

CITYGUIDE

WINTER 2020



Activities **Programs** Schedules Services Events



We want to extend our appreciation to our sponsors.































CONTENTS

Leduc Recreation Centre

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

Recreation Programs

- 10 Schedule
- **12** Family Programs
- **13** Preschool Programs
- 15 School Aged & Youth Programs
- **17** Adult Programs

Fitness Centre Programs & Services

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

Youth, Senior & Adult Activities

- 24 Youth Activities
- 26 Senior Activities
- 28 Adult Activities

Winter Events

29 Winter Events

Aquatic Programs & Services

- **30** Aquatic Centre Information
- 31 Aquatic Centre Schedule
- 32 Event Bookings
- **35** Swimming Lessons
- 44 Aquatic Leadership Courses

Arena / Leisure Opportunities

- **50** Leisure Information
- 54 Drop-In Schedules

Leduc Public Library

56 Programs

Family & Community Support Services

- 62 Information & Referral
- Upcoming Workshops & Youth Development

Environment

64 Eco Station

Maclab Centre For Performing Arts

66 Information & Upcoming Performances



■ Welcome to the LRC

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

Hours of Operation

	Weekdays		Wee	ekends	Statutory Holidays
Fitness Centre and Track	Mon. – Fri.	5 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	
Aquatic Centre	Please	see page 31 for the de	tailed Aquatic Cen	tre hours.	5 a.m. – 3 p.m. Christmas Eve (Dec 24)
Guest Services	Mon. – Fri.	8 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	CLOSED Christmas Day (Dec 25)
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.	11 a.m. – 5 p.m. Boxing Day (Dec 26) 5 a.m. – 3 p.m. New Year's Eve (Dec 31)
Indoor Playground	Mon. – Fri.	9 a.m. – 9 p.m.	Sat. & Sun.	9 a.m. – 9 p.m.	CLOSED New Year's Day (Jan 1)
Child Minding Centre		10 a.m. – 8 p.m. Family Day (Feb 17)			

Please visit Guest Services for our 2020 Admission & membership Rates.





■ Facility Information

Wristbands

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

Personal Belongings

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

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

Public Drop-In and Outside Training

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

Active Participation vs. Active Supervision

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

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



Registration

Winter Registration Dates

Member* Registration Dec 10, 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 Dec 12, 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

- Activate your account OR
 Login to your Live Leduc account
 prior to the registration dates listed
- 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 <i>Live.Leduc.ca</i> 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

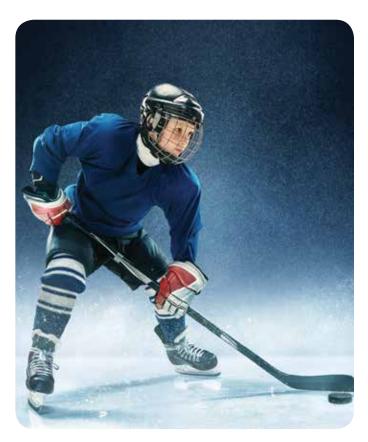
Fees must be paid **in full** at the time of registration. All fees include GST (where applicable). Waiting lists will be taken for all programs. If demand is sufficient and appropriate time, space, and instructors are available, classes may be added. A program will be cancelled or combined due to low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

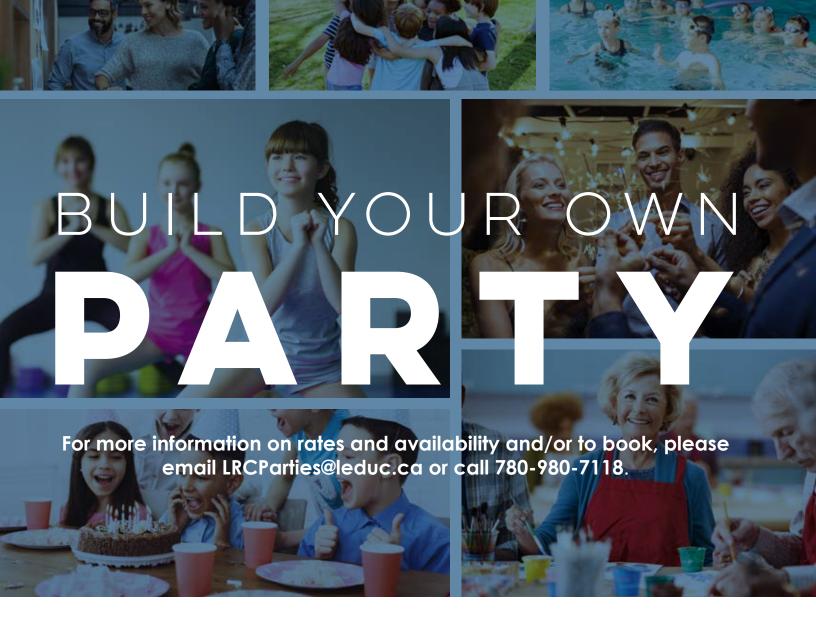
Unless otherwise stated, participants must be within one month of the minimum age identified for the program. Some programs do require that a participant has successfully completed a prerequisite program or be a certain age prior to registering for the next program. If you have any questions about prerequisites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

Fitness	780-980-8466
Aquatics	780-980-7165
Recreation	780-980-1550

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

Be Prepared

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



HOST YOUR NEXT PARTY OR EVENT

AT THE



Plan a birthday, team builder, retirement, family function or anniversary party

– the options are endless!

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 Jan 2 - Mar 31

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

^{*}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 prebook 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

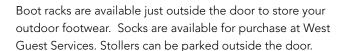
The RE/MAX Indoor Playground is waiting to be conquered, climbed and played on at the LRC. This is an indoor play experience for children **7 years of age and under** and is included with paid daily admission or membership to the facility.

Hours of Operation

Mon. – Sun.	9 a.m. – 9 p.m.
Statutory Holidays	See page 2 for statutory hours.

Guidelines

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



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 *Leduc.ca/ezrec* to register.

Standard First Aid – Blended Learning

\$90 Member | \$100 Non-Member

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

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

Mon	9 a.m. – 5 p.m.	Jan 6	8600
Sat	9 a.m. – 5 p.m.	May 23	8621
Fri	9 a.m. – 5 p.m.	Aug 28	8944
Fri	9 a.m. – 5 p.m.	Nov 13	8623

Standard First Aid / CPR / AED - Level C

\$135 Member | \$150 Non-Member

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

Sat / Sun	9 a.m. – 5 p.m.	Feb 29 & Mar 1	8602
Wed / Thurs	9 a.m. – 5 p.m.	Apr 8 & 9	8615
Mon / Tues	9 a.m. – 5 p.m.	July 27 & 28	8617
Sat / Sun	9 a.m. – 5 p.m.	Sept 26 & 27	8619

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

\$81 Member | \$90 Non-Member

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

Sun	9 a.m. – 5 p.m.	Jan 12	8601
Mon	9 a.m. – 5 p.m.	Feb 3	8608
Mon	9 a.m. – 5 p.m.	April 20	8616
Sun	9 a.m. – 5 p.m.	June 7	8622
Fri	9 a.m. – 5 p.m.	July 3	8618
Sat	9 a.m. – 5 p.m.	Sept 12	8620
Mon	9 a.m. – 5 p.m.	Oct 19	8624
Sun	9 a.m. – 5 p.m.	Dec 6	8625

Red Cross Babysitters Course

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

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

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

See pg. 15 for upcoming courses.

Babysitter Referral Service FREE

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

Recreation Credit Initiatives & Subsidy Programs

Recreation Assistance Program Subsidy

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

See pg. 5 for our cancellation & withdrawal policy.

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

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



Aquatic Centre

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



State of the Art Fitness Centre

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



Leduc County and Co-op Field Houses

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



Robinson & Wilhauk Beef Jerky Twin Arenas & Sobeys Performance Arena

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



RE/MAX Indoor Playground

 Indoor play experience for children seven years old and under included with a paid daily admission or membership to the facility.

Exclusive benefits with a LRC Membership!

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

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











■ General Information

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

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

Babysitter Referral Service FREE

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

■ Recreation Programs Schedule

Session 1: Jan 5 - Feb 15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Safari Troopers 9 – 11 a.m.	Little Explorers 9 a.m Noon	DinoROAR! 9 - 11 a.m	Kitchen Monsters 8:45 - 10:45 a.m.	Little Splashers 9 a.m. – Noon	
Alphabet Soup 12:30 - 2:30 p.m.	Safari Troopers 12:30 - 2:30 p.m.	Gym & Swim 12:30 – 2:30 p.m.	Wings, Wheels & Whistles 12:30 - 2:30 p.m.	Sportball mornings (times vary)	
Kids In the Kitchen 6 - 7:30 p.m.		Sweet Treats 2.0 6 - 7:30 p.m.	Kitchen Creations 6 – 7:30 p.m.	Star Bounce (sessions & individual classes)	
			Stay Safe!* 12:30 - 6:30 p.m.	Gran & Me* 1 - 2:30 p.m.	
	Cake Night* 7 - 9 p.m.				

^{*}One time class, not session long.









Social Competence

Language

& Thinking



Physical Health & Well-being



Communication Skills & General Knowledge









Preschool Swimming Programs



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

■ Recreation Programs Schedule

Session 2: Feb 16 – Mar 21

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Stay Safe!* 9 a.m 3 p.m.	Safari Troopers 9 – 11 a.m.	Incredible Edible Books 9 - 11 a.m.	Ready, Set, Go! 9 a.m Noon	Kitchen Monsters 8:45 - 10:45 a.m.	Little Splashers 9 a.m. – Noon
	Little Einstein's 12:30 - 2:30 p.m.	Splash n' Play 12:30 - 2:30 p.m.	Super Heroes & Princesses 12:30 - 2:30 p.m.	Splash n' Play 12:30 - 2:30 p.m.	Little Masterpieces 12:30 - 2:30 p.m.
	Kitchen Creations 2.0 6 – 7:30 p.m.		Kids In the Kitchen 6 - 7:30 p.m.	Sweet Treats 6 - 7:30 p.m.	Youth Trip*
			Craftea* 6 - 8 p.m.		

^{*}One time class, not session long.

Winter Registration Dates

Member Registration Dec 10, 2019
Public Registration Dec 12, 2019
Online / In-person / Phone 5 p.m.



Check out our Spring Break Day Camps!

Details on page 16.

Family Programs

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

Gran & Me Ages 2 - 6

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

Date	Day	#	Time	Cost	Code
Feb 14 Made With Love	Fri	1	1 - 2:30 p.m.	\$14.25	8574

Sportball - Parent & Child

Ages 16 months – 2 years

You've made the team! Toddlers and parents/caregivers learn fundamental sport skills and participate in creative motor games, songs, rhymes, stories, bubble time and much more! In addition to focusing on physical movements and social exploration, these 45-minute programs will introduce children to a different sport each week. Parents/caregivers participate with their little one to guide and challenge them according to their individual skill level. Sportball maintains a one-parent-perchild 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
Jan 10 - Feb 14	Fri	6	8:55 - 9:40 a.m.	\$96	8548

Sportball - Parent & Child

Ages 2 - 3.5



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

Date	Day	#	Time	Cost	Code
Jan 10 - Feb 14	Fri	6	9:45 – 10:30 a.m.	\$96	8549

Star Bounce Ages 2 – 6







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
Jan 10 - Feb 14	Fri	6	1-3 p.m.	\$42.30	8551
Jan 10	Fri	1	1-3 p.m.	\$7.05	8552
Jan 17	Fri	1	1-3 p.m.	\$7.05	8553
Jan 24	Fri	1	1-3 p.m.	\$7.05	8554
Jan 31	Fri	1	1-3 p.m.	\$7.05	8555
Feb 7	Fri	1	1-3 p.m.	\$7.05	8556
Feb 14	Fri	1	1-3 p.m.	\$7.05	8557



Preschool Programs

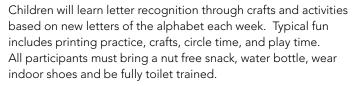
Calling all 3, 4, 5 and 6 year olds. Our preschool programs capture a wide array of themes, events and special programs. Be sure to check back regularly to see new programs and enjoy our favourites too!

