a.m. C	8305
Dec 10	Dec 20	T, W, Th, F	4:15 p.m. C	8306

Swim Kids 6 (6-12 years) - 45 min \$52.20 member / \$58 non-member				
Class Date		Days	Time	Code
Oct 10	Dec 5	Thurs	5:45 p.m. C	8311
Oct 20	Dec 8	Sun	6:00 p.m. C	8081
Oct 21	Dec 16	Mon	4:45 p.m. C	8307
Oct 15	Dec 3	Tues	4:00 p.m. C	8308
Oct 16	Dec 4	Wed	1:15 p.m. C	8309
Oct 16	Dec 4	Wed	4:00 p.m. C	8310
Oct 18	Dec 6	Fri	5:00 p.m. C	8312
Oct 19	Dec 7	Sat	10:30 a.m.	8313
Oct 19	Dec 7	Sat	11:15 a.m. C	8314

Swim Kids 7 (6-12 years) - 45 min \$52.20 member / \$58 non-member				
Class Date		Days	Time	Code
Oct 10	Dec 5	Thurs	5:45 p.m. C	8320
Oct 20	Dec 8	Sun	6:00 p.m. C	8082
Oct 21	Dec 16	Mon	4:45 p.m. C	8316
Oct 15	Dec 3	Tues	4:00 p.m. C	8317
Oct 16	Dec 4	Wed	1:15 p.m. C	8318
Oct 16	Dec 4	Wed	4:00 p.m. C	8319
Oct 18	Dec 6	Fri	5:00 p.m. C	8321
Oct 19	Dec 7	Sat	9:00 a.m.	8323
Oct 19	Dec 7	Sat	11:15 a.m. C	8322

Swim Kids 8 (6-12 years) - 60 min \$57.60 member / \$64 non-member				
Class Date		Days	Time	Code
Oct 10	Dec 5	Thurs	4:00 p.m. C	8325
Oct 15	Dec 3	Tues	5:00 p.m. C	8083
Oct 16	Dec 4	Wed	1:30 p.m. C	8324
Oct 19	Dec 7	Sat	9:45 a.m. C	8327
Oct 19	Dec 7	Sat	11:00 a.m. C	8326
Dec 10	Dec 20	T, W, Th, F	4:00 p.m. C	8328

Swim Kids 9 (6-12 years) - 60 min \$57.60 member / \$64 non-member				
Class Date		Days	Time	Code
Oct 10	Dec 5	Thurs	4:00 p.m. C	8330
Oct 15	Dec 3	Tues	5:00 p.m. C	8084
Oct 16	Dec 4	Wed	1:30 p.m. C	8329
Oct 19	Dec 7	Sat	9:45 a.m. C	8332
Oct 19	Dec 7	Sat	11:00 a.m. C	8331
Dec 10	Dec 20	T, W, Th, F	4:00 p.m. C	8333

Swim Kids 10 (6-12 years) - 60 min \$57.60 member / \$64 non-member				
Class Date		Days	Time	Code
Oct 10	Dec 5	Thurs	4:00 p.m. C	8335
Oct 15	Dec 3	Tues	5:00 p.m. C	8085
Oct 16	Dec 4	Wed	1:30 p.m. C	8334
Oct 19	Dec 7	Sat	9:45 a.m. C	8337
Oct 19	Dec 7	Sat	11:00 a.m. C	8336
Dec 10	Dec 20	T, W, Th, F	4:00 p.m. C	8338

Teen Swim Basics (13+ years) – 60 min FREE				
*Includes public swim wristband				
Class Date		Days	Time	Code
Oct 20	Dec 8	Sun	6:00 p.m	8339

Adult Learn-to-Swim (18+ years) – 60 min \$57.60 member / \$64 non-member				
Class Date		Days	Time	Code
Oct 19	Dec 7	Sat	9 a.m.	8340

Adult Stroke Improvement (18+ years) – 60 min. \$57.60 member / \$64 non-member				
Class Date		Days	Time	Code
Oct 10	Dec 5	Thurs	9 p.m.	8341

Private Lessons (6+ years) – 30 min. \$28.35 member / \$31.50 non-member			
Class Date	Days	Time	Code
Oct 21	Mon	5:00 p.m.	8342
Oct 28	Mon	5:00 p.m.	8346
Nov 4	Mon	5:00 p.m.	8347
Nov 18	Mon	5:00 p.m.	8348
Nov 25	Mon	5:00 p.m.	8349
Dec 2	Mon	5:00 p.m.	8350
Dec 9	Mon	5:00 p.m.	8351
Dec 16	Mon	5:00 p.m.	8352
Oct 15	Tues	4:30 p.m.	8343
Oct 22	Tues	4:30 p.m.	8353
Oct 29	Tues	4:30 p.m.	8354
Nov 5	Tues	4:30 p.m.	8355
Nov 12	Tues	4:30 p.m.	8356
Nov 19	Tues	4:30 p.m.	8357
Nov 26	Tues	4:30 p.m.	8358
Dec 3	Tues	4:30 p.m.	8359
Oct 10	Thurs	4:00 p.m.	8344
Oct 17	Thurs	4:00 p.m.	8360
Oct 24	Thurs	4:00 p.m.	8361
Nov 7	Thurs	4:00 p.m.	8362
Nov 14	Thurs	4:00 p.m.	8363
Nov 21	Thurs	4:00 p.m.	8364
Nov 28	Thurs	4:00 p.m.	8365
Dec 5	Thurs	4:00 p.m.	8366
Oct 19	Sat	9:30 a.m.	8345
Oct 26	Sat	9:30 a.m.	8367
Nov 2	Sat	9:30 a.m.	8368
Nov 9	Sat	9:30 a.m.	8369
Nov 16	Sat	9:30 a.m.	8370
Nov 23	Sat	9:30 a.m.	8371
Nov 30	Sat	9:30 a.m.	8372
Dec 7	Sat	9:30 a.m.	8373

