



CITY GUIDE

WINTER 2017

programs

activities

events

services



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



PETROLEUM

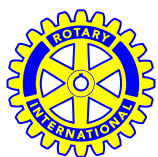


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DO *your* THING.

LRC Membership has its Benefits

- Access to **ALL** drop-in programs at no extra cost! (This includes Yoga, Zumba, Cycling, Aqua-Fit, swimming, hockey, and more!).
- Early registration for all recreation, fitness, and aquatics programs.
- 10% discount on all LRC Registered Programs including: swim lessons, *recreation programs, fitness classes, personal training, child minding and more!
* Excluding Leduc Summer Camps, babysitting, and special programs.
- 2-for-1 tickets to cultural performances at the Maclab.
- Access to the Alexandra Outdoor Pool for FREE!
- 10% discount on purchases at Apple Fitness (Edmonton).

Winter Fitness Events & Challenges

- 10% Off Personal Training: Jan. 2 To Jan. 23, 2017.
- Winter Warrior Challenge: Jan. 16 to Feb. 28 (6 Weeks) – Pick up your Fitness Passport at Guest Services and get ready to challenge yourself with a variety of fitness challenges, classes, etc. Receive a stamp for every challenge completed. Visit our Winter Warrior Event page on Facebook for all challenge details or go to Leduc.ca/LRC.
- Winter Teaser: Saturday, Jan. 28 – Curious about the types of drop-in and registered classes offered at the LRC? Join us for a day of trying out the different fitness and aquatics classes offered right here at the LRC for FREE!
- Cupid & Chocolate – Yoga for Couples: Feb. 14.
- Family Flex Pass Special: Purchase your Family Flex Pass (10 Admissions) between Feb. 18 and 20, 2017 for only \$125.50. That is a savings of \$50!
- Nutrition Month: March 2017
- For more information about upcoming Winter Fitness Events & Challenges visit Leduc.ca/LRC

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



Leduc Recreation Centre

 Leduc.ca/LRC

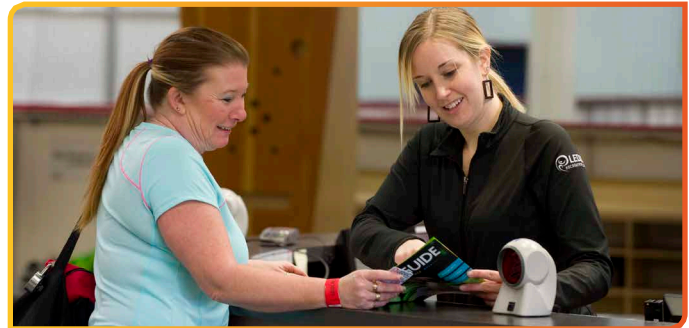
 780-980-7120

 @leducrecentre

 facebook.com/leducrecreationcentre

General LRC Information

Stop by Guest Services to purchase your wristband for the day. With this wristband you will have unlimited access to paid admission areas including: the fitness centre, track, field house, aquatic centre, and indoor playground. You will also have access to drop-in fitness and aquatics programs, and leisure activities (public skating, swimming, and the multitude of sporting activities in the field house) on a first-come-first-served basis.



Hours of Operation / Facility Information

	Weekdays		Weekends		Statutory Holidays
Fitness Centre and Track	Monday – Friday	5 a.m. – 10 p.m.	Saturday & Sunday	8 a.m. – 9 p.m.	8 a.m. – 3 p.m. Christmas Eve (Dec. 24)
Aquatic Centre	Monday – Thursday Friday	5:30 a.m. – 10 p.m. 5:30 a.m. – 9 p.m.	Saturday & Sunday	8 a.m. – 9 p.m.	Closed Christmas Day (Dec. 25)
Guest Services	Monday – Friday	8 a.m. – 10 p.m.	Saturday & Sunday	8 a.m. – 9 p.m.	11 a.m. – 5 p.m. Boxing Day (Dec. 26)
Field House	Monday – Thursday Friday	8 a.m. – 10 p.m. 8 a.m. – 9 p.m.	Saturday & Sunday	8 a.m. – 9 p.m.	8 a.m. – 3 p.m. New Years Eve (Dec. 31)
Kukabunga Jungle	Monday – Friday	9 a.m. – 8 p.m.	Saturday & Sunday	9 a.m. – 8 p.m.	Closed New Years Day (Jan. 1)
Child Minding Centre <i>Jan. 1 – March 31</i>	Monday – Thursday Friday	8:45 a.m. – 2 p.m., 5 – 8* p.m. 8:45 a.m. – noon	Saturday Sunday	8:45 a.m. – noon closed	10 a.m. – 8 p.m. Family Day (Feb. 20) Child Minding Closed Statutory Holidays

*Evenings are pre-book only for Child Minding. See page 7 for details.

Wristbands

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

Personal Belongings

Patrons shouldn't leave any valuables in change rooms. Please take precautions to secure all items in a locking locker or bring your own lock to place on an available locker. The City of Leduc and LRC are not responsible for lost or stolen articles. Please remember to remove your lock after your visit as any locks left overnight will be removed.

■ 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 at all 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 (child must be within arm's reach of guardian), or on the ice. If the description states an **adult is required**, the active participant needs to 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 year or under from the sidelines of the field house or from the players bench in the arenas.

■ Registration


Registration Dates - Winter Session (Jan. – March)

Member* Registration

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

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

Benefits of
being a member:
— Early —
Registration!

 **Aquatic Registration - Nov. 29, 2016:** All registered swim lessons, aquatic fitness programs and leadership courses.

General Registration - Dec. 6, 2016: All registered recreation, fitness and education programs.

Open Registration

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

 **Aquatic Registration - Dec. 1, 2016:** All registered swim lessons, aquatic fitness programs and leadership courses.

General Registration - Dec. 8, 2016: All registered recreation, fitness and education programs.

■ Registration Options

You will be asked to provide your home phone number or create an account if this is your first time registering for an LRC program.

Online	Log on to app.Leduc.ca/ezrec and follow registration instructions.
In-person	Stop by the Leduc Recreation Centre during regular hours of operation. 4330 Black Gold Drive, Leduc.
By phone	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 registrations **one week prior** to the program's start date. Register early to avoid disappointment.

Please keep in mind:

- **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 may be automatically refunded by the end of the year. Unused credits under \$25 will be cleared after 12 months
- **City-cancelled programs:** 100% refund or pro-rated refund.
- **Patron withdrawal:** If withdrawing more than 7 days before the course start date, a full refund will be issued. If withdrawing within 7 days to the course start date, refunds will not be granted and current administrative fee will be applied.
- **Medical withdrawal:** Refund requests due to medical reasons must be accompanied by a Doctor's Certificate. The amount of the refund will be prorated based for the remaining classes on the date indicated in the medical slip. The current administrative fee will be applied to all refunds, whether full fee or pro-rated.

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

Five easy steps to register online with EZrec

Step 1:

Call 780-980-7120 to receive your PIN and client number.

Step 2:

Visit the City of Leduc website at app.leduc.ca/ezrec

Step 3:

Sign in with your assigned PIN and client number.

Step 4:

Enter the course number and/or bar code for each program you have chosen.

Step 5:

Enter payment information (VISA, MasterCard, or American Express).

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 at www.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 the participant has successfully completed a prerequisite program prior to registering for the next program. If you have any questions about prerequisites please contact one of the following programmers:

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

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

Be Prepared

Please dress appropriately for your program. At the time of registration you will be provided with a printout of all pertinent information related to your program. Please note that 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 peanut-free.

PIZZA 73

Let Pizza 73 cater your party

Want Pizza for your party? Why not go with Pizza 73. Place your order in advance by calling 780-473-7373 or visiting the store at 5103 - 50 Ave., Leduc. View the menu at Pizza73.com or pick up a copy at LRC guest services. Delivery and pick-up options are available.

Build Your Own Party

Host your next Birthday, Team Builder, Meeting, Retirement, Family Function or Anniversary Party at the Leduc Recreation Centre! Build your unique experience by choosing from a variety of options, creating a one-of-a-kind event that suits your needs in four easy steps:

1) Book a Private Room

Choose an ideal location to gather with friends, colleagues, or family members for a place to eat and open presents, or host guest speakers, seminars, workshops, potlucks, crafts, or cooking classes. The opportunities are endless.

Rate: \$39.80/hour plus GST

2) Choose your activity or favourite sport, private or public drop-in – it's your choice!

a) With private options, the sky's the limit! Choose from a variety of options such as soccer, dodgeball, skating, hockey, swimming, basketball, pickleball, games, and more!

- Private Court: \$35/hour

- Private Soccer Pitch: \$104/hour

- Arena: \$122/hour*

- Game Bag: \$10/booking, plus \$100 refundable deposit. Games include Parachute, Snakes & Ladders, Twister, Get Knotted, Indoor Dice Baseball, Hopscotch, and Jump Rope.

b) Public drop-in use – Avoid waiting or head counting day of. We will pre-package your admissions to participate in one or all of the daily drop-in opportunities! Regular admission rates apply, groups 15+ qualify for a discounted price.

3) Book an LRC Leisure Host

Our party host will set up and clean up the room. They can also assist with games and activities!

Rate: \$50 for the first hour, \$25/hr for additional time.

4) Your Personal Touch

All you need to do is show up and add your personal touch.

For more information please visit www.leduc.ca, email LRCParties@leduc.ca, or call 780-980-8406.

**Arena Rates vary by seasons and times, please check with our staff to confirm rates.*



Child Minding Centre

We provide babysitting services so that parents have the opportunity to join in one of the many recreational opportunities available at the Leduc Recreation Centre knowing that their child, ages 2 months to 7 years, is nearby and receiving quality care.

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

Hours of Operation Jan. 1 – Mar. 31	
Monday – Thursday	8:45 a.m. – 2 p.m.; 5 – 8* p.m.
Friday & Saturday	8:45 a.m. – noon
Sunday & Stats	Closed

Note: If demand is sufficient, additional hours may be added to the weekly schedule. As well, if participation numbers are insufficient operating hours may be adjusted.

**Evenings are pre-book only. See bookings below for details.*

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 in touch with you (if needed) within the facility. Parents are responsible for supplying all personal items, such as diapers, wipes, formula, snacks, etc.

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

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

Bookings

With the purchase of a child minding punch pass, parents **pre-book** for an individual day with a minimum of 24 hours advance notice. 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.

NEW

Evenings (5-8 p.m.) require pre-booked spots by noon of the previous day. If there are less than a total of four bookings in the evening, child minding will be closed. Drop-ins are welcome if space permits while the centre is open.

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 whether there is available space.

Fees and Payment Options

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

**Child Minding Punch Passes are non-refundable & have no cash value.*

Kukabunga Jungle

General Information

The Kukabunga Jungle is waiting to be conquered, climbed, and played on at the Leduc Recreation Centre. This is an indoor play experience for children 8 years old and under and is included with paid daily admission or membership to the facility.

Hours of Operation

Monday - Friday	9 a.m. – 8 p.m.
Saturday and Sunday	9 a.m. – 8 p.m.
Statutory Holidays Christmas Eve (Dec. 24) Christmas Day (Dec. 25) Boxing Day (Dec. 26) New Year's Eve (Dec. 31) New Year's Day (Jan. 1) Family Day (Feb. 20)	Refer to page 4 for statutory hours.

Guidelines:

Monkey play is encouraged. Please respect the enjoyment of others and the equipment. 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). Enjoy your snacks and beverages outside the jungle at the tables in the lobby.

This is a SOCK ONLY ZONE. All children and supervisors must wear socks while in the playground area. Boot racks are available just outside the door to store your outdoor footwear. Socks are available for purchase at West Guest Services. Strollers can be parked outside Child Minding in the stroller parking lot.

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Leduc

1-5201 50 Street – 780.986.8202

Wetaskiwin

4904B – 56th Street – 780.352.6183

Camrose

5048 – 50 Street – 780.672.8759

Education Programs

Canadian Red Cross First Aid Programs

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

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

» Saturday/Sunday	9 a.m. – 5 p.m.	Jan. 28/29	31401
» Monday/Tuesday	9 a.m. – 5 p.m.	Feb. 6/7	31406
» Saturday/Sunday	9 a.m. – 5 p.m.	Apr. 22/23	31402
» Thursday/Friday	9 a.m. – 5 p.m.	Jun. 15/16	31403
» Saturday/Sunday	9 a.m. – 5 p.m.	Jul. 8/9	31404
» Saturday/Sunday	9 a.m. – 5 p.m.	Aug. 12/13	31405
» Tuesday/Wednesday	9 a.m. – 5 p.m.	Sept. 19/20	31407
» Saturday/Sunday	9 a.m. – 5 p.m.	Nov. 18/19	31408
» Thursday/Friday	9 a.m. – 5 p.m.	Dec. 7/8	31409

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

Standard First Aid Re-Certification Course \$90

» Saturday	9 a.m. – 5 p.m.	Jan. 14	31410
» Friday	9 a.m. – 5 p.m.	Mar. 10	31411
» Sunday	9 a.m. – 5 p.m.	May 7	31412
» Monday	9 a.m. – 5 p.m.	Jun. 19	31413
» Saturday	9 a.m. – 5 p.m.	Jul. 16	31414
» Wednesday	9 a.m. – 5 p.m.	Aug. 16	31415
» Saturday	9 a.m. – 5 p.m.	Oct. 21	31416
» Monday	9 a.m. – 5 p.m.	Dec. 11	31417

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.

Red Cross Babysitters Course (Ages 11+ years) \$60

» Tuesday	Jan. 31	9 a.m. – 5 p.m.	31338
» Friday	Feb. 10	9 a.m. – 5 p.m.	31339
» Friday	Mar. 24	9 a.m. – 5 p.m.	31340

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.

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.

Looking for a certified babysitter?

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■ Recreation Credit Initiatives and 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% off LRC membership, and program registration costs will be paid for by the City of Leduc 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 & Community Support Services at 780-980-7109 during regular business hours to speak with a staff member regarding the Recreation Assistance Program.

■ Canadian Children's Fitness Tax Credit (Government of Canada initiative)

The Canadian Children's Fitness Tax Credit is a non-refundable tax credit which lets parents claim up to \$500 in eligible fees for enrolling a child under 16 in an eligible program of physical activity. For children with disabilities, an additional amount of \$500 can be claimed if the child is under the age of 18.

To qualify for the Children's Fitness Tax Credit, programs of physical activity must

- be continuous - programs must last at least eight weeks with at least one session a week or, in the case of camps, run for five consecutive days.
- be supervised.
- be suitable for children.
- include a significant amount of physical activity contributing to cardio-respiratory endurance and to at least one of: muscular strength, muscular endurance, flexibility, or balance.

For information check: bit.ly/ChildrensFitnessTaxCanada



2017 CANADIAN RINGETTE CHAMPIONSHIPS

March 27 - April 1, 2017
Leduc, Alberta

48 Teams of Canada's Top Athletes
1000+ Athletes, Coaches & Officials
2000+ Fans, Followers & Guests
400+ Volunteers

Join the excitement! 2017crcvolunteer@gmail.com

SPRING 2017

Community Information and Registration Day

Mar. 8, 6 – 8 p.m. | Leduc Recreation Centre

What's your Community Passion?

Learn more about the many sport, recreation, culture, church, social and service organizations in Leduc. Sign up for programs and find out what opportunities are available in your community.