Alphabet Soup Ages 3 – 5









Date	Day	#	Time	Cost	Code
Jan 6 - Feb 10	Mon	6	12:30-2:30 p.m.	\$89.10	8522

DinoROAR! Ages 4 – 6







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

NOTE: This class is for 4, 5 & 6 year olds.

Date	Day	#	Time	Cost	Code
Jan 8 - Feb 12	Wed	6	9 - 11 a.m.	\$89.10	8524

Gym & Swim Ages 3-5





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

Date	Day	#	Time	Cost	Code
Jan 8 - Feb 12	Wed	6	12:30-2:30 p.m.	\$96.30	8525

Incredible Edible Books









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

Date	Day	#	Time	Cost	Code
Feb 18 - Mar 17	Tues	5	9 - 11 a.m.	\$74.25	8532

Kitchen Monsters Ages 3 – 5







Join our chefs in the kitchen to learn about kitchen safety, how to measure, mix, follow recipes and clean up. Children will bring home a treat each class. All participants must bring 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
Jan 9 - Feb 13	Thurs	6	8:45 - 10:45 a.m.	\$93.60	8526
Feb 20 - Mar 19	Thurs	5	8:45 - 10:45 a.m.	\$78	8527

Little Einstein's Ages 3 – 5









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
Feb 24 - Mar 16	Mon	4	12:30-2:30 p.m.	\$59.40	8531

Little Explorers Ages 3 – 5







Bring your preschooler for a fun filled experience in our three hour program. Each class is packed with new experiences, a fun environment for socialization, crafts, games and even songs and stories! All participants must bring a nut free snack, water bottle, wear indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
Jan 7 - Feb 11	Tues	6	9 a.m. – Noon	\$132.30	8523

Little Masterpieces











Ages 3 - 5

Give your little Picasso the chance to explore a variety of art experiences based on stories in a fun and creative learning environment. This program focuses on having fun while creating fantastic masterpieces.

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

Date	Day	#	Time	Cost	Code
Feb 21 - Mar 13	Fri	4	12:30-2:30 p.m.	\$59.40	8536

Little Splashers Ages 3 - 5







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

Date	Day	#	Time	Cost	Code
Jan 10 - Feb 14	Fri	6	9 a.m. – Noon	\$140.40	8529
Feb 21 - Mar 13	Fri.	4	9 a.m. – Noon	\$93.60	8530

Ready, Set, Go!









Ages 4 - 6

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

Date	Day	#	Time	Cost	Code
Feb 19 - Mar 18	Wed	5	9 a.m Noon	\$110.25	8534

Safari Troopers Ages 3 - 5





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

Date	Day	#	Time	Cost	Code
Jan 6 - Feb 10	Mon	6	9 – 11 a.m.	\$89.10	8519
Jan 7 - Feb 11	Tues	6	12:30 - 2:30 p.m.	\$89.10	8520
Feb 24 - Mar 16	Mon	4	9 - 11 a.m.	\$59.40	8521

Splash n' Play Ages 3-5







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

Date	Day	#	Time	Cost	Code
Feb 18 - Mar 12	Tues & Thurs	8	12:30 – 2:30 p.m.	\$137.50	8533

SuperHeroes & Princesses







Ages 3-5

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

Date	Day	#	Time	Cost	Code
Feb 19 - Mar 18	Wed	5	12:30 - 2:30 p.m.	\$74.25	8535

Sportball – Coaches & Children (iii) 😭 🛐







Ages 3.5 – 5

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

Date	Day	#	Time	Cost	Code
Jan 10 - Feb 14	Fri	6	10:35-11:20 a.m.	\$96	8550

Wings, Wheels & Whistles Ages 3-5









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

Date	Day	#	Time	Cost	Code
Jan 9 - Feb 13	Thurs	6	12:30 - 2:30 p.m.	\$89.10	8528



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.

Art Club *Ages* 12 – 17

Children can learn to draw through using simple methods to see things as they are. Introducing pencil, ink, pastel and painting will expand their visual vocabulary to broaden their creativity and knowledge. Art class is provided through the Leduc Art Club. The course will be in the basement of the Leduc Heritage Grain Elevator.

Please wear clothes that can get messy.

Date	Day	#	Time	Cost	Code
Jan 7 - Feb 11	Tues	6	4:30 - 6 p.m.	FREE	8560

Kids In The Kitchen Ages 6 – 8

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

NOTE: This is NOT an allergy free zone!



Date	Day	#	Time	Cost	Code
Jan 6 - Feb 10	Mon	6	6-7:30 p.m.	\$97.80	8537
Mar 4 - Mar 18	Wed	3	6-7:30 p.m.	\$48.90	8547

Kitchen Creations Ages 9 – 11

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

NOTE: This is NOT an allergy free zone!

Date	Day	#	Time	Cost	Code
Jan 9 - Feb 13	Thurs	6	6-7:30 p.m.	\$97.80	8539

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
Feb 24 - Mar 16	Mon	4	6-7:30 p.m.	\$65.20	8541

Red Cross Stay Safe! Course Ages 9 - 13

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

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

Date	Day	#	Time	Cost	Code
Feb 6	Thurs	1	12:30 - 6:30 p.m.	\$45	8545
Mar 8	Sun	1	9 a.m 3 p.m.	\$45	8546

Red Cross Babysitter Course

Ages 11+

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

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

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

NOTE: Winter dates to be determined.

Sweet Treats Ages 9 - 11

Sugar, chocolate chips and sprinkles oh my! Do you enjoy a tasty sweet treat? Join us in learning the skills and techniques needed to make a sweet treat. Each week we will be making, baking and of course tasting some scrumptious desserts. All participants must wear indoor shoes.

NOTE: This is NOT an allergy free zone!

Date	Day	#	Time	Cost	Code
Feb 20 - Mar 19	Thurs	5	6 - 7:30 p.m.	\$81.50	8540

Sweet Treats 2.0 Ages 12 - 17

Whisks, spatulas and rolling pins oh my! Do you enjoy eating a chocolate dessert or fresh tart? Join us in expanding your skills and recipe box each week with a new challenge. Each week we will be making, baking and of course tasting some scrumptious desserts. All participants must wear indoor shoes.

NOTE: This is NOT an allergy free zone!

Date	Day	#	Time	Cost	Code
Jan 22 - Feb 12	Wed	4	6 - 7:30 p.m.	\$65.20	8538

Spring Break Day Camps Ages 5 - 12 8:30 a.m. - 4 p.m.

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 Tuesday & Thursday 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. Clean indoor shoes, swim suit, bagged nut free lunch, water bottle and weather appropriate clothing are required.

Date	Day	Theme	Cost	Code
March 30	Mon	Games Galore*	\$48	8575
March 30	Mon	Games Galore	\$48	8576
Mar 31	Tues	Edible Entertainment*	\$48	8577
Mar 31	Tues	Edible Entertainment	\$48	8578
April 1	Wed	LRC Olympics*	\$48	8579
April 1	Wed	LRC Olympics	\$48	8580
April 2	Thurs	Aqua Awesome*	\$48	8581
April 2	Thurs	Aqua Awesome	\$48	8582
April 3	Fri	Cookin' Showdown*	\$48	8583
April 3	Fri	Cookin' Showdown	\$48	8584



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.

TELUS World of Science

Dare to dream inside a facility that inspires lifelong learning through science and technology. On your self-guided tour you can wander through the exhibits, take in a show in the Zeidler Dome, watch a science experiment demonstration and don't forget the gift shop. Remember to pack a lunch and water bottle.

- Leave Bus Stop 100 at 9:30 a.m.
- Return to Bus Stop 100 at 3:30 p.m.

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

Date	Day	Time	Cost	Code
March 20	Fri	9:30 a.m 3:30 p.m.	\$20	8561

To register, visit Live.Leduc.ca today!

Adult Programs

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

Cake Night Ages 16+

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
Feb 11 - Galaxy Cake	Tues	1	7 - 9 p.m.	\$50	8559

Craftea

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

Date	Day	#	Time	Cost	Code
Mar 25 – Burlap Wreath	Wed	1	6 - 8 p.m.	\$50	8558





DO YOU'T THING.

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

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



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.



Scan your LRC Membership Card up at the Fitness Desk!

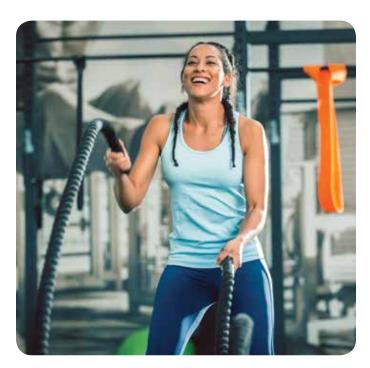
LRC Patrons can scan their LRC Membership card up at our fitness desk during our hours of operation indicated on page 2. Please note that any membership renewals, program registration, or day admission passes must be completed at Guest Services. Fitness Centre staff cannot accept cash or cheques for admission. For more information, please call 780-980-7120.

Fitness Centre Age Requirements

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

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

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



■ 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	Session Packages					
of people	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 Fitness Centre desk at 780-980-8455.

