



# CITY GUIDE

..... SPRING 2017



PROGRAMS

ACTIVITIES

SCHEDULES

EVENTS

SERVICES

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

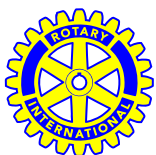
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**PETROLEUM**



**LEDUC COUNTY LIGHTS**



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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 paid admission areas 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 aquatic programs, and leisure activities (public skating, swimming, and the multitude of sporting activities in the field house) on a first-come-first-served basis.

### Build Your Own Membership (package must be paid for from same credit card)

	Monthly Membership	Annual Membership
First Adult: 18 – 59 years	\$51.75	\$517.50
Second Adult: 18 – 59 years	\$42.25	\$422.50
<b>NEW Post-Secondary Student: 18+ Years *</b>	\$34.50	\$345.00
Youth: 8 – 17 years	\$34.50	\$345.00
<b>NEW Each Youth (when added to an adult pass)</b>	\$18.00	\$180.00
Child: 3 – 7 years	\$24.25	\$242.50
<b>NEW Each Child (when added to an adult pass)</b>	\$14.00	\$140.00
First Senior: 60 – 79 years	\$34.50	\$345.00
Second Senior: 60 – 79 years	\$31.00	\$310.00
Senior Plus: 80 years +	--- FREE ---	

### 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

\*Must show valid student ID. \*\*Family admission consists of 2 adults and all children less than 18, residing in the same household.

# DO *your* THING at the LRC

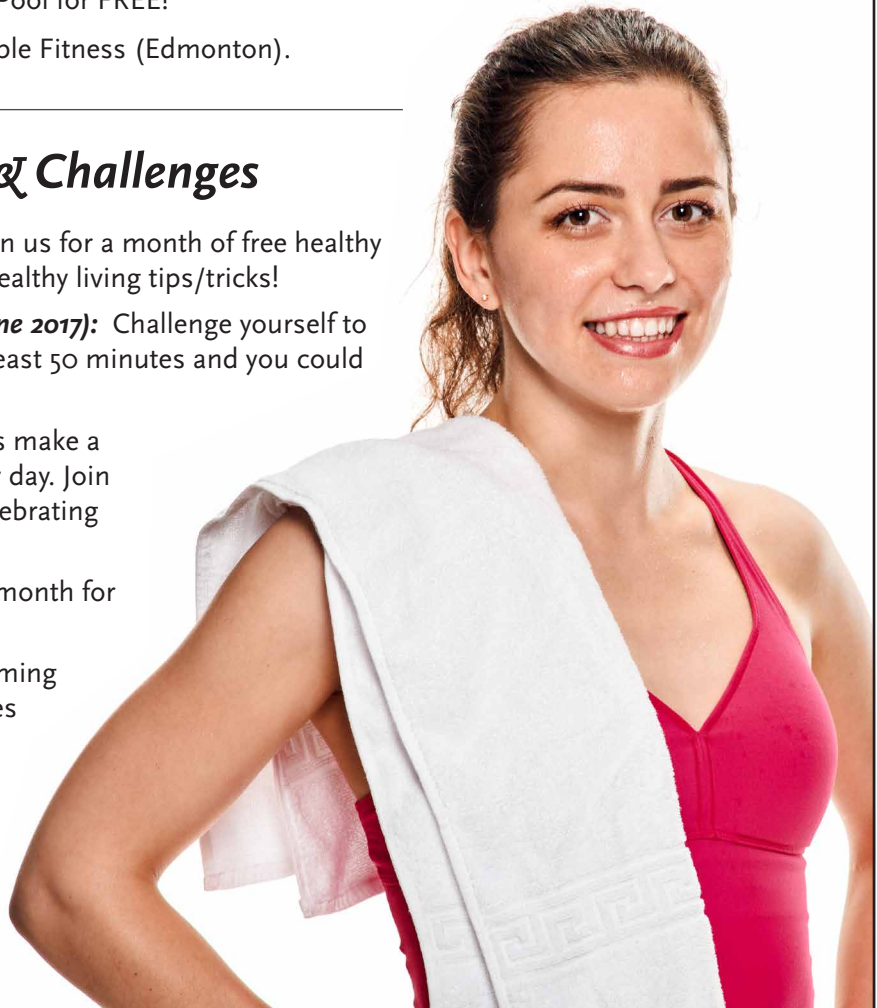
## **Leduc Recreation Centre (LRC) Membership has its Benefits**