Free

ACCESS DAY

September 29

Check out the Aquatics Centre,
Leisure drop-in opportunities at the arena's,
Group Fitness Classes, Indoor Playground,
the Fitness Centre and Indoor Track free all day.

PLUS FROM 11 A.M. – 3 P.M.

Inflatables | Laser Tag | Face Painter
in the Field House

Facility Tours | LRC Program Info Booth
Fitness Class Demos
in the Curling Rink Lobby

Leduc.ca/LRC
@leduc recreation centre

FREE Fun for everyone!
Participate in your favorite activity
or try something new.



DO *your* THING.



■ Aquatic Leadership Courses 2019

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.

Red Cross Assistant Lifeguard Certificate (ALG) \$200



Date	Day	Time	Code
Oct. 19, 20 & 26, 27	Sat. / Sun.	9 a.m. - 5 p.m.	7007

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

Pre-requisites:

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

Red Cross Lifeguard Preparation Course \$75 *Transfer from Bronze Cross*



Date	Day	Time	Code
Nov. 10	Sun.	9 a.m. - 2:30 p.m.	7009

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 12-years-old 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 Lifeguard Certificate (LG) \$285



Date	Day	Time	Code
Dec. 6 & 13 Dec. 7, 8 & 14, 15	Fri. Sat. / Sun.	5 - 9 p.m. 8 a.m. - 5 p.m.	7012

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

Pre-requisites:

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

Red Cross Lifeguard Recertification \$53



Date	Day	Time	Code
Sept. 26	Thurs.	4 - 10 p.m.	7017





Red Cross Water Safety Instructor Development Program (WSI)



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

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

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

PART 2: Online Professional Development Modules

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

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

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

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

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

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

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

PART 4: Classroom & Pool Component \$420

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

Date	Day	Time	Code
Sept. 16	Mon. (Briefing)	7 - 9 p.m.	7019
Nov. 9, 16, 23, 30	Sat.	9 a.m. - 5 p.m.	

Pre-requisites:

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

*Unsure if your Instructor skills and strokes meet Red Cross Swim Kids 10 performance criteria? Register in one of our private lessons or a full 8-lesson **Adult Stroke Improvement** classes to brush up! (Ages 15+) See this sessions' available Adult classes and private lessons in the lesson tables on page 42.*

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



Date	Day	Time	Code
Aug. 26	Mon.	9 a.m. - 3 p.m.	7021
Nov. 3	Sun.	9 a.m. - 3 p.m.	7022

Lifesaving Society National Lifeguard Recert \$53



Date	Day	Time	Code
Oct. 5	Sat.	9 a.m. - 3 p.m.	7028

Lifesaving Society Bronze Medallion and Cross \$265



Date	Day	Time	Code
Aug. 12 - 16	Mon. - Fri.	9 a.m. - 5 p.m.	7024

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 13-years-old 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 Sport Coach \$130



Date	Day	Time	Code
Oct. 6	Sun.	9:30 a.m. - 5:30 p.m.	8465

This course will prepare Lifesaving instructors to become coaches in Lifesaving Sport, which combines athletic ability with lifesaving skills and rescue equipment. Lifesaving clubs deliver lifesaving skill knowledge, stroke correction, fitness, leadership, and competition preparation. Also, this course is a requirement for all Lifesaving Sport coaches to be allowed on deck at sanctioned Lifesaving competitions.

Pre-requisites:

- 16 years old
- Lifesaving Instructor (LSI)

Looking to get certified with us this fall?

Here's the drill!

Lifeguard

- 1 Take a Standard First Aid course (Sept 21 / 22).
- 2 Take the ALG course (Oct 19, 20 & 26, 27) and complete your observation assignment. OR, if you already have your Bronze Cross, take the Lifeguard Preparation course (Oct 10)
- 3 Take the LG course Dec 6-8 & 13-15 and complete your observation assignment.

Now you're a Lifeguard!

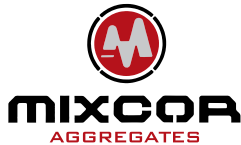
Swim Instructor

- 1 Take one of: Bronze Medallion/Cross (Aug 12-16), Assistant Lifeguard (Oct 19, 20 & 26, 27), or Standard First Aid (Sept 21/22) as pre-requisites
- 2 Register in the fall (Nov 9, 16, 23, 30) Classroom component & attend the Sept 16 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 Sept 16 briefing (If you've missed the September briefing contact 780-980-7165 to discuss other options.)
- 4 Take the WSI - Classroom component + Skills Evaluation on Saturdays in November (Nov. 9, 16, 23, 30)

Now you're a Swim Instructor!