Teen Fit FREE

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

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

Teen Fit Starter Package \$153

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

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

Fitness Assessments \$109 - (1.5 hours)

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

Personal Program Design \$123 – 2 hours

(1 hour assessment, 1 hour program design)

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

Body Composition Assessment \$39 - (.5 hours)

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

Nutritional Coaching Program

\$258 - (6 sessions)

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

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

Introductory Nutritional Counselling \$51

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

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

Nutritional Coaching & Personal Training Package \$692

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

Sports Team Training

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

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

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

■ Registered Fitness Programs Winter Registered Session: Jan 6 – Mar 27

Monday	Tuesday	Wednesday	Thursday	Friday
Bootcamp 6 – 7 a.m. HPZ / Track		Bootcamp 6 – 7 a.m. HPZ / Track		Bootcamp 6 – 7 a.m. HPZ / Track
	Fired Up 9 – 10 a.m. HPZ / Track	Fitness at the Barre 9 – 10 a.m. Aspenleaf Studio Lift. Rest. Repeat. 9 – 10 a.m. HPZ	Fired Up 9 – 10 a.m. HPZ / Track	
			Yoga for the Health of It 11:45 a.m. – 12:30 p.m. Civic Centre	
	Titans 6 – 7 p.m. HPZ / Track	Fit Happens 6 - 7 p.m. Group Training Zone	Geared Up 5:45 - 6:45pm *Must pre-register. Healthy Hearts	
Rears & Gears 7:30 – 8:30 p.m. Cycling Zone		Fitness at the Barre 7:15 – 8:15 p.m. Aspenleaf Studio		



Registered Fitness Programs

General Information

Session	Winter I: Jan 6 – Feb 14 (6 weeks)
Dates:	Winter II: Feb 18 – Mar 27 (6 weeks)

Please note registered programs do not run on Statutory holidays or long weekends; ; no classes the following dates: Family Day Weekend - Feb 15, 16, 17

Deadline for fall session registration is December 30

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

Bootcamp 12 weeks

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

Date	Day	Time	Cost	Code
Jan 6 - Mar 25	Mon & Wed	6 - 7 a.m.	\$281.75	8508
Jan 10 - Mar 27	Fri	6 - 7 a.m.	\$153*	8507

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

Fired Up 12 weeks

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

Date	Day	Time	Cost	Code
Jan 7 - Mar 24	Tues	9 - 10 a.m.	\$162	8509
Jan 9 - Mar 26	Thurs	9 - 10 a.m.	\$162*	8510

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

Fit Happens 12 weeks

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

Date	Day	Time	Cost	Code
Jan 8 - Mar 25	Wed	6 – 7 p.m.	\$153	8565

Fitness at the Barre 6 weeks

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

Date	Day	Time	Cost	Code
Jan 8 - Feb 12	Wed	9 - 10 a.m.	\$84	8512
Jan 8 - Feb 12	Wed	7:15 – 8:15 p.m.	\$84	8513
Feb 19 - Mar 25	Wed	9 - 10 a.m.	\$84	8514
Feb 19 - Mar 25	Wed	7:15 – 8:15 p.m.	\$84	8515

Geared Up



12 weeks

This class is designed to maintain your bike fitness as the snow flies. For mountain bikers, road cyclists or those serious about intense cardio training. Progress will be monitored weekly with functional threshold testing using the Keiser M Series interactive cycling app.

Date	Day	Time	Cost	Code
Jan 9 - Mar 26	Thurs	5:45 - 6:45 p.m.	FREE	8946

Lift. Rest. Repeat 12 weeks

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

Date	Day	Time	Cost	Code
Jan 8 - Mar 25	Wed	9 - 10 a.m.	\$ 162	8511

Rears and Gears 5 & 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
Jan 6 - Feb 10	Mon	7:30 - 8:30 p.m.	\$84	8585
Feb 24 - Mar 23	Mon	7:30 - 8:30 p.m.	\$70	8586

Titans 12 weeks

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

Date	Day	Time	Cost	Code
Jan 7 - Mar 24	Tues	6 – 7 p.m.	\$162	8516

Yoga for the Health of It 6 weeks

Please join us for this de-stressing class. Perfect for beginners and existing yogis who are looking for that 'aaaaah moment.' Props will be provided, but you must bring your own mat.

Date	Day	Time	Cost	Code
Jan 9 - Feb 13	Thurs	11:45 - 12:30 p.m.	\$76.50	8517
Feb 20 - Mar 26	Thurs	11:45 - 12:30 p.m.	\$76.50	8518

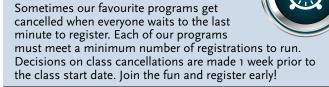
^{*}This class is held at the Leduc Civic Centre.

Private Group Fitness Class

If you are a group of 5 or more people looking for a fun, highenergy 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.

REGISTER EARLY!



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 Healthy Health	Circuit 9 – 9:45 a.m. Group Training Zone	RPMs & Abs 9 – 9:45 a.m. Cycling Zone	Right to Bare Arms 9 – 9:30 a.m. Group Training Zone Right to Bare Arms 9:35 – 10:05 a.m. Group Training Zone	Rock Bottom 9 – 9:45 a.m. HPZ	Weekend Warrior 8:15 – 9 a.m. HPZ	Sunday Cycle 9 – 9:45 a.m. Cycling Zone
Power (Stroller friendly) 10 - 10:45 a.m. HPZ		Active & Ageless 10 – 10:45 a.m. Aspenleaf Studio		Healing Yoga 10 – 11 a.m. Aspenleaf Studio		Power Yoga 10 – 10:45 a.m. Aspenleaf Studio
Power Yoga 12:10 - 12:50 p.m. Aspenleaf Studio Healthy Healthy	Stroller Fit 1 – 1:45 p.m. HPZ 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 – 1:45 p.m. Aspenleaf Studio		
Circuit 6:30 – 7:15 p.m. Group Training Zone		ABSolutely! 6:20 – 6:50 p.m. MNP Room	Geared Up 5:45 - 6:45pm *Must pre-register. Healthy Health Yoga Flow 6 - 6:45 p.m. Aspenleaf Studio	are spons Hearts Lea		REE
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	Walk With a Doc 7 – 7:45 p.m. Healthy Haris Fit & Fierce 7 – 7:45 p.m. HPZ / Track	Hearts Leduc and are FREE (no daily wristband required All drop-in classes are included with membership opaid daily admission.		

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

Classes do not run on Statutory holidays or long weekends; no drop-in classes the following dates: Family Day Weekend - Feb 15, 16, 17

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

■ Drop-in Fitness Programs

ABSolutely!

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

Active & Ageless

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

Barre for Boomers

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

Circuit

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

Crank'd

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

Fit & Fierce



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

Geared Up *Must pre-register



This class is designed to maintain your bike fitness as the snow flies. For mountain bikers, road cyclists or those serious about intense cardio training. Progress will be monitored weekly with functional threshold testing using the Keiser M Series interactive cycling app.

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.

Indoor Cycling

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 30 minute power flow yoga class. This is an intermediate to advanced class, previous yoga experience highly recommended.

*Monday Power Yoga class is sponsored by Healthy Hearts

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!

Child Minding Centre

Did you know we provide babysitting services for those participating in our drop-in classes or registered programs at the LRC? It is available for children ages 2 months to 7 years.

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



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.

Red Cross Babysitter Course Ages 11+

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

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

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

NOTE: Winter dates to be determined.

Sweet Treats 2.0 Ages 12 - 17

Whisks, spatulas and rolling pins oh my! Do you enjoy eating a chocolate dessert or fresh tart? Join us in expanding your skills and recipe box each week with a new challenge. Each week we will be making, baking and of course tasting some scrumptious desserts. All participants must wear indoor shoes.

NOTE: This is NOT an allergy free zone!

Date	Day	#	Time	Cost	Code
Jan 22 - Feb 12	Wed	4	6 - 7:30 p.m.	\$65.20	8538

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 43 for schedule.





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

- **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.
- January 17 Donuts & Pajama Skate You Donut want to miss this Skate! Come out in your comfiest pajamas and enjoy a donut.
- 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.

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 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.

TELUS World of Science

Dare to dream inside a facility that inspires lifelong learning through science and technology. On your self-guided tour you can wander through the exhibits, take in a show in the Zeidler Dome, watch a science experiment demonstration and don't forget the gift shop. Remember to pack a lunch and water bottle.

- Leave Bus Stop 100 at 9:30 a.m.
- Return to Bus Stop 100 at 3:30 p.m.

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

Date	Day	Time	Cost	Code
March 20	Fri	9:30 a.m 3:30 p.m.	\$20	8561

To register, visit Live.Leduc.ca today!



Active & Ageless

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

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

Barre For Boomers

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

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

Matinee Yoga

• Tuesdays 2 - 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.

Healing Yoga

Fridays 10 - 11 a.m.
 Aspenleaf Studio

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

Matinee Zumba

Fridays 1 - 1:45 p.m.
 Aspenleaf Studio

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!

Pickleball for Beginners

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

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

touchtennis

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

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

Public Skate

• Mon - Sun | Various Times Arenas

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

See leisure schedule and equipment needs on pages 55.

Seniors AquaFit

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

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

Maximum of 45 participants



Introducing

SENIOR'S CActive AFTERNOONS

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

Visit Guest Services to register for your FREE Membership today!







DO YOU'T THING.

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

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



Adult 18+ Shinny

Pick-up hockey on a first-come, first-serve basis. Participants are permitted to check-in one hour prior to scheduled time at East Guest Services. Maximum of 20 players plus two goalies (first two goalies play for FREE).

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

See leisure schedule and equipment needs on pages 52.

AquaFit – Deep water Drop-in

Tuesdays & Thursdays 8 – 8:50 p.m.

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

Cake Night Ages 16+

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
Feb 11 - Galaxy Cake	Tues	1	7 - 9 p.m.	\$50	8559

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
Mar 25 – Burlap Wreath	Wed	1	6 - 8 p.m.	\$50	8558

Bootcamp 12 weeks

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

Date	Day	Time	Cost	Code
Jan 6 - Mar 25	Mon & Wed	6 - 7 a.m.	\$281.75	8508
Jan 10 - Mar 27	Fri	6 - 7 a.m.	\$153*	8507

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

Fired Up 12 weeks

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

Date	Day	Time	Cost	Code
Jan 7 - Mar 24	Tues	9 - 10 a.m.	\$162	8509
Jan 9 - Mar 26	Thurs	9 - 10 a.m.	\$162*	8510

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





Santa's Helper Auction

• December 7, 2019 | Leduc Recreation Centre

Christmas Farmers Market

• December 7, 2019 | Leduc Recreation Centre | Main Corridor

Vimy Lacrosse Tournament

December 27 - 28, 2019
 Leduc Recreation Centre | Co-op Fieldhouse

Wild Thing Ringette Tournament

• January 10-12, 2020 | Leducringette.com

Canadian Blood Services Mobile Clinic

• January 10 & 22, 2020 | Leduc Recreation Centre

Family Day Long Weekend at the LRC

• February 14 - 17, 2020 | Leduc Recreation Centre

Gary Tremblay Hockey Tournament

• February 16-17, 2020 | Lmha.ab.ca

Slush Cup

• February 27 – March 1, 2020 | Ewzsaslushcup.com

For more information visit Leduc.ca



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www.wilhaukbeefjerky.com



■ 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,

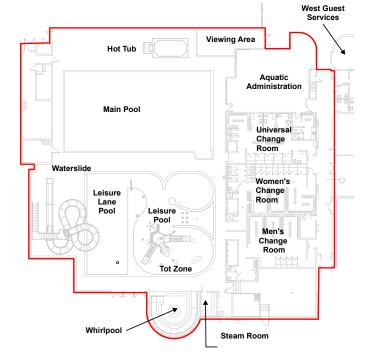
5:30 a.m. – 9 a.m., patrons must present their membership pass or punch card to the lifeguard on duty. The aquatic centre staff will not accept cash or cheques for admission. For more information, please ask a Guest Services representative.

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 Dec 10, 2019
Online / In-person / Phone 5p.m.

Public Registration
Online / In-person / Phone

Dec 12, 2019 5p.m.



Indoor Aquatic Centre Winter Schedule

Jan 5 – Mar 28

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 an adult family membe

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 – 7 p.m.

School Swimming Lessons	
Tuesday – Thursday	9 a.m. – 2:30 p.m.