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



Recreation Programs

General Information

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Safari Troopers 9 – 11 a.m.	Gym & Swim 9 – 11 a.m.	Tiny Scientists 9 – 11 a.m.	Kitchen Monsters 9 – 11 a.m.	Little Splashers 9 a.m. – noon		
Splash n' Play (M&W) 12:30 – 2:30 p.m.	Super Heroes & Princesses 9 – 11 a.m.	Zoozoos 9 – 11 a.m.	Little Masterpieces 12:30 – 2:30 p.m.	Sportball 16m – 3 years 2 – 3.5 years 3 – 5 years		
Gym & Swim 12:30 – 2:30 p.m.	Super Heroes & Princesses 12:30 – 2:30 p.m.	Tiny Scientists 12:30 – 2:30 p.m.	Gran & Me* 1 – 2:30 p.m.	Bunny Tales* 9:30 – 11:30 a.m.		Golf Lessons 3:30 – 4:30 p.m. 4:30 – 5:30 p.m.
Gran & Me* 1 – 2:30 p.m.	Splash n' Play (T&Th) 12:30 – 2:30 p.m.		Paint for Fun* 5:30 – 7:30 p.m.	Star Bounce 1:15 – 2:45 p.m.		
	Kitchen Creations 6 – 7:30 p.m.			Paint the Night* 7 – 9 p.m.		
	Paint for Fun* 5:30 – 7:30 p.m.					

*One time class not session long.

Family Programs

Our family programs all require a parent to be involved to enjoy the fun too! 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 2 – 6 year olds

A new kind of family outing at the LRC! Grandma or Grandpa 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. Register for a chance to make memories.

Date	Day	#	Time	Cost	Barcode
Feb. 6 – Valentines	Monday	1	1 – 2:30 p.m.	\$13.65	31320
Mar. 16 – Easter	Thursday	1	1 – 2:30 p.m.	\$13.65	31321

NEW

Developmental Domains

Social Competence

Physical Health & Well-being

Language & Thinking

Communication Skills & General Knowledge

Emotional Maturity

*Refer to page 41 for more details.

■ Paint for Fun!



Enjoy a family night out at the LRC creating your own unique masterpiece. During the two hours you (a parent and child) will be guided through a painting while you enjoy making family memories together. We provide the canvas, paint and brushes too! Register just the child and the parent comes too!

Date	Day	#	Time	Cost	Barcode
Feb. 2 – Hearts (3-6 years)	Thursday	1	5:30 - 7:30 p.m.	\$40	31421
Feb. 7 – Lovely (7-12 years)	Tuesday	1	5:30 - 7:30 p.m.	\$40	31422
Mar. 23 – Spring Time (3-6 years)	Thursday	1	5:30 - 7:30 p.m.	\$40	31123
Mar. 21 – Pretty Petals (7-12 years)	Tuesday	1	5:30 - 7:30 p.m.	\$40	31124

■ Star Bounce 1 – 6 year olds



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.

Date	Day	#	Time	Cost	Barcode
Jan. 13 - Feb. 10	Friday	5	1:15 - 2:45 p.m.	\$28.15	31350
Feb. 17 - Mar. 17 *No class Mar. 3	Friday	4	1:15 - 2:45 p.m.	\$28.15	31351

■ Bunny Tales 6 month - 6 year olds



Come on a holiday themed adventure inside the LRC with your family! Take a hopping adventure with your little walking (6 months - 6 years) bunny. Tiny bunnies are welcome to come along but cannot enjoy the treats. Stop to smell the flowers, play games, look for some eggs, and make some neat things. Be sure to register early – spots are limited!

Date	Day	Time	Cost	Barcode
Apr. 7 (3+ years)	Friday	9:30 - 11:30 a.m.	\$13	31420
Apr. 7 (under 3 years)	Friday	9:30 - 11:30 a.m.	\$13	31419

■ Sportball – Parent & Child 16 month - 3 year olds



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

Date	Day	#	Time	Cost	Barcode
Jan. 13 - Feb. 17	Friday	6	9 - 9:45 a.m.	\$96	31354

■ Sportball – Parent & Child 2 – 3.5 year olds



You made it to the big leagues! Parents/caregivers have a direct hand in their preschooler'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.

Date	Day	#	Time	Cost	Barcode
Jan. 13 - Feb. 17	Friday	6	9:45 - 10:30 a.m.	\$96	31356

NEW

Oh No...

We Cancelled the Program!



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

Register Early!



Preschool Programs

Calling all 3, 4, and 5 year olds. Our preschool programs capture a wide array of themes, events, and special programs. Be sure to check back regularly to see new programs and enjoy our favourites too! All preschool participants must be fully-toilet trained, wear indoor shoes, and have one healthy nut-free snack and water bottle.

Safari Trooper 3 – 5 year olds



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

Date	Day	#	Time	Cost	Barcode
Jan. 9 - Feb. 6	Monday	5	9 – 11 a.m.	\$69.30	31300
Feb. 13 - Mar. 13 <i>*No class Feb. 20</i>	Monday	4	9 – 11 a.m.	\$55.60	31301

SuperHeroes & Princesses 3 – 5 year olds



From capes to crowns, this program is for the preschooler that loves to imagine. Each class we will learn about a superhero and princess through play, craft and story time. By the time class is over your preschooler will have stories to tell you about the character behind the mask and under the pretty dress!

Date	Day	#	Time	Cost	Barcode
Jan. 10 - Feb. 7	Tuesday	5	12:30 - 2:30 p.m.	\$69.30	31306
Feb. 14 - Mar. 14	Tuesday	5	9 – 11 a.m.	\$69.30	31307

Splash n' Play 3 – 5 year olds



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

Date	Day	#	Time	Cost	Barcode
Jan. 9 - Feb. 1	Monday & Wednesday	8	12:30 - 2:30 p.m.	\$133	31302
Feb. 14 - Mar. 9	Tuesday & Thursday	8	12:30 - 2:30 p.m.	\$133	31303

Gym & Swim 3 – 5 year olds



Be a part of the splashing good time at the LRC. Our program starts off with a refreshing dip in the pool and then we head to the Kukabunga Jungle for some fun and games. Please provide one small peanut-free snack, a water bottle, and a swim suit & towel for your child. All participants must be fully toilet-trained and wear indoor shoes.

Date	Day	#	Time	Cost	Barcode
Jan. 10 - Feb. 7	Tuesday	5	9 - 11 a.m.	\$75	31304
Feb. 13 - Mar. 13 <i>*No class Feb. 20</i>	Monday	4	12:30 - 2:30 p.m.	\$60	31305

Tiny Scientists 3 – 5 year olds



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

Date	Day	#	Time	Cost	Barcode
Jan. 11 - Feb. 8	Wednesday	5	9 – 11 a.m.	\$74	31308
Feb. 15 - Mar. 15	Wednesday	5	12:30 - 2:30 p.m.	\$74	31309

Zooros 3 – 5 year olds



Send your little one on an animal adventure. Each week we will learn about a different animal by reading stories, playing games, and making a special craft too! All participants must wear indoor shoes, bring one peanut-free snack, water bottle and be fully toilet-trained.

Date	Day	#	Time	Cost	Barcode
Feb. 15 - Mar. 15	Wednesday	5	9 – 11 a.m.	\$69.30	31318

Little Masterpieces 3 – 5 year olds



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

Date	Day	#	Time	Cost	Barcode
Jan. 12 - Feb. 9	Thursday	5	12:30 - 2:30 p.m.	\$74	31312

■ Kitchen Monsters 3 – 5 year olds



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

Date	Day	#	Time	Cost	Barcode
Jan. 12 - Feb. 9	Thursday	5	9 - 11 a.m.	\$74	31310
Feb. 16 - Mar. 16	Thursday	5	9 - 11 a.m.	\$74	31311

■ Sportball – Coaches & Children 3.5 – 5 year olds



Sportball Coaches & Children programs help kids ages 3 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 Coaches & Children classes to minimize distractions and encourage kids to participate on their own. Children must be fully toilet-trained & wear indoor shoes.

Date	Day	#	Time	Cost	Barcode
Jan. 13 - Feb. 17	Friday	6	10:30 - 11:15 a.m.	\$96	31358

■ Little Splashers 3 – 5 year olds



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! Please provide one small peanut-free snack, a water bottle, and swim suit with towel for your child. All participants must wear indoor shoes and be fully toilet-trained.

Date	Day	#	Time	Cost	Barcode
Jan. 13 - Feb. 10	Friday	5	9 a.m. - noon	\$112	31314
Feb. 17 - Mar. 17	Friday	4	9 a.m. - noon	\$89.60	31315
*No class Mar. 3					



■ School Aged & Youth Programs

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

■ Royal Tyrrell Sleepover 6-13 year olds

Snore with the dinosaurs, dig for fossils, or create a fossil replica, then see what happens when the lights go out at the Museum! Pick up and drop off at the LRC in the West Parking Lot. **Deadline to register is Feb. 1, 2017.**

Make sure to pack a meal for supper Friday on the drive and we will take care of snacks and lunch on Saturday.

Suggested packing list: gift shop money, twin foam/air mattress (with pump), sleeping bag, pillow, small flashlight, pajamas, clothes for next day, water bottle, comfortable closed toe footwear such as running shoes (mandatory), indoor shoes (such as slippers), small hand towel, toiletries including toothbrush and toothpaste.

Date	Day	#	Time	Cost	Barcode
Mar. 3 & 4	Friday & Saturday	1	Drop off 2:30 p.m. Pick up 4 p.m.	\$125	31298

NEW



■ **Kitchen Creations** 8-12 year olds

We're cooking up more than just tasty treats. Join us as we learn how to prepare snacks that can be easily made at home alone. All participants must wear indoor shoes. **Note: this is NOT an allergy-free zone!**

Date	Day	#	Time	Cost	Barcode
Jan. 10 - Feb. 7	Tuesday	5	6 - 7:30 p.m.	\$84.15	31325

■ **Spring Break Daycamps** 5-12 year olds
8:30 a.m. – 4:30 p.m. \$42/day

The LRC offers full-day programs for children in Grades 1 - 6. 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 --- Grades 1 - 2 and Grades 3 - 6. The same great day awaits all participants, as grade groupings are due to supervision requirements in the programs and in the aquatics centre. Indoor shoes, swim suit, bagged lunch, water bottle, and weather appropriate clothing are required.

Date	Theme	Ages 5 – 7	Ages 8 – 12
Mar. 27	Magic Monday	31327	31328
Mar. 28	Tangled Tuesday	31329	31330
Mar. 29	Wild Wednesday	31331	31332
Mar. 30	Tinkering Thursday	31333	31334
Mar. 31	Fancy Friday	31335	31336



■ **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.

■ **Paint the Night** 18+ year olds

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

Date	Day	#	Time	Cost	Barcode
Jan. 13 - Purple Blossom	Friday	1	7 – 9 p.m.	\$26.75	31322
Feb. 10 - Double the Love	Friday	1	7 – 9 p.m.	\$26.75	31323
Mar. 10 - Hoot Hoot	Friday	1	7 – 9 p.m.	\$26.75	31324

■ **Golf Lessons** 18+ year olds

Prepare your swing for spring! This is an indoor golf lesson program designed for beginner to intermediate golfers wanting to get a head start on the golf season. A review of full swing fundamentals, drills, faults, and fixes. No previous golf experience is required and clubs can be provided if needed during instruction. The lead instructor (David Lengyel) is a local area Head Teaching Professional with over 20 years experience in the golf industry.

Date	Day	#	Time	Cost	Barcode
Feb. 19 - Mar. 12	Sunday	4	3:30 - 4:30 p.m.	\$99	31428
Feb. 19 - Mar. 12	Sunday	4	4:30 - 5:30 p.m.	\$99	31429

NEW



Fitness Centre

Hours of operation	
Monday - Friday	5 a.m. – 10 p.m.
Saturday and Sunday	8 a.m. – 9 p.m.
Statutory Holidays	
Christmas Eve (Dec. 24)	8 a.m. – 3 p.m.
Christmas Day (Dec. 25)	Closed
Boxing Day (Dec. 26)	11 a.m. – 5 p.m.
New Year's Eve (Dec. 31)	8 a.m. – 3 p.m.
New Year's Day (Jan. 1)	Closed
Family Day (Feb. 20)	10 a.m. – 8 p.m.

Please Note: All fitness classes (Drop-in & Registered) are cancelled on Statutory Holidays.

Facility patrons have unlimited access to the Fitness Centre, which is included through membership or paid daily admission. All customers must check in at one of the Guest Services counters to receive a wristband, which is required when accessing the Fitness Centre.

Morning Fitness Centre Admittance

During the following times patrons must present their membership pass or punch card to the attendant on duty:

- » Monday - Friday..... 5 – 8 a.m.

Fitness Centre staff do not accept cash or cheques for admission. For more information, please call **780-980-7120**.

Fitness Centre Age Requirements

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

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

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



Personal Training Services

Individual Personal Training (prices vary)

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!

- » 1 Session.....\$57
- » 3 Sessions.....\$162
- » 5 Sessions.....\$265
- » 10 Sessions.....\$515
- » 20 Sessions.....\$969

All training packages include a complimentary first session that includes a consultation 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 (prices vary)

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

Number of people	Session Packages		
	4 Sessions	8 Sessions	12 Sessions
2	\$135/person	\$250/person	\$343.50/person
3	\$102/person	\$185/person	\$243/person
4	\$83/person	\$146/person	\$189/person
5	\$71/person	\$124/person	\$159/person

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



■ Fitness Services

■ 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. Our staff can answer any fitness questions you have.

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

■ Teen Fit **FREE**

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

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

■ Sports Team Training *\$12.50 per participant per class*

We offer dryland training for teams with a focus on cardiovascular exercise, strength training, speed and agility, and other sport-specific functional training. 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. To book sessions, please contact the Fitness Programs Supervisor at **780-980-8466**.

■ Private Indoor Cycling Class *\$12.50 per participant per class*

If you are a group of 10 or more people and are looking for a fun, high-energy activity look no further! Perfect for team building events, girls/guys night out, bachelor/bachelorette parties, or professional development activities this one-hour private class will leave you feeling invigorated and full of adrenaline. Please contact the Fitness Programs Supervisor at **780-980-8466** to book your session.

■ Fitness Assessments (1.5 hours) **\$103**

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 **\$117** **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, program design, and an equipment orientation. The personal trainer can also answer any fitness questions you have.

■ Nutritional Services

Our Certified Fitness Nutrition Specialist will work with you to help you achieve your health and wellness goals. From individual meal plans to weight loss programs, we will provide all the nutritional support and information you need.

■ Nutrition Counselling (3 hours) **\$245**

- Calorie management strategies
- Smart food selection and meal planning
- Food timing strategies
- Healthy lifestyle choice selections for meal options

Follow-up (1 hour): \$82

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



Registered Fitness Programs Jan. 9 – Mar. 24

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

Cancellations or combined programming may occur due to low registration one (1) week prior to the program start date. **Register early to avoid disappointment.** Please visit or stop by the fitness desk for full program descriptions.