Supporting the community where
we live, work and play.

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50 YEARS ALEXANDRA OUTDOOR POOL & SPRAY PARK

■ General Information

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

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

Alexandra Outdoor Pool Admission Rates		
	Admissions	Flex Pass
Child: 3 – 7 years	\$3.75	\$30
Youth: 8 – 17 years	\$4.75	\$38
Adult: 18 – 59 years	\$5.75	\$46
Senior: 60 – 79 years	\$4.75	\$38
Family*	\$15.25	\$122
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.

■ Outdoor Pool Fall Schedule

Aug. 4 – Sept. 2						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim 10 - 11 a.m.	Rental 10 a.m. - Noon	Rental 10 a.m. - Noon	Rental 10 a.m. - Noon	Rental 10 a.m. - Noon	Rental 10 a.m. - Noon	Lane Swim 10 - 11 a.m.
Public Swim 11 a.m. - 6 p.m.	Aqua Fit/Lane Swim Noon - 1 p.m.	Aqua Fit/Lane Swim Noon - 1 p.m.	Aqua Fit/Lane Swim Noon - 1 p.m.	Aqua Fit/Lane Swim Noon - 1 p.m.	Aqua Fit/Lane Swim Noon - 1 p.m.	Public Swim 11 a.m. - 6 p.m.
Rental 6 - 8 p.m.	Public Swim 1 - 8 p.m.	Public Swim 1 - 8 p.m.	Public Swim 1 - 8 p.m.	Public Swim 1 - 8 p.m.	Public Swim 1 - 8 p.m.	Rental 6 - 8 p.m.

Aug 5 | Stat Holiday Hours: Public Swim 10 am – 6 pm
Sept 2 | Stat Holiday Hours: Public Swim 11am-4pm

Aug 12 | Public Swim ends at 6pm for a special youth event
Flashback Fridays: Swim for 1969 admission prices!

■ Booking Rates

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

What does this package get you?

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

*During public swim times as shown in the City Guide



■ Spray Park Schedule

Aug. 4 – Sept. 2

Spray Park	Aug. 4 – Sept. 2	Statutory Holidays
Daily	10 a.m. – 8 p.m.	9 a.m. – 9 p.m.

Tips Before you Play

Check the weather

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

Toilet-training?

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

Change Facility

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

Food Options

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

Don't Forget!

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



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.

Outdoor Pool AquaFit Cancellation Policy

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

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

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

■ Outdoor Aquatic Fitness

AquaFit – Shallow Water *Drop-in*

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

**Maximum of 30 participants. No class on Stat Holidays.*

Date	Day	Time
Aug. 4 - Sept. 2	Mon. - Fri.	Noon - 12:50 p.m.

■ Outdoor Pool Special Event Days

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

Aug. 12 – Youth Swim 6 - 8 p.m.



Join us at the pool for a special youth only FREE swim (ages 12-17). There will be a DJ to rock out to and the first 100 youth will receive a pair of cool shades on us!

Sept. 2 – Food Bank Swim 11 a.m. – 4 p.m.

Relax by hitting the Outdoor Pool for its last day of the season. Bring a food bank donation and get your admission for FREE.



LEISURE OPPORTUNITIES

Included with your membership or paid admission is access to the many leisure opportunities available throughout the Leduc Recreation Centre. Please see page 2 for information regarding admissions, and page 3 regarding Active Supervision & Active Participation. View our drop-in schedules on pages 48 - 49 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

Sept. 1 – Dec. 31, 2019

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.

Floor Hockey

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

Futsal

A unique and fast-paced indoor sport, much like soccer, just on a small court with only 5 players on each team, one being the goalkeeper.

MNP Kicks for Kids

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: Hockey History

- Hockey has been around since at least 1363, when Edward III of England banned the sport in a royal proclamation.
- Today there are many types of hockey, including ice hockey, field hockey, roller hockey, sledge hockey, and a favorite among kids—street hockey.
- The first organized hockey game played indoors occurred in 1875, in Montreal, Canada.
- The NHL (National Hockey League) was established in 1917.
- Bobby Hull shot the fastest puck in recorded history, at 118 miles per hour.
- The goaltender Jacques Plante of the Montreal Canadiens created the modern goalie mask in 1959.
- Manon Rheaume was the first woman to play in the NHL. She was the goalie for Tampa Bay Lightning.

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 Pad Opportunities Sept. 1 – Dec. 31, 2019

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

- **September 20 – Neon Night** – Neon is wear-it's-at! Dress up bright for a neon night!
- **October 25 – Ghost & Goblin's Skate** – Calling all ghosts and goblins to the LRC! With Halloween just around the corner, it is time to try on your costumes and kick off the spooky season. We have plenty of treats, so no tricks needed!
- **November 29 – Jersey Skate** – Show off your favorite team while you breeze around the arena. There will be game day style refreshments and goodies to take home.
- **December 20 – Christmas Fun Skate** – Begin a new tradition or carry on an old one by joining us for our holly jolly Christmas party on the ice. Write letters to Santa, enjoy traditional holiday snacks, and most importantly, be surrounded by the ones you care about most.

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.