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



REMINDER

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

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

		Lane Swim	Water Running
Mon. – Fri.	5:30 – 9 a.m.	4 lanes MP + 2 lanes LP	2 lanes LP
*No lane	9 a.m. – noon	1 lane MP	
swim 7-10 pm Fridays & 1-5	noon – 1 p.m.	6 lanes MP	
pm Saturday	1 – 9 p.m.	1 lane MP	
and Sundays	9 – 10 p.m.	5 lanes MP + 2 lanes LP	1 lane MP + 2 lanes LP
Sat.	8 – 9 a.m.	5 lanes MP + 2 lanes LP	1 lane MP + 2 lanes LP
	9 a.m. – 1 p.m.	1 lane MP	
	5 – 9 p.m.	1 lane MP	
Sun.	8 – 9 a.m.	3 lanes MP + 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.

^{*}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.

Indoor Aquatic Centre Christmas Holiday Schedule

Dec 22 - Jan 4

Public SwimPlease see Stat holiday schedule for Christmas & New Years eve hoursMon - Fri9 a.m. - 9 p.m.all poolsSat & Sun1 - 9 p.m.all pools

Family Swim -

A more quiet time for families with young children *Youth (8+) must be in attendance with an adult family membe

Sat & Sun	9 a.m. – 1 p.m.	all pools
Jat & Juli	7 a.iii. — 1 p.iii.	all pools

Waterslide Hours of Operation

Mon - Fri	9 a.m. – 9 p.m.
Saturday & Sunday	9 a.m. – 9 p.m.

Lane Swim & Water Running

MP = Main Pool, LP = Leisure Lane Pool Please see Stat holiday schedule for Christmas & New Years eve hours

		Lane Swim	Water Running
Mon. – Fri.	5:30 – 9 a.m.	6 lanes MP + 2 lanes LP	2 lanes LP
*No lane	9 a.m. – noon	1 lane MP	
swim 7-10 pm Fridays & 1-5 pm Saturday and Sundays	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 & Sun	8 – 9 a.m.	5 lanes MP + 2 lanes LP	1 lane MP + 2 lanes LP
	9 a.m. – 1 p.m.	1 lane MP	
	5 – 9 p.m.	1 lane MP	

Aquatic Centre Bookings

Is your group looking to make a splash this winter? Join us at the Aquatic Centre for a tropical getaway close to home. If you have a group of 15 or more people that is looking to use the pool, give us a call to book for 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 Aquatic Centre for up to two (2) hours of fun*
- Discounted admission rates
- Pre-packaged wristbands
- Optional room booking (additional charge, subject to availability)

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.

Tues, Jan 7	4 - 6:30 p.m.
Sat, Jan 11	9 - 11 a.m.
Wed, Mar 11	4 – 6:30 p.m.
Sat, Mar 21	9 - 11 a.m.

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



DO *your* Thing.

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



Follow us on Facebook @leducrecreationcentre



Statutory Holiday Schedule					
STAT Holiday Hours	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	Boxing Day (Dec 26) 11 a.m. – 5 p.m.	Family Day (Feb 17) 10 a.m. – 8 p.m.	
Public Swim	9 a.m. – 3 p.m. Shared Use	LRC Closed	11 a.m. – 5 p.m. Shared Use	10 a.m. – 8 p.m. Shared Use	
Lane Swim	5:30 – 9 a.m. 6 lanes Main Pool Noon-1 p.m. 3 lanes Main Pool All other times 1 lane available		Noon – 1 p.m. 6 lanes Main Pool All other times 1 lane available	Noon – 1 p.m. 3 lanes Main Pool All other times 1 lane available	

^{*}During public swim times as shown in the City Guide

■ Indoor Aquatic Fitness Programs Jan 5 – Mar 28

Location	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Prenatal AquaFit 9 - 9:45 a.m.	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.
Main Pool			AquaFit - Seniors 11 – 11:45 a.m.		AquaFit - Seniors 11 – 11:45 a.m.	
					AquaFit - Seniors Healthy Healthy Healthy	
					2 - 2:45 p.m.	
Leisure Lane Pool	Babyweights 10 - 10:45 a.m.	Gentle AquaFit 2:30 – 3:15 p.m. Healthy Health		Gentle AquaFit 2:45 – 3:30 p.m. Healthy Hearts		
Main Pool		AquaFit - Shallow 8 –8:50 p.m.	AquaFit - Deep 8 – 8:50 p.m.	AquaFit - Shallow 8 –8:50 p.m.	AquaFit - Deep 8 – 8:50 p.m.	

Drop-in program



Registered program

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 wil be taking a break over the Christmas Holidays Dec 22 - Jan 4 and Spring Break Mar 29 - Apr 5

AquaFit – Shallow water Drop-in

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

AquaFit – Deep water Drop-in

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

*Maximum of 16 participants

AquaFit - Seniors Drop-in

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

Water Running 1 Lane Drop-in

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

• Weekdays: 5:30 – 9 a.m. & 9 – 10 p.m.

• Sat & Sun: 8 – 9 a.m.

Prenatal AquaFit \$60

February 2 - March 15* 8599

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 *NOTE - No class Feb 16

Babyweights \$60

February 2 - March 15* 8598

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. *NOTE - No class Feb 16

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.

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

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.

Winter Session			
Jan. 7 - Apr. 9 *no practice Mar 31 / Apr 2			
\$156	8058		

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





WIBIT Ages 8+

Starting January 10 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. Day admission pass or FREE for LRC Members.

Deep water swim test required.

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 Certification Ages 12+

\$315 Member | \$350 Non-Member

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

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

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

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

Swimming Lessons

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

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

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

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

Private swim lessons 30 min

\$29 Members | \$32.25 Non - Members

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

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

Swim Evaluations \$9.75

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

Swim Steps \$100

Adapted Aquatics Program

- Eight (8) Lessons





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

Adult Lessons Ages 18+

\$62 Members | \$68.88 Non - Members Not as confident in the water as you'd like to be? Register for one of our Adult classes we are offering during the Winter, Spring and Fall sessions. See page 43 for schedule.

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

Teen Swim Basics FREE Ages 13-17

Includes Wristband for public swim!

Is your teen not quite finished their Swim Kids levels but feeling too "old" to continue them? Or are they looking for something to do after their Swim Kids levels before they are old enough to participate in our leadership courses? Then this is the course for them! Working with a Water Safety Instructor, they'll be able to finish up skills from Swim Kids 8-10 levels with a focus on the things they need to master in order to progress into Lifeguarding or Instructing courses. Plus, with a wristband, they can practice their skills on their own or swim for the fun of it after their lesson! See page 43 for schedule.







ACTIVE 8's & 9's

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

January 2 – August 31, 2020

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

Register with
Guest Services today
and be ready to
get moving January 2!

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





Swimming Lessons

Jan 12 – Mar 28

Session Dates	Session	Memo Day	Parent Day	NO CLASS
Jan 12 - Mar 8	Sun evenings	Feb 9	Feb 23	Feb 16
Jan 13 – Mar 9	Mon evenings	Feb 10	Feb 24	Feb 17
Jan 14 – Feb 6	Tues/Thurs a.m. #1	Jan 28	Jan 30	
Jan 14 – Mar 3	Tues evenings	Feb 11	Feb 18	
Jan 15 – Mar 4	Wed afternoons & evenings	Feb 12	Feb 19	
Jan 16 – Mar 5	Thurs evenings	Feb 13	Feb 20	
Jan 17 – Mar 6	Fri evenings	Feb 14	Feb 21	
Jan 18 – Mar 14	Sat mornings	Feb 22	Feb 29	Feb 15
Feb 18 – Mar 12	Tues/Thurs a.m. #2	Mar 3	Mar 5	
Mar 16 – 26	2-weeks (Mon-Thurs)	Mar 23	Mar 24	

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

Parented - Adult is required (18+)



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



Starfish Ages 4 - 12 months \$59.20 member / non-member



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

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

Class Dates	Days	Time	Code
Jan 12 - Mar 8	Sun	5 p.m. C	8656
Jan 13 - Mar 9	Mon	4 p.m. C	8682
Jan 13 - Ivial 9	IVIOTI	6 p.m. C	8688
Jan 14 - Feb 6	Tues, Thurs	11:30 a.m. C	8675
Jan 14 - Mar 3	Tues	6 p.m. C	8677
Jan 15 - Mar 4	Wed	5:30 p.m. C	8678
Jan 16 - Mar 5	Thurs	4 p.m. C	8679
Jan 17 - Mar 6	Fri	4:45 p.m. C	8680
Jan 18 - Mar 14	Sat	9 a.m.	8745
Feb 18 - Mar 12	Tues, Thurs	11 a.m. C	8676



DUCK Ages 12 - 24 months \$59.20 member / non-member

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

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

Class Dates	Days	Time	Code
Jan 12 - Mar 8	Sun	5 p.m. C	8657
Jan 13 - Mar 9	Mon	4 p.m. C	8681
Jan 13 - Ivial 9	IVION	6 p.m.	8683
Jan 14 - Feb 6	Tues, Thurs	11:30 a.m. C	8684
Jan 14 -Mar 3	Tues	6 p.m. C	8685
Jan 15 - Mar 4	Wed	5:30 p.m. C	8686
Jan 16 - Mar 5	Thurs	4 p.m. C	8687
Jan 17 - Mar 6	Fri	4:45 p.m. C	8690
Jan 18 - Mar 14	Sat	10:45 a.m.	8746
Feb 18 - Mar 12	Tues, Thurs	11 a.m. C	8689



Sea Turtle Ages 2-3

\$59.20 member / non-member



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

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

Class Dates	Days	Time	Code
Jan 12 - Mar 8	Sun	5:30 p.m.	8658
Jan 13 - Mar 9	Mon	4:30 p.m.	8727
Jan 13 - Iviai 7	IVIOIT	5:30 p.m.	8728
Jan 14 - Feb 6	Tues, Thurs	11 a.m.	8729
Jan 14 - 1 eb 0	rues, muis	11:30 a.m.	8730
Jan 14 - Mar 3	Tues	4:45 p.m.	8731
Jan 14 - Mai J	lues	5:30 p.m.	8732
Jan 15 - Mar 4	Wed	2 p.m.	8733
Jan 13 - Ivial 4	vved	6 p.m.	8734
Jan 16 - Mar 5	Thurs	5 p.m.	8735
Jan 10 - Iviai J	THUIS	5:30 p.m.	8736
Jan 17 - Mar 6	Fri	4:30 p.m.	8737
Jan 17 - Iviai o		5:30 p.m.	8738
		9 a.m.	8739
Jan 18 - Mar 14	Sat	10 a.m.	8740
		11 a.m.	8741
Feb 18 - Mar 12	Tuos Thurs	11 a.m.	8743
TED TO - IVIAL TZ	Tues, Thurs	11:30 a.m.	8744
Mar 16 - Mar 26	M, T, W, Th	5:30 p.m.	8742

Un-Parented (swimmers advance after completion of

evaluated criteria)



Sea Otter Ages 3-5 \$47.88 member / \$53.20 non-member 30 min. Unparented

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

	wim one metre.		
Class Dates	Days	Time	Code
Jan 12 - Mar 8	Sun	5 p.m.	8659
Jan 12 - Iviai O	Juli	6 p.m.	8691
		4 p.m.	8692
Jan 13 - Mar 9	Mon	5 p.m.	8693
Jan 13 - Iviai 7	IVIOIT	5:30 p.m.	8694
		6 p.m.	8695
Jan 14 - Feb 6	Tues, Thurs	11 a.m.	8696
Jan 14 - 1 eb 0	rues, muis	11:30 a.m.	8697
		4 p.m.	8700
		4:30 p.m.	8701
Jan 14 - Mar 3	Tues	5 p.m.	8702
		6 p.m.	8703
		6 p.m.	8704
		1 p.m.	8705
		4 p.m.	8706
Jan 15 - Mar 4	Wed	5 p.m.	8707
		5:30 p.m.	8708
		6 p.m.	8709
		4 p.m.	8710
		4:30 p.m.	8711
Jan 16 - Mar 5	Thurs	5 p.m.	8712
		5:30 p.m.	8713
		6 p.m.	8714
		5 p.m.	8715
Jan 17 - Mar 6	Fri	5:30 p.m.	8716
		6 p.m.	8717
		9 a.m.	8718
		9:30 a.m.	8719
Jan 18 - Mar 14	Sat	9:45 a.m.	8720
		10:15 a.m.	8721
		11:30 a.m.	8722