**Please note: fitness classes do not run on statutory holidays or long weekends.*



Monday	Tuesday	Wednesday	Thursday	Friday
6 - 7 a.m. Bootcamp	9:15 - 10 a.m. Child's Poses	6 - 7 a.m. Bootcamp	9 - 10 a.m. Raise the Barre	6 - 7 a.m. Bootcamp
9 - 10 a.m. Bike to the Barre	10 - 11 a.m. Fired Up	10:15 - 11 a.m. Push and Pedal	10 - 11 a.m. Fired Up	
6 - 7 p.m. Bootcamp	1 - 2 p.m. Body Basics	6 - 7 p.m. Bootcamp	11:45 a.m. - 12:30 p.m. Yoga for the Health of it	
6:30 - 7:30 p.m. Cyclepath		6:30 - 7:30 p.m. Cycle-Cross	1 - 2 p.m. Body Basics	
	7 - 7:30 p.m. Ropes	6:30 - 7:45 p.m. Akhanda Yoga	6:15 - 7:30 p.m. Indoor Cycle & Yoga	
		7:15 - 8:15 p.m. Fitness at the Barre		*No classes Dec. 24 - Jan. 1, Feb. 18 - 20

■ Bootcamp \$247

- » Monday & Wednesday 6 - 7 a.m. Jan. 9 - Mar. 22 31292
- » Monday & Wednesday 6 - 7 p.m. Jan. 9 - Mar. 22 31291
- » Fridays 6 - 7 a.m. Jan. 13 - Mar. 24 31293
\$129 (\$103 if registered in MW class) *No class Feb. 20

Get challenged in our functional training bootcamp with high intensity cardio intervals, agility drills, strength training exercises, and more. The format of this class changes each day, keeping your body challenged and improving your fitness both in and out of the gym. Whether a beginner or seasoned participant, this class will challenge you from the inside out!

Please note: Attendance in either 6 a.m. or 6 p.m. is accepted with registration of one of the timeslots. Phone 780-980-8466 for more information.

■ Body Basics \$200

- » Tuesdays & Thursdays 1 - 2 p.m. Jan. 10 - Mar. 2 31394

Recovering from an injury or living with a chronic illness can make even activities of daily life feel challenging. This low-impact class is designed for those in various stages of rehabilitation, recovering from injury or those with chronic conditions who still want to be active. Various chair-based, low-intensity exercises will be gradually introduced to improve participants' strength, muscular endurance, balance, and mobility.

■ Child's Poses \$129

- » Tuesdays 9:15 - 10 a.m. Jan. 10 - Mar. 21 31425

Partner with your child in simple animated poses and breathing exercises that help to improve coordination and build body awareness. We'll bark in downward dog, hiss in cobra pose, and flutter our wings in butterfly. This fun class provides key bonding methods between parent and child, while strengthening their growing muscles.

■ Cycle-Cross \$137.50

- » Wednesdays 6:30 - 7:30 p.m. Jan. 11 - Mar. 22 31373

Blast your body with this cycling and strength class. Start out on our new Keiser bikes for your cardio fix and then take it to the Crossfire area to work on your strength using various forms of resistance.

■ Fired Up \$137.50

(\$110 for Thursday class if signed up in Tuesday class)

- » Tuesdays 10 - 11 a.m. Jan. 10 - Mar. 21 31377
- » Thursdays 10 - 11 a.m. Jan. 12 - Mar. 23 31378

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 with each and every time.

■ **Push and Pedal** **\$118**

» Wednesdays 10:15 – 11 a.m. Jan. 11 – Mar. 22 31376

Park your stroller and pedal! This class will be on the indoor cycling bikes and also incorporate strength in each class with your child nearby. (Child must be under the age of four and stay in a stroller.)

■ **Ropes** **\$93.50**

» Tuesdays 7 – 7:30 p.m. Jan. 10 – Mar. 21 31426

This class will include battling rope training and track work including some weight bearing exercises. Challenge your fitness in this diverse class.

■ Yoga Classes

■ **Akhanda Yoga** **\$165**

Civic Centre

This holistic system of Yoga harmonizes breath and movement in a balanced sequencing of asana (posture), pranayama (breath work), relaxation, mantra, and meditation.

» Wednesdays 6:30 – 7:45 p.m. Jan. 11 – Mar. 22 31400

■ **Yoga for the Health of it** **\$132**

Civic Centre

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.

» Thursdays 11:45 a.m. – 12:30 p.m. Jan. 12 – Mar. 23 31395

■ **Registered Fitness Class Punch Pass**
\$140 (10 punches)

Want to take part in some of our registered fitness programs but can't commit to a full session? Or just want to try out some different types of fitness classes? For the flexibility to take part in registered programs that work with your schedule, purchase a punch pass instead! Please see below for a list of eligible classes that you can join where space allows.

- Akhanda Yoga
- Bootcamp
- Indoor Cycling (Cyclepath, Cycle-Cross)
- Fitness at the Barre
- Bike to the Barre
- Push & Pedal
- Indoor Cycling & Yoga
- Yoga for the Health of It

Class admissions will be accepted on a first come, first served basis until at capacity. Punches expire 1 year after purchase. Please call Group Fitness Supervisor for more information at 780-980-8466.

■ Cycling Classes

Come and ride with us! We have a variety of cycling classes for everyone from the beginner to the advanced road cyclist! While the class style can vary greatly, all cycling classes on our new Keiser M3i bikes are low impact and can be modified for any fitness level. **See also classes that have cycling component: Cycle-Cross, Push and Pedal.**

■ **Cyclepath** **\$125**

» Mondays 6:30 – 7:30 p.m. Jan. 9 – Mar. 20 31372
No class Feb. 20

Sweat and strive for your personal fitness goals with this challenging one-hour cycling class. Test your endurance limits through climbs, sprints, and intervals. The class is great for all fitness levels, from the beginner cyclist to the advanced athlete.

■ **Indoor Cycle and Yoga** **\$165**

» Thursdays 6:15 – 7:30 p.m. Jan. 12 – Mar. 23 31375

Rev it up then stretch it out! Cycle for the first half of class and then increase your flexibility and relieve tension in your muscles for last half.

■ **Private Indoor Cycling Class** **\$12.50/participant**

If you are a group of 10 or more people and are looking for a fun, high-energy activity look no further! Perfect for team building events, girls/guys night out, bachelor/bachelorette parties, professional development activities, and dryland sports training, this one-hour private class will leave you feeling invigorated and full of adrenaline. Please call 780-980-8466 (Fitness Programs Supervisor) to book your spot.

■ Barre Fitness

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!

■ **Bike to the Barre** **\$137.50**

No previous experience necessary

» Mondays 9 – 10 a.m. Jan. 9 – Mar. 20 31371
No class Feb. 20

■ **Fitness at the Barre** **\$151**

No previous experience necessary

» Wednesdays 7:15 – 8:15 p.m. Jan. 11 – Mar. 22 31368

■ **Raise the Barre** **\$151**

This class is for the participant who has attended Fitness at the Barre.

» Thursdays 9 – 10 a.m. Jan. 12 – Mar. 23 31367

Healthy Recipes



Pumpkin Spice Protein Muffins

These muffins have a fabulous pumpkin flavor and are filled with fibre, potassium, and tons of protein. Making them the perfect way to start your day.

Yield: 12 Muffins

Prep Time: 10 Minutes

Bake Time: 20 Minutes

Total Time: 30 Minutes

Ingredients

- 1 cup oatmeal flour (quick oats ground in food processor)
- 1/4 cup almond flour
- 1/2 cup Vanilla Protein Powder
- 3 egg whites
- 1/2 cup Greek Yogurt
- 1 cup pumpkin puree
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 1 medium banana, peeled and mashed
- 1 1/2 tablespoons pumpkin spice
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt

Method

1. Preheat oven to 350°. Place liners in one muffin pan and lightly spray with baking spray.
2. In a large bowl combine egg whites, yogurt, pumpkin puree, honey, vanilla extract, and banana.
3. In a second bowl combine oatmeal flour, almond meal, vanilla whey protein powder, pumpkin mix, baking powder, baking soda, and salt.
4. Combine flour mix and egg mix together until smooth.
5. Fill each tin 3/4 of the way full, spreading evenly.
6. Bake for 20 minutes.
7. Store in the refrigerator.

Helpful Hint:

"Feel free to add some raisins into the mixture OR top with whole unshelled pumpkin seeds before baking. These muffins are perfect for breakfast, a lunchtime snack, or as an evening dessert. Enjoy!"

■ ABSolutely!

» Wednesdays 6:20 – 6:50 p.m.

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

■ Active & Ageless

» Wednesdays 10 – 10:45 a.m.

This class is for the active older adult or someone new to fitness. Every week the class will change, you might be on the spin bikes, in the field house, or on the track! Join us for this class that focuses on health and wellness.

■ Circuit

» Tuesdays 9 – 9:45 a.m.

This class will incorporate 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

» Wednesdays 12:15 – 12:45 p.m.

This class is for the spinner on-the-go. It is a quick class that is geared to getting you in, cranking up your energy level, and getting you out within 30 minutes.

■ Fit & Fierce

» Thursdays 7 – 7:45 p.m.

Group Exercise... on bikes, track, stairs, core. Be ready for this class to work your cardiovascular system and challenge your core through various drills and exercises.

■ Healing Yoga

» Fridays 9:30 – 10:30 a.m.

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. Space is limited.

■ H.I.I.T HI!

- » Mondays 7:30 – 8 p.m.
No class Feb. 20

Increase your strength and conditioning in this Tabata class. High Intensity Interval Training with various exercises in 20-second intervals with 10 seconds rest is what this short class is all about.

■ Indoor Cycling

- » Tuesdays 5:30 – 6:15 a.m., 7 – 7:45 p.m.
- » Sundays 9 – 9:45 a.m.
No class Feb. 19

Cycling workouts will include all the components of indoor cycling: speed work, intervals, hill climbs and more!

See Also Crank'd, TRX FX & Sweat Equity

■ Power

- » Mondays 10 – 10:45 a.m.
No class Feb. 20

Finally a drop-in class that allows parents the option to bring babies or toddlers in a stroller! Lots of weights and cardio in a circuit format.

■ Quickfit

- » Thursdays 12:15 – 12:45 p.m.

This class uses Tabata training which is one of the most intense forms of exercise. It can be useful to increase conditioning, lose fat, and increase strength and stamina through 20-second intervals of maximum intensity. Can be modified to various fitness levels.

■ Rock Bottom

- » Fridays 9 – 9:45 a.m.

Lower body power starts with the glutes. Whether you're looking to have better athletic performance such as a better run or work on your rear view, this class is the perfect way to work your glutes and achieve your "rock bottom".

■ Synrgy Circuit

- » Tuesdays 6 – 6:30 p.m.

If you are in a time crunch, this class is for you! Using the Synrgy 360 unit in the fitness centre, this strength-based circuit class will guide you through various functional exercises and inspire you to create your own workout on this dynamic piece of equipment. You will challenge all main muscle groups using varied stations.

■ Sweat Equity

- » Thursdays 6 – 6:45 a.m.

Join us on the spin bikes and hit the track for various cardio drills and leg work that will make you sweat! All drills can be modified to accommodate the beginner to the advanced participant.

■ TKO

- » Thursdays 6 – 6:45 p.m.

For teens only (13 – 17 years old)! This cardiovascular workout is designed with youth in mind. Each week the workout changes, varying from mixed martial arts-based moves, indoor cycling, and track drills to help promote a fit body and healthy state of mind.

■ TRX FX

- » Wednesdays 9 – 9:45 a.m.

TRX, strength based exercise, indoor cycling; experience it all in this cardio and strength class. All fitness levels welcome. Space is limited to 15 people.

■ Walk with a Doc

- » Thursdays 7 – 7:45 p.m.

Walking has been shown to reverse the consequences of a sedentary lifestyle and improve overall well-being. 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

- » Saturdays 9:15 – 10 a.m.
No class Feb. 18

This circuit-style class incorporates strength, conditioning, and cardiovascular components to get your whole body moving and fit. Each class will bring its own unique challenges to major upper and lower body muscle groups, challenging your body to the next level!

■ Yoga Flow

- » Sundays 10:15 – 11 a.m.
- » Mondays 6 – 6:45 p.m.
No class Feb. 19 or 20

This class includes Yoga movements that enhance posture and flexibility integrating the mind, body, and breath. Space is limited. Previous Yoga experience is recommended.

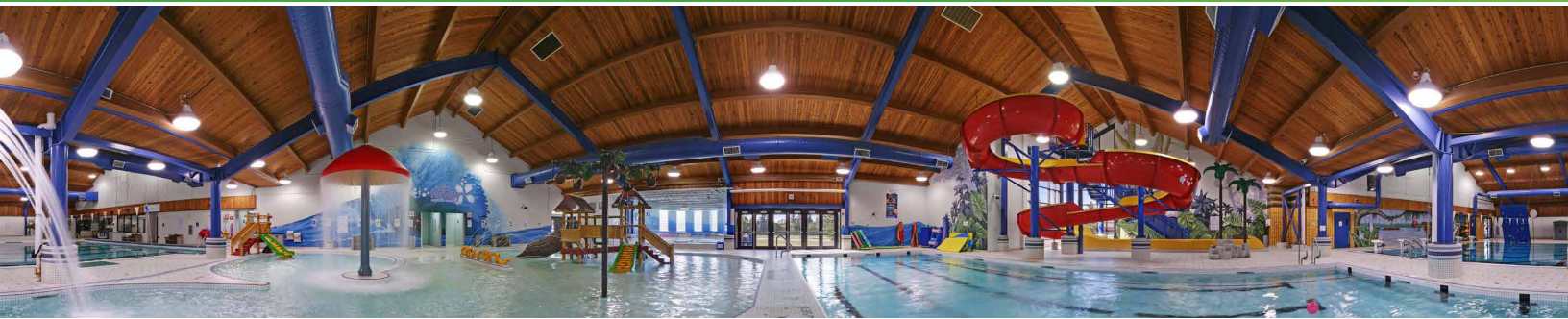


■ Zumba

- » Wednesdays 7 – 7:45 p.m.

This class incorporates fun Hip Hop dances along with a light dumbbell and core workout. Dance, tighten, tone and enjoy this incredibly fun fitness party!

* See drop-in schedule on page 24.



Mix Family Aquatic Centre

General Information

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

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



Morning Lane Swim Admittance – Weekdays, 5:30 – 9 a.m., patrons must present their membership pass 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 - On occasion, pools have to be closed due to pool fouling. Health regulations require our pools be closed anywhere from 1 to 36 hours for necessary disinfection. 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 a nominal charge. 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 submersible 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.

Aquatic registration

Registration for **aquatic programs** will take place one week **earlier** than all other programs. 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 – Nov. 29

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

Open Registration – Dec. 1

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

Annual Indoor Aquatic Centre Shutdown Information:

Upgrades at the Aquatic Centre are on the way in 2017!

The Aquatic Centre will be closed on June 6 for the summer. Aquatic opportunities will be increased at the outdoor pool during this period.

Please ask Guest Services about your membership options.



Aquatic Centre Winter Holiday Schedule | Dec. 18 – Jan. 7

Statutory Holiday Schedule

STAT Holiday Hours	Christmas Eve & New Year's Eve (Dec. 24 & 31) 8 a.m. – 3 p.m.	Boxing Day (Dec. 26) 11 a.m. – 5 p.m.	Christmas Day & New Year's Day (Dec. 25 & Jan. 1)	Family Day (Feb. 20) 10 a.m. – 8 p.m.
Public Swim	9 a.m. – 3 p.m. Shared Use	11 a.m. – 5 p.m. Shared Use	CLOSED	10 a.m. – 8 p.m. Shared Use
Lane Swim	8 a.m. - 9 a.m. / Noon - 1 p.m. 6 lanes Main Pool All other times 1 lane available	Noon – 1 p.m. 6 lanes Main Pool All other times 1 lane available		Noon – 1 p.m. 6 lanes Main Pool All other times 1 lane available

Lane Swim

	MP = Main Pool, LP = Leisure Pool	
Monday – Friday *No lane swim 9 – 10 p.m. on Fridays	5:30 – 9 a.m.	6 lanes MP + 4 lanes LP
	9 a.m. – noon	1 lane MP
	Noon – 1 p.m.	6 lanes MP
	1 – 9 p.m.	1 lane MP
	9 – 10 p.m.	6 lanes MP + 4 lanes LP
Saturday	8 – 9 a.m.	2 lanes MP + 4 lanes LP
	9 a.m. – 9 p.m.	1 lane MP
Sunday	8 – 9 a.m.	6 lanes MP + 4 lanes LP
	9 a.m. – 9 p.m.	1 lane MP

Family Swim

Saturday & Sunday	9 a.m. – 1 p.m.	all pools
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*Family Swim is a quieter time for families with young children

Public Swim

Monday – Friday	9 a.m. – noon	all pools
	Noon – 1 p.m.	leisure pool
	1 – 9 p.m.	all pools
Saturday & Sunday	1 – 9 p.m.	all pools

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.



Drop-in Schedules





Drop-in Fitness Programs | Starts Jan. 2, 2017 | Aqua Fit starts Jan. 9, 2017

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


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

All classes in **blue** are at the pool. Please see Aquatics section for descriptions.

Check at fitness desk if passes are required for class. Classes may be cancelled due to low participation.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 - 6:15 a.m. Indoor Cycling		6 - 6:45 a.m. Sweat Equity			
9 - 9:50 a.m. Aqua Fit - Shallow	9 - 9:45 a.m. Circuit	9 - 9:45 a.m. TRX FX	9 - 9:50 a.m. Aqua Fit - Deep	9 - 9:45 a.m. Rock Bottom	9:15 - 10 a.m. Weekend Warrior	9 - 9:45 a.m. Sunday Cycle
	9 - 9:50 a.m. Aqua Fit - Deep	9 - 9:50 a.m. Aqua Fit - Shallow		9 - 9:50 a.m. Aqua Fit - Shallow		
10 - 10:45 a.m. Power	9:50 - 10:05 a.m. Abs	10 - 10:45 a.m. Active & Ageless		9:30 - 10:30 a.m. Healing Yoga		10:15 - 11 a.m. Yoga Flow
	11 - 11:45 a.m. Aqua Fit - Seniors		11 - 11:45 a.m. Aqua Fit - Seniors			
		12:15 - 12:45 p.m. Crank'd	12:15 - 12:45 p.m. Quickfit			
						
6 - 6:45 p.m. Yoga Flow	6 - 6:30 p.m. Synrgy Circuit	6:20 - 6:50 p.m. ABSolutely	6 - 6:45 p.m. TKO (youth only)			
	7 - 7:50 p.m. Aqua Fit - Deep	7 - 7:45 p.m. ZUMBA	7 - 7:45 p.m. Fit & Fierce			
7:30 - 8 p.m. H.I.I.T It!	7 - 7:45 p.m. Indoor Cycling	7 - 7:50 p.m. Aqua Fit - Shallow				
			Walk with a Doc 7 - 7:45 p.m.			
8 - 8:50 p.m. Aqua Fit - Shallow			8 - 8:50 p.m. Aqua Fit - Deep			

Drop-in Field House Opportunities | Sept. 1 – March 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 a.m. – 9 p.m. Basketball	8 a.m. – 3 p.m. Basketball	8 a.m. – 9 p.m. Basketball	8 a.m. – 3 p.m. Basketball	8 a.m. – 5:30 p.m. Basketball	8 a.m. – 9 p.m. Basketball	8 a.m. – 9 p.m. Basketball
8 a.m. – 2:30 p.m. Pickleball	8 – 3 p.m. Badminton	8 a.m. – 2:30 p.m. Pickleball	8 a.m. – 3 p.m. Badminton	8 a.m. – 2:30 p.m. Pickleball	8 a.m. – 3 p.m. Volleyball	8 a.m. – 3 p.m. Badminton
	8 – Noon Floor Curling & Lawn Sports		8 a.m. – Noon Floor Curling & Lawn Sports			
Noon – 1 p.m. Soccer	Noon – 1 p.m. Soccer	Noon – 1 p.m. Soccer	Noon – 1 p.m. Soccer	Noon – 1 p.m. Soccer		
	12:30 – 3 p.m. Volleyball		12:30 – 3 p.m. Volleyball		1 – 2:30 p.m. Soccer	1 – 2:30 p.m. Futsal
3 – 4:30 p.m. Dodgeball	MNP Kicks for Kids 3 – 4:30 p.m. Basketball	3 – 4:30 p.m. Soccer	MNP Kicks for Kids 3 – 4:30 p.m. Basketball	3 – 5 p.m. Soccer		
3 – 4:30 p.m. Floor Hockey	Floor Hockey Soccer	3 – 4:30 p.m. Floor Hockey	Dodgeball Soccer		3:30 – 9 p.m. Floor Hockey	3:30 – 9 p.m. Pickleball
3 – 5 p.m. Soccer	Volleyball	7 – 9 p.m. Pickleball	Volleyball		3:30 – 9 p.m. Futsal	
7 – 9 p.m. Futsal	4:30 – 9 p.m. Basketball			3 – 4:30 p.m. Dodgeball		
9 – 10 p.m. ADULT HOUR Basketball Floor Hockey Soccer	9 – 10 p.m. ADULT HOUR Basketball Volleyball	9 – 10 p.m. ADULT HOUR Basketball Pickleball	9 – 10 p.m. ADULT HOUR Basketball Soccer Volleyball			

Drop-in Arena Opportunities | Sept. 1 – March 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				6:45 – 7:45 a.m. Early Bird Adult 18+ Shiny		
10:30 – 11:30 a.m. Adult 18+ Skate	10:30 – 11:30 a.m. Preschool Skate	10:30 – 11:30 a.m. Adult 18+ Skate	10:30 – 11:30 a.m. Preschool Skate	10:30 – 11:30 a.m. Adult 18+ Skate		
11:45 a.m. – 1:15 p.m. Adult 18+ Shiny	11:45 a.m. – 1:15 p.m. Adult 18+ Shiny	11:45 a.m. – 1:15 p.m. Adult 18+ Shiny	11:45 a.m. – 1:15 p.m. Adult 18+ Shiny	11:45 a.m. – 1:15 p.m. Adult 18+ Shiny		
1:30 – 3:30 p.m. Public Skate	1:30 – 3:30 p.m. Public Skate	1:30 – 3:30 p.m. Public Skate	1:30 – 3:30 p.m. Public Skate	1:30 – 3:30 p.m. Public Skate	1:45 – 3:45 p.m. Public Skate	1 – 3 p.m. Everybody Gets to Play™ FREE Public Skate Alexandra Arena Sept. 18 – March 26
				4:30 – 5:30 p.m. Youth Shiny 11 - 14 (1st & 3rd Friday/ month)	4 – 5 p.m. Adult & Child Stick & Puck	3 – 4:30 p.m. Family Skate
				4:30 – 5:30 p.m. Youth Shiny 15-17 (2nd & 4th Friday/ month)		4 – 5 p.m. Family Stick & Puck
		7 – 8:30 p.m. Public Skate		7 – 8:30 p.m. Public Skate		
9 – 10 p.m. Adult 18+ Shiny				9 – 10 p.m. Adult 18+ Shiny	9 – 10 p.m. Adult 18+ Broomball	

All skaters 12 years old and under are required to wear a CSA approved helmet while participating in our arena opportunities.

Full Equipment – CSA approved hockey helmet (with full face mask for Stick & Puck and Youth Shiny), skates, neck guard (Stick & Puck and Youth Shiny), hockey pants, support cup, hockey gloves, shin/elbow/shoulder pads, and regulation hockey stick

**Time subject to change.

Aquatic Centre Winter Schedule | Jan. 8 – Mar. 25



Please note that only registered swim lessons, user groups, and fitness access 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.

Public Swim

Monday – Friday	9 a.m. – 4 p.m.	limited pool use
	6:30 – 9 p.m.	limited pool use
Saturday & Sunday	1 – 9 p.m.	all pools

Family Swim

A more quiet time for families with young children

Mon / Wed / Fri	4 – 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

Lane Swim & Fitness Access

Fitness access includes use of lane swim area, hot pool, and steam room

MP = Main Pool, LP = Leisure Pool		
Monday – Friday <small>*No lane swim 9-10 p.m. Fridays</small>	5:30 – 9 a.m.	6 lanes MP + 4 lanes LP
	9 a.m. – noon	1 lane MP
	Noon – 1 p.m.	6 lanes MP
	1 – 9 p.m.	1 lane MP
	9 – 10 p.m.	6 lanes MP + 4 lanes LP
Saturday	8 – 9 a.m.	2 lane MP + 4 lanes LP
	9 a.m. – 1 p.m.	1 lane MP
	5 – 9 p.m.	1 lane MP
Sunday	8 – 9 a.m.	6 lanes MP + 4 lanes LP
	9 a.m. – 9 p.m.	1 lane MP

What is fitness access?

This time is intended for those using the Aquatic Centre for a workout or for post-workout relaxation. This includes access to lap swim, hot pools and steam room. Public swim and family swim times are available for those looking for leisure use of the Aquatic Centre.

Reminder: fitness access is available Tue/Thu 4 p.m. - 6:30 p.m. and Saturdays 8 a.m. - 11 a.m. Public swim and family swim are not available during these times due to programming.

Public Swimming Lessons - Indoor Pool

Sundays	3:30 – 6:30 p.m.
Monday – Friday	4 – 7 p.m.
Tues / Thurs	11 a.m. – 1 p.m.
Wednesdays	1 – 3 p.m.
Saturday	9 a.m. – noon

Toonie Swim

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

Jan. 9	4 – 6:30 p.m.
Mar. 25	9 – 11 a.m.

Everyone ages 3+ pays only \$2! Ages 2 and under are always FREE. Admission is provided to the Mix Family Aquatic Centre only during the specified times.

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

For more information, please visit Leduc.ca/LRC or call Guest Services at 780-980-7120.

Mix Family Aquatic Centre Bookings

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

What does this package get you?

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

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

Swimming Lessons


Jan. 8 – Mar. 25

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.

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.

Please note that some of our aquatics programs include **Active Participation** which requires a person 14 years of age or older to participate with the participants seven years of age or under (must be within arms reach of child). If the description states **an Adult is Required**, the **Adult** must be 18 years of age or older and they must participate (within arms reach) with the child in the activity. You will see the following red icon beside **all Active Participation** activities.



		8 lessons
Parented 	45 minute lessons	\$58
Pre-school	30 minute lessons	\$51
Swim Kids 1-3	30 minute lessons	\$51
Swim Kids 4-7	45 minute lessons	\$58
Swim Kids 8-10	60 minute lessons	\$62.30
Adult Learn-to-Swim & Stroke Improvement		\$62.30

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

Private Swim Lessons \$31.50/30 min

Participants receive one-on-one individualized instruction. Lessons are geared for swimmers in Red Cross Swim Kids 1-10 and the Adult and Teen Program. Call Guest Services to book a private lesson. See page 34 for times.

Semi-Private Swim Lessons:

- » Preschool Levels \$71.40
- » Swim Kids 1 - 3 \$71.40
- » Swim Kids 4 - 5 \$81.20

On the lesson grid, semi-private lessons have SP next to the level.

Semi-private classes are for participants wanting smaller class sizes. The maximum number of students per class is three (3) for pre-school levels, four (4) for Swim Kids 1-3, and five (5) for Swim Kids 4 and 5. See page 34 for times.

Swim Evaluations \$9.15

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.

Adapted Aquatics Program

This eight (8) lesson 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 and Teen Lessons \$62.30

Agess 15+

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

Adult Learn-to-Swim

- » Saturdays Jan. 21 – Mar. 18 10 – 11 a.m. 31751

Adult Stroke Improvement

- » Thursdays Jan. 19 – Mar. 9 9 – 10 p.m. 31752

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

Stingrays Lifeguard Club

Stingrays is an exhilarating, educational swim club for any youth with Swim Kids 4 or higher swimming capability and the desire to have a terrific time in an aquatic setting. The Lifeguard Club works on swimming skills, as well as an introduction to water and dry land fitness. Participants develop team building and first aid skills, improve self-esteem, and participate in seasonal events and competitions (both local and provincial). The fee includes a Stingrays t-shirt and swim cap, and registrants will be required to purchase a black or blue swimsuit as well as attend a set number of competitions. An information package will be given out at registration.



Not sure about committing to the Stingrays Lifeguard Club? Why not try us out for FREE! Join an early season practice (pool portion only) to see what we're all about:

- » **Juniors (8 – 12 yrs):**
Jan. 11 5:30 – 6:30 p.m. (pool portion only) 29770
- » **Seniors (13 – 17 yrs):**
Jan. 12 5:30 – 6:30 p.m. (pool portion only) 29769
Register at Guest Services so we know to expect you!

Junior A Club (8 – 12 yrs)

- Monday 5 – 6:30 p.m. (pool only)
- Wednesday 5 – 5:30 p.m. (dry)
5:30 – 6:30 p.m. (pool)

Junior B Club (8 – 12 yrs)

- Sunday 6:30 – 7:30 p.m. (pool only)

Senior Club (13 – 17 yrs)

- Sunday 10 a.m. – noon (pool only)
- Tues/ Thurs 4:45 – 5:30 p.m. (dry)
5:30 – 6:30 p.m. (pool)

	Winter Session Jan. 8 – March 23	Spring Session April 3 – May 18
Jr. A Club	\$165 30909	Bronze Star
Jr. B Club	\$90 30908	\$90 30911
Seniors Club	\$245 30910	Bronze Medallion \$100 30913

A **club fee** of \$50 is charged once per season and covers all sessions a participant registers for. This fee includes your Lifesaving Society athlete fee, a club shirt, and a club swim cap.

**The club fee is automatically applied at registration for Fall session & is not included in Fall listed prices.*

NEW this year: This spring session we're offering Advanced Lifesaving courses to our Junior & Senior Stingrays! Spend 2 nights a week with

our coaches learning critical life skills and earning steps towards a career in aquatics! See the description of each course below!

Bronze Star (Offered to Juniors Mondays & Wednesdays 5-6:30pm in Spring Session)

In Bronze Star, participants develop problem-solving and decision-making skills as individuals and with partners. They learn CPR and develop Water Smart® confidence and the lifesaving skills needed to be their own personal lifeguard. Includes CPR A and AED.

Bronze Medallion (Offered to Seniors Tuesdays & Thursdays 5-6:30pm in Spring Session)

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Rescuers learn tows and carries, as well as defense and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim. Includes CPR A and AED.

Underwater Hockey Camp (Ages 16+) \$25

- » Saturday Jan. 14 7:30 – 9 p.m. 31747

Looking for a fun, affordable, new kind of hockey? Why not try it underwater! This limited-contact sport has teams maneuvering a puck across the bottom of the pool into the opposing team's goal by propelling it with a pusher. In this camp, players will quickly learn the basics of the game, efficiency techniques, and have a ton of fun learning a new game! *min 8 / max 12 players*

Scuba & Snorkel

Discover the underwater experience right here at the LRC. Whether you are a first-timer or an experienced snorkeler or diver, join us in the pool for some underwater fun. All equipment will be provided for you.

SCUBA Certification (Ages 12+) \$325

Winter is just around the corner and maybe you're 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!

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

- » Friday Jan. 6 6 - 10 p.m. 30902
- » Saturday & Sunday Jan. 7 - 8 8 a.m. - 5 p.m.



Red Cross Swim Preschool

Parented

Adult is required (must be 18 years or older).
(Classes require Active Participation with an adult. There is no formal evaluation, participation based only.)



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

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



Duck 12 - 24 months

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



Sea Turtle 24 to 36 months

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

Unparented

(Swimmers advance after completion of evaluated criteria.)



Sea Otter 3 to 5 years

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



Salamander 3 to 5 years

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



Sunfish 3 to 5 years

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



Crocodile 3 to 5 years

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



Whale 3 to 5 years

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

**Swimmers transition to Swim Kids levels at the age of six.*

Looking to get certified this winter? Here's the drill!

Swim instructor

- Step 1:** Take one of: Standard First Aid, Assistant Lifeguard, or Bronze Cross as prerequisites.
- Step 2:** Register in the March 6 WSI briefing & receive your online materials – then start online modules.
- Step 3:** Arrange your teaching experience at any Red Cross Swim facility (to be done after your online modules & before starting classroom component).
- Step 4:** Continue on to your classroom & pool course Mar. 29 – Apr. 1

Now you're a Swim Instructor. Send us your resume!

Lifeguard

- Step 1:** Take the Standard First Aid course on Jan. 28-29 or Feb. 6-7.
- Step 2:** Take the ALG course Mar. 2-5 and complete your observation assignment.
- Step 3:** Take the LG course Mar. 24-28 & complete your observation assignment.

Now you're a Lifeguard. Send us your resume!

Swimming Lessons

Jan. 15 – Mar. 24

Be in the know! Here are some key dates you'll need to mark on your calendars for this session.



Session Dates	Session	Memo Day	Parent Day	No Class
Jan. 15 – Mar. 12	Sundays	Feb. 12	Feb. 26	Feb. 19
Jan. 16 – Mar. 13	Mondays	Feb. 13	Feb. 27	Feb. 20
Jan. 17 – Mar. 7	Tuesdays	Feb. 14	Feb. 21	--
Jan. 18 – Mar. 8	Wednesdays	Feb. 15	Feb. 22	--
Jan. 19 – Mar. 9	Thursdays	Feb. 16	Feb. 23	--
Jan. 20 – Mar. 10	Fridays	Feb. 17	Feb. 24	--
Jan. 21 – Mar. 18	Saturdays	Feb. 25	Mar. 4	Feb. 18
Jan. 17 – Feb. 9	Tues & Thurs	Jan. 31	Feb. 2	--
Feb. 21 – Mar. 6	Tues & Thurs	Mar. 7	Mar. 9	--
Mar. 14 – 24	Tue-Fri (2 weeks)	Mar. 21	Mar. 22	--

Starfish (4 – 12 months) – 45 mins parented \$58 members / non-members

CLASS DATE	DAYS	TIME	CODE	
Jan. 17	Feb 9	Tue,Thu	12:00 p.m.	31432
Feb. 21	Mar. 16	Tue,Thu	11:00 a.m.	31433
Jan. 15	Mar. 12	Sun	4:00 p.m.	31444
Jan. 16	Mar. 13	Mon	5:30 p.m.	31434
Jan. 17	Mar. 7	Tue	5:30 p.m.	31435
Jan. 18	Mar. 8	Wed	1:30 p.m.	31436
Jan. 18	Mar. 8	Wed	5:30 p.m.	31437
Jan. 19	Mar. 9	Thu	5:30 p.m.	31438
Jan. 20	Mar. 10	Fri	5:45 p.m.	31439
Jan. 21	Mar. 18	Sat	9:00 a.m.	31440
Jan. 21	Mar. 18	Sat	10:30 a.m.	31442
Mar. 14	Mar. 24	Tue-Fri	4:15 p.m.	31443

Duck (12 – 24 months) – 45 mins parented \$58 members / non-members

CLASS DATE	DAYS	TIME	CODE	
Jan. 17	Feb. 9	Tue,Thu	12:00 p.m.	31445
Feb. 21	Mar. 16	Tue,Thu	11:00 a.m.	31446
Jan. 15	Mar. 12	Sun	4:00 p.m.	31457
Jan. 16	Mar. 13	Mon	5:30 p.m.	31447
Jan. 17	Mar. 7	Tue	5:30 p.m.	31449
Jan. 18	Mar. 8	Wed	1:30 p.m.	31450
Jan. 18	Mar. 8	Wed	6:00 p.m.	31452
Jan. 19	Mar. 9	Thu	5:30 p.m.	31451
Jan. 20	Mar. 10	Fri	5:45 p.m.	31454
Jan. 21	Mar. 18	Sat	9:00 a.m.	31453
Jan. 21	Mar. 18	Sat	10:30 a.m.	31455
Mar. 14	Mar. 24	Tue-Fri	4:15 p.m.	31456

Sea Turtle (2 – 3 years) – 45 mins parented \$58 members / non-members

CLASS DATE	DAYS	TIME	CODE	
Jan. 17	Feb 9	Tue,Thu	11:30 a.m.	31458
Feb. 21	Mar. 16	Tue,Thu	12:30 p.m.	31459
Jan. 15	Mar. 12	Sun	4:30 p.m.	31476
Jan. 16	Mar. 13	Mon	4:30 p.m.	31460
Jan. 16	Mar. 13	Mon	5:30 p.m.	31477
Jan. 17	Mar. 7	Tue	4:00 p.m.	31461
Jan. 17	Mar. 7	Tue	4:30 p.m.	31478
Jan. 17	Mar. 7	Tue	5:30 p.m.	31462
Jan. 17	Mar. 7	Tue	6:00 p.m.	31479
Jan. 18	Mar. 8	Wed	1:15 p.m.	31463
Jan. 18	Mar. 8	Wed	4:30 p.m.	31465
Jan. 18	Mar. 8	Wed	5:30 p.m.	31464
Jan. 19	Mar. 9	Thu	5:00 p.m.	31467
Jan. 19	Mar. 9	Thu	5:30 p.m.	31466
Jan. 20	Mar. 10	Fri	6:15 p.m.	31468
Jan. 21	Mar. 18	Sat	9:00 a.m.	31471
Jan. 21	Mar. 18	Sat	9:30 a.m.	31470
Jan. 21	Mar. 18	Sat	10:00 a.m.	31472
Jan. 21	Mar. 18	Sat	11:30 a.m.	31469
Mar. 14	Mar. 24	Tue-Fri	4:30 p.m.	31473
Mar. 14	Mar. 24	Tue-Fri	5:30 p.m.	31474

Sea Otter (3 – 5 years) – 30 mins unparented \$45.90 members / \$51 non-members				
CLASS DATE		DAYS	TIME	CODE
Jan. 17	Feb. 9	Tue,Thu	11:00 a.m.	31480
Feb. 21	Mar. 16	Tue,Thu	12:00 p.m.	31481
Jan. 15	Mar. 12	Sun	4:00 p.m.	31517
Jan. 15	Mar. 12	Sun	5:00 p.m.	31518
Jan. 16	Mar. 13	Mon	4:00 p.m.	31482
Jan. 16	Mar. 13	Mon	5:00 p.m.	31484
Jan. 16	Mar. 13	Mon	5:30 p.m.	31485
Jan. 16	Mar. 13	Mon	6:00 p.m.	31483
Jan. 17	Mar. 7	Tue	4:00 p.m.	31491
Jan. 17	Mar. 7	Tue	4:30 p.m.	31489
Jan. 17	Mar. 7	Tue	5:00 p.m.	31488
Jan. 17	Mar. 7	Tue	6:00 p.m.	31490
Jan. 18	Mar. 8	Wed	1:00 p.m.	31492
Jan. 18	Mar. 8	Wed	1:45 p.m.	31493
Jan. 18	Mar. 8	Wed	2:30 p.m.	31494
Jan. 18	Mar. 8	Wed	5:00 p.m.	31496
Jan. 18	Mar. 8	Wed	5:30 p.m.	31495
Jan. 18	Mar. 8	Wed	6:00 p.m.	31498
Jan. 19	Mar. 9	Thu	4:00 p.m.	31499
Jan. 19	Mar. 9	Thu	4:30 p.m.	31502
Jan. 19	Mar. 9	Thu	5:00 p.m.	31504
Jan. 19	Mar. 9	Thu	5:30 p.m.	31500
Jan. 20	Mar. 10	Fri	5:15 p.m.	31505
Jan. 20	Mar. 10	Fri	5:45 p.m.	31506
Jan. 21	Mar. 18	Sat	9:00 a.m.	31513
Jan. 21	Mar. 18	Sat	10:00 a.m.	31509
Jan. 21	Mar. 18	Sat	10:00 a.m.	31512
Jan. 21	Mar. 18	Sat	10:30 a.m.	31510
Jan. 21	Mar. 18	Sat	10:30 a.m.	31511
Jan. 21	Mar. 18	Sat	11:00 a.m.	31508
Jan. 21	Mar. 18	Sat	11:30 a.m.	31514
Mar. 14	Mar. 24	Tue-Fri	5:30 p.m.	31515
Mar. 14	Mar. 24	Tue-Fri	6:00 p.m.	31516

Salamander (3 – 5 years) – 30 mins unparented \$45.90 members / \$51 non-members				
CLASS DATE		DAYS	TIME	CODE
Jan. 17	Feb. 9	Tue,Thu	12:30 p.m.	31519
Feb. 21	Mar. 16	Tue,Thu	11:30 a.m.	31520
Jan. 15	Mar. 12	Sun	4:30 p.m.	31555
Jan. 15	Mar. 12	Sun	5:30 p.m.	31556
Jan. 16	Mar. 13	Mon	4:30 p.m.	31522
Jan. 16	Mar. 13	Mon	5:00 p.m.	31521
Jan. 16	Mar. 13	Mon	6:00 p.m.	31524
Jan. 17	Mar. 7	Tue	5:00 p.m.	31528
Jan. 17	Mar. 7	Tue	5:30 p.m.	31527
Jan. 17	Mar. 7	Tue	6:00 p.m.	31525
Jan. 18	Mar. 8	Wed	1:00 p.m.	31531
Jan. 18	Mar. 8	Wed	2:30 p.m.	31532
Jan. 18	Mar. 8	Wed	4:30 p.m.	31534
Jan. 18	Mar. 8	Wed	5:30 p.m.	31535
Jan. 18	Mar. 8	Wed	6:00 p.m.	31533
Jan. 19	Mar. 9	Thu	4:30 p.m.	31542
Jan. 19	Mar. 9	Thu	5:00 p.m.	31537
Jan. 19	Mar. 9	Thu	5:30 p.m.	31539
Jan. 19	Mar. 9	Thu	6:00 p.m.	31540
Jan. 19	Mar. 9	Thu	6:00 p.m.	31538
Jan. 20	Mar. 10	Fri	5:15 p.m.	31557
Jan. 20	Mar. 10	Fri	6:15 p.m.	31543
Jan. 21	Mar. 18	Sat	9:30 a.m.	31548
Jan. 21	Mar. 18	Sat	10:00 a.m.	31545
Jan. 21	Mar. 18	Sat	10:00 a.m.	31549
Jan. 21	Mar. 18	Sat	10:30 a.m.	31547
Jan. 21	Mar. 18	Sat	11:00 a.m.	31544
Jan. 21	Mar. 18	Sat	11:30 a.m.	31551
Mar. 14	Mar. 24	Tue-Fri	5:15 p.m.	31553
Mar. 14	Mar. 24	Tue-Fri	6:00 p.m.	31552

Sunfish (3 – 5 years) – 30 mins unparented
\$45.90 members / \$51 non-members

CLASS DATE		DAYS	TIME	CODE
Jan. 15	Mar. 12	Sun	5:00 p.m.	31575
Jan. 16	Mar. 13	Mon	6:00 p.m.	31558
Jan. 17	Mar. 7	Tue	6:00 p.m.	31561
Jan. 18	Mar. 8	Wed	1:30 p.m.	31563
Jan. 18	Mar. 8	Wed	4:30 p.m.	31564
Jan. 19	Mar. 9	Thu	4:15 p.m.	31567
Jan. 19	Mar. 9	Thu	6:00 p.m.	31566
Jan. 20	Mar. 10	Fri	6:15 p.m.	31569
Jan. 21	Mar. 18	Sat	10:00 a.m.	31570
Jan. 21	Mar. 18	Sat	11:00 a.m.	31572
Mar. 14	Mar. 24	Tue-Fri	4:30 p.m.	31573
Mar. 14	Mar. 24	Tue-Fri	5:30 p.m.	31574

Crocodile (3 – 5 years) – 30 mins unparented
\$45.90 members / \$51 non-members

CLASS DATE		DAYS	TIME	CODE
Jan. 15	Mar. 12	Sun	5:30 p.m.	31576
Jan. 16	Mar. 13	Mon	5:00 p.m.	31577
Jan. 17	Mar. 7	Tue	4:00 p.m.	31585
Jan. 17	Mar. 7	Tue	5:30 p.m.	31579
Jan. 18	Mar. 8	Wed	2:15 p.m.	31580
Jan. 18	Mar. 8	Wed	5:00 p.m.	31581
Jan. 19	Mar. 9	Thu	5:00 p.m.	31578
Jan. 20	Mar. 10	Fri	5:15 p.m.	31584
Jan. 21	Mar. 18	Sat	9:30 a.m.	31586
Jan. 21	Mar. 18	Sat	11:30 a.m.	31582
Mar. 14	Mar. 24	Tue-Fri	5:00 p.m.	31583

Whale (3 – 5 years) – 30 minutes unparented
\$45.90 members / \$51 non-members

CLASS DATE		DAYS	TIME	CODE
Jan. 15	Mar. 12	Sun	5:30 p.m.	31587
Jan. 16	Mar. 13	Mon	5:00 p.m.	31588
Jan. 17	Mar. 7	Tue	4:00 p.m.	31590
Jan. 17	Mar. 7	Tue	5:30 p.m.	31597
Jan. 18	Mar. 8	Wed	2:15 p.m.	31591
Jan. 18	Mar. 8	Wed	5:00 p.m.	31592
Jan. 19	Mar. 9	Thu	5:00 p.m.	31589
Jan. 20	Mar. 10	Fri	5:15 p.m.	31593
Jan. 21	Mar. 18	Sat	9:30 a.m.	31596
Jan. 21	Mar. 18	Sat	11:30 a.m.	31594
Mar. 14	Mar. 24	Tue-Fri	5:00 p.m.	31595

Swim Kids 1 (6 – 12 years) – 30 mins
\$45.90 members / \$51 non-members

CLASS DATE		DAYS	TIME	CODE
Jan. 15	Mar. 12	Sun	4:30 p.m.	31618
Jan. 15	Mar. 12	Sun	5:30 p.m.	31619
Jan. 16	Mar. 13	Mon	4:00 p.m.	31598
Jan. 16	Mar. 13	Mon	4:30 p.m.	31599
Jan. 17	Mar. 7	Tue	4:30 p.m.	31602
Jan. 17	Mar. 7	Tue	5:00 p.m.	31601
Jan. 18	Mar. 8	Wed	2:00 p.m.	31605
Jan. 18	Mar. 8	Wed	4:00 p.m.	31604
Jan. 18	Mar. 8	Wed	5:00 p.m.	31607
Jan. 19	Mar. 9	Thu	4:00 p.m.	31600
Jan. 19	Mar. 9	Thu	4:30 p.m.	31606
Jan. 19	Mar. 9	Thu	6:00 p.m.	31608
Jan. 20	Mar. 10	Fri	5:15 p.m.	31611
Jan. 20	Mar. 10	Fri	5:45 p.m.	31610
Jan. 21	Mar. 18	Sat	9:00 a.m.	31614
Jan. 21	Mar. 18	Sat	9:45 a.m.	31620
Jan. 21	Mar. 18	Sat	10:30 a.m.	31612
Mar. 14	Mar. 24	Tue-Fri	4:00 p.m.	31616
Mar. 14	Mar. 24	Tue-Fri	5:00 p.m.	31613