The LRC is Celebrating 10 Years in the Community

The Leduc Recreation Centre opened its doors to the City of Leduc community in 2009. We are incredibly proud to celebrate our upcoming 10 year anniversary with all of our residents and LRC Members in 2019.

We invite all of our City of Leduc residents and LRC Members to keep an eye out on our website at Leduc.ca/LRC and to follow us on facebook for all upcoming event dates and details. We hope that you will celebrate this milestone with us and we want to thank you for your continued support.

LRC COMMUNITY RUN

SUNDAY, SEPTEMBER 29
LRC MULTI-WAY

**THIS IS A FAMILY FRIENDLY
COMMUNITY EVENT,
ALL LEVELS WELCOME!**

**A PORTION OF THE PROCEEDS
WILL GO TO THE HUB,
THE LEDUC & DISTRICT
EMERGENCY SHELTER
ASSOCIATION.**

For more information,
please call 780-980-7120
or to register visit Leduc.ca/lrc



1KM Walk/Run
starting at 9:30 a.m.

5KM Run
starting at 9:00 a.m.

10KM Run
starting at 9:15 a.m.

DROP - IN SCHEDULES

■ Field House Drop-in Opportunities Sept. 1 – Dec. 31, 2019

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Badminton**		8 a.m. - 3 p.m.		8 a.m. - 3 p.m.		12:30 - 4:30 p.m.	8 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 - 6:30 p.m. 8:30 - 9 p.m. 9 - 10 p.m.*	8 a.m. - 9 p.m. 9 - 10 p.m.*	12:30 - 5:30 p.m.	8 a.m. - 9 p.m.	8 a.m. - 9 p.m.
Dodgeball	3 - 4:30 p.m.						
Floor Hockey	3 - 4:30 p.m. 9 - 10 p.m.*		3 - 4:30 p.m.		3 - 4:30 p.m.	Noon - 3 p.m.	
Futsal						3:30 - 9 p.m.	
MNP Kicks for Kids***		 3 - 4:30 p.m.		 3 - 4:30 p.m.		<div>Drop-In's with this logo  are FREE for youth aged 8-17 years old.</div>	
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 a.m. - Noon		9 a.m. - Noon			
Soccer	Noon - 1 p.m. 3 - 5 p.m. 9 - 10 p.m.*	Noon - 1 p.m.	Noon - 1 p.m. 3 - 5 p.m.	Noon - 1 p.m.	Noon - 1 p.m. 3 - 5 p.m. 9 - 10 p.m.*	2 - 3:30 p.m.	2 - 3:30 p.m.
 Tennis		7:30 - 9 a.m.		7:30 - 9 a.m. 9 - 10 p.m.*			
touchtennis**		8 - 11:30 a.m.		8 - 11:30 a.m.			
Volleyball		12:30 - 3 p.m.		12:30 - 3 p.m.		8 a.m. - Noon	6 - 9 p.m.

*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 44 - 46.

DROP - IN SCHEDULES

■ Arena Drop-In Opportunities Sept. 1 – Dec. 31, 2019

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult 18+ Shiny	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.	11:45 a.m. – 1:15 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.	
 Adult / Child Stick and Puck						4 – 5 p.m.	
 Family Skate							3 – 4:30 p.m.
 Family Stick & Puck				3:30 – 4:30 p.m.			4:15 – 5:15 p.m.
 Preschool Skate		10:30 – 11:30 a.m.		10:30 – 11:30 a.m.			
Public Skate	1:30 – 3:30 p.m.	1:30 – 3:30 p.m.	1:30 – 3:30 p.m. 7 – 8:30 p.m.	1:30 – 3:30 p.m.	1:30 – 3:30 p.m. 7 – 8:30 p.m.	1:45 – 3:45 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 45 – 46 for all other equipment requirements

Sponsored by, **Everybody gets to play**[™]
this FREE activity takes place
October 6 – December 29
at the Alex Arena.

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 needs for each opportunity on pages 50 – 52.

ENVIRONMENT

■ 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.

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.



GRASSCYCLING

Leave your grass clippings on the lawn when you mow.

It's that simple!

Good for your lawn:

- Nutrients stay on your lawn.
- The clippings help retain moisture.
- Your lawn won't need chemical fertilizers.

Good for you:

- Your lawn needs less water.
- You save time and energy.
- You are reducing the amount of organic material the city needs to process.

✓ 2.5-3" = perfect!

PARTNERING with *nature*

E-mail: ecosmart@Leduc.ca
Eco-smart Hotline: 780-980-7107



Eco Station Grand Re-Opening Celebration

Sept. 18 • 10:00 a.m.
6102 - 46 St

NEW SERVICES

- Scrap metal disposal
- Glass recycling
- Propane tank disposal (<20kg)
- Clothing/ textiles donation
- Cooking oil disposal
- Book swap (coming soon!)
- Fluorescent bulbs/tube recycling
- Mulch giveaway

SHORT ON waste cart capacity?

You have sorted all your food scraps and organic material into the green cart and your black cart is still full. **You can:**

- drop off at the Eco Station – first bag free, *and/or*
- rent an extra cart for \$12/mth. (min. 6 mth.)



Eco-smart Hotline: 780-980-7107

PARTNERING with *nature*

City of
Leduc
Leduc.ca

YARD WASTE TRANSFER STATION

**...your fall yard
cleanup solution**

FREE – DROP OFF THE
YARD AND GARDEN WASTE
THAT **WON'T FIT** IN YOUR
ORGANICS CART

3719 - 48 Avenue
(north of the Leduc Recreation Centre)

Materials accepted:



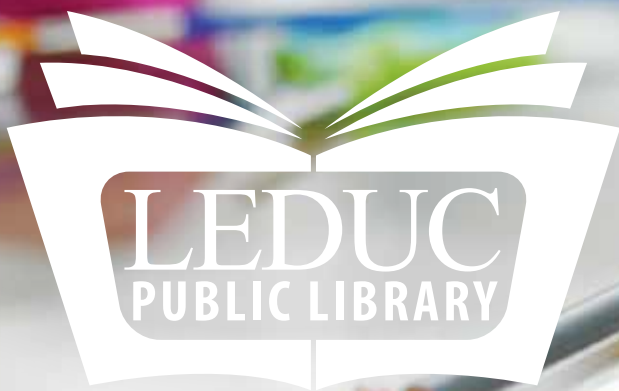
- Garden waste
- Flowerbed cleanup
- Leaves
- Grass clippings
- Twigs (small pieces)
- Tree branches



PARTNERING with *nature*

Eco-smart Hotline: 780.980.7107

E-mail: ecosmart@Leduc.ca



Drop-in Sessions run from September 9 to December 4.
Siblings always welcome.

Please note: preschool programs will not be running on
Oct 16, 21 & Nov 20 due to other library events.

■ Preschool Programs

Thanksgiving Themed Preschool Fun Oct. 7 - 11

Reflect with your child on what you are thankful for, while enjoying our regular preschool programming with a holiday twist.

Halloween Themed Preschool Fun Oct. 28 - 31

Boo! Our preschool programs turn spooky during this Halloween themed programming.

Baby Laptime - Drop-In



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

Date	Age	Time
Monday's	0-12m	11:15 – 11:45 a.m.

Toddler Time – Drop-In



Join us for reading, songs, rhyming, parachute, bubbles and FUN!

Date	Age	Time
Monday, Tuesday & Wednesday	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.

Date	Age	Time
Friday	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
Friday, Sept. 6, Oct. 4, Nov. 1	0 - 5	10 a.m. - Noon

Preschool Storytime – Drop-in



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

Date	Age	Time
Friday, Sept. 6, Oct. 4, Nov. 1	0 - 5	11 - 11:30 a.m.

Storytime Party – Registered



Celebrate literacy with your child by making memories while creating keepsakes, listening to stories, and sharing treats. Younger siblings are welcome.

Date	Age	Time
Wednesday, Oct. 16 Robert Munsch	2 - 6	10:30 - 11:30 a.m. 1 - 2 p.m. 6 - 7 p.m. Each session is identical.
Wednesday, Nov. 20 Peter H. Reynolds	2 - 6	10:30 - 11:30 a.m. 1 - 2 p.m. 6 - 7 p.m. Each session is identical.

ABC Scavenger Hunt – Drop-in



What a great way to learn! Toddlers search out their ABC's in the library and get a prize for participating.

Date	Age	Time
Wednesday, Sept. 25	2+	10 a.m. – 12 p.m.

4th Annual Halloween Storytime & Parade – Drop-in



Come dressed up and ready for spooky stories, then we will parade around the library in our costumes and there will be a Halloween treat!

Date	Age	Time
Thursday, Oct. 31	All	10:15 – 11 a.m.

LEGO Challenge - Drop-In

Come be creative, build to a themed challenge and have your creation displayed in the library.

Date	Age	Time
Tuesday, Sept. 17, Oct. 15 & Nov. 19	6 - 12	3:30 - 4:30 p.m.

STEAM Challenge - Drop-In

Participate in a new STEAM activity each month to expand your science skills.

Date	Age	Time
Tuesday, Oct. 1 & Nov. 5	6 - 12	3:30 - 4:30 p.m.

Coding Creation - Drop-In

Learn the very basics of coding through fun, games and robots.

Date	Age	Time
Tuesday, Oct. 8 & Nov. 12	5 - 8	3:30 - 4:30 p.m.

Cartoon Fun - Drop-In

Step-by-step learn to draw some of your favorite comic characters and get tips on creating your own.

Date	Age	Time
Tuesday, Sept. 24, Oct. 22 & Nov. 26	5 - 8	4 - 5 p.m.

Visual Art – Beyond Borders - Registered

Using our wall of travelling art created by Canadian artists, gain a better understanding of what art is and how to make it. Then create your own masterpiece.

Date	Age	Time
Friday, Sept. 20	9 - 12 13 - 17	10:30 a.m. - Noon 2 - 4 p.m.

Harry Potter Adventures - Registered

Start your day with Harry Potter and The Chamber of Secrets (PG), snacks and pizza for lunch. After we will make our own wizard wand and other magical activities.

Date	Age	Time
Monday, Oct. 21	9 - 17	10 a.m. - 3 p.m.

Children's Programs

Card Collectors Club - Drop-In

Hang out with Pokémon, Yu-gi-oh, and sports card collectors. Come create related crafts and activities, enter a draw for free cards and trade fairly.

Date	Age	Time
Thursday, Sept. 19, Oct. 17 & Nov. 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
Thursday, Sept. 26, Oct. 24 & Nov. 28	8 - 12	6:30 – 7:30 p.m.

Coding for Kids - Registered

Improve your coding skills through fun, games... oh and robots!

Date	Age	Time
Wednesday, Oct. 2 & Nov. 6	9 - 12	6 - 7 p.m.

Pokémon Go Hunt - Drop-In

Pokémon will be hiding all over our library. See if you can find them and then enjoy some Pokémon activities!

Date	Age	Time
Monday, Oct. 21	School Ages	10 a.m. – 1 p.m.

Process Art - Drop-In

What is process art? Focusing on the creative journey and not the end product. It's fun, engaging and self expressive. Try each station we set up and see what you can create.

Date	Age	Time
Wednesday, Nov. 13	School Ages	1 - 4 p.m.

Teen Programs

Lunchtime Pop-in - Drop-In

Drop-in during lunch break to our Alex B Program Room for the following activities:

Tuesdays – Games - X-box, Nintendo classic, NES, Wii and board games all waiting for a challenge.

Thursdays – V/R - The V/R will be available to try and it's also exciting to watch others step into another visual dimension.

Date	Age	Time
Tuesdays & Thursdays from Sept. 24 – Dec. 19	Jr High School Ages	12:30 - 1 p.m.

Afterschool Pop-in - Drop-In

Take part in games and STEAM challenges. Something different each week. On early dismissal days (instead of STEAM) we will be showing a PG movie starting at 2:30pm.

Date	Age	Time
Wednesdays, Oct 2 – Dec 18	Ages 12-17	3:30 - 4:30 p.m.

Early Dismissal Days	Movie	Movie Length
Wednesday, Oct. 2 starts at 2:30 pm	National Treasure	2hr18min
Wednesday, Nov. 6 starts at 2:30 pm	National Treasure: Book of Secrets	2hr05min

Teen Advisory Club - Registered

The Leduc Public Library and the City of Leduc FCSS are partnering up to give teens a voice! The 1st Thursday of each month, be part of a team to suggest and plan creative events to 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
Thursday, Oct. 3 & Nov. 7	Grades 8 - 12	4 - 5 p.m.

Post-secondary Education 101 - Registered

Wondering what to do after high school? A Government of Alberta program to help explore the various types of post-secondary education in AB, how to research careers and schools, funding options, and more! Bring any "life after high school" questions for the Q&A after. Teens, young adults, and parents all are welcome to attend.

Date	Age	Time
Thursday, Oct. 3	13+	6:30 - 7:30 p.m.

Teen Paint Party - Registered

Drip, swish, plop, cut, layer, pour. Focusing on the creative journey and not the end product. It's fun, engaging and self expressive. Plus, there will be snacks!

Date	Age	Time
Thursday Oct. 10 & Nov. 14	13 - 17	6 - 8 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 4pm, so register early to secure your spot. You must be registered to be allowed entry.

Date	Age	Time
Friday, October 25	13 - 17	6 - 9 p.m.

Candy Sushi - Registered

Laugh along as you recreate a variety of different types of sushi from candy. Creations will be judged, and prizes awarded. Then you get to eat candy sushi!

Date	Age	Time
Wednesday, Oct. 30	13 - 17	6 - 8 p.m.



■ Family Programs

Children under 8 must be accompanied by an adult.

Man in the Moon Storytime – Drop-In

This storytime is for male caregivers and children. This is your time to make special memories!

Date	Age	Time
Wednesday, Sept. 11, Oct. 9 & Nov. 13	All Ages	6 - 6:30 p.m.

Family PJ Storytime – Drop-in

Bring your special blankie or stuffie and join the party as a family in your PJ's. Laugh out loud with Miss Stacie's fun way of storytelling.

Date	Age	Time
Wednesday, Sept. 25, Oct. 23 & Nov. 27	All Ages	6 - 6:30 p.m.

Board Games for Everyone! – Drop-in

Join in and play board games from the amazing collection that is available! Come alone, bring a friend, or arrive with your entire family!

Date	Age	Time
Wednesdays, Sept. 25, Oct. 23, Nov. 27		6 - 8 p.m.

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	Age	Time
Monday, Sept. 30 - Friendship Bracelets	All Ages	All Day
Monday, Oct. 28 - Halloween	All Ages	All Day
Monday, Nov. 25 - Winter Holiday	All Ages	All Day

Exploratory Saturdays – Drop-in

Our popular STEAM program is back! We'll get you using your mind and hands with robots, V/R and challenging activities.

Date	Age	Time
Saturdays in November	All Ages	2:30 - 4 p.m.



■ Adult Programs

Readers' Choice Book Club – Drop-in

Have you always wanted to belong to a book club but prefer to choose which books you read? Connect with avid book lovers in this NEW adult book club at Leduc Public Library. Members decide which book to read and can present on their choice each meeting. Share your likes, dislikes, surprises, and puzzlement, but don't share the ending because we might like to read it too! Fiction, non-fiction, teen novels, audio books ... it is all the readers' choice!

Date	Time
Third Tuesday of each month starting in September	6:30 – 7:30 p.m.

Medical Cannabis 101 – Drop-in

Get educated on this hot topic by professionals from Natural Health Services. Learn about the medical properties of the cannabis plant, the general rules under the cannabis act specific to the medical market and have time for questions and answers!

Date	Time
Wednesday, Sept. 25	6:30 - 7:30 p.m.

Community Art with Kelly - Registered

Make a visually stunning creation with local artist, Kelly Holowachuk.

\$10.00 non-refundable registration fee.

You must register for this program at the library.

Date	Cost	Time
Saturday, Oct. 5	\$10	1 - 3 p.m.

5 Money Questions for Women - Registered

Women and men have differing considerations when it comes to long-term financial goals. For instance, because of a woman's average longer life span, your needs may be significantly different from those of your spouse or others. Does your financial strategy fit your lifestyle and needs? Join financial advisor, Rick Medcke and explore five critical money questions for women.

Date	Time
Saturday, Oct. 12	10:30 - 11:30 a.m.

You're Never to Old to be Bullied - Drop-In

1 in 5 Canadians say they know of a senior possibly affected by elder abuse and bullying. This is a real issue and growing every day in number and scale. Elder abuse and bullying range from emotional, physical, psychological, financial, neglect or a combination of all. Do you know how to protect yourself, your elderly relative or someone you care for? Join Karen Yong for an informative session to learn practical tips for you and those you know. This is an interactive session, so bring your wisdom, experiences, and willingness to learn.

Date	Time
Thursday, Oct. 17	2 - 3 p.m.

Rock Your Retirement - Drop-In

Most retirement planning focuses on finances. This session does not. Finances will be taken right out of the picture because chances are, you have already prepared financially for your golden years! We will identify other important parts of your life and discuss how you can prepare to fill the void created when you retire so you can enjoy a successful and purposeful retirement. It will be a lively and thought-provoking discussion with Teresa Abram, RHC, about the non-financial aspects of retirement. It is for anyone who is preparing for retirement and wants to succeed at it.

Date	Time
Wednesday, Oct. 23	6:30 - 7:30 p.m.

Be Your Own Boss & How To Do It Well - Registered

Have you ever wanted to start your own business but don't know where to begin? Or maybe you've already started but are fearful that you'll do it wrong and fail? Then join Cyana Gaffney for an intro to business. As a twelve-year veteran of working alongside businesses, Cyana will walk you through your first steps, how to use fear, who to have in your corner for help, and how to create an actionable plan to move forward. Refreshments will be provided.

Date	Time
Saturday, Oct. 26	10:15 - 11:45 a.m.

Halloween Scare: The Omen - Registered

Thrills and chills await you during the showing of the 1976 horror movie The Omen. Enjoy the fun of being scared while sipping on a truly frightening Halloween concoction and devil's food cupcakes. This movie is for adults only and you must be 18+ to register.

Date	Time
Tuesday, Oct. 29	6:30 p.m.

Christmas Card Making - Registered

Tis the season to be crafty! Come join us and create beautiful handmade cards for Christmas.

\$10.00 non-refundable registration fee. You must register for this program at the library.

Date	Cost	Time
Saturday, Nov. 16	\$10	10:30 am - 12:30 p.m.

Wills and Estates - Drop-In

A lawyer volunteering through the Edmonton Community Legal Centre will walk you through making a valid will, the responsibilities of an executor, powers of attorney, personal directives, and much more. Reliable information from a legal professional in an easy to understand format!

Date	Time
Wednesday, Nov. 20	6:30 - 7:30 p.m.

Executors and Funerals - Drop-In

Being an executor is a hard job. Would you know who to call? Where would you start? We will walk you through a few easy steps on how to protect your family as well as what you should know when it comes to being an executor and planning a service. Presented by Hainstock & Sons Funeral Chapel, this program is open to everyone.

Date	Time
Tuesday, Nov. 26	6:30 - 7:30 p.m.

Knitting Circle - Drop-In

Come work on your yarn crafts in a nice relaxing atmosphere and meet new people. All ages and skill levels welcomed.

Date	Time
Tuesdays	7 - 8 p.m.

Leduc Adult Learning

Leduc Adult Learning offers learning opportunities in the following areas:

- 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

Windows 10 – Registered

Windows 10 looks different and can be confusing when getting started. This workshop will provide participants with an understanding of how to navigate Windows 10. 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
Thursday, Sept. 12 & 19	2 - 4 p.m.	\$20

Participant pre-requisites: none

Intro to Word - Registered

Microsoft Word is a word processing application that helps you to create a variety of documents, including letters, flyers and resumes. This workshop explores how to create and set up documents, formatting and the use of styles.

Date	Time	Cost
Thursday, Oct. 10 & 17	6:30 - 8:30 p.m.	\$20

Participant pre-requisites: basic understanding of computer use

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
Thursday, Nov 07 & 14	2 - 4 p.m.	\$20

Participant pre-requisites: basic understanding of computer use

PowerPoint - Registered

This introductory workshop on PowerPoint 2016 workshop is for those who want to learn the fundamentals in creating and modifying basic presentations using Microsoft Office PowerPoint 2016. Take time to explore the PowerPoint environment and create a presentation.

Date	Time	Cost
Thursday, Nov. 28 & Dec. 05	6:30 - 8:30 p.m.	\$20

Participant pre-requisites: basic understanding of computer use

■ 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, Sept. 10 - Dec. 17	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.

Date	Time
Thursdays, Sept. 12 - Dec. 19	6:30 - 8 p.m.

For beginner – intermediate

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, Sept. 3 - Dec. 17	1:30 - 3:30 p.m.



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.).





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



Raising Resilient Children: A Triple P Parenting Program



OCT. 24, 2019 - 6 TO 8 P.M.
FREE!



ONLINE REGISTRATION AVAILABLE IN OCTOBER

Supporting Active Aging Today, Tomorrow and Beyond

2019 Conference

Featuring keynotes by Bob Layton and Julie Matthews

Date: August 30, 2019
Time: 8:30 a.m. to 3 p.m.
Place: Leduc Fellowship Church: 4404 Rollyview Road
Ages: 50+
Tickets: \$20 per person, includes hot lunch and an information fair. Call 780-955-4554 or 780-980-7109 for more info or to purchase tickets.



Celebrate World Kindness Day on Nov. 13, 2019!
#ThinkBiggerThanPink
www.leduc.ca/bullying for more info.

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WRAP® puts YOU back in the driver's seat of your life!

To learn more, email FCSS@leduc.ca or call 780-980-7109




**positive
TICKET**



Great news! Our Positive Ticket campaign
is still running until October 31!

We look forward to continuing to promote
and reward positive behaviours and
healthy choices for
the young people in Leduc this fall.




Celebrate your #YAYbour

*Take a minute to
thank a great neighbour!*

Drop by the Leduc Civic Centre to pick up a
Good Neighbour card and tell your YAYbour
how much you appreciate them.

For more info about the Good Neighbours
initiative and upcoming events, please visit
Leduc.ca/goodneighbour.

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culture days YT **MAIN SHOPPING DISTRICT STREET** CITY OF **Leduc**

6TH ANNUAL CHIL-EH COOK-OFF

MAIN STREET
SATURDAY SEPT 28TH 11AM - 2PM
\$5/BOWL | \$2/TASTER | LIVE ENTERTAINMENT

LEDUC HAPPY HOMESTEADERS SQUARE DANCE CLUB

join us for fitness, friendship + fun!

SQUARE DANCING
STARTS SEPTEMBER 23
MONDAYS 7:00 - 9:30 PM

TELFORD HOUSE
4907 - 46 ST, LEDUC

COMMUNITY DANCE CAPITAL DISTRICT
780.991.9827
LeducSquareDance.ca

OUR HOUSE IS OPEN

Join us at the Leduc Curling Club for some fall & winter on ice fun!

If you are aged 8 or 80, are **NEW** to curling, or are an **ADVANCED** curler, we have a program for **YOU!**
Register individually or as a team!

Monday: Oilmen's (evening) Ladies (evening)	Tuesday: Town 'n Country (afternoon) Fun League (evening)	Wednesday: Seniors Stirling (morning) Open League (evening) Open Doubles (evening) Juniors (after school)
Thursday: Juniors (after school) Mens (evening)	Friday: Modified Mixed (evening) Rookie / Learn to Curl (evening)	

Register online or contact Daryl Huff:
manager@leduccurling.ca
780-986-3553
leduccurling.ca

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Edmonton Garage Door
#104, 6051-47 Street | Monday - Friday
Leduc, AB T9E 7A5 | 7:30 AM - 5:00 PM

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Leduc Common (north side)
5411 Discovery Way
780.612.1211



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Envision Medical Spa Inc.

INFORMATION:

Age	Birth Year	Price
U10	2010 - 2013	\$450
U12	2008 - 2009	\$700
U14	2006 - 2007	\$750
U16	2004 - 2005	\$775
U19	2001 - 2003	\$800
Open	Open	\$500

ACTIVE START:

Birth Year: 2013 - 2015

Price: \$60

- Introduction and primary focus: skating, ring handling, passing, checking, shooting and small area games.
- Emphasis on active involvement, participation and FUN!
- 1 hour a week starting October - February
- All players get to participate in our annual January tournament

WILD THING TOURNAMENT

January 10 - 12, 2020





meadowview



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!

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HIT•AFTER HIT

TOUR 2019 • PART 2

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DOC★WALKER
CHARLIE MAJOR



Sept. 8, 2019
7:30 p.m.

**Maclab Centre for
the Performing Arts**
Leduc, AB

maclabcentre.com

INVICTUS

#HITAFTERHITTOUR



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 assist 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

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HOMES for all kinds of families!

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Black Stone

Upcoming Black Stone Events:

September 7 - Pirate Playground Party
Oct & Nov - Friends & Family Referral Promotion
December - Quick Possession Promotions

Find us at Grant MacEwan Boulevard & 38 Avenue





Castrol
raceway



NHRA NORTHWEST
NATIONAL OPEN EVENT



JULY 12-14



**STREET
LEGAL**
JB POWER CENTRE

**MONSTER
TRUCK
THROWDOWN**

AUGUST 23, 24, & 25

**HOT
AUGUST
NIGHT**

AUGUST 14

OUTLAW
TRUCK DRAGS

AUGUST 17

**NO
SPEED
LIMIT**



2019

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