Mar 16 - Mar 26 Feb 18 - Mar 12		4:30 p.m.	8723
	M, T, W, Th	5 p.m.	8724
		5:30 p.m.	8725
		6 p.m.	8726
		11 a.m.	8698
		11:30 a.m.	8699

Salamander Ages 3 - 5 \$47.88 member / \$53.20 non-member 30 min. Unparented

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

Class Dates	Days	Time	Code
I. 12 M. 0	C	5:30 p.m.	8660
Jan 12 - Mar 8	Sun	6:30 p.m.	8747
Jan 13 - Mar 9	Mon	4:30 p.m.	8748
Jan 13 - Iviai 9	IVIOTI	6 p.m.	8749
Jan 14 - Feb 6	Tues, Thurs	11 a.m.	8750
Jan 14 - 1 ep 0	rues, murs	11:30 a.m.	8751
		4 p.m.	8752
Jan 14 - Mar 3	Tues	5 p.m.	8753
Jan 14 - Iviai S	rues	5:30 p.m.	8754
		6 p.m.	8755
		2 p.m.	8756
		4 p.m.	8757
Jan 15 - Mar 4	Wed	5 p.m.	8758
		5:30 p.m.	8759
		6 p.m.	8760
		4:30 p.m.	8761
Jan 16 - Mar 5	Thurs	5 p.m.	8762
		5:30 p.m.	8763
		5 p.m.	8764
Jan 17 - Mar 6	Fri	5:30 p.m.	8765
		6 p.m.	8766
		9:30 a.m.	8767
Jan 18 - Mar 14	Sat	10 a.m.	8768
Jan 10 - Mai 14	Jat	10:30 a.m.	8769
		11:30 a.m.	8770
		4 p.m.	8771
Mar 16 - Mar 26	M, T, W, Th	5:30 p.m.	8772
		6 p.m.	8773
Feb 18 - Mar 12	Tues, Thurs	11 a.m.	8774
T CD TO TVIGITIZ	rucs, muis	11:30 a.m.	8775



Sunfish Ages 3 - 5

\$47.88 member / \$53.20 non-member

30 min. Unparented

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

Class Dates	Days	Time	Code
Jan 12 - Mar 8	Sun	5 p.m.	8776
Jan 12 - Iviar o	Sun	6 p.m.	8661
Jan 13 - Mar 9	Mon	4 p.m.	8777
Jan 13 - Mar 9	IVION	5:30 p.m.	8778
Jan 14 - Feb 6	Tues, Thurs	11 a.m.	8779
Jan 14 - Mar 3	Tues	5 p.m.	8780
Jan 15 - Mar 4	Wed	2 p.m.	8781
Land 17 Mars F	- 1	4:30 p.m.	8783
Jan 16 - Mar 5	Thurs	5:30 p.m.	8784
Jan 17 - Mar 6	Fri	5 p.m.	8785
Lan 10 May 14	Sat	9:30 a.m.	8786
Jan 18 - Mar 14		10:30 a.m.	8787
Feb 18 - Mar 12	Tues, Thurs	11:30 a.m.	8788
Mar 16 - Mar 26	M, T, W, Th	5:30 p.m.	8789



Crocodile Ages 3 - 5 \$47.88 member / \$53.20 non-member 30 min. Unparented

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

Class Dates	Days	Time	Code
Jan 12 - Mar 8	Sun	6:30 p.m. C	8662
Jan 13 - Mar 9	Mon	5 p.m. C	8790
Jan 14 - Mar 3	Tues	5:30 p.m.	8791
Jan 15 - Mar 4	Wed	4:30 p.m. C	8792
Jan 16 - Mar 5	Thurs	5 p.m.	8793
Jan 17 - Mar 6	Fri	6 p.m. C	8794
Jan 18 - Mar 14	Sat	11:15 a.m.	8795
Mar 16 - Mar 26	M, T, W, Th	5 p.m. C	8796



Whale Ages 3 - 5 \$47.88 member / \$53.20 non-member 30 min. Unparented

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

Class Date	Days	Time	Code
Jan 12 - Mar 8	Sun	6:30 p.m. C	8663
Jan 13 - Mar 9	Mon	5 p.m. C	8798
Jan 14 - Mar 3	Tues	4:30 p.m.	8799
Jan 15 - Mar 3	Wed	4:30 p.m. C	8800
Jan 16 - Mar 5	Thurs	5:30 p.m.	8801
Jan 17 - Mar 6	Fri	6 p.m. C	8802
Jan 18 - Mar 14	Sat	10 a.m.	8803
Mar 16 - Mar 26	M, T, W, Th	5 p.m. C	8804

Swim Kids 1 Ages 6 – 12 \$47.88 member / \$53.20 non-member 30 min. Unparented

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

Class Dates	Days	Time	Code
Jan 12 - Mar 8	Sun	5:30 p.m.	8664
Jan 12 - Iviar o	Sun	6:30 p.m.	8674
Jan 13 - Mar 9	Mon	4:30 p.m.	8805
Jan 13 - Iviai 7	IVIOTI	5 p.m.	8806
Jan 14 - Mar 3	Tues	4 p.m.	8807
Jan 14 - Mai S	rues	5:30 p.m.	8808
		1:30 p.m. C	8809
Jan 15 - Mar 4	Wed	4 p.m.	8810
		5 p.m.	8811
Jan 16 - Mar 5	Thurs	6:30 p.m.	8820
Jan 17 - Mar 6	Fri	4 p.m. C	8838
Jan 17 - Iviai O	111	5 p.m.	8813
		9 a.m.	8814
		9:30 a.m.	8815
Jan 18 - Mar 14	Sat	10 a.m.	8816
		11 a.m.	8817
		11:30 a.m. C	8818
Mar 16 - Mar 26	M, T, W, Th	4 p.m.	8819
iviai 10 - Iviai 20	101, 1, 00, 111	5 p.m.	8821

Swim Kids 2 Ages 6 - 12

\$47.88 member / \$53.20 non-member

30 min. Unparented

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

Class Dates	Days	Time	Code
Jan 12 - Mar 8	Sun	5 p.m.	8665
Jan 12 - Iviai o	Sun	6 p.m.	8822
Jan 13 - Mar 9	Mon	4 p.m.	8823
Jan 13 - Iviai 7	IVIOIT	5:30 p.m.	8824
Jan 14 - Mar 3	Tues	4 p.m.	8825
Jan 14 - Mai S	rues	5 p.m.	8826
Jan 15 - Mar 4	Wed	1:30 p.m. C	8827
Jan 13 - Mai 4	vvea	4:30 p.m.	8828
Jan 16 - Mar 5	Thurs	4 p.m.	8829
Jan 17 - Mar 6	Fri	4 p.m. C	8831
Jan 17 - Iviai O	111	5:30 p.m.	8856
		9 a.m.	8832
Jan 18 - Mar 14	Sat	9:30 a.m.	8833
Jan 10 - Mar 14	Sat	10:30 a.m.	8834
		11:30 a.m. C	8835
Mar 16 - Mar 26	M, T, W, Th	4:30 p.m.	8836
IVIGI 10 - IVIGI 20		6 p.m.	8837

Swim Kids 3 Ages 6 - 12

\$47.88 member / \$53.20 non-member 30 min. Unparented

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

Class Dates	Days	Time	Code
Jan 12 - Mar 8	Sun	5:30 p.m.	8666
I. 12 M 0		4:30 p.m.	8839
Jan 13 - Mar 9	Mon	6 p.m.	8840
Lace 1.4 Mars 2	T	4:30 p.m.	8841
Jan 14 - Mar 3	Tues	5:15 p.m.	8842
Jan 15 - Mar 4	Wed	4:30 p.m.	8844
Jan 13 - Mar 4	vvea	5 p.m.	8845
Jan 16 - Mar 5	Thurs	4:30 p.m.	8846
Jan 10 - Iviai J	THUIS	6 p.m.	8847
Jan 17 - Mar 6	Fri	4:30 p.m.	8849
Jan 17 - Iviai O	111	6 p.m.	8850
		9 a.m.	8851
Jan 18 - Mar 14	Sat	9:30 a.m.	8852
Jan 10 - Mar 14	iai 14 Sat	10:30 a.m.	8853
		11 a.m.	8848
Mar 16 - Mar 26	M T W Th	5 p.m.	8854
iviai 10 - iviai 20	M, T, W, Th	6 p.m.	8855



Swim Kids 4 Ages 6 – 12

\$53.28 member / \$59.20 non-member

45 min. Unparented

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

Class Dates	Days	Time	Code
Jan 12 - Mar 8	Sun	5:15 p.m.	8667
Jan 13 - Mar 9	Mon	4:45 p.m.	8857
Jan 14 - Mar 3	Tues	4 p.m.	8858
Jan 15 - Mar 4	Wed	1:15 p.m. C	8859
Jan 13 - Mar 4	vved	6 p.m. C	8860
Jan 16 - Mar 5	Thurs	4:15 p.m.	8861
Jan 17 - Mar 6	Fri	5:15 p.m.	8862
Jan 18 - Mar 14	Sat	9 a.m.	8863
Mar 16 - Mar 26	M, T, W, Th, F	4:15 p.m. C	8864

Swim Kids 5 Ages 6 - 12

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

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

Class Dates	Days	Time	Code
Jan 12 - Mar 8	Sun	6:30 p.m.	8668
Jan 13 - Mar 9	Mon	5:30 p.m.	8865
Jan 14 - Mar 3	Tues	4 p.m.	8866
Jan 15 - Mar 4	Wed	1:15 p.m. C	8867
Jan 13 - Mar 4	vved	6 p.m. C	8868
Jan 16 - Mar 5	Thurs	4:45 p.m.	8869
Jan 17 - Mar 6	Fri	4 p.m.	8870
Jan 18 - Mar 14	Sat	10:15 a.m.	8871
Mar 16 - Mar 26	M, T, W, Th, F	4:15 p.m. C	8872

Swim Kids 6 Ages 6 -12

\$53.28 member / \$59.20 non-member

45 min. Unparented

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

Class Dates	Days	Time	Code
Jan 13 - Mar 9	Mon	4 p.m. C	8669
Jan 14 - Mar 3	Tues	4:45 p.m.	8878
Jan 15 - Mar 4	Wed	1:15 p.m. C	8879
Jan 16 - Mar 5	Thurs	4 p.m.	8880
Jan 18 - Mar 14	Sat	9:30 a.m.	8881