Swim Kids 2 (6 – 12 years) – 30 mins
\$45.90 members / \$51 non-members

CLASS DATE		DAYS	TIME	CODE
Jan. 15	Mar. 12	Sun	4:00 p.m.	31642
Jan. 15	Mar. 12	Sun	5:00 p.m.	31641
Jan. 16	Mar. 13	Mon	4:00 p.m.	31622
Jan. 16	Mar. 13	Mon	4:30 p.m.	31643
Jan. 17	Mar. 7	Tue	4:00 p.m.	31625
Jan. 17	Mar. 7	Tue	4:30 p.m.	31623
Jan. 17	Mar. 7	Tue	5:00 p.m.	31627
Jan. 18	Mar. 8	Wed	2:00 p.m.	31631
Jan. 18	Mar. 8	Wed	4:00 p.m.	31621
Jan. 18	Mar. 8	Wed	5:00 p.m.	31644
Jan. 19	Mar. 9	Thu	4:00 p.m.	31628
Jan. 19	Mar. 9	Thu	4:30 p.m.	31632
Jan. 20	Mar. 10	Fri	5:15 p.m.	31626
Jan. 20	Mar. 10	Fri	5:45 p.m.	31635
Jan. 21	Mar. 18	Sat	9:00 a.m.	31637
Jan. 21	Mar. 18	Sat	9:45 a.m.	31645
Jan. 21	Mar. 18	Sat	10:30 a.m.	31638
Mar. 14	Mar. 24	Tue-Fri	4:00 p.m.	31633
Mar. 14	Mar. 24	Tue-Fri	5:00 p.m.	31630

Swim Kids 3 (6 – 12 years) – 30 mins \$45.90 members / \$51 non-members				
CLASS DATE		DAYS	TIME	CODE
Jan. 15	Mar. 12	Sun	4:30 p.m.	31664
Jan. 15	Mar. 12	Sun	5:00 p.m.	31665
Jan. 16	Mar. 13	Mon	4:00 p.m.	31648
Jan. 16	Mar. 13	Mon	5:00 p.m.	31647
Jan. 17	Mar. 7	Tue	5:00 p.m.	31651
Jan. 17	Mar. 7	Tue	6:00 p.m.	31652
Jan. 18	Mar. 8	Wed	2:00 p.m.	31653
Jan. 18	Mar. 8	Wed	4:30 p.m.	31654
Jan. 19	Mar. 9	Thu	4:30 p.m.	31658
Jan. 19	Mar. 9	Thu	5:00 p.m.	31667
Jan. 19	Mar. 9	Thu	5:30 p.m.	31659
Jan. 19	Mar. 9	Thu	6:00 p.m.	31657
Jan. 20	Mar. 10	Fri	6:15 p.m.	31660
Jan. 21	Mar. 18	Sat	9:30 a.m.	31661
Jan. 21	Mar. 18	Sat	10:30 a.m.	31663
Jan. 21	Mar. 18	Sat	11:00 a.m.	31662
Mar. 14	Mar. 24	Tue-Fri	4:00 p.m.	31650
Mar. 14	Mar. 24	Tue-Fri	4:45 p.m.	31656
Mar. 14	Mar. 24	Tue-Fri	6:00 p.m.	31668

Swim Kids 4 (6 – 12 years) – 45 mins \$52.20 members / \$58 non-members				
CLASS DATE		DAYS	TIME	CODE
Jan. 15	Mar. 12	Sun	5:30 p.m.	31678
Jan. 16	Mar. 13	Mon	4:15 p.m.	31669
Jan. 17	Mar. 7	Tue	5:00 p.m.	31673
Jan. 18	Mar. 8	Wed	1:00 p.m.	31670
Jan. 18	Mar. 8	Wed	4:00 p.m.	31675
Jan. 19	Mar. 9	Thu	6:00 p.m.	31671
Jan. 20	Mar. 10	Fri	5:15 p.m.	31672
Jan. 21	Mar. 18	Sat	9:00 a.m.	31676
Jan. 21	Mar. 18	Sat	10:45 a.m.	31677
Mar. 14	Mar. 24	Tue-Fri	4:00 p.m.	31674

Swim Kids 5 (6 – 12 years) – 45 mins \$52.20 members / \$58 non-members				
CLASS DATE		DAYS	TIME	CODE
Jan. 15	Mar. 12	Sun	5:30 p.m.	31688
Jan. 16	Mar. 13	Mon	4:15 p.m.	31679
Jan. 17	Mar. 7	Tue	4:15 p.m.	31683
Jan. 18	Mar. 8	Wed	1:00 p.m.	31680
Jan. 18	Mar. 8	Wed	4:45 p.m.	31685
Jan. 19	Mar. 9	Thu	6:00 p.m.	31681
Jan. 20	Mar. 10	Fri	5:15 p.m.	31682
Jan. 21	Mar. 18	Sat	9:00 a.m.	31686
Jan. 21	Mar. 18	Sat	11:15 a.m.	31687
Mar. 14	Mar. 24	Tue-Fri	5:45 p.m.	31684

Swim Kids 6 (6 – 12 years) – 45 mins \$52.20 members / \$58 non-members				
CLASS DATE		DAYS	TIME	CODE
Jan. 15	Mar. 12	Sun	3:45 p.m.	31695
Jan. 17	Mar. 7	Tue	4:45 p.m.	31689
Jan. 18	Mar. 8	Wed	1:45 p.m.	31690
Jan. 19	Mar. 9	Thu	4:45 p.m.	31691
Jan. 20	Mar. 10	Fri	6:00 p.m.	31692
Jan. 21	Mar. 18	Sat	9:30 a.m.	31693
Mar. 14	Mar. 24	Tue-Fri	4:45 p.m.	31694

Swim Kids 7 (6 – 12 years) – 45 mins \$52.20 members / \$58 non-members				
CLASS DATE		DAYS	TIME	CODE
Jan. 15	Mar. 12	Sun	3:45 p.m.	31702
Jan. 17	Mar. 7	Tue	4:45 p.m.	31696
Jan. 18	Mar. 8	Wed	1:45 p.m.	31697
Jan. 19	Mar. 9	Thu	4:45 p.m.	31698
Jan. 20	Mar. 10	Fri	6:00 p.m.	31699
Jan. 21	Mar. 18	Sat	9:30 a.m.	31700
Mar. 14	Mar. 24	Tue-Fri	4:45 p.m.	31701

Swim Kids 8 (6 – 12 years) – 60 mins \$56.07 members / \$62.30 non-members				
CLASS DATE		DAYS	TIME	CODE
Jan. 17	Mar. 7	Tue	5:30 p.m.	31703
Jan. 19	Mar. 9	Thu	4:00 p.m.	31705
Jan. 21	Mar. 18	Sat	11:00 a.m.	31704
Mar. 14	Mar. 24	Tue-Fri	4:15 p.m.	31706

Swim Kids 9 (6 – 12 years) – 60 mins \$56.07 members / \$62.30 non-members

CLASS DATE	DAYS	TIME	CODE	
Jan. 17	Mar. 7	Tue	5:30 p.m.	31707
Jan. 19	Mar. 9	Thu	4:00 p.m.	31709
Jan. 21	Mar. 18	Sat	11:00 a.m.	31708
Mar. 14	Mar. 24	Tue-Fri	4:15 p.m.	31710

Swim Kids 10 (6 – 12 years) – 60 mins \$56.07 members / \$62.30 non-members

CLASS DATE	DAYS	TIME	CODE	
Jan. 17	Mar. 7	Tue	5:30 p.m.	31711
Jan. 19	Mar. 9	Thu	4:00 p.m.	31713
Jan. 21	Mar. 18	Sat	11:00 a.m.	31712
Mar. 14	Mar. 24	Tue-Fri	4:15 p.m.	31714

Semi-Private Lessons – 30 mins \$64.26 members / \$71.40 non-members

LEVEL	CLASS DATE	DAYS	TIME	CODE	
Swim Kids 1	Jan. 21	Mar. 18	Sat	9:30 a.m.	31615
Swim Kids 2	Jan. 19	Mar. 9	Thu	5:00 p.m.	31624
Swim Kids 2	Jan. 21	Mar. 18	Sat	11:00 a.m.	31646
Swim Kids 3	Jan. 17	Mar. 7	Tue	4:30 p.m.	31649
Swim Kids 3	Jan. 18	Mar. 8	Wed	5:30 p.m.	31655

Private Lessons – 30 mins \$28.35 members / \$31.50 non-members

CLASS DATE	DAYS	TIME	CODE
Jan. 16	Mon	5:00 p.m.	31715
Jan. 23	Mon	5:00 p.m.	31716
Jan. 30	Mon	5:00 p.m.	31717
Feb. 6	Mon	5:00 p.m.	31718
Feb. 13	Mon	5:00 p.m.	31719
Feb. 27	Mon	5:00 p.m.	31720
Mar. 6	Mon	5:00 p.m.	31721
Mar. 13	Mon	5:00 p.m.	31722
Jan. 17	Tue	5:30 p.m.	31723
Jan. 24	Tue	5:30 p.m.	31724
Jan. 31	Tue	5:30 p.m.	31725
Feb. 7	Tue	5:30 p.m.	31726
Feb. 14	Tue	5:30 p.m.	31727
Feb. 21	Tue	5:30 p.m.	31728
Feb. 28	Tue	5:30 p.m.	31729
Mar. 7	Tue	5:30 p.m.	31730
Jan. 19	Thu	5:30 p.m.	31731
Jan. 26	Thu	5:30 p.m.	31732
Feb. 2	Thu	5:30 p.m.	31733
Feb. 9	Thu	5:30 p.m.	31734
Feb. 16	Thu	5:30 p.m.	31735
Feb. 23	Thu	5:30 p.m.	31736
Mar. 2	Thu	5:30 p.m.	31737
Mar. 9	Thu	5:30 p.m.	31738
Jan. 21	Sat	9:30 a.m.	31739
Jan. 28	Sat	9:30 a.m.	31740
Feb. 4	Sat	9:30 a.m.	31741
Feb. 11	Sat	9:30 a.m.	31742
Feb. 25	Sat	9:30 a.m.	31743
Mar. 4	Sat	9:30 a.m.	31744
Mar. 11	Sat	9:30 a.m.	31745
Mar. 18	Sat	9:30 a.m.	31746

Aquatic Leadership Courses | 2017

Registration is being accepted for 2017 Aquatic Leadership Courses.

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

*100% attendance is mandatory for all leadership courses.

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

» Friday	4 – 10 p.m.	Feb. 24	31380
» Saturday (Alex Pool)	9 a.m. – 3 p.m.	June 24	31381

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 Certificate course. Through this prep course you will use your skills to prepare yourself for the Red Cross Lifeguard course.

Prerequisites:

- Must be at least 12 years old at start of the course.
- Must have ability to swim to Red Cross Swim Kids level 10 or equivalent.
- Must have completed a Bronze Cross Certification.

Red Cross Assistant Lifeguard Certificate (ALG) \$200

» Thursday – Sunday	Thurs/Fri 5 – 10 p.m., Sat/Sun 9 a.m. – 5 p.m.	Mar. 2 – 5	31365
» Friday/Saturday (Alex Pool)	9 a.m. – 5 p.m.	Jul. 21/22, 28/29	31379

Start your training to become a lifeguard through the Red Cross Assistant Lifeguard course. This prerequisite 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.

Prerequisites:

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

■ **Red Cross Lifeguard Certificate (LG) \$285**

» Saturday/Sunday	8 a.m. – 5 p.m.	Mar. 11/12, 18/19, 25	31382
» Saturday – Monday (Alex Pool)		Sat/Sun 8 a.m. – 5 p.m.	
Monday	8 a.m. – 12 p.m.	Aug. 12-14, 19-21	31383

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.

Prerequisites:

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

■ **Red Cross Lifeguard Recertification \$53**

» Friday	4 – 10 p.m.	Feb. 10	31384
» Friday (Alex Pool)	9 a.m. – 3 p.m.	Aug. 18	31386
» Saturday	8 a.m. – 2 p.m.	Oct. 21	31387

■ **Lifesaving Society Bronze Medallion and Cross \$265**

» Friday - Sunday	Fri 5 – 9 p.m.	Sat/Sun 9 a.m. – 5 p.m.	
	Jan. 27-29, Feb. 3-5		31388
» Sundays	9 a.m. – 5 p.m.	Sep. 24-Oct. 29	31389

**No class Oct. 8*

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.

Prerequisites:

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

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

Prerequisites:

- Must have successfully completed the Bronze Medallion certificate.



■ **Lifesaving Society National Lifeguard (NL) \$315**

» Friday - Sunday	Fri. 5 – 10 p.m.	Sat/Sun 8 a.m. – 5 p.m.	
	May 5-7, 12-14		31390
» Friday - Sunday	Fri 5 – 10 p.m.	Sat/Sun 8 a.m. – 5 p.m.	
	Nov. 17-19, 24-26		31391

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

Prerequisites:

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

■ **Lifesaving Society National Lifeguard Recert \$53**

» Sunday	9 a.m. – 3 p.m.	Apr. 2	31392
» Thursday	9 a.m. – 3 p.m.	Dec. 28	31393

■ **Water Safety Instructor (WSI) Prep \$25**

» STuesday	7 – 9 p.m.	Feb. 14	31352
» Friday (Alex Pool)	9 – 11 a.m.	Aug. 25	31418

Interested in becoming a Water Safety Instructor but it's been a while since you completed the Learn-to-Swim program or practiced your strokes & skills? Register in this 2-hour session to work with an instructor on improving your swimming strokes & skills before beginning the Instructor Development Program.

Not required to complete the WSI program

■ **Red Cross Water Safety Instructor Development Program (WSI)**

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

PART 1: Skills Evaluation – *completed within classroom & pool component*

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

PART 2: Online Professional Development Modules

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

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

PART 3: Teaching Experience

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

It's the responsibility of each participant to 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 Supervisor at 780-980-7165 to talk about setting yours up.*

*Co-teaches to be done in 4 consecutive nights prior to the classroom component beginning. These dates will be available for sign-up at the Briefing Meeting for each course.

PART 4: Classroom & Pool Component \$420

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

» Monday (Briefing)	7 – 9 p.m.	Mar. 6	
Saturday/Sunday	9 a.m. – 5 p.m.	Apr. 1,2/8,9	31431
» Monday (Briefing)	7 – 9 p.m.	Sep. 11	
Saturdays	9 a.m. – 5 p.m.	Oct. 14-Nov. 4	31360

*Co-teaches to be chosen at briefing and completed between briefing and start of classroom.

Prerequisites:

- Must be at least 15 years of age to begin WSI – Online.
- Must have completed one of: Red Cross Assistant Lifeguard, Emergency First Aid or equivalent (Bronze Cross) – not required to be current.

Unsure if your Instructor skills and strokes meet Red Cross Swim Kids 10 performance criteria? Register in one of our full 8-lesson Adult Stroke Improvement classes on page 27 or a WSI Prep class to brush up! (Ages 15+) See this sessions' available WSI Prep classes in the lesson grids on page 35.

■ Red Cross Water Safety Instructor Recertification (WSI) \$75

» Friday	4:30 – 10 p.m.	Jan. 13	31361
» Friday	4:30 – 10 p.m.	Mar. 10	31362
» Friday	4:30 – 10 p.m.	Sep. 29	31363
» Wednesday	4:30 – 10 p.m.	Dec. 6	31364

■ Aquatic Fitness Programs | Jan. 9 – Mar. 25

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 9:50 a.m. Aqua Fit - Shallow	9 – 9:50 a.m. Aqua Fit - Deep	9 – 9:50 a.m. Aqua Fit - Shallow	9 – 9:50 a.m. Aqua Fit - Deep	9 – 9:50 a.m. Aqua Fit - Shallow
8 – 8:50 p.m. Aqua Fit - Shallow	11 – 11:45 a.m. Aqua Fit - Seniors 7 – 7:50 p.m. Aqua Fit - Deep	7 – 7:50 p.m. Aqua Fit - Shallow	11 – 11:45 a.m. Aqua Fit - Seniors 8 – 8:50 p.m. Aqua Fit - Deep	

■ Drop-in program ■ Registered program

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

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

Aquatic Fitness classes will be taking a break along with local students, Mar. 27 – 31 for Spring Break.

■ Aqua Fit – Shallow Water Drop-in

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

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

■ Aqua Fit – 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*

■ Stand Up Paddle Board (SUP) Fitness \$20

SUP Stand up Paddleboard fitness and Yoga for endurance, strength, and balance! As one of the best activities for all-around athletic development you'll see improvements to your core strength, muscle tone, balance, and endurance. This class provides a great full body workout including a combination of Yoga, fitness, and strength all in one neat little package! No previous SUP or Yoga experience is needed. Great for ages 14+ and all physical abilities!

Register for 4+ Classes and get 10% off each.

Register for 8+ Classes and get 20% off each.

» Sunday	Jan. 8	8-8:45pm 9-9:45pm	31755 31756
» Tuesday	Jan. 10	8-8:45pm 9-9:45pm	31757 31758
» Tuesday	Jan. 31	8-8:45pm 9-9:45pm	31759 31760
» Sunday	Feb. 5	8-8:45pm 9-9:45pm	31761 31762
» Tuesday	Feb. 7	8-8:45pm 9-9:45pm	31763 31764
» Tuesday	Feb. 28	8-8:45pm 9-9:45pm	31765 31766
» Sunday	Mar. 5	8-8:45pm 9-9:45pm	31767 31768
» Tuesday	Mar. 7	8-8:45pm 9-9:45pm	31769 31770
» Tuesday	Mar. 28	8-8:45pm 9-9:45pm	31771 31772
» Thursday	Mar. 30	8-8:45am 9-9:45am	31773 31774
<i>*Special Spring Break morning time</i>			
» Sunday	Apr. 2	8-8:45pm 9-9:45pm	31785 31786
» Tuesday	Apr. 4	8-8:45pm 9-9:45pm	31787 31788
» Tuesday	Apr. 25	8-8:45pm 9-9:45pm	31789 31790
» Sunday	Apr. 30	8-8:45pm 9-9:45pm	31791 31792
» Tuesday	May 2	8-8:45pm 9-9:45pm	31793 31794

NEW

Leisure Opportunities

Included with your membership or daily paid admission is access to the many leisure opportunities available throughout the Leduc Recreation Centre:

- Wristbands provide proof of payment and must be worn at all times while participating in all drop-in leisure opportunities.
- View drop-in schedules at Leduc.ca/LRC, including specific activities catering to particular skill levels or ages.
- Children ages 7 years and under must be actively supervised by an individual 14 years or older, while participating in drop-in leisure activities unless otherwise noted in the activity details.

■ Active Participation VS Active Supervision

Active Participation requires a responsible person 14 years of age or older to participate with the participant(s) 7 years of age or under in the field house, in the aquatics centre, or on the ice. If the description states an adult is required the active participant needs to be 18 years or older. Some instructor-led programs may also require Active Participation. You will see the following icon beside all Active Participation activities



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

■ 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 of 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.

■ Activities Identified by Age

Unique activities are provided to allow opportunities for individuals to participate in activities with peers.

- **Pre-school & Child:** For children ages 7 & under. Pre-school activities are typically targeted for children who have not entered the school system.
- **Youth:** 8 - 17 years - Unless otherwise stated, such as Youth Shinny 11 - 14 years.
- **Adult:** 18 years of age or older.

NEW

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.

Lawn Sports

This new passive leisure opportunity is an excellent chance to join in and play fun games such as Lawn Bowling, Ladder Golf, and Bean Bag Toss.

Table Tennis

Table Tennis, also popularly known as Ping Pong, is a sport best known for hitting a lightweight ball back and forth between opponents. This new opportunity will be available Monday to Friday between 8 a.m. and 5 p.m.

Table Top Games

Located in the foyers of the LRC, these Table Top Games will consist of Crossword Game, Chess, Checkers, Slides and Ladders, and Card Game Tables. Game pieces can be signed out at East Guest Services with your purchase of a daily admission, and in exchange for some collateral.

Field House Opportunities

Jan. 1, 2017 – Mar. 31, 2017

Equipment Rentals:

No equipment? No problem! We have a wide variety of court and field equipment you can borrow to get out there and have some fun. From basketballs, 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

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

Badminton

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

Basketball

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

Floor Hockey

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

MNP Kick For Kids

Sponsored by MNP, school aged children can participate our field house activities for free. A unique wristband provided by Guest Services is used to identify use only during this period. Though this opportunity is geared towards our 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.

Preschool Playtime

This opportunity for casual playtime between parents and children under six is now offered Monday to Friday in the Kukabunga Jungle!

Soccer

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

Volleyball

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

Arena Opportunities

Jan. 1, 2017 – Mar. 31, 2017

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

Broomball

Originating here in Canada, the LRC is now offering this recreational ice game. Though the game is played much like hockey, players wear special rubber-soled shoes instead of skates. Players are to supply their own equipment.

Family Stick & Puck

Designed to enable young skaters with their family, the opportunity to work on passing, puck control and skating drills. 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-approved 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.

Everybody Gets to Play

Join in on this **FREE** public skating Sundays 1– 3pm at the Alexandra Arena, between September 18 and March 26. This free event has been made possible through funding provided by Everybody gets to play™ Leduc.

NEW

Family Skate

Designated for families to have fun and exercise together. Children and youth must be accompanied by adults on the ice and vice versa.

Family Stick & Puck

Designed to enable young skaters with their family the opportunity to work on passing, puck control, and skating drills. 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-approved helmet, skates, and gloves. This is a family program and not intended for hockey teams. Maximum of 40 participants, with a 1:4 Adult to Child ratio.

Parents with Tots / Pre-Schoolers

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.

Public Skate

Public skating provides an enjoyable indoor skating experience for all ages. Parents can actively supervise from the player's bench/penalty box. Children seven years of age and under must be actively supervised by an adult or responsible person 14 years of age or older. Sticks are not allowed on the ice during Public Skate.

Shinny

Pick-up hockey on a first-come, first-served 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). Full equipment including CSA-approved, full caged helmets are mandatory.

Stick & Puck

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

Friday Fun Skates

Friday Fun Skates are fun for the whole family! These themed nights will engage all ages with music, activities, prizes, games, and fun!

- **Dec. 16 – Christmas in Candyland**

Join us for a Christmas Candyland extravaganza! We're celebrating the best part of Christmas; all the goodies minus the gifts.

- **Jan. 20 – Winter Wonderland**

Come in from the cold, and warm up with some fun activities and hot chocolate. Dress up in your best winter wonderland themed costumes, for the chance to win some wintery prizes.

- **Feb. 17 – Family Day Weekend Kick-Off**

Start the long weekend off with your family at our Friday Fun Skate. With family themed prizes up for grabs, get everyone in your family on the ice.

- **Mar. 17 – Saint Patrick's Day**

Join us for this international festival celebrating the Irish culture with Irish music, green food, green drinks and prizes for the person dressed the greenest!

** See drop-in schedule on page 25 for all arena and field house opportunity times.*

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+.





..... Family and Community Support Services

 Leduc.ca/family

 780-980-7109

 fcss3@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.

Information & Referral

FCSS Information & Referral (I&R) brings people and services together. If you don't know where to turn, I&R is here to help. Our goal is to provide a link between essential community services and the people who need them. FCSS Information & Referral will assess the situation and find the organization and service that is best suited to provide the help you need.

Support and initiatives include:

- General information and referrals on various social programs.
- Assistance for new Canadians in Leduc to build connections in the community.
- Intakes for the City of Leduc Recreation Assistance Program (LRC Subsidy).
- Referrals to the Canadian Tire Jumpstart program and Sports Central.
- Referrals to the City of Leduc Creative Culture Connections subsidy program.
- Help with completion of forms (i.e. AISH, CPP-D, etc.).

211 Leduc

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

Disconnect to Connect

There are many benefits to disconnecting from technology to spend quality time with your family, friends, and the community. A study conducted by the National Center on Addiction and Substance Abuse at

Columbia University found that "Children of hands-on parents are far less likely to smoke, drink or use other drugs. Highly engaged parents are more likely to notice some of the warning signs of substance use". Disconnect to Connect with your most valuable social network.....your family.

Family Day Unplugged

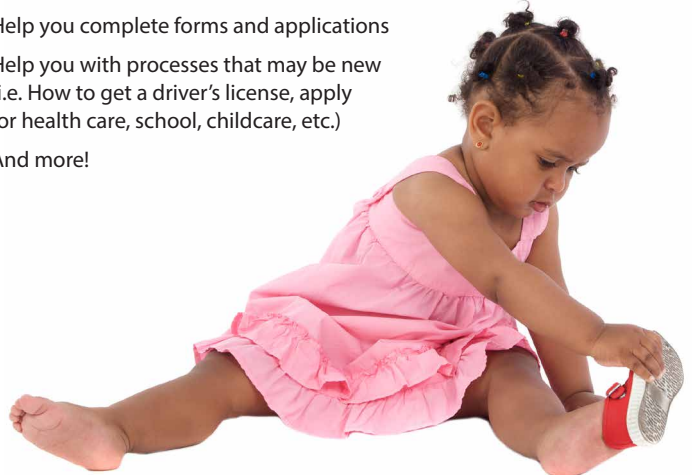
Family Day Unplugged takes place on Monday, Feb. 20, 2017. Don't forget to track the number of hours your family spends unplugged on Family Day. You can enter your hours Feb. 21-24 at Leduc.ca for a chance to win some awesome prizes!

New Canadians

Are you new to Canada and the City of Leduc? Would you like some assistance settling into the community? FCSS is here to help – please call us at 780-980-8489.

Some of the ways we can help;

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



Family Support

Early Development Instrument

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

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

If you have any questions about the EDI, ECMap or the five developmental domains and our programming, please contact Amanda at FCSS or Janice at the LRC via Reception at 780-980-7177.

The Family Support program works with individuals, children, and families to build resiliency and face adversity. The Family Support Coordinator offers short term one-on-one supports to assist individuals and families in accessing necessary services and meeting immediate needs.

- **One-on-One Support:** we work directly with clients in the FCSS office, or at a designated public space to help families and individuals access resources and develop skills and strategies in response to life struggles. We will often partner with other supporting agencies to assist individuals and families in accessing necessary services.
- **Community Education:** we offer educational opportunities to children, parents of younger children, community agencies, schools, and local businesses to build their skills and potential.
- **Community Development:** we often work together with schools and other organizations in the community to provide quality events and programming to support families in leading healthy and happy lives.

Developmental Domains



Physical Health & Well-being

Encouraging physical growth and independence, gross and fine motor skills and coordination



Social Competence

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



Emotional Maturity

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



Language & Thinking

Encouraging reading, writing, classification of shapes, numbers, colours, sizes and concepts.



Communication Skills & General Knowledge

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

Pink Shirt Day – Feb. 22, 2017

Pink Shirt Day or Anti-Bullying Day, is a day on which Canadians are encouraged to wear something pink to symbolize that we as a society won't tolerate bullying anywhere—whether at school, on the internet, or in the workplace. City of Leduc employees have been proud participants of this in the past. On Feb. 22, 2017 we are encouraging all City of Leduc employees and community members to step up and wear pink and say Enough to Bullying. If you are a local business who would like to make a stand on Pink Shirt Day and would like more information on free ideas about how to participate, please contact us.

For more information visit www.pinkshirtday.ca or www.leduc.ca.

Bringing Baby Home

Bringing Baby Home is a program for expecting parents or those who are starting their parenting journey. Most pre- and post-natal programs address the pregnancy, delivery, and care of mom and baby. Bringing Baby Home focuses on helping expectant parents and parents of infants/toddlers gain the knowledge and skills to cope constructively with the changes to their new family and more specifically their relationship as a couple.

Research has shown that 67% of new parents are less satisfied with their relationship after the baby arrives. This program combines scientific research and tools that can lead to greater communication and increased friendship and intimacy.

For more information on 2017 dates and times please contact FCSS at 780-980-7109.

Youth Development

The Youth Development program supports City of Leduc residents, schools, agencies, and businesses in building assets in our City. Asset building is based on the research and philosophies of the Search Institute © 40 Developmental Assets. The youth development coordinator encourages asset development by:

One-on-One Family Support: The Youth Development Coordinator works with parents/guardians of youth (ages 12-19) to support them in dealing with the challenges that the teenage years can bring. We work with you to build skills, create parenting plans, and provide advocacy, support, and referrals.

Community Education: We offer educational opportunities to parents, community agencies, schools, and businesses to build their skills when working with youth and support the creation of youth friendly environments.

School Programming: We partner with schools and other agencies to support the youth in building assets, developing a healthy lifestyle, and building personal life skills. The Youth Development Coordinator is responsible for the delivery of in-school programs such as Heroes.

Understanding Your Teen Workshop Series

Would you like to know more about your t(w)een? Do you need someone to talk to about difficult topics? What can you do next? Join the City of Leduc FCSS, Black Gold Outreach, CAP Team, and Parent Link as we sit down and discuss recurring problems and possible solutions.

- **February 15** – Mental Health 101
- **March 15** – Mindfulness
- **April 19** – Substance Abuse Awareness

Dinner supplied. Registration is required. Please call City of Leduc FCSS at 780-980-7109 to register or for more information.

HEROES Volunteers Needed

HEROES is a program for junior high students whose foundation is based on Confidence, Character, and Integrity. It is a strength-based program geared towards awakening purpose and empowering youth to succeed. The volunteer facilitators are avid about seeing youth excel and find passion in their surroundings. The City of Leduc is currently looking for adults who would be interested in training and then delivering the program to youth in schools throughout the city. Child Welfare and Criminal Record Checks will be required. For more information, please contact FCSS at 780-980-7109

Youth Outreach Worker

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

Leduc Youth Movement (LYM) is a free weekly drop-in group for youth ages 12-17. LYM is put on in partnership with the Boys and Girls Club of Leduc and the City of Leduc. The group meets Thursdays from 3:30-6:00 p.m. at Kosmos Kitchen in the LRC. LYM meets according to the school calendar, and therefore does not meet when school is out for breaks. Different activities are planned each week and there are chances to win prizes every group. No registration is required. For more information, please contact Brianne Latte at 780-980-7110.



Older Adult Services

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

Older Adult programs and initiatives may include:

- Community Volunteer Income Tax Program
- Elder Abuse Training
- Homemaking services
- Meals on Wheels

Elder Abuse Training

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

If you are interested in learning more about how to respond to Elder Abuse or if your organization would like to organize a training session about Elder Abuse, please contact the FCSS Seniors Outreach Program Coordinator at (780) 980-7109.

Homemaking

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

Meals on Wheels

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

Research and Social Development

Leduc Interagency Session

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

All sessions take place at the Civic Centre, Lede Room B, from 11:45 am to 12:45 pm.

- December 8 – TBD
- Feb. 9, 2017 –TBD

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



Environment

Leduc.ca/environment

Eco-smart Hotline: 780-980-7107

ecosmart@leduc.ca



ORGANICS, RECYCLING & WASTE COLLECTION

LEGEND:

- Black waste cart** All household waste including diapers & wipes, plastic bags & Styrofoam
- Green organics cart** All food & yard waste
- Blue recyclables** Paper, cardboard, plastic containers & metal

Monday

December

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2017

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Christmas Tree Collection

Tuesday

December

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2017

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Christmas Tree Collection

Wednesday

December

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2017

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Christmas Tree Collection

Thursday

December

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2017

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Christmas Tree Collection

Friday

December

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2017

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Christmas Tree Collection

**Please! No plastic bags in the organics cart.*



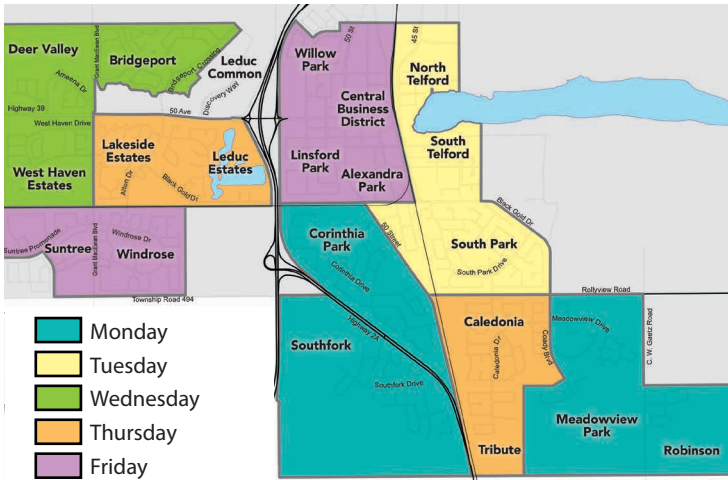
To bag or not to bag?

- Organics.**
- ✓ Loose in green cart
 - ✓ 100% compostable bags marked with the U.S. and Canadian logos
 - ✓ Paper bags
 - ✓ Pet waste must be bagged

Waste. Waste items must be bagged, then placed in the black cart.

2017 collection calendars coming soon. The 2017 Collection Calendars will be posted on Leduc.ca before the end of January 2017. The Sort Smarter phone app Collection Calendars will be updated at the same time.

Collection Day Map



Winter Tips to Ensure Collection

1. Clear the snow from under your carts and at least 1 metre around the carts. Cleared snow means your carts sit straight — so the collection trucks can pick them up.
2. Keep 1 metre clear on all sides of the cart, including above them.
3. Place blue bags 1 metre behind or beside the carts. Please do not lean blue bags against the carts. Flatten all clean cardboard and place it in your blue bag.
4. Keep cart lids closed. You can take materials that won't fit in your cart to the Eco Station.



SORT SMARTer

When you sort your materials into the proper cart — or take items to the Eco Station for proper disposal — you help the environment and keep your waste management costs low.

Municipal Landfill Space

Leduc's municipal landfill space for black cart waste will be full sometime in 2019. After the space is full, waste will have to be processed differently or trucked further away - which will be more expensive and not as environmentally friendly.

The more volume we send to the landfill, the quicker it will reach capacity.

Contaminated loads

A load of collected organic material is considered contaminated if it contains either recyclable material or household waste.

EXAMPLE: Your organics cart is contaminated if it contains plastics or metal that could be recycled. It is also contaminated if it contains plastic bags, diapers or other household waste that should be landfilled.

The collection trucks empty their loads at facilities designed to efficiently process the type of load they have collected. Organics material is taken to a Class 1 composting facility where it is processed into a compost-based fertilizer product.

If the load contains non-organic material, the entire load can be refused at the processing facility. In that case, the load is trucked further away — adding to the cost.

Costs

We all want to contain waste management costs as much as possible — and automated collection has kept Leduc's waste management costs low since it was introduced.

Costs increase, however, when a load is contaminated and:

- manual sorting is required to remove the contaminated material, or
- is refused at the primary processing facility, causing the truck to drive further away, or
- is landfilled.



■ Seriously Need More Waste Capacity?

If your household waste routinely won't fit in your black cart, you can arrange for an additional waste cart. Collection fee for the additional cart is \$10/month, which is added to your utility bill. The cart remains the property of the City of Leduc.

Certain terms of service are in place for residents with a second waste cart. Please call the Eco-smart Hotline at 780-980-7107 for details.

■ Eco Station (6102 - 46 Street) a key to effective waste management in Leduc

Take the following materials to the Eco Station for free drop-off:

- Organics
- Recyclables
- Electronic waste
- Household hazardous waste
- Waste (in bags). The first bag is free. Additional bags \$2 each.

Small loads of the same materials are accepted from Leduc businesses.



■ Tools to help you SORT SMARTER

Need some help determining the best place to dispose of your household items? Check out these tools:

SORT SMARTER App

Download the updated 3.0 Apple or Android versions from Leduc.ca.

Sorting Wheel

The wheel gives you a quick and accurate way to determine which materials should be sorted into your organics cart, waste cart, or blue bag — or taken to the Eco Station for proper disposal. The magnet on the back of the wheel lets you keep the wheel in handy places such as on your fridge.

A – Z Sort Smart Database

The database, online at Leduc.ca, lists hundreds of household items and shows you the best way to recycle or safely dispose of them.

■ Thanks Leduc!

Since 2012, you have diverted more than 15,500 tonnes* of material from the landfill.

**Includes curbside collection, Eco Station organics, blue bag and e-waste collection, and Yard Waste Transfer Station organics.*

Christmas Bird Count 2016

Sunday, Dec. 18

Celebrate the season as you enjoy the outdoors and learn more about our feathered friends! It's simple.

1. Use the online tally form or download a tally sheet, both available at Leduc.ca.
2. Watch for birds for at least 30 minutes, recording all your sightings.
3. Return your completed tally sheet no later than Friday, Dec. 30 to ecosmart@Leduc.ca.



LEAB
Leduc Environmental
Advisory Board



Events

■ Frostival

— Feb. 17 – 19, 2017

Highlighting the beauty and excitement of February, the City of Leduc is celebrating by hosting a number of winter activities.

■ Spring Community Information and Registration Day (CIRD)

— Mar. 8, 2017, 6 – 8 p.m.

Leduc Recreation Centre (4330 Black Gold Drive)

Learn more about the many sport, recreation, culture, church, social and service organizations in Leduc. Sign up for programs and find out what opportunities are available in your community. For more information, email cisaac@leduc.ca or call 780-980-7177.



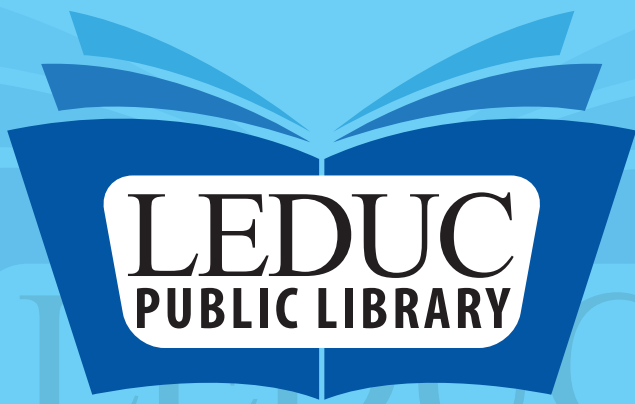
Volunteer Leduc

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

- Are you seeking volunteers? Volunteer Leduc can help your organization recruit volunteers through the Volunteer Leduc registry.
- If you are new to volunteering or a returning volunteer, Volunteer Leduc can connect you to an opportunity. Be part of the action, volunteer!
- For more information, visit Leduc.ca/volunteers, call 780-980-7177 or email volunteer@leduc.ca

The City of Leduc's Citizen Recognition Program recognizes individuals, groups, organizations, and businesses who make significant contributions to Leduc. The Leduc Achievement Awards are one component of the Citizens Recognition Program. Leduc Achievement Awards are presented throughout the year at council meetings. For information on the award criteria and nomination application, please contact Volunteer Leduc.





www.leduclibrary.ca



780-986-2637



2 Alexandra Park, Leduc

Pre-School Programs

The first session of pre-school programs runs from Jan. 9 to Feb. 16 and the second runs from Feb. 27 to Mar. 23. Each program is 30 minutes. All children must be accompanied by an adult in the following programs.

Please note: there will not be any regular pre-school programs on PD day Jan. 31.

- **Baby Laptime** – Tuesdays at 11:15 a.m. and Thursdays at 10:15 a.m.
- **Ages 12 – 24 Months** - Wednesdays at 11:15 a.m.
- **Toddler Time** - Mondays, Tuesdays, and Wednesdays at 10:15 a.m. and Thursdays at 11:15 a.m.
- **Family Story Time** – Mondays at 11:00 a.m.



Play, Learn, Grow

Ages 1-3

Monday, Dec. 19, Jan. 30, Feb. 27 at 10 a.m. – 12 p.m.

Join in the fun as you play with your child at inspiring and amusing stations as their curious little minds lead the way! *Please note this is a drop-in program and all children must be accompanied by an adult.*



Fun for 4's - Registered

Ages 4

Tuesdays from 1 – 2 p.m. Sessions run from Jan. 10 to Feb. 14 and Feb. 28 to Apr. 11.

Four year olds will enjoy this play-based program designed to give them a start to being in a classroom environment with an emphasis on having fun! *This program will be a repeat of the fall program. This is a non-parented program but a caregiver must be present in the library during their stay.*



Barbie / My Little Pony Play Date

Ages 2 – 5

Friday, Dec. 30, Jan. 20 and Feb. 24, 10:30 a.m. – 12 p.m.

Bring in your own or use the ever growing collection we would love to share with you. Social skills are enhanced by learning to share, play, and make new friends.



Children's Programs

Early Dismissal Games

All school ages

Wednesday, Jan. 11 and Feb. 1, 3 – 4:30 p.m.

X-box, Wii, crafting, board games, and friends.

Pokemon Club

Ages 7 – 12

Tuesday, Dec. 12, Thursday, Jan. 19 and Feb. 16, 6:30 – 7:30 p.m.

Hang out with other Pokemon collectors, play some games, and trade fairly.

Family Programs

Christmas Movie

Wednesday, Dec. 14, 6 p.m.

Drop-in at 6 p.m. to make a Christmas craft and then everyone is welcome to watch *Ernest Saves Christmas* at 6:30 p.m. Snacks will be provided for all at this festive seasonal program.

Read to Me

Thursdays beginning Jan. 12, 6 – 6:30 p.m.

We will focus on a new author (ex; Robert Munsch) or series (ex; Pete the Cat) each week with a take home activity.

Exploratory Saturdays

All Ages

Saturdays starting Jan. 14, 2:30 – 4 p.m.

We will put out our great Makerspace items and our LEGO collection for extreme fun! Children under eight must be accompanied by an adult.

Family Literacy Performance

Thursday, Jan. 26, 6:30 p.m.

Celebrate literacy and music with an evening performance at the library. Check out our website and program guide for more details!

■ Celebrating Literacy Together!

Friday, Jan. 27, 10 a.m. – 5 p.m.

Celebrate literacy with self-led crafts and activities. Crafts will be suggested, although creativity is encouraged, and children will be able to search for their favourite storybook characters throughout the library!

■ Mom's Escape Book Club - Registered

Wednesday, Jan. 25 and Feb. 22, 1:15 – 2:30 p.m.

Does mom need some grown-up time? Moms will be on one side of our large program room while children one to five years of age will be dazzled in programs with children's librarians on the other. Please note that children under the age of one must be with their parent during the book club. Children ages one to five will have easy access to moms at all times.

■ Freestyle Crafts

All ages

Drop into the library and let your imagination run wild! We will supply the materials geared to a certain theme and you can work at your own pace.

- Jan. 17 – Winter Wonderland
- Jan. 31 – Monster Bookmarks
- Feb. 14 – Valentine's Day

■ PD Day at the Movies – Registered

Start with a theme-related craft before we enjoy a classic movie with snacks.

- Tuesday, Jan. 31, 10:30 a.m. – 1 p.m. | Monsters Inc.
- Friday, Feb. 10, 10:30 a.m. – 1 p.m. | The Incredibles

■ Teen Programs

■ Early Dismissal Games

All School Ages

Wednesday, Jan. 11 and Feb. 1, 3 – 4:30 p.m.

X-box, Wii, crafting, board games, and friends.

■ Teen Noon Games

Every Wednesday that there is school. 12 – 1 p.m.

Play Just Dance on Xbox, games on the Wii, origami, board games and more in the program room during lunch break.

■ Art Attack – Registered

Ages 12 – 16

Thursday, Feb. 9, 2 – 4:30 p.m.

Learn about impressionism and create an art piece of your own in this style.

■ Teen Lock-in – Registered

Ages 13 – 17

Friday, Feb. 17, 7 – 10 p.m.

Pizza, YouTube, X-box, Wii, games with prizes! Join your friends after the library closes!

■ Adult Programs

■ ESL Conversational English

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

The ESL program is run in joint partnership with Leduc Adult Learning (www.leducadulthoodlearning.ca).

■ Leduc Public Library's Christmas Tea

Wednesday, Dec. 7, 2- 4 p.m.

Feel the warmth, smell the goodies, and enjoy good old fashioned Christmas cheer and music.

■ Adult Colouring Club

Wednesday, Jan. 18 and Feb. 15, 7 – 8:30 p.m.

We supply the colouring pages, markers, pencil crayons and more! Relax with friends as you unwind in the library.

■ Experience Life by Art – Registered

Saturday, Dec. 17, Feb. 18, 10:15 a.m. – 12:15 p.m.

Create your very own unique art project with artist Kelly Holowachuk!

Please note that there is a \$10.00 non-refundable charge for each program. Registration for this program must be completed at the library (with cash or cheque).

■ Gadgets, eBooks and Audio Books Galore! - Registered

Wednesday, Feb. 1, 6:30 – 8:30 p.m.

Bring in your gadgets (iPads, eReaders, computers and more!) for quick group sessions on library eResources. If more time is needed, patrons can sign up for longer one-on-one sessions.

■ A Look at Leduc's History with Tom Dirsra - Registered

Wednesday, Feb. 8, 7 – 8 p.m.

Come for a night of learning and laughing as Tom Dirsra explores Leduc's history.

Registration for programs begins Dec. 5 at LeducLibrary.ca.





780-980-7177



www.Leduc.ca



[@cityofleduc](https://twitter.com/cityofleduc)



[@thecityofleduc](https://www.instagram.com/thecityofleduc)



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