

# YOUTH FOCUS

## Teen Fit *FREE*

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

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

## Teen Fit Starter Package *\$153* (4 hours, 1 hour orientation, 3 personal training sessions)

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

## Cupcakes 101 *Ages 8 - 14*

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

*NOTE: This is NOT an allergy free zone!*

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

## Kitchen Creations 2.0 *Ages 12 - 17*

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

*NOTE: This is NOT an allergy free zone!*

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

## Teen Swim Basics *FREE* *Ages 13-17*

*Includes Wristband for public swim!*

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

*See page 34 for schedule.*

## WIBIT *Ages 8+*

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

*Deep water swim test required.*



## TEEN TAKE OVER

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

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

**April 4 | 9-11 p.m.**

*More details to come.*



## Friday Fun Skates

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

*Equipment requirements for children 12 and under: CSA certified helmet*

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

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

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



## Leduc Recreation Youth Trips

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

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

## Fitset Ninja Edmonton

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

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

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

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

To register, visit [Live.Leduc.ca](https://Live.Leduc.ca) today!

## TEEN ADVISORY CLUB

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

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