Swim Kids 7 Ages 6 - 12

\$53.28 member / \$59.20 non-member

45 min. Unparented

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

Class Dates	Days	Time	Code
Jan 13 - Mar 9	Mon	4 p.m. C	8670
Jan 15 - Mar 4	Wed	1:15 p.m. C	8882
Jan 16 - Mar 5	Thurs	5:45 p.m.	8883
Jan 18 - Mar 14	Sat	11:15 a.m.	8884

Swim Kids 8 Ages 6 - 12

\$59.04 member / \$65.60 non-member

60 min. Unparented

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

Class Dates	Days	Time	Code
Jan 14 - Mar 3	Tues	5:30 p.m. C	8671
Jan 15 - Mar 4	Wed	1:30 p.m. C	8885
Jan 13 - Mar 4	vved	4 p.m. C	8886
Jan 18 - Mar 14	Sat	10:45 a.m. C	8887
Mar 16 - Mar 26	M, T, W, Th	4 p.m. C	8888

Swim Kids 9 Ages 6 - 12

\$59.04 member / \$65.60 non-member

60 min. Unparented

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

Class Dates	Days	Time	Code
Jan 14 - Mar 3	Tues	5:30 p.m. C	8672
In 15 May 1	NA7 1	1:30 p.m. C	8889
Jan 15 - Mar 4	Wed	4 p.m. C	8890
Jan 18 - Mar 14	Sat	10:45 a.m. C	8891
Mar 16 - Mar 26	M, T, W, Th	4 p.m. C	8892

Swim Kids 10 Ages 6 - 12

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

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

Class Dates	Days	Time	Code
Jan 14 - Mar 3	Tues	5:30 p.m. C	8673
Jan 15 - Mar 4	Wed	1:30 p.m. C	8893
Jan 15 - Mar 4		4 p.m. C	8894
Jan 18 - Mar 14	Sat	10:45 a.m. C	8895
Mar 16 - Mar 26	M, T, W, Th	4 p.m. C	8896

Teen Swim Basics Ages 13+

FREE (Includes public swim wristband) 60 min.

Class Dates	Days	Time	Code
Jan 12 - Mar 8	Sun	6 p.m.	8876

Adult Learn-to-Swim Ages 18+

\$57.60 member / \$64 non-member 60 min.

Class Dates	Days	Time	Code
Jan 16 - Mar 5	Thurs	6 p.m.	8873

Adult Stroke Improvement Ages 18+

\$57.60 member / \$64 non-member 60 min.

Class Date	Days	Time	Code
Jan 14 - Mar 3	Tues	9 p.m.	8874

Private Lessons Ages 6+

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

\$29 member / \$32.25 non-member 30 min.				
Days	Time	Class Date	Code	
		Jan 12	8877	
		Jan 19	8897	
		Jan 26	8898	
Comm		Feb 2	8899	
Sun	6 p.m.	Feb 9	8900	
		Feb 23	8901	
		Mar 1	8902	
		Mar 8	8903	
		Jan 13	8904	
		Jan 20	8905	
		Jan 27	8906	
N 4 =	F	Feb 3	8907	
Mon	5 p.m.	Feb 10	8908	
		Feb 24	8909	
		Mar 2	8910	
		Mar 9	8911	
		Jan 14	8912	
		Jan 21	8913	
		Jan 28	8914	
Tues	4.00	Feb 4	8915	
Tues	4:30 p.m.	Feb 11	8916	
		Feb 18	8917	
		Feb 25	8918	
		Mar 3	8919	
		Jan 16	8920	
		Jan 23	8921	
		Jan 30	8922	
Thurs	F.1 F	Feb 6	8923	
Thurs	5:15 p.m.	Feb 13	8924	
		Feb 20	8925	
		Feb 27	8926	
		Mar 5	8927	
		Jan 18	8928	
		Jan 25	8929	
		Feb 1	8930	
Co+	0 0 177	Feb 8	8931	
Sat	9 a.m.	Feb 22	8932	
		Feb 29	8933	
		Mar 7	8934	
		Mar 14	8935	



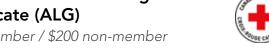
Aquatic Leadership Courses 2020

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

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

Red Cross Assistant Lifeguard Certificate (ALG)

\$180 member / \$200 non-member



	Date	Day	Time	Code
	Mar 7, 8, 14, 15	Sat / Sun	9 a.m 5 p.m.	8587
FREE	Aug 4 - 7	Tues - Fri	9 a.m 5 p.m.	8526
	Oct 17, 18, 24, 25	Sat / Sun	9 a.m 5 p.m.	8627

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

Pre-requisites:

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

Red Cross Assistant Lifeguard Transfer

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



Date	Day	Time	Code
Mar 22	Sun	9 a.m 3 p.m.	8629
July 29	Wed	9 a.m 3 p.m.	8630
Sept 25	Fri	4 - 10 p.m.	8631
Dec 2	Wed	4 - 10 p.m.	8632

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

Pre-requisites:

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

Red Cross Assistant Lifeguard Recertification

\$45 Member / \$50 non-member



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

Red Cross Lifeguard Certificate (LG)

\$256.50 member / \$285 non-member



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

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

Pre-requisites:

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



Red Cross Lifeguard Recertification



\$47.50 Member / \$53 non-member

Date	Day	Time	Code
Jan 8	Wed	4 - 10 p.m.	8588
Apr 5	Sun	9 a.m 3 p.m.	8635
June 13	Sat	9 a.m 3 p.m.	8636
July 20	Mon	9 a.m 3 p.m.	8637
Oct 1	Thurs	4 - 10 p.m.	8638

Red Cross Assistant Lifeguard Instructor (ALGI)



\$112.50 Member / \$125 non-member

Date	Day	Time	Code
Feb 1-2	Sat - Sun	9 a.m 3 p.m.	8591
July 2-3	Thurs - Fri	9 a.m 3 p.m.	8639

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

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

Pre-requisites:

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



Red Cross Water Safety Instructor Development Program (WSI)



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

PART 1: Skills Evaluation – is registered separately & must be completed prior to Classroom component

\$22.50 Member / \$25 non-member

Date	Day	Time	Code
Jan 17	Fri	5 - 7 p.m.	8640
Apr 17	Fri	5 - 7 p.m.	8641
Sept 18	Fri	5 - 7 p.m.	8642

Candidates are evaluated on water safety skills & strokes (based on Red Cross Swim Kids 10 performance criteria) & Instructor Emergency Response (IER) skills to ensure the WSI candidate can identify and demonstrate how to prevent & manage any emergency situation that may arise in an instructional setting.

PART 2: Online Professional Development Modules

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

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

PART 3: Teaching Experience – available City of Leduc co-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

\$360 Member / \$400 non-member

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

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

Pre-requisites:

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

Unsure if your Instructor skills and strokes meet Red Cross Swim Kids 10 performance criteria? Register in one of our private lessons or a full 8-lesson Adult Stroke Improvement (Ages 18+) or Teen Swim Basics (Ages 13+) to brush up!

Red Cross Water Safety Instructor Recertification (WSI)

\$85.50 Member / \$95 non-member



Lifesaving Society Bronze Medallion and Cross



\$238.50 Member / \$265 non-member

Date	Day	Time	Code
Jan 3 - 5 Jan 11 - 12	Fri - Sun Sat - Sun	9 a.m 5 p.m.	8594
July 13 - 17	Mon - Fri	9 a.m 5 p.m.	8650

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

Pre-requisites:

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

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

Pre-requisites:

• Must have successfully completed the Bronze Medallion certificate

Lifesaving Society National Lifeguard (NL)



\$283.45 Member / \$315 non-member

Date	Day	Time	Code
Feb 5 Feb 6 - 9 Feb 10	Wed Thurs - Sun Mon	7 - 10 p.m. 8 a.m 5 p.m. 5 - 10 p.m.	8595
Aug 10 - 14	Mon - Fri	8 a.m 5 p.m.	8651

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

Pre-requisites:

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

Lifesaving Society National Lifeguard Recert



\$47.70 Member / \$53 non-member

Date	Day	Time	Code
Jan 26	Sun	9 a.m 2 p.m.	8596
June 20	Sat	9 a.m 2 p.m.	8653
Oct 3	Sat	9 a.m 2 p.m.	8654

Lifesaving Instructor

\$225 Member / \$250 non-member



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

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

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

Pre-requisites:

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





Looking to get certified with us this winter?

Here's the drill!

Lifeguard

- Take a Standard First Aid course (Jan 6 (blended) or Feb 29/Mar1).
- Take the ALG course (Mar 7/8 & 14/15) and complete your observation assignment. OR, if you already have your Bronze Cross, take the Assistant Lifeguard Transfer Course (Mar 22)
- Take the LG course over Spring Break (Mar 30 Apr 3) and complete your observation assignment.

Now you're a Lifeguard!

Swim Instructor

Take one of:
Bronze Medallion/Cross (Jan 3-5 & 11/12),
Assistant Lifeguard (Mar 7/8 & 14/15), or
Standard First Aid (Jan 6 (blended), Feb 29/
Mar1, or Apr 8/9) as prerequisites.

Register for WSI Skills Evaluation (Jan 17)

- Register in the spring (May 9/10, 23/24)
 Classroom component & attend the
 Jan 14 briefing (be sure to plan ahead!) to
 receive your online materials then get
 started on the online modules.
- Arrange your teaching experience at any Red Cross Swim facility (to be done after your online modules & before starting classroom component City of Leduc co-teaches will be assigned at the briefing (If you've missed this or skills evaluation) briefing contact 780-980-7165 to discuss other options.)
- Take the WSI Classroom component on May 9/10, 23/24.

Now you're a Swim Instructor!



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PRIZES TO BE WON DAILY!

Gift Cards from...
VISA & LRC
Co-op & Safeway
Wilhauk Beef Jerky
Personal Training Sessions
and so much more!

DECEMBER 13 - 24, 2019



Contest runs from December 13 - 24, 2019 and clases on Tuesday, December 24 at Noon, There will be one draw with one lucky winner done each day.

Winner will be drawn randomly and contacted directly.



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

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

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

For more information, please contact our Corporate Partnerships Coordinator,

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





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

Fair Play

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

Field HouseOpportunities

Jan 2 - Mar 31, 2020

Equipment Rentals

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

Adult Hour

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

Badminton

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

Basketball

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

Dodgeball

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

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 MNP

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

Pickleball

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

Pickleball for Beginners

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

Did You Know: Tennis History

- Yellow tennis balls were used for the first time at the Wimbledon in 1986.
- Venus Williams recorded the fastest serve, at 205km/h, in women's tennis.
- Henry "Bunny" Austin was the first player to wear shorts at Wimbledon in 1932.
- Wimbledon is the only major tennis tournament still played on grass.
- Margaret Smith Court holds the record with 24 Grand Slam singles titles.
- The first women to play in the Wimbledon tournament wore full length dresses.
- The game of tennis comes from Great Britain.
- Venus and Serena Williams became the first set of sisters to ever win Olympic gold medals in tennis.
- The first African American to win the US open was Arthur Ashe.

Preschool Playtime

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

Soccer

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

Tennis

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

touchtennis

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

Volleyball

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

Arena Opportunities

Jan 2 – Mar 31, 2020

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

Adult 18+ Skate

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

Adult 18+ Stick & Puck

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

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

Adult and Child Stick & Puck

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

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

Everybody Gets To Play

Join in on this FREE public skating time from 1-3 p.m. at the Alexandra Arena. This free event has been made possible through funding provided by Everybody Gets to PlayTM Leduc.