- Access to **ALL** drop-in programs at no extra cost! (This includes Yoga, Zumba, cycling, aqua-fit, swimming, hockey, and more!).
- Early registration for all recreation, fitness, and aquatic programs.
- 10% discount on all LRC registered programs including: swim lessons, recreation programs, fitness classes, personal training, child minding and more!
- Access to the Alexandra Outdoor Pool for FREE!
- 10% discount on purchases at Apple Fitness (Edmonton).

## **Spring Fitness Events & Challenges**

- **Nutrition Month (March 2017):** Join us for a month of free healthy recipes, nutrition seminars, and healthy living tips/tricks!
- **50/50 Spring Challenge (April – June 2017):** Challenge yourself to be active 50 out of 65 days for at least 50 minutes and you could win a variety of prizes.
- **Senior's Week (June 2017):** Seniors make a difference in our community every day. Join us for a variety of fun activities celebrating seniors in the City of Leduc.
- **Summer Youth Membership:** \$25/month for July and August.
- For more information about upcoming Spring Fitness Events & Challenges visit [Leduc.ca/LRC](http://Leduc.ca/LRC)

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



DO *your* THING

## ■ Hours of Operation / Facility Information

	Weekdays		Weekends		Statutory Holidays
<b>Fitness Centre and Track</b>	Mon. – Fri.	5 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	
<b>Aquatic Centre</b>	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.	<b>10 a.m. – 8 p.m.</b> Family Day (Feb. 20)
<b>Guest Services</b>	Mon. – Fri.	8 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	<b>11 a.m. – 5 p.m.</b> Good Friday (Apr. 14)
<b>Field House</b>	Mon –Thurs. Fri.	8 a.m. – 10 p.m. 8 a.m. – 9 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	<b>10 a.m. – 8 p.m.</b> Easter Monday (Apr. 17)
<b>Kukabunga Jungle</b>	Mon. – Fri.	9 a.m. – 8 p.m.	Sat. & Sun.	9 a.m. – 8 p.m.	
<b>Child Minding Centre</b> Apr. 1 – June 30	Mon. – Thurs. Fri.	8:45 a.m. – 2 p.m. 5 – 8 p.m. * 8:45 a.m. – noon	Sat. Sun. & Stats	8:45 a.m. – noon *closed Apr. 29 closed	<b>10 a.m. – 8 p.m.</b> Victoria Day (May 22)

\* Child Minding evening hours are pre-book only. See booking details on page 9.

## ■ 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

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

### Public Drop-In and Outside Training

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

We are training to serve you better! The LRC will be closed on June 20, 2017 for Staff Training. Stay Tuned for exact 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 aquatic centre (child must be within arm's reach of guardian), or on the ice. If the description states an **Adult is required** the active participant needs to be 18 years or older. Some instructor-led programs may also require active participation. You will see a red icon, like the one shown, 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

### Registration Dates (April – June)

#### Member\* Registration

\*Must have a current LRC membership at the time of registration and start of the program. Please note that aquatic registration for the Starfish, Duck, and Sea Turtle swimming programs (ages 4 months to 36 months) is the same date as Open Registration (Mar. 2, 2017) regardless if you have a membership. There is no member price for these programs.

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

#### 🔹 Aquatic Registration – Feb. 28, 2017

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

#### General Registration – Mar. 7, 2017

All registered recreation, fitness, and education programs.

#### Open Registration

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

#### 🔹 Aquatic Registration – Mar. 2, 2017

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

#### General Registration – Mar. 9, 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 <a href="http://Leduc.ca/ezrec">Leduc.ca/ezrec</a> 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 prorated based for the remaining classes on the date indicated in the medical slip. The current administrative fee will be applied to all refunds, whether full fee or pro-rated.

For more information on the City of Leduc's policies on program fees, cancellations, and refunds please visit [Leduc.ca/LRC/registration](http://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](http://Leduc.ca/LRC/registered-programs) or call **780-980-7120**.

### Program Age and Prerequisite Requirements

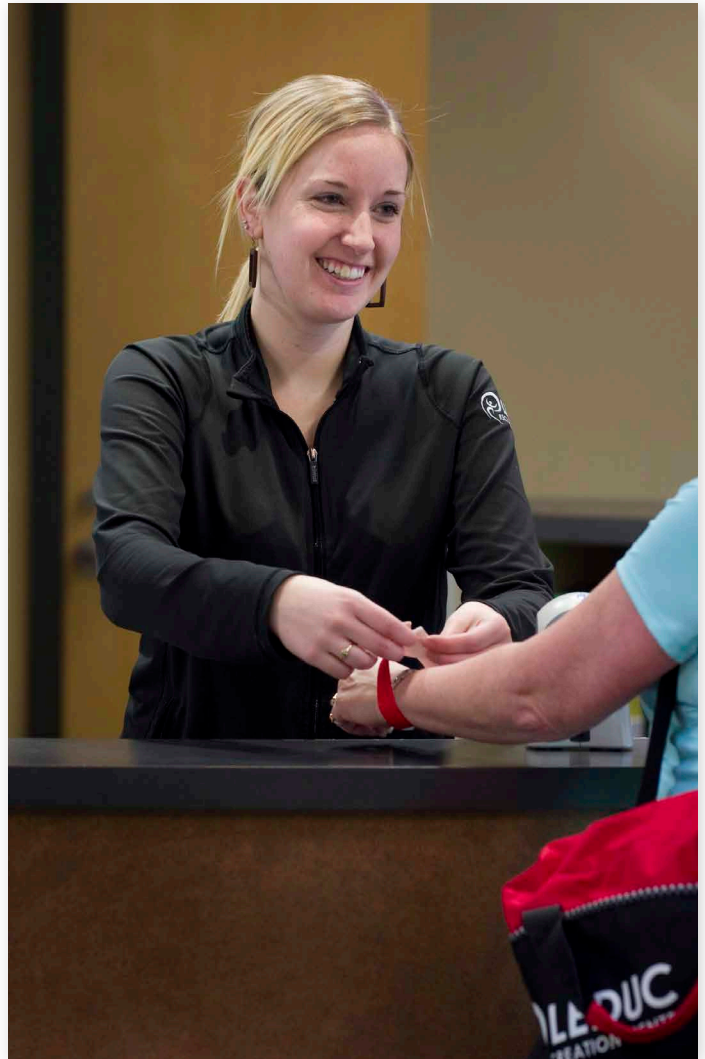
Unless otherwise stated, participants must be within one month of the minimum age identified for the program. Some programs do require participant has successfully completed a prerequisite program prior to registering for the next program. If you have any questions about prerequisites please contact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

» **Rate: \$39.80 plus gst / hour**

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

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

» *Private Court: \$35/hour\**

» *Private Soccer Pitch: \$104/hour\**

» *Arena: \$122/hour\**

» *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 the daily drop-in opportunities! Regular admission rates apply, groups 15+ qualify for a discounted price.

### 3. Book an LRC Leisure Host

Our Party Host will set-up and clean-up the room. They can also assist with games and activities!

» **Rate: \$50 for the first hour, \$25 / hr for additional 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](http://Leduc.ca), email [LRCParties@leduc.ca](mailto: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 (April 1 – June 30)

<b>Mon. – Thurs.</b>	8:45 a.m. – 2 p.m. 5 – 8 p.m.*
<b>Fri. – Sat.</b> <i>Closed Apr. 29 &amp; May 6</i>	8:45 a.m. – noon
<b>Sun. &amp; Stats</b>	closed

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

## Guidelines

Parents/guardians **must** remain in the facility for the entire duration that their children are in our care to a maximum of 3 hours/day. Sign in/out is required when dropping and picking up your child, along with indicating where and how the staff can get a hold you (if needed) within the facility. Parents are responsible for supplying all personal items, such as diapers, wipes, formula, snacks, etc.

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

**Note:** *All snacks must be 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:** 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 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 (April 1 – June 30)

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

### Guidelines:

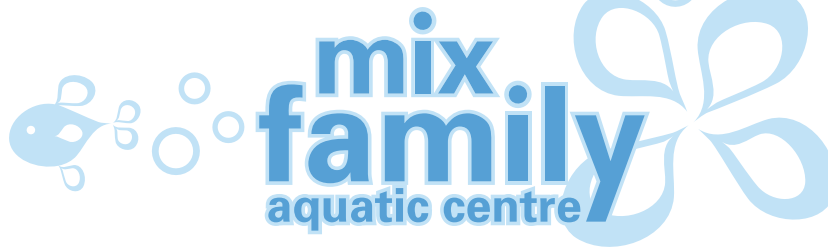
**This is a SOCK ONLY ZONE. All children and supervisors must have socks while in the playground area.**

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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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, visit us or go online [Leduc.ca/ezrec](http://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.

Sat. / Sun.	9 a.m. – 5 p.m.	Apr. 22 / 23	31402
Thurs. / Fri.	9 a.m. – 5 p.m.	Jun. 15 / 16	31403
Sat. / Sun.	9 a.m. – 5 p.m.	Jul. 8 / 9	31404
Sat. / Sun.	9 a.m. – 5 p.m.	Aug. 12 / 13	31405
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

#### Child Care First Aid/CPR/AED

- Level C \$150

Learn CPR skills and focus on emergencies involving infants and children. Child Care First Aid is required by Children's Social Services for all day care and day home workers in Alberta. Call for more information!

Sat. / Sun.	9 a.m. – 5 p.m.	Apr. 29 / 30	32178
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#### 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.

Fri.	9 a.m. – 5 p.m.	Mar. 10	31411
Sun.	9 a.m. – 5 p.m.	May 7	31412
Mon.	9 a.m. – 5 p.m.	Jun. 19	31413
Sat.	9 a.m. – 5 p.m.	Jul. 16	31414
Wed.	9 a.m. – 5 p.m.	Aug. 16	31415
Sat.	9 a.m. – 5 p.m.	Oct. 21	31416
Mon.	9 a.m. – 5 p.m.	Dec. 11	31417



**Summer 2017 Registration  
Opens May 1<sup>st</sup>**

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## ■ Recreation Credit Initiatives and Subsidy Programs

### Recreation Assistance Program Subsidy

For residents in financial need, the City of Leduc offers funding for city-run recreation programs and facility admissions. Approved applicants will receive up to 80% 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 & Community Support Services (FCSS) at 780-980-7109 for more information.

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

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

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

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

For information visit [www.cra-arc.gc.ca](http://www.cra-arc.gc.ca)



Block Party's are a great opportunity for City of Leduc neighbourhoods to meet new faces and reconnect with old neighbours, have fun and create memories!

Visit [Leduc.ca/rockyourblock](http://Leduc.ca/rockyourblock) for more information and to schedule your Block Party. All applicants that book in the month of May will be entered to win 1 of 5 Gift Cards to go towards supplies for your event!



## Attention City of Leduc User Groups!

We are planning for your indoor Fall & Winter 2017/18 Season!

Submit your request for ice or field house use by May 15th, 2017. Forms available at [Leduc.ca](http://Leduc.ca) or contact us at [events\\_bookings@leduc.ca](mailto:events_bookings@leduc.ca)

# 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](http://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](mailto:programs@leduc.ca).



### Babysitter Referral Service FREE

Are you a parent looking for a babysitter? To assist in your search please visit [Leduc.ca/LRC](http://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	Little Masterpieces 9 – 11 a.m.	Kitchen Monsters 9 – 11 a.m.	Little Splashers 9 a.m. – noon
	Kitchen Monsters 9 – 11 a.m.	Tiny Scientists 9 – 11 a.m.	Little Explorers 9 a.m. – noon	Sportball mornings (time varies)
Splash n' Play (M&W) 12:30 – 2:30 p.m.	Tiny Scientists 12:30 – 2:30 p.m.	Gym & Swim 12:30 – 2:30 p.m.	SuperHeroes & Princesses 12:30 – 2:30 p.m.	Gran & Me* 1 – 2:30 p.m.
SuperHeroes & Princesses 12:30 – 2:30 p.m.	Splash n' Play (T&Th) 12:30 – 2:30 p.m.			Kids Night Out!* 6 – 9 p.m.
	Paint for Fun* 5:30 – 7:30 p.m.			Paint the Night* 7 – 9 p.m.
	Sportball evenings (time varies)			
		Tennis Lessons* 5:30 – 6:30 p.m. (Beginners) 6:30 – 7:30 p.m. (Intermediates)		Kids in the Kitchen* 6 – 7:30 p.m.

\*One time class, not session long.

## Family Programs

All of our family programs require a parent 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.

**Reminder:** All participants must wear indoor shoes.

### Gran & Me 2 – 6 year olds



A new kind of family outing at the LRC! Grandma or Grandpa get to partner with their grandchild doing fun arts, crafts and even cooking. Each class will feature something new and exciting to help grow the special bond between the grandparent and grandchild. Max of 2 children/adult.

Date	Day	#	Time	Cost	Code
May 5 - Mother's Day Craft	Fri.	1	1 – 2:30 p.m.	\$13.65	31821
Jun. 2 - Father's Day Craft	Fri.	1	1 – 2:30 p.m.	\$13.65	31822

### Kids in the Kitchen 3 – 5 year olds



This interactive cooking program is for children and parents to learn how to cook up fun, tasty treats that can be easily made at home. Max of 1 child/adult.

Date	Day	#	Time	Cost	Code
Apr. 28	Fri.	1	6 – 7:30 p.m.	\$13.65	31854
May 26	Fri.	1	6 – 7:30 p.m.	\$13.65	31855

### 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. We provide the canvas, paint and brushes too! Register just the child and the parent comes too!

Date	Day	#	Time	Cost	Code
Apr. 25 (age 3-6) Little Bunny	Tues.	1	5:30 – 7:30 p.m.	\$40	31840
Apr. 18 (age 7-12) Eggrific	Tues.	1	5:30 – 7:30 p.m.	\$40	31841
May 23 (age 3-6) Lady Bugs	Tues.	1	5:30 – 7:30 p.m.	\$40	31842
May 30 (age 7-12) Butterfly	Tues.	1	5:30 – 7:30 p.m.	\$40	31843

### Developmental Domains



Emotional Maturity



Social Competence



Physical Health & Well-being



Language & Thinking



Communication Skills & General Knowledge

### 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 get to participate with their little one in this program. Sportball maintains a one-parent-per-child ratio policy in all Parent & Child programs to ensure that the focus is on helping little ones practice and progress. Bring a water bottle.

Date	Day	#	Time	Cost	Code
May 5 – Jun. 16	Fri.	6	9 – 9:45 a.m.	\$96	31859

\*No class Jun. 2

### 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 a water bottle.

Date	Day	#	Time	Cost	Code
May 9 – Jun. 13	Tues.	6	5:30 – 6:15 p.m.	\$96	31860
May 5 – Jun. 16	Fri.	6	9:45 – 10:30 a.m.	\$96	31861

\*No class Jun. 2





## Preschool Programs

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

All preschool participants must be fully-toilet trained, wear indoor shoes and have 1 healthy nut-free snack and water bottle. Other specific requirements for each program are noted in the program description.

### 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. Don't forget to bring your bathing suit & towel.

Date	Day	#	Time	Cost	Code
May 10 – May 31	Wed.	4	12:30 – 2:30 p.m.	\$60	31848

### 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 so don't forget to bring your container back each week. **NOTE: This is NOT an allergy free zone!**

Date	Day	#	Time	Cost	Code
Apr. 13 – May 4	Thurs.	4	9 – 11 a.m.	\$59.20	31832
May 9 – May 30	Tues.	4	9 – 11 a.m.	\$59.20	31833

### 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 stories!

Date	Day	#	Time	Cost	Code
Apr. 11 – May 2	Tues.	4	9 – noon	\$66.15	31823
May 11 – Jun. 1	Thurs.	4	9 – noon	\$66.15	31824

### Little Masterpieces

3 – 5 year olds



Give your little art lover the chance to explore a variety of art activities based on stories in a fun and creative learning environment. This program focuses on having fun while creating fantastic masterpieces. We get messy so make sure to wear clothes that can get dirty.

Date	Day	#	Time	Cost	Code
Apr. 12 – May 3	Wed.	4	9 – 11 a.m.	\$59.20	31830

### 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 activities and a craft! Don't forget to bring your bathing suit and towel.

Date	Day	#	Time	Cost	Code
Apr. 21 – May 5	Fri.	3	9 a.m. – noon	\$67.20	31852
May 12 – Jun. 2	Fri.	4	9 a.m. – noon	\$89.60	31853

### Safari Troopers 3 – 5 year olds



This program is provided under the supervision and guidance of our qualified leaders to provide a fun environment for socialization, craft-time, games, and activities.

Date	Day	#	Time	Cost	Code
Apr. 10 – May 1	Mon.	3	9 – 11 a.m.	\$41.70	31817
May 8 – May 29	Mon.	3	9 – 11 a.m.	\$41.70	31818

\*No classes Apr. 17 or May 22

### Splash n' Play 3 – 5 year olds



A unique opportunity for kids to join in a fun recreational program which includes a swimming lesson, fun activities, and a snack! Upon the successful completion of lessons participants will receive a Red Cross Report Card detailing their accomplishments. Please bring in your previous report card to your first lesson.

Date	Day	#	Time	Cost	Code
Apr. 5 – May 3	Mon. Wed.	8	12:30 – 2:30 p.m.	\$133	31819
May 9 – Jun. 1	Tues. Thurs.	8	12:30 – 2:30 p.m.	\$133	31820

\*No class Apr. 17

## Sportball – Coaches & Children

3.5 – 5 year olds

Sportball Coach & Children programs help kids ages 3.5 years and up develop independence and build confidence by attending classes ‘all by themselves.’ Coaches engage younger children with creative storylines and special themes as well as connect with older kids as leaders and mentors. Parents and caregivers are asked to remain outside during Coaches & Children classes to minimize distractions and encourage kids to participate on their own.

Date	Day	#	Time	Cost	Code
May 9 – Jun. 13	Tues.	6	6:15 – 7 p.m.	\$96	31862
May 5 – Jun. 16	Fri.	6	10:30 – 11:15 a.m.	\$96	31863

\*No class June 2

## SuperHeroes & Princesses

3 – 5 year olds

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

Date	Day	#	Time	Cost	Code
Apr. 13 – May 4	Thurs.	4	12:30 – 2:30 p.m.	\$55.44	31850
May 8 – May 29	Mon.	3	12:30 – 2:30 p.m.	\$41.58	31851

\*No class May 22

## 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!

Date	Day	#	Time	Cost	Code
Apr. 11 – May 2	Tues.	4	12:30 – 2:30 p.m.	\$59.20	31825
May 10 – May 31	Wed.	4	9 – 11 a.m.	\$59.20	31826



## School-Aged & Youth Programs

These programs are specifically programmed for children ages 5-17. The program lengths and times vary due to length of session and day of the week the program is offered.

Please wear indoor shoes and bring a water bottle. Other specific requirements for each program are noted in the program description.

### 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.

Date	Day	#	Time	Cost	Code
Apr. 11 – Nachos & Paint Chip Cities	Tues.	1	6:30 – 8 p.m.	\$16	31828
May 4 – Pizza & String Art	Thurs.	1	6:30 – 8 p.m.	\$16	31829

### Kids Night Out! 5 – 13 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!

Date	Day	#	Time	Cost	Code
May 19 – PJ Party	Fri.	1	6 – 9 p.m.	\$25	31844
Jun. 16 – Crazy Hats	Fri.	1	6 – 9 p.m.	\$25	31845

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

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

Date	Day	#	Time	Cost	Code
May 9 – Jun. 13	Tues.	6	7 – 7:45 p.m.	\$96	31864

## 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.

Date	Day	#	Time	Cost	Code
May 9 – Jun. 13	Tues.	6	7:45 – 8:30 p.m.	\$96	31866

## Tennis Lessons

Wanting to learn how to play tennis? