



CITY GUIDE

..... FALL 2017



PROGRAMS

ACTIVITIES

SCHEDULES

EVENTS

SERVICES

Join us for the grand re-opening of the Mix Family Aquatic Centre! See page 25 for details.



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



PETROLEUM



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PERFORMANCE ARENA

DO *your* THING at the LRC

Having a LRC Membership just got better!

The Leduc Recreation Centre is excited to announce the expansion of our membership benefits program through partnerships with local businesses.

Show your LRC Membership card at the following local businesses and you will receive:

- 10% discount on all food and drinks at the Leduc Coffee Shop.
- 10% discount on meals at Holland Food Services (Leduc Golf Course Restaurant).
- 10% discount on green fees at the Leduc Golf Course all Summer Long.



Holland Food Services



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

Fall Events & Deals

Do Your Thing Month is Back (Oct. 2017)

- **Renew** your Annual LRC Membership or upgrade your Monthly Membership to an Annual and get 1 Month FREE!
- **Matinee Membership:** Purchase a monthly or annual matinee membership and get a FREE 3-Visit Pass.
- **Family Flex Pass Special:** Buy a Family Flex Pass (10 Admissions) and get 3 for FREE!

FREE Access Day / Culture Days (Oct. 1, 2017)

- Join us on Sunday, October 1 from 11 a.m. – 3 p.m. for an afternoon of fun! The entire LRC facility is FREE for families to come and use. Go for a workout, swim with your family, shoot some hoops, jump on the bouncy castles, try a game of laser tag, get your face painted, enjoy musical/dance performances from local artists and more! Visit Leduc.ca/LRC for more information.
- Stop by for our Hotdog Charity BBQ with all proceeds going to Jumpstart.

Bring-a-Friend Week (Nov. 26 – Dec. 2, 2017)

- Calling all LRC Adult Members! Bring a friend with you to experience the LRC for FREE between Nov. 26 – Dec. 2, 2017. Stay tuned for special deals.



DO *your* THING

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



Welcome to the LRC

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

LRC Membership Options *(Matinee Membership are only valid Monday – Friday, between 1 – 4 p.m.)*

	Matinee Monthly	Monthly	Matinee Annual	Annual
Adult (18 – 59 years)	\$38.80	\$51.75	\$388	\$517.50
Adult Additional	N/A	\$42.25	N/A	\$422.50
Post-Secondary Student* (18+ years)	N/A	\$34.50	N/A	\$345
Youth (8 – 17 years)	N/A	\$34.50	N/A	\$345
Youth Additional (when added to adult pass)	N/A	\$18	N/A	\$180
Child (3 – 7 years)	N/A	\$24.25	N/A	\$242.50
Child Additional (when added to adult pass)	N/A	\$14	N/A	\$140
Pre-School (2 and under)	-- FREE --			
Senior (60 – 79 years)	\$28.85	\$34.50	\$258.50	\$345
Senior Additional (when added to adult or senior pass)	N/A	\$31	N/A	\$310
Senior Plus (80+ years)	-- FREE --			

*Must show valid student ID.

Single Visit / Flex Pass

	Single Visit Admissions	Flex Pass (10 Admissions)
Adult (18 – 59 years)	\$8.50	\$72.50
Youth (8 – 17 years)	\$5.55	\$48.50
Child (3 – 7 years)	\$4.00	\$33.50
Pre-School (2 and under)	--- FREE ---	
Senior (60 – 79 years)	\$5.55	\$48.50
Senior Plus (80+ years)	--- FREE ---	
Family **	\$19.50	\$175.50

**Family admission consists of 2 adults and all children less than 18, residing in the same household.

■ Hours of Operation / Facility Information

	Weekdays		Weekends		Statutory Holidays
Fitness Centre and Track	Mon. – Fri.	5 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	11 a.m. – 5 p.m. Labour Day (Sept. 4)
Aquatic Centre	Mon. – Thurs. Fri.	5:30 a.m. – 10 p.m. 5:30 a.m. – 9 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	10 a.m. – 8 p.m. Thanksgiving (Oct. 9) 11:30 a.m. – 8 p.m. Remembrance Day (Nov. 11)
Guest Services	Mon. – Fri.	8 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	8 a.m. – 3 p.m. Christmas Eve (Dec. 24)
Field House	Mon –Thurs. Fri.	8 a.m. – 10 p.m. 8 a.m. – 9 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	CLOSED Christmas Day (Dec. 25)
Kukabunga Jungle	Mon. – Fri.	9 a.m. – 8 p.m.	Sat. & Sun.	9 a.m. – 8 p.m.	11 a.m. – 5 p.m. Boxing Day (Dec. 26)
Child Minding Centre	* Please visit page 8 for Child Minding Hours. Child Minding is closed on all statutory holidays.				8 a.m. – 3 p.m. New Year's Eve (Dec. 31) CLOSED New Year's Day (Jan. 1)

■ Facility Information

Wristbands

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

Personal Belongings

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

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

Public Drop-In and Outside Training

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

Active Participation vs. Active Supervision

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



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

■ Registration

Fall Registration Dates

Member* Registration

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

Online 10 a.m.

In-person / phone 5 p.m.

🔹 Aquatic Registration – Aug. 29, 2017

All registered swim lessons, aquatic fitness programs, and leadership courses.

General Registration – Sept. 5, 2017

All registered recreation, fitness, and education programs

Never Miss a Class!

LRC Members receive early registration.

Open Registration

Online 10 a.m.

In-person / phone 5 p.m.

🔹 Aquatic Registration – Aug. 31, 2017

All registered swim lessons, aquatic fitness programs, and leadership courses.

General Registration – Sept. 7, 2017

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 a LRC program.

Online	Log on to 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 registration **1 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 will 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 the 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 pro-rated 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 Leduc.ca/LRC/registration, speak to a guest services representative at the LRC, or call **780-980-7120**.

■ Registered Program Information

General Information

We are pleased to provide quality recreation, aquatic, and fitness programs for people of all ages, interests and abilities in our community. Our commitment is to ensure our participants have a safe, entertaining, and beneficial program experience.

For more information on our programs and registration options, please visit the Leduc Recreation Centre, go online Leduc.ca/LRC/registered-programs or call **780-980-7120**.

Program Age and Prerequisite Requirements

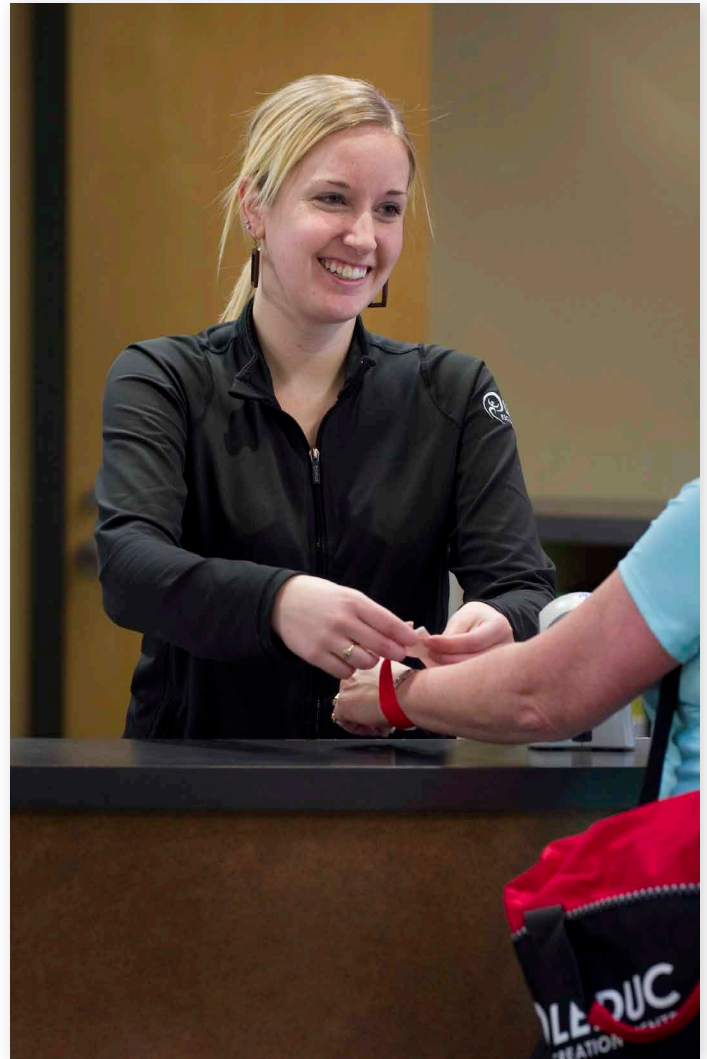
Unless otherwise stated, participants must be within one month of the minimum age identified for the program. Some programs do require participant has successfully completed a prerequisite program prior to registering for the next program. If you have any questions about prerequisites please contact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



Five easy steps to register online with EZrec

Step 1: Call 780-980-7120 to receive you 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).

■ 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, open presents, host guest speakers, seminars, workshops, potlucks, crafts, or cooking classes. The options are endless.

» Rate: \$39.80 plus GST / hour

2. Choose your activity or favorite sport, Private or public drop-in, it's your choice!

a. Private options - the sky is the limit! Choose from a variety of options such as soccer, dodgeball, skating, hockey, swimming, basketball, pickleball, games, and more!

» Private Court: \$34.95 plus GST/hour*

» Private Soccer Pitch: \$104.85 plus GST/hour*

» Arena: \$153.83 plus GST/hour*

» Games Bag: \$10/booking, plus \$100 refundable deposit, deposit waived if booking a LRC host. Games include Parachute, Snakes & Ladders, Twister, Get Knotted, Indoor Dice Baseball, Hopscotch, Jump rope.

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

3. Book an LRC Leisure Host

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 hours.

4. Your Personal Touch

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

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

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



■ Child Minding Centre

We provide babysitting services so that parents/guardians have the opportunity to take part in recreational opportunities available at the LRC 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 (Sept. 1 – Dec. 31)

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

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

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.

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 off and picking up your child, along with indicating where and how the staff can get a hold you (if needed) within the facility. Parents are responsible for supplying all personal items, such as diapers, wipes, formula, snacks, etc.

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

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

Bookings

With the purchase of a child minding punch pass, parents can **pre-book** child care in advance. For parents participating in a registered, session long program you are encouraged to confirm child minding hours of operation for that session and pre-book your child's spot. Without a medical certificate, refunds will not be provided for no-shows or withdrawals made within **24 hours** of the booked timeslot.

REMINDER:

Monday, Tuesday, Thursday evenings (5-8pm) require pre-booked spots by noon of the previous day. If less than a total of 4 bookings in the evening, child minding will be closed. Drop-ins are welcome if space permits while the Child Minding 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 if there is available space.

Fees & 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.



ReMax Kukabunga Jungle

General Information

The ReMax Kukabunga Jungle is waiting to be conquered, climbed and played on at the LRC. This is an indoor play experience for children 7 years-old and under and is included with paid daily admission or membership to the facility.

Hours of Operation

Mon. – Sun.	9 a.m. – 8 p.m.
Statutory Holidays	See page 5 for hours.

Guidelines:

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



Boot racks are available just outside the door to store your outdoor footwear. Socks are available for purchase at West Guest Services. Strollers can be parked outside the door.

Please respect the enjoyment of others and the equipment. 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.

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we live, work and play.

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MIXCOR
AGGREGATES

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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

■ Educational 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 or go online Leduc.ca/ezrec to register.

Standard First Aid / CPR / AED

- Level C \$150

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

Tues. / Wed.	9 a.m. – 5 p.m.	Sept. 19 / 20	31407
Sat. / Sun.	9 a.m. – 5 p.m.	Nov. 18 / 19	31408
Thurs. / Fri.	9 a.m. – 5 p.m.	Dec. 7 / 8	31409

Standard First Aid Re-Certification Course \$90

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

Sat.	9 a.m. – 5 p.m.	Oct. 21	31416
Mon.	9 a.m. – 5 p.m.	Dec. 11	31417

■ Recreation Credit Initiatives & Subsidy Programs

Recreation Assistance Program Subsidy

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

RECREATION PROGRAMS

■ General Information

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

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



Babysitter Referral Service FREE

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

Monday	Tuesday	Wednesday	Thursday	Friday
Safari Troopers 9 – 11 a.m.	Little Explorers 9 a.m. – noon	Tiny Scientists 9 – 11 a.m.	Kitchen Monsters 9 – 11 a.m.	Little Splashers 9 a.m. – noon
	Zooroos 9 – 11 a.m.	Little Masterpieces 9 – 11 a.m.		Sportball mornings (time varies)
Splash n' Play (M&W) 12:30 – 2:30 p.m.	Alphabet Soup 12:30 – 2:30 p.m.	Gym & Swim 12:30 – 2:30 p.m.	SuperHeroes & Princesses 12:30 – 2:30 p.m.	Kids Night Out!* 6 – 9 p.m.
Star Bounce* 1 – 3 p.m.	Splash n' Play (T&Th) 12:30 – 2:30 p.m.	Star Bounce* 1 – 3 p.m.		Gran & Me* 1 – 2:30 p.m.
Wings, Wheels & Whistles 12:30 – 2:30 p.m.	Sportball evenings (time varies)		Craft & Snack* 6:30 – 8 p.m.	Paint the Night* 7 – 9 p.m.
Stay Safe* 9 a.m. – 3 p.m.				Winter Planter* 7 – 9 p.m.
	Paint for Fun* 5:30 – 7:30 p.m.		Paint for Fun* 5:30 – 7:30 p.m.	Burlap Wreath* 7 – 9 p.m.
	Tennis Lessons* Evenings (time varies)			Stay Safe* 9 a.m. – 3 p.m.
				Babysitter Course* 9 a.m. – 5 p.m.

*One time class, not session long.

- Family Programs
- Preschool Dryland Programs
- Preschool Swimming Programs
- School Aged & Youth Programs
- Adult Programs

Family Programs

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

Gran & Me *2 – 6 year olds*



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

Date	Day	#	Time	Cost	Code
Oct. 6 - Turkey Cookie	Fri.	1	1 – 2:30 p.m.	\$13.65	32723
Dec. 8 - Reindeer Wreath	Fri.	1	1 – 2:30 p.m.	\$13.65	32724

Developmental Domains

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

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 step by step 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	Code
Nov. 21 (age 3-6) Winterish	Tues.	1	5:30 – 7:30 p.m.	\$40	32751
Nov. 23 (age 7-12) Winter Time	Tues.	1	5:30 – 7:30 p.m.	\$40	32752

Halloween Hooligans 1 – 6 years

A fun, safe and supervised Trick-or-Treating event for children 1 to 6 years old. Little Hooligans that are too small to enjoy the festivities are welcome to come along for the fun but are not included in the goodies (not nut free).

The morning will include games, pumpkin decorating, costume parade and Trick-or-Treating at the LRC. Parents must join in the fun with your Halloween Hooligan. Don't forget your costumes & treat bag! You must pre-register for this event. Limited space; sign up early.