Equipment requirements for children 12 and under: CSA certified helmet

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

- 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.
- January 17 Donuts & Pajama Skate You Donut want to miss this Skate! Come out in your comfiest pajamas and enjoy a donut.
- 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.

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

Adult opportunities are for 18+.

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

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

Jan 2 - March 31, 2020

FIELD HOUSE OPPORTUNITIES | Noon - 5 p.m. Basketball, Pickleball, Floor Hockey, Soccer, Dodgeball

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

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



DROP - IN SCHEDULES

■ Field House Drop-in Opportunities Jan 2 – Mar 31, 2020

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***		MNP _u , 3 - 4:30 p.m.		MNP . 3 - 4:30 p.m.	are	p-In's with this I FREE for youth d 8-17 years o	1
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**		9 - 11:30 a.m.		9 - 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 50 - 52.

DROP - IN SCHEDULES

■ **Arena Drop-In Opportunities** Jan 2 – Mar 31, 2020

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult 18+ Shinny	11:45 a.m. – 1:15 p.m. 9 – 10 p.m.	11:45 a.m. – 1:15 p.m.	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 50 - 52 for all other equipment requirements.

Sponsored by, Everybody gets to play this FREE activity takes place
January 5 – March 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 needed on pages 50 - 52.



Drop-in Sessions run from January 6 to February 28. Siblings always welcome.

Registration begins November 19 at 10 a.m.

Preschool Programs

Winter Themed Preschool Fun January 13 - 17

Brrrr! Come in from the cold and enjoy our regular preschool programming with a week of winter twists.

Valentine's Themed Preschool Fun February 10 - 14

Join us for a week of extra special preschool programming to help spread love and joy.

Baby Laptime - Drop-In





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

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

Toddler Time – Drop-In







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

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.

Please note: this program will not be running on $\,$ Dec. 6, Jan. 3 & 31, Feb. 7 due to other library events.

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

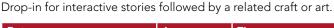
Family Storytime - Drop-In











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, Dec 6, Jan 3 & Feb 7	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, Dec 6, Jan 3 & Feb 7	0 - 5	11 - 11:30 a.m.

Holiday Preschool Storytime - Drop-in

Listen to the best holiday stories, learn about holiday traditions around the world and create a holiday decoration to cherish forever.

Date	Age	Time
Monday, Dec 9	0 - 5	10:15 - 11 a.m.

How the Grinch Stole Christmas

- Registered

Listen to fun holiday stories, watch the classic cartoon and enjoy snacks. Then wrap up the holiday fun by creating a graham cracker gingerbread house of your own. There is also an identical family evening program in the family section of the guide.

Date	Age	Time
Thursday, Dec 5 (Both sessions are identical)	2+	10:30 a.m. – Noon 1 - 2:30 p.m.



■ Children's Programs

STEAM Challenge - Drop-In

Get your creative thinking cap on with a themed challenge which could be using LEGO, marshmallows or robots. Work at your own pace.

Date	Age	Time
Tuesdays, Dec 3 & 10, Jan 7 - Feb. 25	School Ages	3:30 - 4:30 p.m.

Holiday Art - Drop-In

Drop-in to do some creative artwork for the holidays. Explore watercolour, playdough and more.

Date	Age	Time
Friday, Dec 6	All Ages	2 - 4 p.m.

Pokémon Club - Drop-In

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

Date	Age	Time
Thursday, Dec 19, Jan. 16 & Feb 20	8 - 12	6:30 - 7:30 p.m.

LEGO Club - Drop-In

Dig, sort, snap, create! We have so much LEGO for all to enjoy. You can choose to try our weekly challenge for extra learning fun.

Date	Age	Time
Wednesdays, Jan 8 – Feb 26 (Begins 3 p.m. on Early Dismissal Days)	School Ages	3:30 - 4:30 p.m.

Cartoon Club - Drop-In

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

Date	Age	Time
Thursday, Jan 9, 30 & Feb 13	School Ages	3:30 - 4:45 p.m.

Tween Book Club - Drop-In

Love to read? Read our monthly chosen book and discuss it with your friends café style complete with snacks! Order a copy through the library to read now.

January's title – Mr. Lemoncello's Library Olympics by Chris Grabenstein February's title – Restart by Gordon Korman

Date	Age	Time
Thursday, Jan 9 & Feb 13	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, Jan 23 & Feb 27	8 - 12	6 - 7:30 p.m.

Family Literacy Day - Drop-In

Get your FREE tickets for the morning show 'Playtime Cabaret – The Great Balanzo'. Tickets will be available through the MacLab Centre. Drop by the library in the afternoon for variations of the British nursery rhyme 'This is the House that Jack Built' with fun creative learning centres to go with it.

Date	Age	Time
Friday, Jan 31 – MacLab Centre	All Ages	10:30 a.m. – Noon
Friday, Jan 31 - Library	All Ages	1 - 3 p.m.

Science with Food - Drop-In

Our parents told us not to play with our food, but today we will! Test each of the stations to learn some neat facts about food.

Date	Age	Time
Thursday, Feb 6	All Ages	Noon - 3 p.m.

Lego - Drop In

We will put out all our LEGO for you to enjoy - kits & creative blocks!

Date	Age	Time
Friday, Feb 7	All Ages	1 - 3 p.m.

■ Teen Programs

Lunchtime Pop-in - Drop-In

Drop-in during lunch break for some Oculus Rift V/R, X-box, Nintendo classic, NES, Wii and board games.

Date	Age	Time
Tuesdays Dec 3 – 17, Feb 4 – 25 Thursdays Dec 5 – 19, Feb 6 - 27	Jr High School Ages	12:30 - 1:05 p.m.

Afterschool Pop-in - Drop-In

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

SNACKS INCLUDED!

Date	Age	Time
Wednesdays, Feb 12 – Feb 26	12-17	3:45 - 4:45 p.m.

Early Dismissal Days	Movie	Movie Length
Wednesday, Dec 4 starts at 2:45 p.m.	Polar Express Rated G	1hr 40min
Wednesday, Jan 8 starts at 2:45 p.m.	Dumb and Dumber Rated PG	1hr 47min
Wednesday, Feb 5 starts at 2:45 p.m.	Big Daddy Rated G	1hr 33min

STEAM Challenge - Drop-In

Can you accept the challenge? Get your creative thinking cap on with a themed challenge which could be using LEGO, marshmallows or robots. Work at your own pace.

Date	Age	Time
Tuesdays, Dec 3 & 10, Jan 7 – Feb 25	School Ages	3:30 - 4:30 p.m.

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
Thursdays, Dec 5, Jan 2 & Feb 6	Grades 8 - 12	4 - 5 p.m.

Teen Advisory Club Presents:

Teen Christmas Café - Boardgames Included - Drop-in

Boardgames, hot chocolate bar, snacks galore, holiday music, good friends and loads of fun.

Date	Age	Time
Thursday, Dec 12	12 - 17	6 - 8:30 p.m.

Teen Takeover - Registered

Pizza, nerf wars, YouTube, Xbox, Wii, games, and more! Bring your friends and rule the library after hours.

Registration ends the day of the event at 4 p.m., so register early to secure your spot. You must be registered to be allowed entry.

Date	Age	Time
Friday, Feb 21	12 - 17	6 - 9 p.m.

Family Programs

Children under 8 must be accompanied by an adult.

How the Grinch Stole Christmas - Registered

Listen to fun holiday stories, watch the classic cartoon with snacks and wrap up the holiday fun by creating a graham cracker gingerbread house of your own. Each session is identical.

Date	Age	Time
Dec 4 & 5	All Ages	6 - 7:30 p.m.

Holiday Family Storytime - Drop-in

Join us for stories, learning about holiday traditions around the world and take home a holiday decoration to cherish forever!

Date	Age	Time
Wednesday, Dec 11	All Ages	6 - 6:45 p.m.

A Family Bookish Christmas – Registered

Create 4 fabulous bookish Christmas decorations while snacking on a cookie and listening to holiday music! Please note this is a parented program for you to make decorations with your family. A program for families with children 6 years of age and older.

Date	Age	Time
Saturday, Dec 14	6+	10:15 - 11:45 a.m.

Family Literacy Day – Drop-in

Get your FREE tickets for the morning show 'Playtime Cabaret – The Great Balanzo'. Tickets will be available through the MacLab Centre. Drop by the library in the afternoon for variations of the British nursery rhyme 'This is the House that Jack Built' with fun creative learning centres to go with it.

Date	Age	Time
Friday, Jan 31 – MacLab Centre	All Ages	10:30 a.m. – 12 p.m.
Friday, Jan 31 - Library	All Ages	1 - 3 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 storytelling.

Date	Age	Time
Wednesdays, Jan 8 – Feb 26	All Ages	6 - 6:30 p.m.

Games Night – Drop-in

Have the winter blues? Join us at the library for a fun evening of classic board games you know and love or learn a new game you have never played before. Bring your friends and family and meet new people!

Date	Age	Time
Wednesdays, Jan 22 & Feb 26	All Ages	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, Jan 27 - Monsters	All Ages	All Day
Monday, Feb 24 - Under the Sea	All Ages	All Day

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? 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	6:30 – 7:30 p.m.

Adult Book Club - Drop-in

Join us for a lively discussion inspired by thought provoking books.

December – A Wake For The Dreamland by Laurel Deedrick-Mayne
January – The Sun Does Shine by Anthony Ray Hinton
February – TBA

Date	Time
Third Thursday of each month	7 - 8 p.m.

Christmas Tea - Drop-in

The weather outside is frightful, but the warmth in the library is delightful! Enjoy the festive season with homemade goodies, piping hot tea and coffee, music and holiday cheer! Everyone is invited to join.

Date	Cost	Time
Wednesday, Dec 11	All Ages	2 - 4 p.m.

A Bookish Christmas for Adults - Registered

Create 5 fabulous bookish Christmas decorations all while staying warm with a cup of coffee or tea and listening to your favourite Christmas tunes!

Date	Time
Saturday, Dec 14	1 - 3 p.m.

Instant Pot 101- Registered

Did you get an Instant Pot this year or last and it is still sitting in the box in the cupboard? Come explore the wonderful tips and tricks of the Instant Pot with Librarian Holly Lim-Lovatt and learn how it can make cooking easier for you and your family! Do you already have some worthy Instant Pot stories? Come and share them with the group!

Date	Time
Tuesday, Jan 28	7 - 8 p.m.

Be My Chocolaty Valentine! - Registered

What better way to spend the most romantic night of the year than with chocolate tasting, a glass of wine and a classic romance movie? Bring your friends, loved one, or try it solo and meet a new group of people! Oh yes, and remember that there will be more chocolate and snacks for the movie 'The Princess Bride'. Please note that you must be of legal drinking age to attend this program.

\$20.00 non-refundable registration fee. You must register for this program at the library.

Date	Cost	Time
Friday, Feb 14	\$20	6:30 - 9:30 pm

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

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

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

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

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

Note: Courses requiring payment require a pre-booked appointment

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, Jan 9 & 16	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, Feb 6 & 13	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, Feb 27 & Mar 5	6:30 – 8:30 p.m.	\$20

Participant pre-requisites: basic understanding of computer use

Navigating the Internet - Registered

Everyone is talking about going online, but what can you do on the Internet? This workshop provides participants with a basic understanding of how to navigate the World Wide Web, using search engines as well as using webmail.

Date	Time	Cost
Thursday, Mar 19	6:30 - 8:30 p.m.	\$10

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, Dec 3 – Dec 17, Jan 7 – Feb 25	1:30 - 2:30 p.m.

English Language Learning - Drop-In

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

Date	Time
Thursdays, Dec 5 – Dec 19, Jan 9 – Feb 27	6:30 - 8 p.m.

Spanish Conversation Circle - Drop-In

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

Date	Time
Tuesdays, Dec 3 – Dec 17, Jan 7 – Feb 25	1:30 - 3:30 p.m.

What Else Is Happening at The Library?

Teen & Adult Fact Challenge Will you accept our challenge?

While you are in the library, pick up our challenge form, answer the questions and return it to the information desk for your chance to win a prize!

DateJan 6 - 17

Teen & Adult Book BINGO

Why not win prizes while reading this winter? How it works: pick up your BINGO card starting January 20. In each of the squares is a book topic. Check off each box you complete. Return your BINGO card when you feel you are finished on or before March 16. For each row of books checked off you will receive a ballot for a chance to win one of three \$50.00 gift cards from a local business or Chapters. Yes, it is that easy!

Date
Jan 20 - Mar 16

Community Puzzles

Throughout the month of February work with us on our community puzzles. One at the front of the library for everyone and one for teens in the Young Adult section. Drop in for a couple of minutes to connect one or two pieces. Sit and unwind for 15 minutes while working on a puzzle.

Date
Feb 3 - Feb 28

HERE TO HELP

Volunteer Leduc helps the non-profit sector by providing volunteer management support to recognize, support and enhance volunteerism. It develops community partnerships to strengthen, encourage and foster the act of volunteering. Is a valued resource providing information on award and funding opportunities!

Are you seeking volunteers? Volunteer Leduc can help your organization recruit new volunteers through the Volunteer Leduc registry, and Community Connections emails. To post a volunteer opportunity, contact Volunteer Leduc.

Embrace your community; become a Volunteer! Join the Leduc Volunteer Registry. We can help individuals or groups looking to volunteer. For information on monthly volunteer opportunities, please register online at **Leduc.ca/volunteers** or contact Volunteer Leduc.

GET INVOLVED:

Volunteer Leduc offers a variety of options each year for local volunteer organizations to take part in workshops, events and citizen recognition programs. Contact Volunteer Leduc for information about any of the following upcoming opportunities.

Event

Bring Your Budgets to Life workshop OH&S workshop HR Basics workshop Volunteer Fair

Date

Jan. 8, 2020 Feb. 12, 2020 Mar. 11, 2020 Mar. 21, 2020

CITIZENS OF DISTINCTION:

Beginning Jan. 2, 2020, the City of Leduc will be accepting nominations for the **2019 Citizens of Distinction Awards**.

These annual awards recognize outstanding citizens, organizations and businesses that have made notable contributions to our community. Following the nomination period, six individuals, groups, organizations or businesses will be selected for their outstanding contributions to our community in any of the following categories:

- Athletic Achievement Award
- Community Spirit Award
- Arts, Culture and Heritage Recognition Award
- Environmental Achievement Award
- Youth Award of Merit
- Mayor's Special Award (at the discretion of mayor and council)

The nomination period will run until noon on Feb. 7, 2020. All nominations will be reviewed by a panel, and winners will be chosen based on their achievements and the exposure and development they have brought to the community. Award winners will be honoured as part of the city's annual Volunteer Appreciation Banquet, hosted in April during National Volunteer Week 2020.

Visit *Leduc.ca/citizen-recognition-program* to learn more about the recognition program, or contact Volunteer Leduc.

If you are new to volunteering or a returning volunteer,

Volunteer Leduc can connect you to the opportunity that suits
you best. Be part of the action, Volunteer!

For more information visit volunteer.leduc.ca, call 780-980-7177
or email volunteer@leduc.ca





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.).

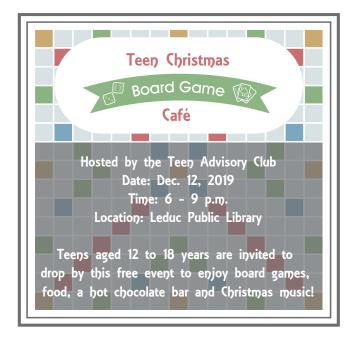


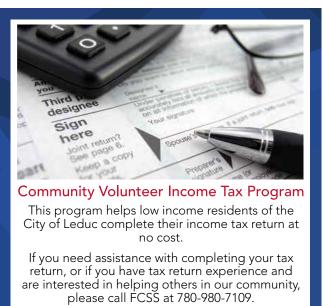


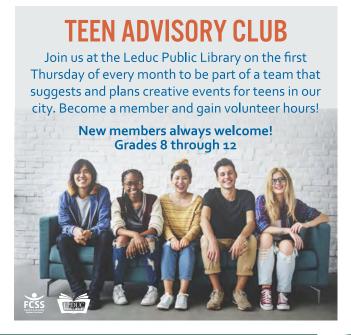


Leduc FCSS offers a number of workshop and information sessions throughout the year to support Leduc residents in a variety of ways. For more info about any of these upcoming programs, please call 780-980-7109 or visit Leduc.ca/FCSS.









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.











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

GIFT INSPIRATION

The holiday season is upon us! Did you know that the Maclab Centre for the Performing Arts has gift certificates available for purchase? Perfect for the theatre lover or live music enthusiast in your life.

Three-Show Explorer Package

Get a ticket to each of our three family shows for \$30. Spend a fun afternoon together with you children (ages four and up). Come a hour early for craft time before each show. Available until Dec. 31, 2019.

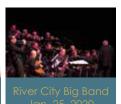
Black Stone Community Family Series Package

Get a ticket to each of our three family shows for \$30. Spend a fun afternoon together with you children (ages four and up). Come a hour early for craft time before each show. Available until Jan. 25, 2020.

Upcoming Shows



















Black Stone Community Family Series









GET YOUR TICKETS



Call 1-888-655-9090

Visit our new box office

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









Canadä







RESIDENTIAL | COMMERCIAL | INDUSTRIAL LANDSCAPE & ARBORICULTURE SERVICES







Contact: Ph: 780.980.9803

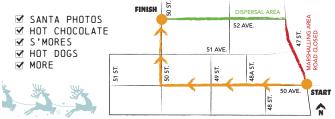
Toll Free: 1.866.980.9803 Email: admin@shawinsurance.ca Contact our Team of Insurance Experts

FOR YOUR INSURANCE NEEDS.

Group home and auto rates for Chamber Members!







6:00PM - 7:00PM Pre parade activities 7:00PM - 8:00PM Santa Claus Parade







TRITON

SWIM CLUB

www.tritonswimclub.ca

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

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

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



ROARING GOO'LL HAVE A ROARING GOOD TIME

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

Visit our Showhomes!

LIVEINMEADOWVIEW.COM

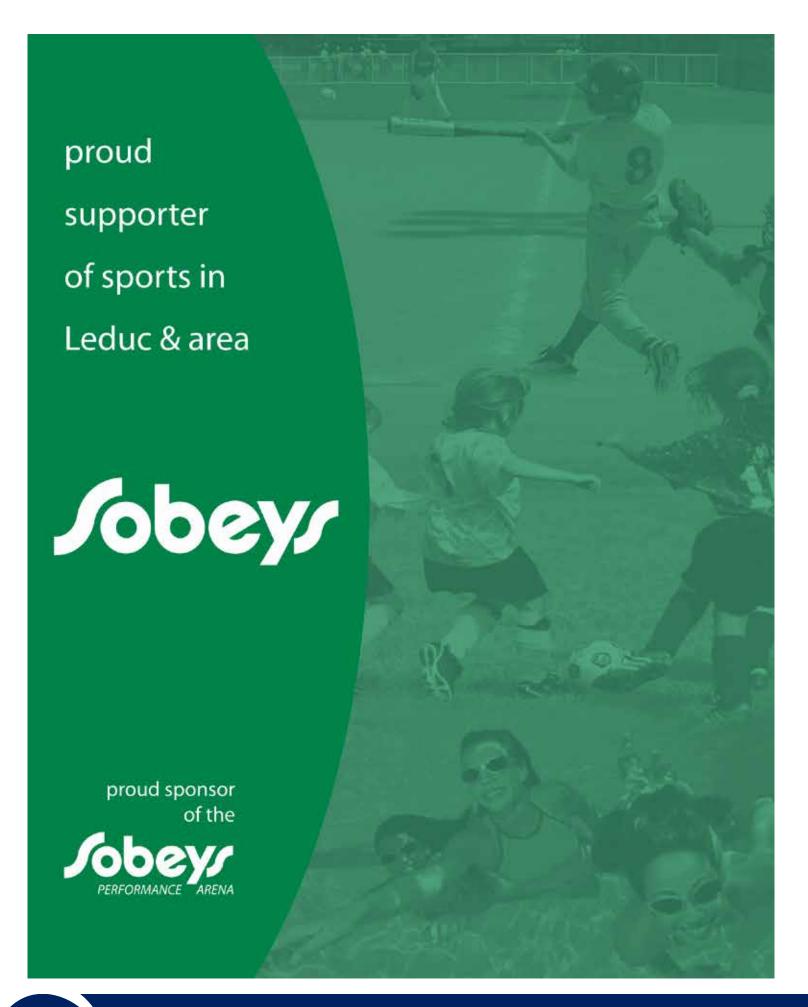






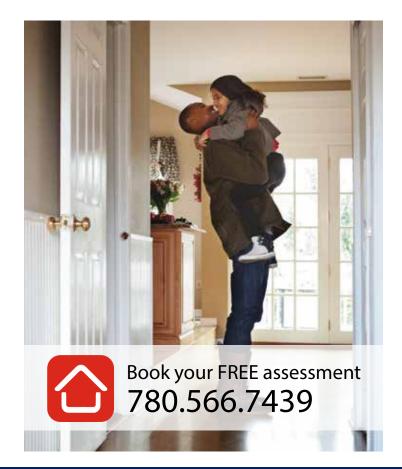












ROGERS SMART HOME MONITORING

Receive up to **50%** off Smart Home monitoring with an existing **Rogers Wireless Line**

Receive **25%** off Smart Home monotoring on any **New Home Construction Build**





Housing for Seniors, Individuals and Families

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

HOUSING FOR INDIVIDUALS & FAMILIES

Affordable Housing

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

Subsidized Housing

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

Private Landlord & Direct to Tenant Rent Supplement Programs

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

HOUSING FOR SENIORS

Independent Living - Seniors' Apartments

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

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

Supportive Living Program - Lodge Accommodations

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

FOR INFORMATION & APPLICATION CONTACT

Leduc Regional Housing Foundation

5118 - 50 Avenue, Leduc, Alberta T9E 6V4 Phone: 780.986.2814 Fax: 780.986.4881

Email: info@leducregionalhousing.ca Website: www.leducregionalhousing.ca









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

f©



A Magical Family Experience!



MAGICALIGHTS

NOVEMBER 22, 2019 - JANUARY 4, 2020



INQUIRE TODAY
INQUIRE TODAY
INQUIRE TODAY
ABOUT PURCHASING VEHICLE
ABOUT PURCHASING VEHICLE
ABOUT PURCHASING VEHICLE
PASSES FOR YOUR CORPORATE
HOLIDAY GIFT!

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