Date	Day	#	Time	Cost	Code
Oct. 27 (age 1-2)	Fri.	1	9:30 - 11:30 a.m.	\$14.50	32726
Oct. 27 (age 3-6)	Fri.	1	9:30 - 11:30 a.m.	\$14.50	32725

Reindeer Games 1 – 6 years

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

Date	Day	#	Time	Cost	Code
Dec. 1 (Age 1-2)	Fri.	1	9:30 - 11:30 a.m.	\$14.50	32728
Dec. 1 (Age 3-6)	Fri.	1	9:30 - 11:30 a.m.	\$14.50	32727

Star Bounce 2 – 6 years



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

Date	Day	#	Time	Cost	Code
Oct. 30	Mon.	1	1 – 3 p.m.	\$6.75	32729
Nov. 1	Wed.	1	1 – 3 p.m.	\$6.75	32730

Sportball – Parent & Child



16 months – 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. Bring indoor shoes and water bottle for both parent and child.

Date	Day	#	Time	Cost	Code
Sept. 22 - Nov. 3*	Fri.	6	9 - 9:45 a.m.	\$96	32734

*No class Oct. 13

Sportball – Parent & Child



2 – 3.5 year olds

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



Date	Day	#	Time	Cost	Code
Sept. 22 - Nov. 3*	Fri.	6	9:45 – 10:30 a.m.	\$96	32737
Sept. 26 - Oct. 31	Tues.	6	5 – 5:45 p.m.	\$96	32736

*No class Oct. 13

■ Preschool Programs

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

Safari Troopers 3 – 5 year olds



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

Date	Day	#	Time	Cost	Code
Sept. 25 - Oct. 30*	Mon.	5	9 - 11 a.m.	\$69.30	32699
Nov. 6 - Dec. 11*	Mon.	5	9 - 11 a.m.	\$69.30	32700

*No class Oct. 9 and Nov. 13

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 1 small nut free snack, a water bottle, a swim suit and towel for your child. All participants must wear indoor shoes and be fully toilet-trained.

Date	Day	#	Time	Cost	Code
Sept. 25 - Oct. 23	Mon. & Wed.	8	12:30-2:30 p.m.	\$133	32701
Nov. 7 - Nov. 30	Tues. & Thurs.	8	12:30-2:30 p.m.	\$133	32702

Wings, Wheels & Whistles



3 – 5 year olds

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

Date	Day	#	Time	Cost	Code
Nov. 6 - Dec. 11*	Mon.	5	12:30 - 2:30 p.m.	\$69.30	32731

*No class Nov. 13



Little Explorers 3 – 5 year olds



Bring your preschooler for a fun filled experience in our three hour program. Each class is packed with new experiences, a fun environment for socialization, crafts, games and even songs and stories! Please provide 1 small healthy nut-free snack, a water bottle and indoor shoes. All participants must be 3 years of age and fully toilet trained.

Date	Day	#	Time	Cost	Code
Sept. 26 - Oct. 31	Tues.	6	9 a.m. - noon	\$94.50	32705

Alphabet Soup 3 – 5 year olds



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

Date	Day	#	Time	Cost	Code
Sept. 26 - Oct. 31	Tues.	6	12:30 - 2:30 p.m.	\$83.16	32703

Sportball – Coaches & Children



3.5 – 5 year olds

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

Date	Day	#	Time	Cost	Code
Sept. 22 - Nov. 3*	Fri.	6	10:30 - 11:15 a.m.	\$96	32740
Sept. 26 - Oct. 31	Tues.	6	5:45 - 6:30 p.m.	\$96	32739

*No class Oct. 13

Zooroos 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 1 nut free snack, water bottle and be fully toilet-trained.

Date	Day	#	Time	Cost	Code
Nov. 7 - Dec. 12	Tues.	6	9 - 11 a.m.	\$83.16	32756

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 1 small nut free snack, a water bottle and indoor shoes. All participants must be 3 years old and fully toilet trained.

Date	Day	#	Time	Cost	Code
Sept. 27 - Nov. 1	Wed.	6	9 - 11 a.m.	\$87	32707

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

Date	Day	#	Time	Cost	Code
Nov. 8 - Dec. 13	Wed.	6	9 - 11 a.m.	\$83.16	32732

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. Please provide 1 small nut free snack, water bottle and a swim suit and towel for your child. All participants must be fully toilet-trained and wear indoor shoes.

Date	Day	#	Time	Cost	Code
Nov. 8 - Dec. 13	Wed.	6	12:30-2:30 p.m.	\$90	32755

Kitchen Monsters 3–5 year olds



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

Date	Day	#	Time	Cost	Code
Sept. 28 - Nov. 2	Thurs.	6	9 - 11 a.m.	\$89	32708
Nov. 9 - Dec. 14	Thurs.	6	9 - 11 a.m.	\$89	32709

SuperHeroes & Princesses

3–5 year olds



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

Date	Day	#	Time	Cost	Code
Sept. 28 - Nov. 2	Thurs.	6	12:30 - 2:30 p.m.	\$83.16	32710

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 1 small nut free snack, a water bottle for your child and swim suit with towel. All participants must wear indoor shoes and be fully toilet-trained.

Date	Day	#	Time	Cost	Code
Sept. 29 - Nov. 3	Fri.	5	9 a.m. - noon	\$112	32711
Nov. 10 - Dec. 15	Fri.	5	9 a.m. - noon	\$112	32712





School-Aged & Youth Programs

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

Craft & Snack 8 – 17 year olds

Enjoy a crafty night out with snacks! We provide the snacks and the supplies to make special craft of the night! Wear clothes that may get messy and indoor shoes.

Date	Day	#	Time	Cost	Code
Oct. 26 - Pie & Pumpkins	Thurs.	1	6:30 – 8 p.m.	\$16	32718
Dec. 7 - Popcorn Balls & Paints	Thurs.	1	6:30 – 8 p.m.	\$16	32719

Kids Night Out! 5 – 12 year olds

Parents have a night out on the town & drop your kids off for 3 hours of fun at the LRC! Let us take care of supper for the kids and then an evening full of games, activities and of course fun! Please make sure you bring your indoor shoes and a water bottle too!

Date	Day	#	Time	Cost	Code
Nov. 10 - PJ Party	Fri.	1	6 – 9 p.m.	\$25	32733

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

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

Date	Day	#	Time	Cost	Code
Sept. 26 - Oct. 31	Tues.	6	6:30 - 7:15 p.m.	\$96	32744

Sportball – Coaches & Youth

8 – 14 year olds

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

Date	Day	#	Time	Cost	Code
Sept. 26 - Oct. 31	Tues.	6	7:15 - 8 p.m.	\$96	32746

Tennis Lessons

Wanting to learn how to play tennis? Tennis Lessons for all ages 5 and up. No experience needed. No need to buy your own racquet if you don't have one, the instructor will provide racquets. The instructor (Dan Townsend) is a local area player and Level 1 coach with 30 years of tennis experience. Lessons are trying to grow the interest of tennis in Leduc.

Date	Day	#	Time	Ages	Cost	Code
Sept. 12 - 14	Tues, Wed, Thur	3	5 - 6 p.m.	5 - 9 years	\$50	32693
Sept. 12 - 14	Tues, Wed, Thur	3	6 - 7 p.m.	10 - 17 years	\$50	32694

Red Cross Babysitters Course 11+ year olds

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

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

Date	Day	#	Time	Cost	Code
Sept. 15	Fri.	1	9 a.m. - 5 p.m.	\$60	32696
Dec. 1	Fri.	1	9 a.m. – 5 p.m.	\$60	32698

Red Cross Stay Safe! Course

9 – 13 year olds

The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations.

This program offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities. Students are asked to bring lunch money or a bagged lunch. No cell phone usage during class.



Date	Day	#	Time	Cost	Code
Oct. 20	Fri.	1	9 a.m. - 3 p.m.	\$45	32721
Nov. 13	Mon.	1	9 a.m. - 3 p.m.	\$45	32722

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 Upper Deck Lounge (food and beverage not included in price). We provide the canvas, paint & brushes too! It's easy, stress free and no experience necessary. Check out the pictures of what we will be painting on the LRC Facebook page or LRC website at Leduc.ca/LRC.

Date	Day	#	Time	Cost	Code
Sept. 29 - Culture Days	Fri.	1	7 - 9 p.m.	\$26.75	32714
Oct. 13 - Spooooky	Fri.	1	7 - 9 p.m.	\$26.75	32715
Nov. 17 - Dreamer	Fri.	1	7 - 9 p.m.	\$26.75	32716
Dec. 15 - Snowflakes & Carrot Noses	Fri.	1	7 - 9 p.m.	\$26.75	32717



Make a Burlap Wreath 18+ year olds

Ever wanted to make something that could be used year round on the front door? Join us in making a burlap wreath that can be the basis for any season or holiday. We provide all the supplies and instruction for the wreath, all you have to do is add the embellishments when you get home!

Date	Day	#	Time	Cost	Code
Sept. 22	Fri.	1	7 - 9 p.m.	\$37	32713

Make a Winter Planter 18+ year olds

Want to make a planter to decorate your front entry? Join us to make a winter planter that can stay outside and keep your winter season looking bright and merry. We provide all the supplies and instruction for the planter, all you have to do is water the planter and enjoy!

Date	Day	#	Time	Cost	Code
Nov. 24	Fri.	1	7 - 9 p.m.	\$50	32748

Tennis Lessons 18+ year olds

Wanting to learn how to play tennis? Tennis Lessons for all ages 18+. No experience needed. No need to buy your own racquet if you don't have one, the instructor will provide racquets. The instructor (Dan Townsend) is a local area player and Level 1 coach with 30 years of tennis experience. Lessons are trying to grow the interest of tennis in Leduc.

Date	Day	#	Time	Cost	Code
Sept. 12 - 14	Tues., Wed., Thurs.	3	7 - 8 p.m.	\$50	32695



■ Fitness Services

Individual Personal Training

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

Sessions	Price
1 session	\$58
3 sessions	\$165
5 sessions	\$270
10 sessions	\$528
15 sessions	\$750
20 sessions	\$993

Members receive **10%** off all personal training prices

All training packages include a complimentary first session that includes a consultation, assessments and goal setting with your personal trainer. Prior to purchasing this service, please fill out a Personal Training Intake Form at the Apple Fitness Centre desk or at Guest Services.

Group Personal Training

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

Number of people	Session Packages		
	4 sessions	8 sessions	12 sessions
2	\$138/person	\$255/person	\$350/person
3	\$104/person	\$189/person	\$248/person
4	\$85/person	\$149/person	\$193/person
5	\$72/person	\$126.50/person	\$162/person

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



Personal Training Payment Plans

We now offer the flexibility to pay for personal training in instalments at regular intervals. For more information, please contact the Fitness Services Coordinator at **780-980-8454**.

FITNESS CENTRE PROGRAMS & SERVICES

Hours of Operation

Mon. – Fri.	5 a.m. – 10 p.m.
Sat. & Sun.	8 a.m. – 9 p.m.
Statutory Holidays	See page 5 for hours.

Morning Fitness Centre Admittance

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

- **Mon. – Fri.** **5 – 8 a.m.**

Patrons wishing to access the Fitness Centre during these times must have a valid membership or punch card. Fitness Centre staff cannot accept cash or cheques for admission. For more information, please call 780-980-7120.

Fitness Centre Age Requirements

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

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

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

Fitness Centre Orientation *FREE*

Meet with one of our Fitness Centre staff and get a tour of the Apple Fitness Centre including proper use of equipment, general guidelines for exercise, etiquette and safety information. Perfect for those who are new to fitness or those needing a bit of extra support.

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

Teen Fit *FREE*

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

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

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.

Body Composition Assessment (30 Minutes) \$37

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



Corrective Exercise Personal Training

Many people have some degree of dysfunction in their joints that can result in chronic pain or increase their chances of injury. Work with a Certified Corrective Exercise Specialist to identify and correct underlying issues so you can get the most out of exercising. Packages include a movement assessment, individualized personal training sessions and an educational component.

10 sessions: \$620

20 sessions: \$1075

Nutrition Counselling \$250

Our Certified Holistic Nutritional Consultant will work with you to evaluate your unique nutritional needs and you will be provided with an individualized health plan that includes diet and lifestyle recommendations. This package totals 3 hours with your nutritional consultant and is spread out over a number of weeks to include initial consultation, diet planning, recipe and grocery list planning, check-ins and follow up to ensure your health and nutrition stays on track.

Additional follow-up session (1 hour): \$82

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

Sports Team Training \$12.50 per participant per class

We offer dryland training for teams with a focus on cardiovascular exercise, strength training, speed & 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**.

Registered Fitness Programs

General Information

Fall Session Dates:	Sept. 11 – Oct. 27 (7 weeks)
	Nov. 6 – Dec. 22 (7 weeks)

Please note registered programs do not run on Statutory Holidays or long weekends; **no classes the following dates:**

- Thanksgiving: Oct. 7 - 9
- Remembrance Day: Nov. 11 & 12
- Christmas Break: Dec. 23 - Jan. 2

All registered programs are subject to combination or cancellation if there is insufficient registration. Participants will be notified prior to class starting. New classes are always being added! Please refer to our fitness insert schedule or online for the most up-to-date class times.



Kettlebell Krusher

Are you looking to start using kettlebells as a fitness tool? Learn basic kettlebell fundamentals in this beginner class. This class is geared towards first time kettlebell users only.

This runs as a group of seminar-style classes and each class is 60 minutes long. You will learn the basic fundamentals during this time. Pre-registration required; no drop-ins available.

Date	Day	Time	Cost	Code
Oct. 17 & 19	Tues. & Thurs.	10 - 11 a.m.	\$25	33038

Barre Basics

Have you always wanted to try Barre? This clinic is designed to help you learn the three basic positions used in barre, the philosophy behind this style of class and show you a glimpse of what you can expect in a Barre class.

Date	Day	Time	Cost	Code
Sept. 6	Wed.	9 – 10 a.m.	\$13.75	33043
Sept. 6	Wed.	7:30 - 8:30 p.m.	\$13.75	33045
Nov. 1	Wed.	9 - 10 a.m.	\$13.75	33044
Nov. 1	Wed.	7:30 - 8:30 p.m.	\$13.75	33046

Sweat Equity 2.0

Sweat Equity 2.0 is for those individuals wanting to shake-up their fitness routine and really challenge themselves. The workout may include working in teams, completing obstacle style exercises, flipping tires, pushing sleds, and more! Classes will run the first Monday of each month. Pre-registration is required by phoning the Supervisor of Fitness Programs at 780-980-8466.

Cost: FREE for LRC Members. Day admission pass for non-members.

Date	Day	Time	Cost
Oct. 2	Mon.	6 - 7 p.m.	FREE (Pre-registration required)
Nov. 6	Mon.	6 – 7 p.m.	
Dec. 4	Mon.	6 - 7 p.m.	

For all 7 week classes, receive **\$10 off the second course** if you register for both sessions.

Akhanda Yoga 7 weeks

This holistic system is practiced regularly in India, the birthplace of yoga. It focuses on harmonizing breath and movement in a balanced sequencing of asana (posture), pranayama (breath work), relaxation, mantra and meditation.

Try a sample of this class on September 5th at 6:30 p.m. Phone the Supervisor of Fitness Programs for more information at 780-980-8466.

Date	Day	Time	Cost	Code
Sept. 5	Tues.	6:30 - 7:45 p.m.	Sample Class. Call 780-980-8466 for more information.	
Sept. 12 - Oct. 24	Tues.	6:30 - 7:45 p.m.	\$98	32783
Nov. 7 - Dec. 19	Tues.	6:30 - 7:45 p.m.	\$98	32784

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

Fitness at the Barre 6 or 7 weeks

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

Not sure what Barre is? Try our Barre Basic clinics to get a taste of what Barre is all about! Barre Basic class dates and times are on page 20.

Date	Day	Time	Cost	Code
Sept. 11 - Oct. 23	Mon.	7:30 - 8:30 p.m.	\$82	32810
Nov. 6 - Dec. 18	Mon.	7:30 - 8:30 p.m.	\$96	32811
Sept. 13 - Oct. 25	Wed.	9 - 10 a.m.	\$96	32806
Nov. 8 - Dec. 20	Wed.	9 - 10 a.m.	\$96	32807
Sept. 13 - Oct. 25	Wed.	7:15 - 8:15 p.m.	\$96	32808
Nov. 8 - Dec. 20	Wed.	7:15 - 8:15 p.m.	\$96	32809

Bootcamp 15 weeks

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

Date	Day	Time	Cost	Code
Sept. 11 - Dec. 20	Mon. & Wed.	6 - 7 a.m.	\$348	32789
Sept. 15 - Dec. 22	Fri.	6 - 7 a.m.	\$180*	32790

**Cost is \$144 if registered in Monday/Wednesday class*

Cyclepath Indoor Cycling 7 weeks

Sweat and strive for your personal fitness goals with this challenging 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.

Date	Day	Time	Cost	Code
Sept. 11 - Oct. 23	Mon.	5:30 - 6:15 p.m.	\$81	32793
Nov. 6 - Dec. 18	Mon.	5:30 - 6:15 p.m.	\$94	32796

Fired Up 15 weeks

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

Date	Day	Time	Cost	Code
Sept. 12 - Dec. 19	Tues.	9 - 10 a.m.	\$198	32797
Sept. 14 - Dec. 21	Thurs.	9 - 10 a.m.	\$198*	32798

**Cost is \$158 if registered in Tuesday class*

Indoor Cycling and Stretch 7 weeks

Rev it up then stretch it out! Cycle on our Keiser bikes for the first half of class and then reward those hard working muscles by stretching it out with yoga-inspired movements.

Date	Day	Time	Cost	Code
Sept. 13 - Oct. 25	Wed.	6:30 - 7:30 p.m.	\$94	32814
Nov. 8 - Dec. 20	Wed.	6:30 - 7:30 p.m.	\$94	32815

Interval Training 7 weeks

Find out why intervals are so popular for workouts. One class is cardio-based, one class is strength-based with varied intensity exercises. Suitable for any level of fitness, modifications can be given for beginner to advanced.

Date	Day	Time	Cost	Code
Sept. 11 - Oct. 25	Mon. & Wed.	6 - 7 p.m.	\$156	32787
Nov. 6 - Dec. 20	Mon. & Wed.	6 - 7 p.m.	\$168	32788

Lift. Rest. Repeat 15 weeks

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

Date	Day	Time	Cost	Code
Sept. 13 - Dec. 20	Wed.	9 - 10 a.m.	\$198	32801

Stroller-Fit 7 weeks

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

Date	Day	Time	Cost	Code
Sept. 13 - Oct. 25	Wed.	10:15 - 11 a.m.	\$82	32802
Nov. 8 - Dec. 20	Wed.	10:15 - 11 a.m.	\$82	32803

Sun Salutations 7 weeks

Wake up with Sun Salutations! Energize your body with mindful yoga practice. We will work on strength, flexibility, and balance with this class for all levels. You'll leave ready to start your day feeling refreshed and centered. Try a sample of this class on September 6th at 5:45 a.m. Phone the the Supervisor of Fitness Programs for more information at 780-980-8466.

Date	Day	Time	Cost	Code
Sept. 6	Wed.	5:45 - 6:30 a.m.	Sample Class. Call 780-980-8466 for more information	
Sept. 13 - Oct. 25	Wed.	5:45 - 6:30 a.m.	\$87	32791
Nov. 8 - Dec. 20	Wed.	5:45 - 6:30 a.m.	\$87	32792

Tuesday Titans 15 weeks

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

Date	Day	Time	Cost	Code
Sept. 12 - Dec. 19	Tues.	5:30 - 6:30 p.m.	\$198	32816

Watts & Weights 7 weeks

Pack every minute with fitness – cardio then resistance! You can expect a high intensity cycling segment followed by a mainly upper body strength segment using various forms of resistance. Be ready to get on and off your bike for strength exercises in between cycling drills.

Date	Day	Time	Cost	Code
Sept. 11 - Oct. 23	Mon.	8:45 - 10 a.m.	\$90	32817
Nov. 6 - Dec. 18	Mon.	8:45 - 10 a.m.	\$105	32818

Yoga for the Health of it 7 weeks

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

Date	Day	Time	Cost	Code
Sept. 14 - Oct. 26	Thurs.	11:45 a.m. - 12:30 p.m.	\$87	32804
Nov. 9 - Dec. 21	Thurs.	11:45 a.m. - 12:30 p.m.	\$87	32805

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

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 groups of all types and sizes up to 15, this one-hour private class will leave you feeling invigorated and full of adrenalin. Phone the Supervisor of Fitness Programs at 780-980-8466 to book your class.

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! Eligible classes:

- Akhanda Yoga
- Bootcamp
- Indoor Cycling (Cyclepath; Watts & Weights; Indoor Cycling & Stretch)
- Fitness at the Barre
- Stroller-Fit
- Sun Salutations
- Yoga for the Health of It

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

■ Drop-in Fitness Programs

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

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

Check at fitness desk if tokens are required for class. Classes may be cancelled due to low participation (less than 4 participants). Please check the Apple Fitness Centre desk for a current drop-in fitness class schedule, or find the schedule on our website at Leduc.ca/lrc/drop-in-programs

ABSolutely!

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

Active & Ageless

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

Circuit

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

Crank'd

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

Fit & Fierce AM or PM

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

Healing Yoga

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

H.I.I.T. It!

Increase your strength and conditioning in this Tabata class. Various forms of high intensity interval training with diverse exercises is what this quick class is all about.

Hooping for Fitness

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

Indoor Cycling

This class incorporates all the components of indoor cycling: speed work, intervals, hill climbs and more on the new Keiser M3i bikes.

Power

This stroller-friendly class features lots of weights and cardio in a circuit format.

Quickfit

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

Rock Bottom

Lower body power starts with the glutes. Whether you're looking to have better athletic performance or work on your rear view, this class will help you achieve your 'rock bottom.'

Ropes

Using battling ropes and free weights, make the most of your time in this fast paced full body workout.

Sweat Equity

Join us on the cycling bikes and hit the track for various cardio drills and strength work that will make you sweat! Sometimes we complete the work out together, sometimes we compete in teams and sometimes we work at our own pace. This class changes every week!

Walk With a Doc

Join a local physician for a 45 minute walk outside or on the track and improve your health, one step at a time.

Weekend Warrior

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

Yoga Flow

This class includes yoga postures that enhance flexibility while integrating the mind, body and breath.

Props are provided but please bring your own mat.

Zumba

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

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 this red icon.



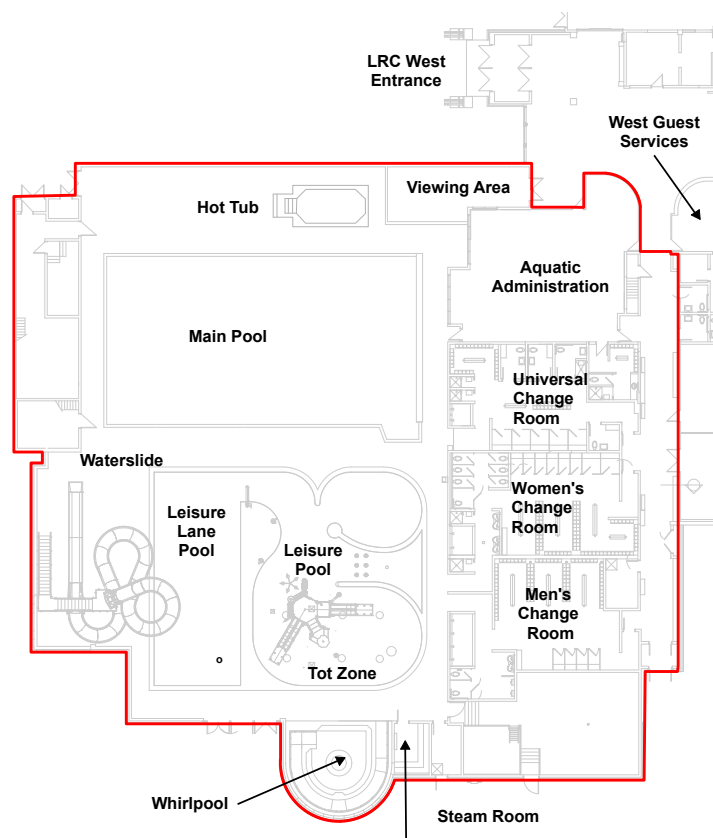
Morning Lane Swim Admittance – Weekdays, 5:30 a.m. – 9 a.m., patrons must present their membership pass or punch card to the lifeguard on duty. The aquatic centre staff will not accept cash or cheques for admission. For more information, please ask a Guest Services representative.

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

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

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

Swim diapers are available at Guest Services for 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 aquatic wheelchairs for use on the pool deck, as well as in the water. These chairs are stainless steel and completely submersible, allowing guests with mobility constraints to enjoy the pool. Please see a lifeguard to access an aquatic wheelchair.

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 *Aug. 29, 2017*

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

Open Registration *Aug. 31, 2017*

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

Please note that aquatic registration for the Starfish, Duck, and Sea Turtle programs (for ages 4 months to 36 months) is the same date as Open Registration (Aug. 31, 2017) regardless if you have a membership. There is no member price for these programs.

THE *Splash* IS BACK!



Join us on Saturday, October 14 for the **Grand Re-Opening** of the Mix Family Aquatics Centre!

Time: 2 – 5 p.m. | **Cost:** \$1.50 for all ages

Celebrate with us at our special \$1.50 admission rate for all ages between 2 - 5 p.m. We will have fun activities and games for the entire family, and try racing through our Wibit (Inflatable Obstacle Course) for those ages 8 and up! All admission proceeds will be going to Jumpstart.

For complete details, visit Leduc.ca/Aquatic-Centre

Canada 150 Pricing!

Celebrate our re-opening weeknights Sep 25 – Oct 6 with special Canada 150 pricing - only \$1.50 admission! Dive back into the Mix Family Aquatic Centre from 4 - 9 p.m. Monday - Friday for our first two weeks open to try out your upgraded aquatic experience.



CANADA 150



■ Indoor Aquatic Centre Fall Schedule

Sept. 25 – Dec. 23

Please note that only registered swim lessons, user groups, and lane swim is available Tuesday/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

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

Family Swim

A more quiet time for families with young children

Mon. / Wed. / Fri.	4 – 6:30 p.m.	leisure tot area
Sat.	11 a.m. – 1 p.m.	limited pool use
Sun.	9 a.m. – 1 p.m.	all pools

Lane Swim

Mon. – Fri.	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
	9 – 10 p.m.	6 lanes MP + 4 lanes LP
*No lane swim 9 – 10 p.m. Fridays	1 – 9 p.m.	1 lane MP
	9 – 10 p.m.	6 lanes MP + 4 lanes LP
	9 – 10 p.m.	6 lanes MP + 4 lanes LP
Sat.	8 – 9 a.m.	1 lane MP + 4 lanes LP
	9 a.m. – 1 p.m.	1 lane MP
	5 – 9 p.m.	1 lane MP
Sun.	8 – 9 a.m.	6 lanes MP + 4 lanes LP
	9 a.m. – 1 p.m.	1 lane MP
	5 – 9 p.m.	1 lane MP

Public Swimming Lessons

Mon. – Fri.	4 – 7 p.m.
Tues. / Thurs.	11 a.m. – 1 p.m.
Wed.	1 – 3 p.m.
Sat.	9 a.m. – noon
Sun.	4 – 7 p.m.

School Swimming Lessons

Mon. – Thurs.	9 a.m. – 2:30 p.m.
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Starting Fall 2017 our giant inflatable obstacle course (also known as a Wibit) will be setup in the Main Pool every Friday night from 7 – 9 p.m. Grab your friends and come join us for an evening of fun.

Ages: 8+ years

Cost: Day Admission Pass or FREE for LRC Members

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

NEW CLINICS

Statutory Holiday Schedule								
Holiday Hours	Labour Day (Sept. 4)	Thanksgiving (Oct. 9)	Remembrance Day (Nov. 11)	Christmas Eve (Dec. 24)	Christmas Day (Dec. 25)	Boxing Day (Dec. 26)	New Year's Eve (Dec. 31)	New Year's Day (Jan. 1)
Public Swim	Indoor Aquatic Centre CLOSED	10 a.m. - 8 p.m. Shared Use	11:30 a.m. - 8 p.m. Shared Use	9 a.m. - 3 p.m. Shared Use	CLOSED	11 a.m. - 5 p.m. Shared Use	9 a.m. - 3 p.m. Shared Use	CLOSED
Lane Swim	Visit us at the Outdoor Pool 11 a.m. - 4 p.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	8 - 9 a.m. 6 lanes Main Pool 9 a.m. - 1 p.m. 1 lane available	CLOSED	Noon - 1 p.m. 6 lanes Main Pool All other times 1 lane available	8 - 9 a.m. 6 lanes Main Pool 9 a.m. - 1 p.m. 1 lane available	CLOSED

Toonie Swims

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

Oct. 31	4 - 6:30 p.m.
Nov. 13	4 - 6:30 p.m.
Dec. 18	4 - 6:30 p.m.

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



Mix Family Aquatic Centre Bookings

Is your group looking to make a splash this fall? Join us at the Mix Family Aquatic Centre for a tropical gateway 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 Oct. 10 – Dec. 22

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.

		8 Lessons
Parented*	45 minute lessons	\$58.00
Pre-school	30 minute lessons	\$51.00
Swim Kids 1 – 3	30 minute lessons	\$51.00
Swim Kids 4 – 7	45 minute lessons	\$58.00
Swim Kids 8 – 10	60 minute lessons	\$62.30
Adult Learn-to-Swim & Stroke Improvement		\$62.30

Visit Leduc.ca/LRC to view equivalency charts for swimmers joining our Red Cross lessons from Lifesaving Society or YMCA programs.

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.

***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.

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.

Swim Steps \$81.20

Adapted Aquatics Program – Eight (8) Lessons

You may request a time by calling 780-980-7165. Subject to instructor and program space availability.

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

Adult and Teen Lessons \$62.30

Ages 13+

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 fall! You'll be amazed at how quickly you improve. Available courses are listed in our swimming lesson schedules on page 40.



Bobs & Burgers Ages 3 – 5

Dads, this program is for you! Bring your little one and join other dads in the pool for a swimming lesson tailored to YOUR interests! Enjoy an action-packed swimming lesson with games and activities, then join your lesson-friends at Moos Grill & Greens concession or restaurant for a burger!



Included in the registration fee is a \$25 voucher valid at all 3 Moos Grill & Greens LRC locations. Dads will receive their voucher on the first lesson.

Date	Day	Time	Cost	Code
Oct. 15 - Dec. 3	Sun.	4:30 - 5 p.m.	\$60	32820

Mer-Folk Academy Ages 6 – 12

Dive into a magical underwater experience in this introductory Mermaid Tail program geared towards Mer-girls & Mer-boys ages 6-12. With wet & dry components, learn fundamental Mer-etiquette and skills to swim safely with a Mermaid Tail while enjoying the fitness benefits this fun and active program has to offer! Appropriate swim attire required. Mermaid Tail included in registration fee. For those who already have a tail, this program is a great opportunity to practice the requirements of the mermaid tail swim test.



Ages 6-7 require registration & Active participation of supervisor 18+. Supervisor tail optional – no tail registration at reduced price.



Date	Day	Time	Cost	Code
Oct. 20 - Nov. 24	Fri.	6 - 7 p.m.	\$240	32782

Inflatable Water Obstacle Course (Wibit)

Ages 8+

Your fun at the pool just got elevated with our brand new inflatable water obstacle course (also known as a Wibit). Grab your friends and come join us for an evening of fun every Friday night from 7 – 9 p.m. Race through the obstacle course with friends to see who has the fastest time. Climb the wall, hop across the lily pads, swing on the rope, and finish with a splash into the pool from the slide.

Date	Day	Time	Cost
Starting Fall 2017	Fri.	7 - 9 p.m.	Day admission pass or FREE for LRC members

NEW

Stingrays Lifeguard Club



Stingrays is an exhilarating, educational swim club for any youth (8 yrs.+) 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 as well as competitions. Learn more at www.leduc.ca/stingrays

- **Junior A Club (8 – 12 years)**

Mon. 5 – 6:30 p.m. (pool only)
 Wed. 5 – 5:30 p.m. (dry)
 5:30 – 6:30 p.m. (pool)

- **Junior B Club (8 – 12 years)**

Sun. 6:30 – 7:30 p.m. (pool only)

- **Senior Club (13 – 17 years)**

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

- **Masters Club (18+)**

Tues. / Thurs. 5:30 – 6:30 p.m. (pool)
Masters Swim opportunity – Hop in and swim with the senior group Tuesdays & Thursdays for a challenge you won't regret!

NEW

Fall Session Oct. 10 – Dec. 21

Jr. A Club	\$180	32772
Jr. B Club	\$100	32773
Seniors Club	\$260	32774
Masters Club (max 5)	\$160	32775

Winter Session Jan. 7 – Mar. 22

Jr. A Club	\$165	32776
Jr. B Club	\$90	32777
Seniors Club	\$245	32778
Masters Club (max 5)	\$150	32779

Spring Session Apr. 9 – May 24

Swim Patrol	\$90	32780
Bronze Cross	\$100	32781

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.*

Once again this Spring Session, we're offering 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! For more information on this option, please contact our coaches at stingrays@leduc.ca

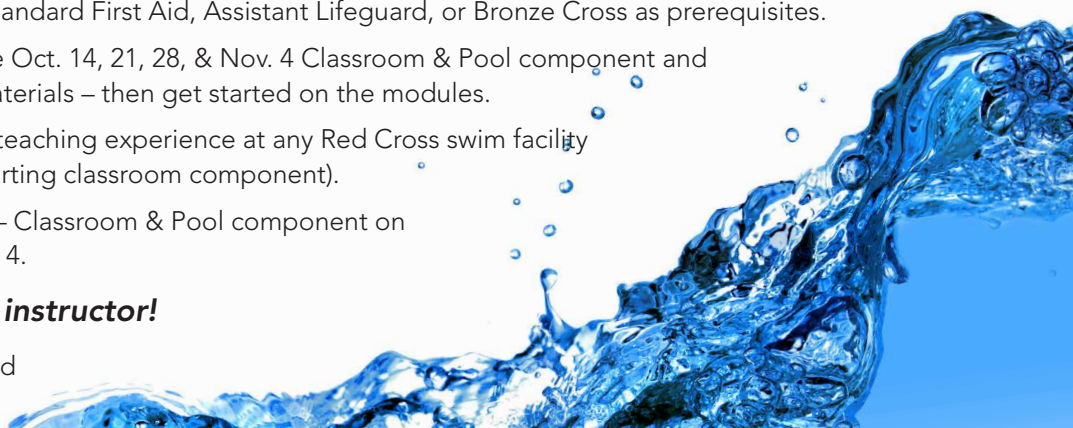
Looking to get certified with us this fall?

Swim Instructor

- **Step 1:** Take one of Standard First Aid, Assistant Lifeguard, or Bronze Cross as prerequisites.
- **Step 2:** Register in the Oct. 14, 21, 28, & Nov. 4 Classroom & Pool component and receive your online materials – then get started on the modules.
- **Step 3:** Arrange your teaching experience at any Red Cross swim facility (to be done before starting classroom component).
- **Step 4:** Take the WSI – Classroom & Pool component on Oct. 14, 21, 28, & Nov. 4.

Now you're a swim instructor!

Visit Leduc.ca/getcertified



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.

Registration for these courses is available through The Dive Outfitters. Call 780-483-0044, email info@thediveoutfitters.ca or go online to www.thediveoutfitters.ca

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

Discover Snorkel Ages 8+

*Ages 8-12 are required to have an adult (18+) registered and participating with them



Date	Day	Time	Cost
Dec. 17	Sun.	9 - 10:30 a.m.	\$25

Discover Scuba Ages 12+

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



Date	Day	Time	Cost
Dec. 17	Sun.	9 - 10:30 a.m.	\$50

Not as confident in the water as you'd like to be? Register for one of our Adult Learn-to-Swim classes running this fall! You'll be amazed at how quickly you improve. Available courses are listed on page 28

Scuba Certification Ages 12+

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

Date	Day	Time	Cost
Jan. 5	Fri.	6 - 10 p.m.	\$325
Jan. 6 - 7	Sat. & Sun.	8 a.m. - 5 p.m.	

FALL 2017 Community Information and Registration Day

Sept. 9, 10 a.m. – 2 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 info@leduc.ca or call **780-980-7177**.





Red Cross

Swim Preschool

Parented – Adult is required (18+)



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

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



Duck: 12 - 24 months

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



Sea Turtle: 24 to 36 months

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



Un-Parented



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.

DROP-IN SCHEDULES

■ Field House Drop-in Opportunities Sept. 1 – Dec. 31, 2017

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Badminton		8 a.m.-5:30 p.m.		8 a.m.-5:30 p.m.		12:30 - 4:30 p.m.	8 a.m. - 3 p.m.
Basketball	noon - 9 p.m. 9 - 10 p.m.*	8 a.m. - 9 p.m. 9 - 10 p.m.*	noon - 6:30 p.m. 9 - 10 p.m.*	8 a.m. - 9 p.m. 9 - 10 p.m.*	noon - 5:30 p.m.	8 a.m. - 9 p.m.	8 a.m. - 9 p.m.
Dodgeball	3 - 4:30 p.m.						
Floor Hockey	3 - 4:15 p.m. 9 - 10 p.m.*		3 - 4:30 p.m.		 3 - 4:30 p.m.	5 - 9 p.m.	
Futsal						3:30 - 9 p.m.	
Lawn Games		8 - 11:45 a.m.		8 - 11:45 a.m.			
MNP Kicks for Kids		Basketball Soccer Floor Hockey Volleyball 3 - 4:30 p.m.		Basketball Soccer Floor Hockey Volleyball 3 - 4:30 p.m.			
Pickleball	8 a.m. - 2:30 p.m.		8 a.m. - 2:30 p.m. 7 - 9 p.m. 9 - 10 p.m.*		8 a.m. - 2:30 p.m.		3:30 - 9 p.m.
Soccer	noon - 1 p.m. 3 - 5 p.m. 9 - 10 p.m.*	noon - 1 p.m.	noon - 1 p.m. 3 - 5 p.m.	noon - 1 p.m. 9 - 10 p.m.*	noon - 1 p.m. 3 - 5 p.m. 9 - 10 p.m.*	2 - 3:30 p.m.	
Table Tennis		8 a.m. - 11:45 a.m.		8 a.m. - 11:45 a.m.		12:30 - 4:30 p.m.	8 a.m. - 3 p.m.
Volleyball		12:30 - 3 p.m.		12:30 - 3 p.m.		8 a.m. - noon	6 - 9 p.m.



Sponsored by Heath Hearts, a free drop in opportunity for children and youth. Regular supervision guidelines apply. Check in with Guest Services for a special wristband.



Sponsored by MNP Kicks for Kids, a free drop in opportunity for children and youth. Regular supervision guidelines apply. Check in with Guest Services for a special wristband.

* Adult hour 18+ only

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

DROP-IN SCHEDULES

■ Arena Drop-In Opportunities Sept. 1 – Dec. 31, 2017

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Skate (18+)	10:30 - 11:30 a.m.		10:30 - 11:30 a.m.		10:30 - 11:30 a.m.		
Family Skate							3 - 4:30 p.m.
Preschool Skate		10:30 - 11:30 a.m.					
Public Skate	1:30 - 3:30 p.m.	1:30 - 3:30 p.m.	1:30 - 3:30 p.m. 7 - 8:30 p.m.	1:30 - 3:30 p.m.	1:30 - 3:30 p.m. 7 - 8:30 p.m.	1:45 - 3:45 p.m.	Everybody gets to play™ FREE Skate at Alexa Arena 1 - 3 p.m. *Starts Sept. 17
Adult Shiny (18+)	11:45 a.m.-1:15 p.m. 9 - 10 p.m.	11:45 a.m.-1:15 p.m.	11:45 a.m.-1:15 p.m.	11:45 a.m.-1:15 p.m.	11:45 a.m.-1:15 p.m. 9 - 10 p.m.		
Adult/Child Stick and Puck						4 - 5 p.m.	
Family Stick and Puck					4:30 - 5:30 p.m.		4 - 5 p.m.
Noodles of Fun (8 & under)				10:30-11:30 a.m.			

*All skaters 12-years-old and under are required to wear a CSA approved helmet while participating in our arena opportunities, please see pages 45 - 47 for all other equipment requirements

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

See leisure activity description and equipment needs for each opportunity on pages 45 - 47.



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

Swim Kids 1

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

Swim Kids 2

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

Swim Kids 3

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

Swim Kids 4

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

Swim Kids 5

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

Swim Kids 6

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

Swim Kids 7

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

Swim Kids 8

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

Swim Kids 9

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

Swim Kids 10

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

Swimming Lessons

Oct. 10 – Dec. 22

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
Oct. 10 - Nov. 2	Tues. & Thurs. am #1	Oct. 24	Oct. 26	--
Oct. 10 - Dec. 5	Tues. evenings	Nov. 14	Nov. 21	Oct. 31
Oct. 11 - Nov. 29	Wed. (afternoon & evening)	Nov. 8	Nov. 15	--
Oct. 12 - Nov. 30	Thurs. evenings	Nov. 9	Nov. 16	--
Oct. 13 - Dec. 1	Fri. evenings	Nov. 10	Nov. 17	--
Oct. 14 - Dec. 9	Sat. mornings	Nov. 18	Nov. 25	Nov. 11
Oct. 15 - Dec. 3	Sun. evenings	Nov. 12	Nov. 19	--
Oct. 16 - Dec. 11	Mon. evenings	Nov. 20	Nov. 27	Nov. 13
Nov. 14 - Dec. 7	Tues. & Thurs. am #2	Nov. 28	Nov. 30	--
Dec. 12 - 22	2 weeks (Tues. - Fri.)	Dec. 19	Dec. 20	--

Starfish (4 – 12 months) – 45 min. parented \$58 member / non-member

Class Date	Days	Time	Code
Oct 15	Dec 3	Sun 5 p.m.	32833
Oct 16	Dec 11	Mon 5:30 p.m.	32834
Oct 10	Nov 2	Tu, Th 11:30 a.m.	32835
Oct 10	Dec 5	Tues 4 p.m.	32836
Oct 10	Dec 5	Tues 5:30 p.m.	32837
Oct 11	Nov 29	Wed 4 p.m.	32838
Oct 12	Nov 30	Thurs 4:30 p.m.	32840
Oct 12	Nov 30	Thurs 5:15 p.m.	32839
Oct 13	Dec 1	Fri 5 p.m.	32841
Oct 14	Dec 9	Sat 9 a.m.	32842
Oct 14	Dec 9	Sat 10 a.m.	32843

Starfish (4 – 12 months) – 45 min. parented \$58 member / non-member

Oct 14	Dec 9	Sat	11:30 a.m.	32845
Nov 14	Dec 7	Tu, Th	11 a.m.	32846
Dec 12	Dec 22	Tu,W,Th,F	5 p.m.	32844

Duck (12 – 24 months) – 45 min. parented \$58 member / non-member

Class Date	Days	Time	Code
Oct 15	Dec 3	Sun 5 p.m.	32849
Oct 16	Dec 11	Mon 5:30 p.m.	32850
Oct 10	Nov 2	Tu, Th 11:30 a.m.	32847
Oct 10	Dec 5	Tues 4 p.m.	32852
Oct 10	Dec 5	Tues 6 p.m.	32851
Oct 11	Nov 29	Wed 4 p.m.	32853
Oct 12	Nov 30	Thurs 4:30 p.m.	32855
Oct 12	Nov 30	Thurs 5:15 p.m.	32854
Oct 13	Dec 1	Fri 5 p.m.	32856
Oct 14	Dec 9	Sat 9 a.m.	32857
Oct 14	Dec 9	Sat 10 a.m.	32859
Oct 14	Dec 9	Sat 11:30 a.m.	32860
Nov 14	Dec 7	Tu, Th 11 a.m.	32848
Dec 12	Dec 22	Tu,W,Th,F 5 p.m.	32858

Sea Turtle (2 – 3 years) – 45 min. parented \$58 member / non-member

Class Date	Days	Time	Code
Oct 15	Dec 3	Sun 4:30 p.m.	32864
Oct 15	Dec 3	Sun 6 p.m.	32865
Oct 16	Dec 11	Mon 4 p.m.	32881
Oct 16	Dec 11	Mon 5 p.m.	32867
Oct 16	Dec 11	Mon 6 p.m.	32866
Oct 10	Nov 2	Tu, Th 11 a.m.	32861
Oct 10	Nov 2	Tu, Th 11:30 a.m.	32862
Oct 10	Dec 5	Tues 4 p.m.	32882
Oct 10	Dec 5	Tues 4:30 p.m.	32884
Oct 10	Dec 5	Tues 5 p.m.	32883
Oct 10	Dec 5	Tues 6 p.m.	32868
Oct 11	Nov 29	Wed 2 p.m.	32869
Oct 11	Nov 29	Wed 5:30 p.m.	32870

**Sea Turtle (2 – 3 years) – 45 min. parented
\$58 member / non-member**

Oct 12	Nov 30	Thurs	4 p.m.	32885
Oct 12	Nov 30	Thurs	5:30 p.m.	32871
Oct 13	Dec 1	Fri	5 p.m.	32873
Oct 13	Dec 1	Fri	6 p.m.	32872
Oct 14	Dec 9	Sat	9 a.m.	32875
Oct 14	Dec 9	Sat	9:30 a.m.	32874
Oct 14	Dec 9	Sat	9:30 a.m.	32879
Oct 14	Dec 9	Sat	10:15 a.m.	32876
Nov 14	Dec 7	Tu, Th	11 a.m.	32863
Nov 14	Dec 7	Tu, Th	11:30 a.m.	32880
Dec 12	Dec 22	T,W,Th,F	5:30 p.m.	32877

**Sea Otter (3 – 5 years) – 30 min. uparented
\$45.90 member / \$51 non-member**

Class Date	Days	Time	Code	
Oct 15	Dec 3	Sun	4 p.m.	32888
Oct 15	Dec 3	Sun	5:30 p.m.	32889
Oct 16	Dec 11	Mon	4:30 p.m.	32891
Oct 16	Dec 11	Mon	5 p.m.	32890
Oct 16	Dec 11	Mon	5:30 p.m.	32892
Oct 16	Dec 11	Mon	6 p.m.	32923
Oct 10	Nov 2	Tu, Th	11 a.m.	32886
Oct 10	Nov 2	Tu, Th	11:30 a.m.	32887
Oct 10	Dec 5	Tues	4 p.m.	32895
Oct 10	Dec 5	Tues	4:30 p.m.	32897
Oct 10	Dec 5	Tues	5 p.m.	32894
Oct 10	Dec 5	Tues	5:15 p.m.	32893
Oct 10	Dec 5	Tues	5:30 p.m.	32924
Oct 10	Dec 5	Tues	6 p.m.	32896
Oct 11	Nov 29	Wed	1 p.m.	32898
Oct 11	Nov 29	Wed	4:30 p.m.	32900
Oct 11	Nov 29	Wed	5:15 p.m.	32901
Oct 11	Nov 29	Wed	5:45 p.m.	32899
Oct 12	Nov 30	Thurs	4 p.m.	32906
Oct 12	Nov 30	Thurs	5 p.m.	32905
Oct 12	Nov 30	Thurs	5:30 p.m.	32907
Oct 12	Nov 30	Thurs	6 p.m.	32908
Oct 12	Nov 30	Thurs	6 p.m.	32909
Oct 13	Dec 1	Fri	5 p.m.	32911

**Sea Otter (3 – 5 years) – 30 min. uparented
\$45.90 member / \$51 non-member**

Oct 13	Dec 1	Fri	5:30 p.m.	32912
Oct 14	Dec 9	Sat	9 a.m.	32917
Oct 14	Dec 9	Sat	9:30 a.m.	32918
Oct 14	Dec 9	Sat	10 a.m.	32915
Oct 14	Dec 9	Sat	10:30 a.m.	32916
Oct 14	Dec 9	Sat	10:45 a.m.	32914
Oct 14	Dec 9	Sat	11:15 a.m.	32919
Nov 14	Dec 7	Tu, Th	11 a.m.	32920
Nov 14	Dec 7	Tu, Th	11:30 a.m.	32925
Dec 12	Dec 22	T,W,Th,F	4:30 p.m.	32922
Dec 12	Dec 22	T,W,Th,F	5 p.m.	32921
Dec 12	Dec 22	T,W,Th,F	5:30 p.m.	32910
Dec 12	Dec 22	T,W,Th,F	6 p.m.	32913

**Salamander (3 – 5 years) – 30 min. uparented
\$45.90 member / \$51 non-member**

Class Date	Days	Time	Code	
Oct 15	Dec 3	Sun	4 p.m.	32929
Oct 15	Dec 3	Sun	4:30 p.m.	32930
Oct 15	Dec 3	Sun	6 p.m.	32928
Oct 16	Dec 11	Mon	4 p.m.	32933
Oct 16	Dec 11	Mon	5 p.m.	32934
Oct 16	Dec 11	Mon	5:30 p.m.	32932
Oct 16	Dec 11	Mon	6 p.m.	32931
Oct 10	Nov 2	Tu, Th	11 a.m.	32926
Oct 10	Nov 2	Tu, Th	11:30 a.m.	32927
Oct 10	Dec 5	Tues	4:30 p.m.	32935
Oct 10	Dec 5	Tues	5 p.m.	32938
Oct 10	Dec 5	Tues	5:30 p.m.	32937
Oct 10	Dec 5	Tues	6 p.m.	32936
Oct 11	Nov 29	Wed	1 p.m.	32940
Oct 11	Nov 29	Wed	2 p.m.	32939
Oct 11	Nov 29	Wed	4 p.m.	32941
Oct 11	Nov 29	Wed	5 p.m.	32943
Oct 11	Nov 29	Wed	5:30 p.m.	32942
Oct 11	Nov 29	Wed	6 p.m.	32962
Oct 12	Nov 30	Thurs	4 p.m.	32944
Oct 12	Nov 30	Thurs	4:30 p.m.	32945
Oct 12	Nov 30	Thurs	5 p.m.	32947

**Salamander (3 – 5 years) – 30 min. uparented
\$45.90 member / \$51 non-member**

Oct 12	Nov 30	Thurs	5 p.m.	32963
Oct 12	Nov 30	Thurs	6 p.m.	32946
Oct 13	Dec 1	Fri	5 p.m.	32965
Oct 13	Dec 1	Fri	5:30 p.m.	32964
Oct 13	Dec 1	Fri	6:15 p.m.	32950
Oct 13	Dec 1	Fri	6:30 p.m.	32966
Oct 14	Dec 9	Sat	9 a.m.	32951
Oct 14	Dec 9	Sat	9:30 a.m.	32955
Oct 14	Dec 9	Sat	10 a.m.	32954
Oct 14	Dec 9	Sat	10:45 a.m.	32953
Oct 14	Dec 9	Sat	11:30 a.m.	32952
Nov 14	Dec 7	Tu, Th	11 a.m.	32948
Nov 14	Dec 7	Tu, Th	11:30 a.m.	32949
Dec 12	Dec 22	T,W,Th,F	4 p.m.	32961
Dec 12	Dec 22	T,W,Th,F	5:30 p.m.	32960
Dec 12	Dec 22	T,W,Th,F	6 p.m.	32959

**Sunfish (3 – 5 years) – 30 min. uparented
\$45.90 member / \$51 non-member**

Class Date	Days	Time	Code	
Oct 15	Dec 3	Sun	4 p.m.	32984
Oct 15	Dec 3	Sun	5:45 p.m.	32967
Oct 16	Dec 11	Mon	5 p.m.	32968
Oct 16	Dec 11	Mon	5:30 p.m.	32985
Oct 10	Nov 2	Tu,Th	11 a.m.	32969
Oct 10	Dec 5	Tues	4 p.m.	32970
Oct 10	Dec 5	Tues	5 p.m.	32971
Oct 10	Dec 5	Tues	6 p.m.	32986
Oct 11	Nov 29	Wed	2 p.m.	32972
Oct 11	Nov 29	Wed	4:30 p.m.	32974
Oct 11	Nov 29	Wed	5:45 p.m.	32973
Oct 12	Nov 30	Thurs	4:30 p.m.	32975
Oct 13	Dec 1	Fri	5:30 p.m.	32976
Oct 14	Dec 9	Sat	9 a.m.	32977
Oct 14	Dec 9	Sat	10 a.m.	32980
Oct 14	Dec 9	Sat	11:15 a.m.	32979
Nov. 14	Dec. 7	Tu, Th	11:30 a.m.	32981
Dec 12	Dec 22	T,W,Th,F	5:30 p.m.	32982

**Crocodile (3 – 5 years) – 30 min. uparented
\$45.90 member / \$51 non-member**

Class Date	Days	Time	Code	
Oct 15	Dec 3	Sun	5 p.m.	32987
Oct 16	Dec 11	Mon	4:30 p.m.	32988
Oct 10	Dec 5	Tues	5:30 p.m.	32989
Oct 11	Nov 29	Wed	5:15 p.m.	32991
Oct 12	Nov 30	Thurs	5 p.m.	32990
Oct 12	Nov 30	Thurs	5:30 p.m.	32992
Oct 14	Dec 9	Sat	9:30 a.m.	32993
Oct 14	Dec 9	Sat	10:30 a.m.	32995
Dec 12	Dec 22	T,W,Th,F	5 p.m.	32994

**Whale (3 – 5 years) – 30 min. uparented
\$45.90 member / \$51 non-member**

Class Date	Days	Time	Code	
Oct 15	Dec 3	Sun	5 p.m.	32996
Oct 16	Dec 11	Mon	4:30 p.m.	32997
Oct 10	Dec 5	Tues	5:30 p.m.	32998
Oct 11	Nov 29	Wed	5:15 p.m.	32999
Oct 12	Nov 30	Thurs	5 p.m.	33000
Oct 12	Nov 30	Thurs	5:30 p.m.	33001
Oct 14	Dec 9	Sat	9:30 a.m.	33002
Oct 14	Dec 9	Sat	10:30 a.m.	33003
Dec 12	Dec 22	T,W,Th,F	5 p.m.	33004

**Swim Kids 1 (6 – 12 years) – 30 min.
\$45.90 member / \$51 non-member**

Class Date	Days	Time	Code	
Oct 15	Dec 3	Sun	4 p.m.	33047
Oct 15	Dec 3	Sun	5:30 p.m.	33048
Oct 16	Dec 11	Mon	4 p.m.	33049
Oct 10	Dec 5	Tues	4:30 p.m.	33050
Oct 10	Dec 5	Tues	6 p.m.	33051
Oct 11	Nov 29	Wed	1:30 p.m.	33052
Oct 11	Nov 29	Wed	4:45 p.m.	33054
Oct 11	Nov 29	Wed	5 p.m.	33053
Oct 12	Nov 30	Thurs	4 p.m.	33057
Oct 12	Nov 30	Thurs	4:30 p.m.	33055
Oct 12	Nov 30	Thurs	5:30 p.m.	33056

Swim Kids 1 (6 – 12 years) – 30 min.
\$45.90 member / \$51 non-member

Oct 13	Dec 1	Fri	6 p.m.	33058
Oct 14	Dec 9	Sat	9 a.m.	33063
Oct 14	Dec 9	Sat	9:30 a.m.	33059
Oct 14	Dec 9	Sat	10 a.m.	33061
Oct 14	Dec 9	Sat	10:45 a.m.	33060
Oct 14	Dec 9	Sat	11 a.m.	33064
Dec 12	Dec 22	Tu,W,Th,F	4 p.m.	33062
Dec 12	Dec 22	Tu,W,Th,F	6 p.m.	33065

Swim Kids 2 (6 – 12 years) – 30 min.
\$45.90 member / \$51 non-member

Class Date	Days	Time	Code	
Oct 15	Dec 3	Sun	5 p.m.	33069
Oct 15	Dec 3	Sun	5:30 p.m.	33068
Oct 16	Dec 11	Mon	4:30 p.m.	33070
Oct 10	Dec 5	Tues	4 p.m.	33072
Oct 10	Dec 5	Tues	5:30 p.m.	33071
Oct 11	Nov 29	Wed	2:30 p.m.	33073
Oct 11	Nov 29	Wed	4 p.m.	33075
Oct 11	Nov 29	Wed	4:30 p.m.	33074
Oct 12	Nov 30	Thurs	4 p.m.	33076
Oct 12	Nov 30	Thurs	5 p.m.	33081
Oct 12	Nov 30	Thurs	6 p.m.	33079
Oct 13	Dec 1	Fri	6:30 p.m.	33082
Oct 14	Dec 9	Sat	9 a.m.	33087
Oct 14	Dec 9	Sat	10 a.m.	33085
Oct 14	Dec 9	Sat	10:30 a.m.	33084
Oct 14	Dec 9	Sat	11 a.m.	33086
Dec 12	Dec 22	Tu,W,Th,F	4:30 p.m.	33077
Dec 12	Dec 22	Tu,W,Th,F	6 p.m.	33080

Swim Kids 3 (6 – 12 years) – 30 min.
\$45.90 member / \$51 non-member

Class Date	Days	Time	Code	
Oct 15	Dec 3	Sun	5:15 p.m.	33089
Oct 16	Dec 11	Mon	4 p.m.	33090
Oct 16	Dec 11	Mon	4:30 p.m.	33091
Oct 10	Dec 5	Tues	4 p.m.	33095
Oct 10	Dec 5	Tues	4:30 p.m.	33094

Swim Kids 3 (6 – 12 years) – 30 min.
\$45.90 member / \$51 non-member

Oct 10	Dec 5	Tues	5 p.m.	33093
Oct 11	Nov 29	Wed	2:30 p.m.	33096
Oct 11	Nov 29	Wed	4 p.m.	33097
Oct 11	Nov 29	Wed	5 p.m.	33099
Oct 12	Nov 30	Thurs	4 p.m.	33101
Oct 12	Nov 30	Thurs	5 p.m.	33100
Oct 13	Dec 1	Fri	6 p.m.	33106
Oct 13	Dec 1	Fri	6:30 p.m.	33102
Oct 14	Dec 9	Sat	9 a.m.	33107
Oct 14	Dec 9	Sat	9:30 a.m.	33105
Oct 14	Dec 9	Sat	10 a.m.	33104
Oct 14	Dec 9	Sat	10:30 a.m.	33103
Dec 12	Dec 22	T, W, Th, F	6 p.m.	33092

Swim Kids 4 (6 – 12 years) – 45 min.
\$52.20 member / \$58 non-member

Class Date	Days	Time	Code	
Oct 15	Dec 3	Sun	4:30 p.m.	33108
Oct 16	Dec 11	Mon	4:15 p.m.	33109
Oct 10	Dec 5	Tues	4 p.m.	33117
Oct 10	Dec 5	Tues	5:45 p.m.	33112
Oct 11	Nov 29	Wed	1:15 p.m.	33114
Oct 11	Nov 29	Wed	4:30 p.m.	33118
Oct 11	Nov 29	Wed	5:45 p.m.	33119
Oct 12	Nov 30	Thurs	4:30 p.m.	33110
Oct 13	Dec 1	Fri	5:30 p.m.	33111
Oct 14	Dec 9	Sat	9:30 a.m.	33115
Oct 14	Dec 9	Sat	11 a.m.	33116
Dec 12	Dec 22	Tu,W,Th,F	4:15 p.m.	33113

Swim Kids 5 (6 – 12 years) – 45 min.
\$52.20 member / \$58 non-member

Class Date	Days	Time	Code	
Oct 15	Dec 3	Sun	4:30 p.m.	33120
Oct 16	Dec 11	Mon	4:15 p.m.	33121
Oct 10	Dec 5	Tues	4:15 p.m.	33129
Oct 10	Dec 5	Tues	5:45 p.m.	33124
Oct 11	Nov 29	Wed	1:15 p.m.	33126
Oct 11	Nov 29	Wed	4:30 p.m.	33130

Swim Kids 5 (6 – 12 years) – 45 min. \$52.20 member / \$58 non-member				
Oct 11	Nov 29	Wed	5:45 p.m.	33131
Oct 12	Nov 30	Thurs	4:30 p.m.	33122
Oct 13	Dec 1	Fri	5:30 p.m.	33123
Oct 14	Dec 9	Sat	9:30 a.m.	33127
Oct 14	Dec 9	Sat	11 a.m.	33128
Dec 12	Dec 22	Tu,W,Th,F	4:15 p.m.	33125

Swim Kids 6 (6 – 12 years) – 45 min. \$52.20 member / \$58 non-member				
Class Date	Days	Time	Code	
Oct 15	Dec 3	Sun	5:30 p.m.	33133
Oct 10	Dec 5	Tues	4:30 p.m.	33132
Oct 11	Nov 29	Wed	1:15 p.m.	33134
Oct 11	Nov 29	Wed	4 p.m.	33138
Oct 12	Nov 30	Thurs	5:30 p.m.	33135
Oct 14	Dec 9	Sat	9 a.m.	33140
Oct 14	Dec 9	Sat	10:30 a.m.	33136
Oct 14	Dec 9	Sat	11:15 a.m.	33139

Swim Kids 7 (6 – 12 years) – 45 min. \$52.20 member / \$58 non-member				
Class Date	Days	Time	Code	
Oct 15	Dec 3	Sun	5:30 p.m.	33144
Oct 10	Dec 5	Tues	4:30 p.m.	33141
Oct 11	Nov 29	Wed	1:15 p.m.	33142
Oct 11	Nov 29	Wed	4 p.m.	33147
Oct 12	Nov 30	Thurs	5:30 p.m.	33143
Oct 14	Dec 9	Sat	9 a.m.	33148
Oct 14	Dec 9	Sat	10:30 a.m.	33145
Oct 14	Dec 9	Sat	11:15 a.m.	33146

Swim Kids 8 (6 – 12 years) – 60 min. \$56.07 member / \$62.30 non-member				
Class Date	Days	Time	Code	
Oct 10	Dec 5	Tues	5 p.m.	33149
Oct 11	Nov 29	Wed	1:30 p.m.	33153
Oct 12	Nov 30	Thurs	4 p.m.	33151
Oct 14	Dec 9	Sat	9:45 a.m.	33154
Oct 14	Dec 9	Sat	11 a.m.	33150
Dec 12	Dec 22	Tu,W,Th,F	4 p.m.	33152

Swim Kids 9 (6 – 12 years) – 60 min. \$56.07 member / \$62.30 non-member				
Class Date	Days	Time	Code	
Oct 10	Dec 5	Tues	5 p.m.	33155
Oct 11	Nov 29	Wed	1:30 p.m.	33159
Oct 12	Nov 30	Thurs	4 p.m.	33157
Oct 14	Dec 9	Sat	9:45 a.m.	33160
Oct 14	Dec 9	Sat	11 a.m.	33156
Dec 12	Dec 22	Tu,W,Th,F	4 p.m.	33158

Swim Kids 10 (6 – 12 years) – 60 min. \$56.07 member / \$62.30 non-member				
Class Date	Days	Time	Code	
Oct 10	Dec 5	Tues	5 p.m.	33161
Oct 11	Nov 29	Wed	1:30 p.m.	33165
Oct 12	Nov 30	Thurs	4 p.m.	33163
Oct 14	Dec 9	Sat	9:45 a.m.	33166
Oct 14	Dec 9	Sat	11 a.m.	33162
Dec 12	Dec 22	Tu,W,Th,F	4 p.m.	33164

Private Lessons – 30 min. \$28.35 member / \$31.50 non-member				
Class Date	Days	Time	Code	
Oct 16	Mon	5 p.m.	33005	
Oct 23	Mon	5 p.m.	33006	
Oct 30	Mon	5 p.m.	33007	
Nov 6	Mon	5 p.m.	33008	
Nov 20	Mon	5 p.m.	33009	
Nov 27	Mon	5 p.m.	33010	
Dec 4	Mon	5 p.m.	33011	
Dec 11	Mon	5 p.m.	33012	
Oct 12	Thurs	4:30 p.m.	33013	
Oct 19	Thurs	4:30 p.m.	33014	
Oct 26	Thurs	4:30 p.m.	33015	
Nov 2	Thurs	4:30 p.m.	33016	
Nov 9	Thurs	4:30 p.m.	33017	
Nov 16	Thurs	4:30 p.m.	33018	
Nov 23	Thurs	4:30 p.m.	33019	
Nov 30	Thurs	4:30 p.m.	33020	
Oct 14	Sat	10:30 a.m.	33021	
Oct 21	Sat	10:30 a.m.	33022	

**Private Lessons – 30 min.
\$28.35 member / \$31.50 non-member**

Oct 28	Sat	10:30 a.m.	33023
Nov 4	Sat	10:30 a.m.	33024
Nov 18	Sat	10:30 a.m.	33025
Nov 25	Sat	10:30 a.m.	33026
Dec 2	Sat	10:30 a.m.	33027
Dec 9	Sat	10:30 a.m.	33028
Dec 12	Tues	5 p.m.	33030
Dec 13	Wed	5 p.m.	33031
Dec 14	Thurs	5 p.m.	33032
Dec 15	Fri	5 p.m.	33033
Dec 19	Tues	5 p.m.	33034
Dec 20	Wed	5 p.m.	33035
Dec 21	Thurs	5 p.m.	33036
Dec 22	Fri	5 p.m.	33037

**Adult Learn-to-Swim (13+ years) – 60 min.
\$56.07 member / \$62.30 non-member**

Class Date	Days	Time	Code	
Oct 14	Dec 9	Sat	9 a.m.	33029

■ Aquatic Leadership Courses

Registration is being accepted for 2017 aquatic leadership courses. Visit Leduc.ca/getcertified

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.

Lifesaving Society Bronze Medallion and Cross \$265

Date	Day	Time	Code
Sept. 24 – Oct. 29	Sun.	9 a.m. – 5 p.m.	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.

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

Pre-requisites:

- Medallion: Must be 13-years-old by the end of the course or have a current Bronze Star certification
- Cross: Must have successfully completed the Bronze Medallion certificate

Lifesaving Society National Lifeguard \$315

Date	Day	Time	Code
Nov. 17-19, 24-26	Fri. Sat. / Sun.	5 – 10 p.m. 8 a.m. – 5 p.m.	31391

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

Pre-requisites:

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



Lifesaving Society National Lifeguard Recertification \$53

Date	Day	Time	Code
Dec. 28	Thurs.	9 a.m. – 3 p.m.	31393

Red Cross Lifeguard Recertification \$53

Date	Day	Time	Code
Oct. 21	Sat.	8 a.m. – 2 p.m.	31387

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 – currently 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

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

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

PART 4: Classroom & Pool Component \$420

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

Date	Day	Time	Code
Sept. 11	Mon. (Briefing)	7 – 9 p.m.	31360
Oct. 14 – Nov. 4	Sat.	9 a.m. – 5 p.m.	

Pre-requisites:

- Must be at least 15-years of age to begin WSI – Online
- 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 private lessons or a full 8-lesson Adult Stroke Improvement classes to brush up! (Ages 15+) See this sessions' available Adult classes and private lessons in the lesson tables on page 28.

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

Date	Day	Time	Code
Sept. 29	Fri.	4:30 – 10 p.m.	31363
Dec. 6	Wed.	4:30 – 10 p.m.	31364

ALEXANDRA OUTDOOR POOL & SPRAY PARK

■ General Information

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

Parking for the facility is available along the south side of the Alexandra Arena, Library parking lot, and south of the outdoor pool and at Linsford Park School. **To view the outdoor pool fall swimming schedule (Sept. 3 - 9), please visit Leduc.ca/AlexPool**

Alexandra Outdoor Pool Admission Rates

	Single Admissions	Flex Pass (10 Admissions)	Season Pass
Preschool (2 and under)	-- FREE --		
Child (3 – 7 years)	\$3.75	\$30	\$68
Youth (8 – 17 years)	\$4.75	\$38	\$89
Adult (18 – 59 years)	\$5.75	\$46	\$105.50
Senior (60 – 79 years)	\$4.75	\$38	\$89
Senior Plus (80+ years)	-- FREE --		
Family*	\$15.25	\$122	\$282.50

Spray Park Admission Rates

	-- FREE --		
--	------------	--	--

Memberships can be purchased prior to opening day at the LRC Guest Services desk.

*Family Admission consists of 2 Adults and all children under 18, residing in the same household.

Please Note: LRC Memberships include access to the outdoor pool, however, outdoor pool memberships do not include access to the LRC.



Did you know that your LRC Membership provides you with FREE Access to the Alexandra Outdoor Pool? Another way we are helping you stay cool this year!

■ Booking Rates

Book your early fall event outdoors this year! There's no better place to entertain your group than the outdoor pool and spray park. Bookings are accepted on a first-come, first-served basis. Contact Aquatic Services at 780-980-7198 ext. 6040 or email aquaticbookings@leduc.ca to book today!

	Hourly Rates
1 – 40 swimmers	\$80
41 – 75 swimmers	\$110
76 – 150 swimmers	\$140
151 – 200 swimmers	\$170
201 – 240 swimmers	\$200

*Refer to times as shown at Leduc.ca/rent-outdoor-pool

■ Spray Park Schedule

May 29 – Sept. 9

Spray Park	May 29 – Sept. 9	Statutory Holidays
Daily	10 a.m. – 8 p.m.	9 a.m. – 9 p.m.

Is your group looking to make a splash? Join us at the outdoor pool during regular public swim times with your group of 15 people or more and receive 25% off regular admission prices.

What does this package get you?

- Access to the Outdoor Pool for up to two (2) hours of fun*
- Discounted admission rates
- Pre-packaged wristbands which means no waiting in line

Contact Aquatic Services at 780-980-7198 ext. 6040 or email aquaticbookings@leduc.ca to book today!



Outdoor Aquatic Fitness

June 30 – Sept. 8

Outdoor Pool AquaFit Cancellation Policy

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

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

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

Drop-in AquaFit Classes

AquaFit – Shallow Water

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

Date	Time
Mon. – Fri. (June 30 – Sept. 3)	Noon – 12:50 p.m.
Mon., Tues., Thurs. (July 30 – Sept. 3)	7 – 7:50 p.m.


* Maximum 30 participants

Outdoor Pool July 30 – Sept. 2				
Monday	Tuesday	Wednesday	Thursday	Friday
AquaFit - Shallow noon – 12:50 p.m.	AquaFit – Shallow noon – 12:50 p.m.	AquaFit – Shallow noon – 12:50 p.m.	AquaFit – Shallow noon – 12:50 p.m.	AquaFit – Shallow noon – 12:50 p.m.
AquaFit - Shallow 7 – 7:50 p.m.	AquaFit - Shallow 7 – 7:50 p.m.		AquaFit - Shallow 7 – 7:50 p.m.	

Outdoor Pool Sept 3 – 9				
Monday	Tuesday	Wednesday	Thursday	Friday
	AquaFit - Shallow 9 – 9:50 a.m.		AquaFit - Shallow 9 – 9:50 a.m.	
AquaFit - Shallow noon – 12:50 p.m.	AquaFit - Shallow noon – 12:50 p.m.	AquaFit - Shallow noon – 12:50 p.m.	AquaFit - Shallow noon – 12:50 p.m.	AquaFit - Shallow noon – 12:50 p.m.

■ Indoor Aquatic Fitness *Sept. 25 – Dec. 23*

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

Monday	Tuesday	Wednesday	Thursday	Friday
AquaFit - Shallow 9 – 9:50 a.m.	AquaFit - Deep 9 – 9:50 a.m.	AquaFit - Shallow 9 – 9:50 a.m.	AquaFit - Deep 9 – 9:50 a.m.	AquaFit - Shallow 9 – 9:50 a.m.
	AquaFit - Seniors 11 – 11:45 a.m.		AquaFit - Seniors 11 – 11:45 a.m.	
		 Gentle AquaFit 2:30 – 3:15 p.m.		
AquaFit - Shallow 8 – 8:50 p.m.	AquaFit - Deep 7 – 7:50 p.m.	AquaFit - Shallow 7 – 7:50 p.m.	AquaFit - Deep 8 – 8:50 p.m.	
	SUP Fitness 8 – 8:45 / 9 – 9:45 p.m.			

Drop-in program

Registered program

AquaFit – Shallow Water *Drop-in*

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

**Maximum of 45 participants*

AquaFit – Deepwater *Drop-in*

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

**Maximum of 16 participants*

AquaFit – Seniors *Drop-in*

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

**Maximum of 45 participants*

Gentle AquaFit *Drop-in (FREE)*

For anyone looking for a gentle Aquatic exercise experience. Tailored for slower movements in warmer water and to be easy on your bones and joints. This class is offered in the Leisure Lane Pool.

**Maximum of 25 participants*

Water Running *Drop-in*

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

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

NEW

Paddle Board (SUP) Fitness *Registered*

SUP Stand up Paddleboard fitness and yoga for endurance, strength and balance! As one of the best activities for all-round athletic development you'll see improvements to your core strength, muscle tone, balance and endurance. This session provides a great full body work-out 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!

Date	Day	Time	Price	Code
Oct. 24 – Dec. 12	Tues.	8 – 8:45 p.m.	\$150	32767
Oct. 24 – Dec. 12	Tues.	9 – 9:45 p.m.	\$150	32768

LEISURE OPPORTUNITIES

Your LRC Monthly and Annual Membership or paid day admission pass includes access to the many leisure opportunities available throughout the Leduc Recreation Centre. Please see page 4 for information regarding admissions, and page 5 regarding Active Supervision & Active Participation. View our drop-in schedules on pages 32 - 33 or visit us online at Leduc.ca/LRC.

Fair Play

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

■ Field House Opportunities *Sept. 1 – Dec. 31*

Equipment Rentals

We have an array of court and field equipment that can be borrowed for our leisure drop-in activities. From basketballs, table top games pieces, badminton racquets, volleyballs and more! Sign-out equipment at East Guest Services with a piece of collateral such as a membership card.

Adult Hour

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

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.

Lawn Games

Escape the chill of fall and enjoy lawn games in the shelter of our field house.

Pickleball

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

Soccer

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

Table Tennis (Ping Pong)

Come enjoy this passive activity of rallying a ball on our ping pong table! Bring your own paddles or check one out at East Guest Services.

Table Top Games

Located in the foyers of the LRC, these Table Top Games consist of crossword game, chess, checkers, slides and ladders, and card game tables.

Volleyball

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

■ Arena Opportunities

Sept. 1 – Dec. 31

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

Adult 18+ Skate

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

Family Skate

The perfect opportunity for families to have fun and exercise together. Children and youth (17 and under) must be accompanied by adults on the ice. Sticks are not permitted during Family Skate.

Equipment requirements for children 12 and under: CSA approved helmet.

Family Stick & Puck

Designed to enable families the opportunity to work on passing, puck control and skating skills. An adult must accompany all children on the ice. Full hockey equipment mandatory for all children 17 and under. Adults are required to wear a CSA certified helmet, skates, and gloves. This is a family program and not intended for hockey teams. Maximum of 40 participants, with the adult to child ratio 1:4.

Equipment Requirements for children and youth (17 and under): CSA certified hockey helmet with full face mask, skates, neck guard, hockey pants, support cup, hockey gloves, shin/elbow/shoulder pads, regulation hockey stick. Equipment Requirements for Adults: CSA certified helmet, skates, and gloves.

Noodles of Fun

A fun opportunity for the beginner skater to try out a modified version of hockey without the hassle of equipment! Pick up pool noodles and a soft ball from East Guest Services on your way to the rink and follow the traditional rules of hockey during game play. Children 8 and under require the active participation of an adult. Sticks and pucks are not permitted on the ice during Noodles of Fun.

Equipment requirements for children: CSA certified helmet

Pre-school Skate

Casual skate time for parents and children under six years of age. This is a great opportunity to practice skating in a social setting. Skate aids available.



Equipment requirements for children: CSA certified helmet.

Public Skate

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

Equipment requirements for children 12 and under: CSA certified helmet



Shinny

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

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

Adult and Child Stick & Puck

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

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

Friday Fun Skates

Bring the whole family for arena fun with lots of treats and prizes to be won!



- **Sept. 15** – Help us kick off our Fun Skate season by joining us on the ice for a party! Party themed food will be enjoyed as well as prizes for the enthusiastic guests!
- **Oct. 20** – Dress up for festive fun on the ice! No Halloween party is complete without a treat!
- **Nov. 17** – With the hockey season picking up dust off those sweaters and join in on the activities and treats!

Equipment requirements for children 12 and under: CSA certified helmet

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

Adult opportunities are for 18+.

*See drop-in schedule on page 33 for all arena and field house drop-in opportunity times.

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2017

**Your art could be
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CONTEST THEME:

**Celebrate
the Seasons**

Capture the region's
changing seasonal
landscape

SUBMISSION DEADLINE:

October 31, 2017



For more information:
www.LeducTransit.ca | 780-980-8444



FAMILY & COMMUNITY SUPPORT SERVICES

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
- Assist new Canadians to Leduc 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

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.

Everybody Gets to Play

Everybody Gets to Play is a national initiative to enhance the quality of life for families by increasing access and participation in recreation, athletic and cultural opportunities.

1. Recreation Assistance Program provides low-income residents of all ages subsidization towards facility membership and/or programs at the Leduc Recreation Centre.
2. Creative Culture Connections is an initiative that provides up to \$200 of funding per year for residents with limited financial means to participate in arts or cultural programs.
3. Canadian Tire Jumpstart Program is a community based charitable program helping youth aged 4-18 participate in organized sports and recreation, so they can develop important life skills, self-esteem and confidence.

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.ecamp.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 the FCSS or Recreation offices at 780-980-7177.

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.

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.

What would be some reasons you may call the Family Support Coordinator:

- You’re interested in finding affordable counseling;
- You have a child between the ages of 6-12 and you’re looking for support and/or resources;
- You’re an adult of 18 years or older and you’re looking for support and/or resources; or
- You or someone you know is experiencing family violence.

Dual Program: Co-parenting and Children in Change

Two great programs, one for adults and one for children, happening at the same date, location and time. Intended for families dealing with separation and divorce.

Date to be determined. Please call 780-980-7109 for more information and to register.

November is Family Violence Prevention Month

What can you do in Leduc to promote family violence prevention month in your community?

- Report suspicions of family violence

- Learn the family violence warning signs, what to do and where to get help. Visit www.familyviolence.alberta.ca
- Help a local shelter or sexual assault centre as a volunteer, board member or fundraiser.
- Talk about family violence as a community issue and not as a private one.
- Talk to young people in your lives about the negative implications of violence.
- Teach your children early that abuse in any form is not okay.

■ 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 (age 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.

Positive Ticketing Campaign

The RCMP, Community Peace Officers, Nighthawks Citizens on Patrol and the Leduc Community Drug Action Committee (LCDAC) will be out 'ticketing' the youth of our community from May until October. Children and youth caught setting a positive example or engaging in a random act of kindness will be rewarded with a positive ticket and treat donated by a local business.

■ 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 the 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.

■ Older Adult Services

The Older Adult Services program connects with seniors and their families to provide one-on-one support, assists with form completion for government benefits and subsidies, and links seniors with social, recreation 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 client's 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

Good Neighbour Awards

Good neighbours are individuals, couples or families who make neighbourhoods great. Through their selfless efforts, they help create connected, friendly and safe communities. Nominate someone in your neighbourhood who makes that neighbourhood a great place. Someone who:

- Models community spirit
- Helps in times of need
- Improves feelings of safety and security
- Encourages time for neighbours to get together and connect

Nominations are accepted until October 2, 2017. Please visit our website or contact FCSS for information on how you can nominate that special neighbour.

The Good Neighbour Awards are sponsored by Coldwell Banker Haida Realty.

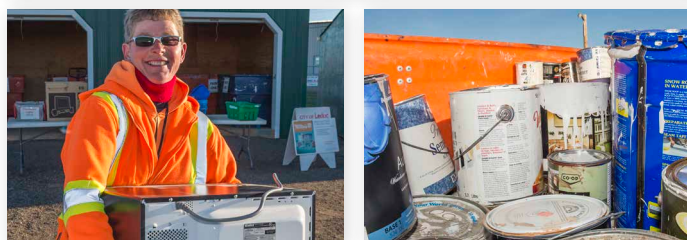
Leduc Interagency Session

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, beginning at 11:15 am with interagency networking and presentations from 11:45 am to 12:45 pm.

Date	Day	Theme
Oct. 19	Thurs.	Office of the Seniors Advocate, TBD

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



ENVIRONMENT

■ Upcoming Events / Workshops

Young Adult Dinner and Dialogue

Date	Time	Location
Aug. 23	5 - 7 p.m.	TBD

The Leduc Community Drug Action Committee received a grant to host a dinner and conversation with young adults in our community. We are looking for 18-25 year olds that live in Leduc. We will ask you for your ideas and opinions! Conversation to include: what activities there are for young adults? What is missing? What non-alcoholic activities would you want? How can we make Leduc a fun place for you? Interested in coming? Want to bring a friend? Just email or call Heather at hgraham@leduc.ca or 780-980-7109.

Workshop: Understanding Your Tenancy Agreement

Date	Time	Location
Aug. 24	5 - 8:30 p.m.	Leduc Public Library

*Refreshments provided.

■ Eco Station – helping you SORT SMARTer

Attention, Leduc residents and business reps! You can drop off your materials — or small loads — for FREE.

Organics: food waste • soiled paper and cardboard • garden waste (small amounts) • ashes (cooled)

Recyclables: cardboard • paper • plastics with recycling number • tin cans and metal lids

Electronic waste (e-waste): computers • phones • monitors • TVs • radios • video game consoles

Household hazardous waste: solvents • cleaners • oil (used vehicle) • oven cleaners • paint

Waste* (in bags): diapers • plastic bags • glass • standard light bulbs. *First bag free. Others \$2 each.

Check out leduc.ca for hours and details about loads from Leduc businesses.

A destination of choice!

Visits to the Eco Station increased 8.6% in 2016 over 2015 — and 39% since 2014.





ECO STATION 6102-46 St.  

Mark your calendar for Saturday, Oct. 14, 8 a.m. to 5 p.m. — and get ready to take your materials to the Toxic Roundup at the Eco Station. This is your chance to clean out your garage, basement and storerooms before winter.

Materials accepted include:

- Paint
- Solvents
- Pesticides
- Insecticides
- Antifreeze
- Computers
- TVs
- Hard drives
- Monitors

Complimentary refreshments offered. Prize draws. Check out Leduc.ca for details.



Did you know?

Leduc residents dropped off two tonnes of electronic waste and about 9,600 litres of household hazardous waste at the 2016 Toxic Roundup.



Sort Smarter in the Community

While you are enjoying the glorious outdoors this fall, please remember to sort smarter to keep our community clean and beautiful.

Building on the success of the red two-stream sorting receptacles located on Leduc’s walkways, the city recently installed convenient three-stream sorting stations throughout downtown for:

Litter

- Plastic bags
- Wrappers
- Chip bags

Recyclables

- Cardboard
- Paper
- Drink containers

Compost

- Food scraps
- Soiled tissues
- Soiled cardboard and paper

Soon Leduc residents will also be able to sort smarter at major bus stops in Leduc with the installation of 33 new sorting bins, including 10 three-stream bins. Watch for details.



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. To post a volunteer opportunity, contact Volunteer Leduc.

Volunteers are the roots of strong communities! Just like roots are essential for trees to bloom, volunteers are essential for communities to boom. Thanks to volunteers, our communities grow strong and resilient. Even the tiniest volunteer effort leaves a profound and lasting trace in a community.

Share your time and skills to grow our community. Join Volunteer Leduc today!

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 volunteer.leduc.ca, call 780-980-7177 or email volunteer@leduc.ca.

UPCOMING EVENTS

Fall Community Information & Registration Day (CIRD)

- Sept. 9, 2017 10 a.m. – 2 p.m. Leduc Recreation Centre

Fall CIRD features local organizations representing sport, recreation, culture, arts, church, and social and service clubs. Registration for groups is available at this event.

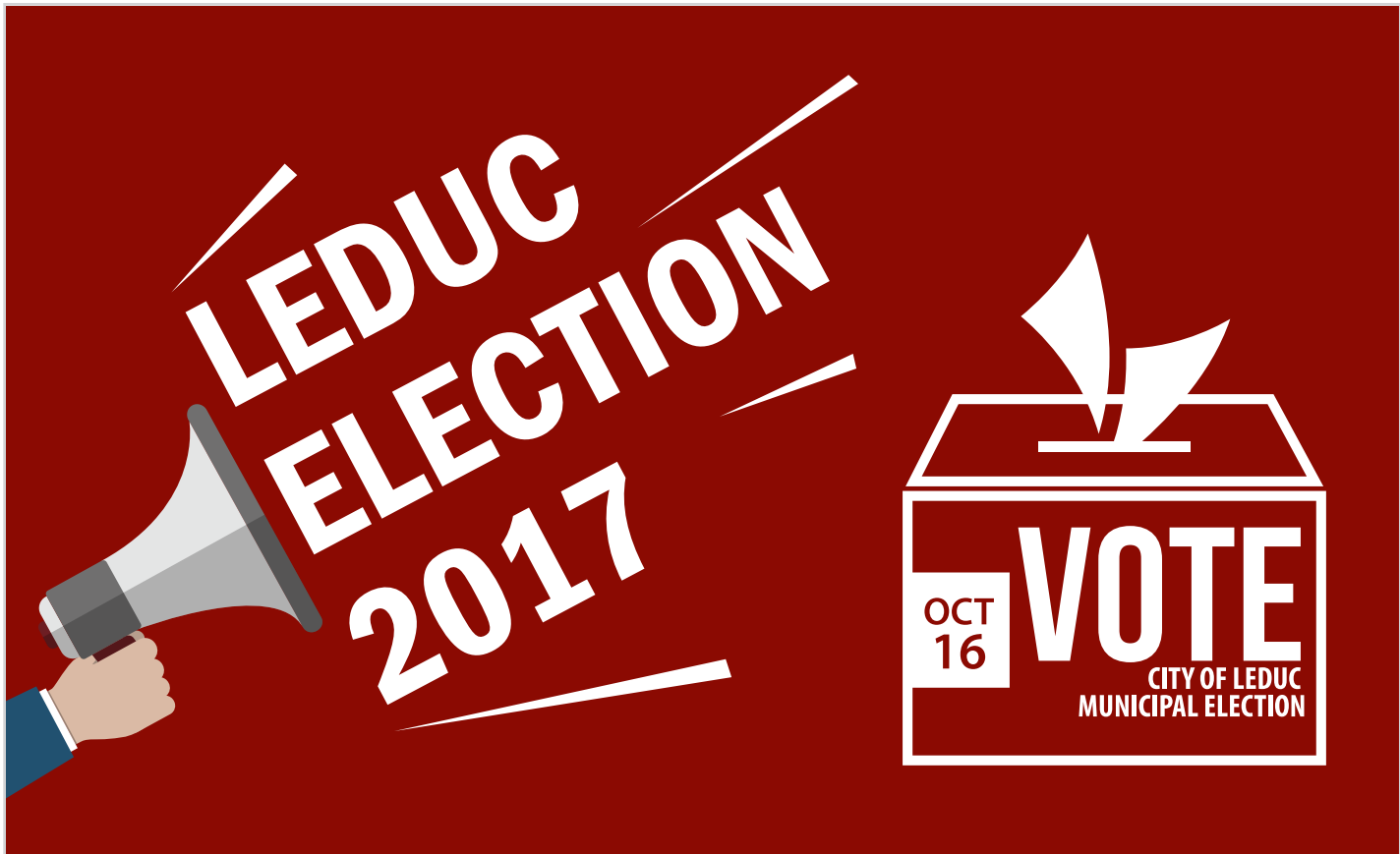
Leduc Culture Days

- Sept. 29 – Oct. 1, 2017

Enjoy a variety of arts & culture events in Leduc, including special performances at Free Access Day at the LRC.



Lorne and Tina Mix – 2016 Mayor's Special Award winners



Here's what you need to know

To be eligible to vote, you must be:

- A Canadian citizen
- 18 years and older
- Must be a resident of Alberta for six months before the election and a resident of the City of Leduc on Election Day

And don't forget – all voters will need identification to vote that include name and current address.

New to the 2017 Election – Special Ballot

Special Ballot or mail-in ballot is for any eligible voters unable to attend a voting station during *Advanced Vote* (Oct 12 and 14) or on *Election Day* (Oct. 16) for one of the following reasons: physically incapacitated, absent from the City of Leduc or an election worker/official. Registration is required by contacting the Returning Officer at:

E: election@leduc.ca P: 780-980-7132

More information

E election@leduc.ca W Leduc.ca/election P 780-980-7132

Mail: Returning Officer, c/o City of Leduc, Alexandra Park, Leduc, Alta T9E 4C4

KEY DATES

Sept. 18 – Nomination Day

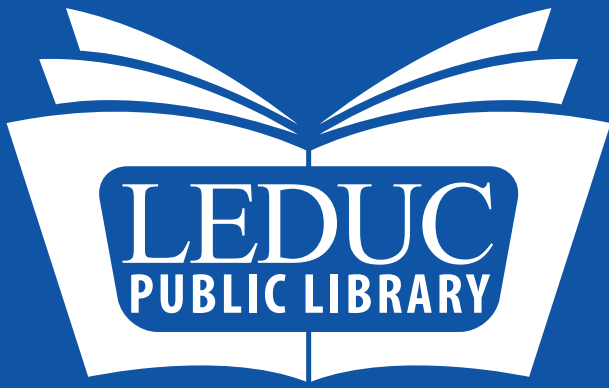
Sept. 26 and **Oct. 4** – Regional 101 Information Session for Municipal Candidates (Hosted by the Capital Regional Board)

Oct. 11 – All Candidates' Forum (Hosted by the Leduc Regional Chamber of Commerce)

Oct. 12 and **14** – Advanced Vote

Oct. 16 – Election Day





www.LeducLibrary.ca

780-986-2637

#2 Alexandra Park

■ Preschool Programs

Session runs Sept. 11 - Oct. 19 and Nov. 13 - Dec. 14

Baby Laptime *Ages up to 12 months*

Enjoy delightful songs, books, rhymes, finger plays and signing with your little one. Cuddle with your baby and connect with other caregivers.

Day	Time
Tuesdays	11:15 - 11:45 a.m.
Thursdays	10:15 - 10:45 a.m.

1 Year Olds *Ages 12 – 24 months*

A mellow version of Toddler Time for those wanting a smooth transition from Baby Laptime.

Day	Time
Wednesdays	11:15 - 11:45 a.m.

Toddler Time *Ages 1 – 5 years*

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

Day	Time
Monday, Tuesday, and Wednesdays	10:15 - 10:45 a.m.

Story & Rhyme Time *Ages 1 – 5 years*

A literacy-based toddler program with finger plays, rhymes and stories.

Day	Time
Thursdays	11:15 - 11:45 a.m.

Family Storytime

Join us in the children's area for fun interactive stories read and told by Miss Cindy.

Day	Time
Mondays	11 - 11:30 a.m.

Play, Learn, Grow *Ages 0 – 5 years*

Play with your child at the play-based and inspiring stations as their curious minds lead the way!

Date	Time
Sept. 18 and Oct. 23	10 a.m. - noon

Fun for 4's – Registered *Ages 4 years*

A play-based program designed similar to a classroom environment with an emphasis on having fun!

Date	Time
Each Tuesday from Oct. 3 - Nov. 21	1 - 2:15 p.m.

**This is a non-parented program but a caregiver must be present in the library.*

■ Children's Programs

Dinosaur Day – Registered *Ages 2 - 5 years*

We'll have a "tyrana-rific" time with treats, crafts, games and fun stories. Bring your "grown-upasaurus" and join the fun!

Date	Time
Oct. 25	10:15 - 11:30 a.m.

Teddy Bear's Picnic – Registered

Ages 2 - 5 years

Today's the day the Teddy Bears have their picnic! Come read, make a craft and play games with them.

Date	Time
Nov. 9	10:15 - 11:30 a.m.

Pokemon Ages 8 - 12 years

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

Date	Time
Oct. 12, Nov. 9	6:30 - 7:30 p.m.

LEGO Building – Registered

Ages 9 - 12 years

We will supply LEGO kits and snacks while you build and chat with other LEGO lovers.

Date	Time
Oct. 20	1 - 3 p.m.

PD Movie Day – Registered

All school ages

Join friends for a craft, a big screen movie with a great sound system and snacks. Movie titles TBA.

Date	Time
Sept. 15	10 a.m. - noon

Family Programs

Thankful Tree

Welcome this opportunity to talk with your child and come up with something to be thankful for. Share it with your Library friends by hanging it in writing on our Thankful Tree!

Date	Time
Sept. 29 - Oct. 6	Library hours

Halloween Storytime and Parade

Come dressed up and ready for spooky stories! Then we will all parade around the library in our costumes. BOOOOOOO!

Date	Time
Oct. 31	10:15 - 11 a.m.

Freestyle Crafts

We will supply the materials and you bring your creativity anytime throughout the day.

Date	Time
Oct. 30 (Halloween Crafts)	All day

Colour a Poppy

Welcome this opportunity to give thanks and reflect with your child by showing support and gratitude to all those who served for our country, both past and present. Colour a poppy to be displayed in the library.

Date	Time
Nov. 3 - 10	Library Hours

Tween / Teen Programs

Teen Noon Games Grades 7 - 9

Virtual reality, Just Dance, origami and more. Bring your dance moves and friends!

Date	Time
Every Wednesday there is school	Library hours

Early Dismissal Exploratory Ages 8 - 18

Drop by to be creative, learn a new skill or play the VR, Wii or Xbox. Make new friends or bring your buddies!

Date	Time
Oct. 4 and Nov. 8	3 - 5 p.m.

Teen Lock-in – Registered Ages 12 - 18

Pizza, YouTube, Xbox, Wii, games, Nerf wars, and more! Bring your friends and rule the library afterhours.

Date	Time
Oct. 6 and Nov. 24	6 - 9 p.m.

Teen Craft Club – Registered Ages 12 - 18

Bring your friends and create something for yourself. Watch our website for details.

Date	Time
Oct. 26	6:30 - 8 p.m.

■ Adult Programs

Community Art – Registered

Join us one Saturday a month to create a unique art project or craft which you can take home. Check the Library fall program guide to see which crafts we will be making!

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).

Date	Time
Sept. 16, Oct. 21 and Nov. 18	10:15 a.m. - 12:15 p.m.

How to Write a Book in 40 Days: Presented by Author Linda Finstad – Registered

Afraid of the energy required to write a book? Learn to develop a system to transfer your thoughts and ideas into sentences and chapters that will engage your reader. Discover a foolproof writing plan that can be used again and again and will work for any subject or book idea.

Date	Time
Sept. 27	5 - 8:30 p.m.

“Is Your Home Healthy? Chemicals, Our Home, Our Health” – Registered

What goes into the products I use each day? Is there a health risk or hazard? We don't always know how to answer these questions. Learn practical tips and strategies you can use to create a healthy home for you and your family.

Date	Time
Oct. 11	6:15 - 8:15 p.m.

Let's Get Craftin'

We'll lead you through making your very own unique creation, with all supplies provided. Check out the Library fall program guide for a sneak peek of what is in the works!

Date	Time
Oct. 18	6:30 - 8 p.m.

Please note that this is a drop-in family program and all children must be supervised by a parent or adult caregiver.

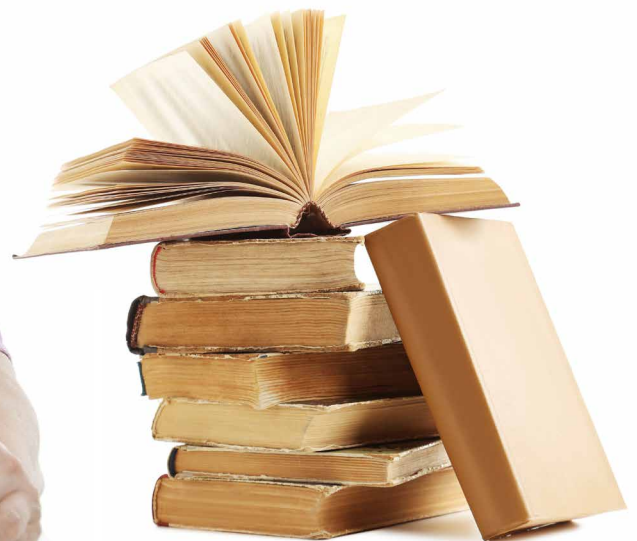
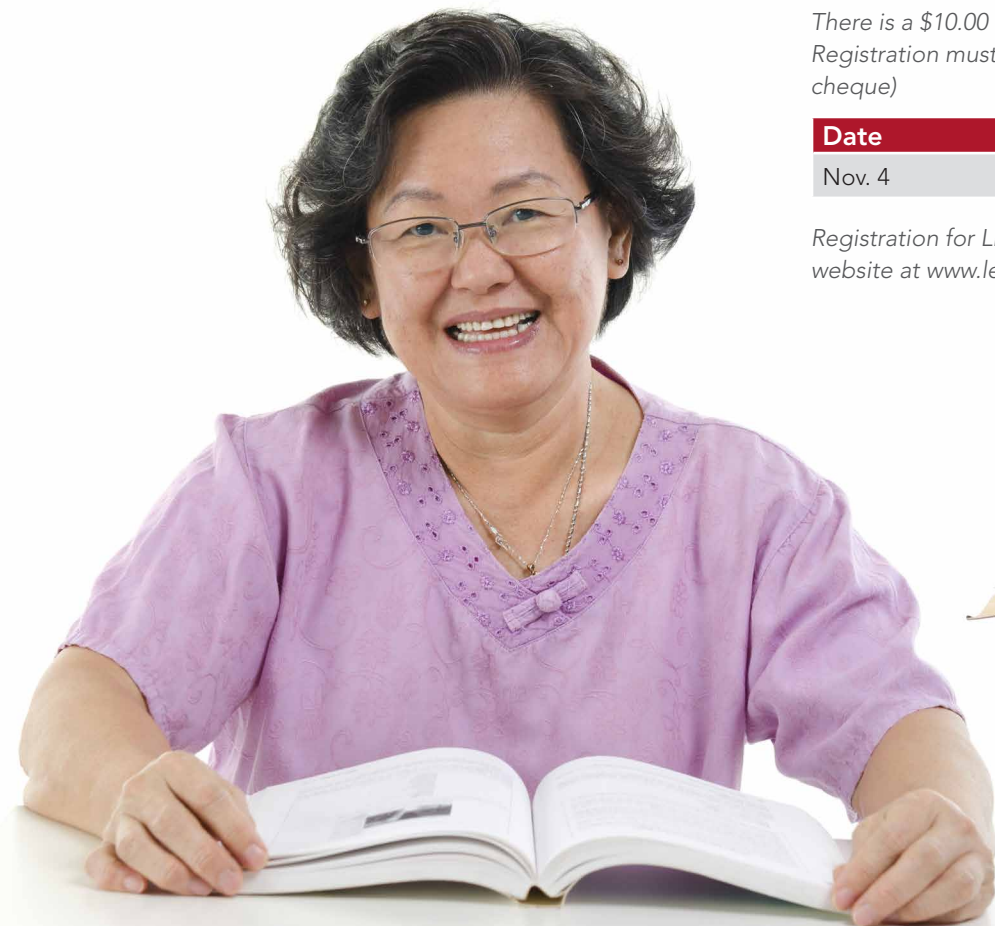
Christmas Card Making – Registered

Surprise your family and friends with beautiful homemade holiday cards. Participants will create about 10 cards which they can take home and use for the Christmas season.

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

Date	Time
Nov. 4	10:15 a.m. - 12:15 p.m.

Registration for Library programs will begin August 21 on our website at www.leduclibrary.ca.





■ Leduc Adult Learning Programs

English – Conversational English

Come to the library and join our ESL conversation group. You will meet and speak to other English learners in a welcoming and fun environment. This is a drop-in program.

Date	Time
Tuesdays, Sept. 5 - Dec. 12	6:30 - 7:30 p.m.

Read/Write – English Language Learning

For beginner – intermediate level English Language Learners

Learn to read and write the English language in an interactive class format. Class specifics include building vocabulary, increasing a working knowledge of grammar, enhancing reading comprehension and improving overall writing skills. This is a drop-in program.

Date	Time
Thursdays, Sept. 7 - Dec. 14	6:30 - 8:30 p.m.

GED Prep Class – Registered

This class prepares you to tackle the high school equivalency exam. For more information visit www.leducadullearning.ca.

Date	Time
Tuesdays, Wednesdays & Thursdays Sept. 19 - Nov. 30	6:45 - 9:45 p.m.

Exploring Blogs and How to Create One

Have you heard of “blogging” but don’t understand what this means? Join us as we explore several different free blogging sites. We will explain what blogs are and show participants how to create their very own blog.

Date	Time
Oct. 4	7 - 8 p.m.

For more information on Leduc Adult Learning programs visit www.leducadullearning.ca, email learn@leducadullearning.ca, or call 780-986-2637.

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2017/2018 SEASON

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- November 4, 2017 **Gordie MacKeeman and His Rhythm Boys**
- January 13, 2018 **Lisa Loeb**
- February 20, 2018 **Hank Williams "Live" 1952**
- March 23, 2018 **The Travelling Mabels**

FAMILY series

- January 14, 2018 **Lisa Loeb**
FEEL WHAT U FEEL
- February 18, 2018 **Morton the Magician: TA DA!**
A PLAY BY SHELDON CASAVANT
- March 11, 2018 DUFFLE BAG THEATRE Presents **Robin Hood**

SPECIAL EVENTS

- September 23, 2017 **The Comic Strippers**
- December 21, 2017 **The Acoustiholics & Friends**
- January 27, 2018 **Hypnotist Wayne Lee**
- February 23, 2018 **Chris Buck Band**

TICKETS: **TICKETPRO** IN PERSON: **THE CHAMBER OF COMMERCE**
 www.ticketpro.ca Toll free: 1-888-655-9090

780-980-1866
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HOUSING FOR SENIORS

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

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

Supportive Living Program - Lodge Accommodations

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

FOR INFORMATION & APPLICATION CONTACT

Leduc Foundation

5118 - 50 Avenue, Leduc, Alberta T9E 6V4

Phone: 780.986.2814 Fax: 780.986.4881

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



CITYGUIDE

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The City Guide is Leduc's primary recreation and wellness guide – connecting the community to the exciting programs and activities in our city.

In partnership with the Leduc Chamber of Commerce, the City of Leduc is offering businesses the opportunity to advertise in the City Guide.

The guide is published four times a year and is available in both print and online versions – giving your full colour advertisement convenient and continuous access to an active and affluent market.

Book Your Ad Today!

Contact the Leduc Chamber of Commerce at **780-986-5454** or info@leduc-chamber.com to place your ad or for more information.

Chamber members receive an additional 5% discount on advertising rates.



City Guide Schedule 2017

SPRING EDITION

• Feb. 14, 2017

SUMMER EDITION

• May 12, 2017

FALL EDITION

• Aug. 11, 2017

WINTER EDITION

• Nov. 11, 2017

TERMS:

- All ads in full colour
- All advertising pre-paid
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City Guide Affordable Rates

Ad Size	x1	x2	x3	x4
Full Page	\$850	\$808	\$765	\$723
1/2 Page	\$531	\$505	\$478	\$452
1/4 Page	\$319	\$303	\$287	\$271
1/8 Page	\$186	\$177	\$167	\$158
Inside Back	\$895	\$850	\$806	\$761

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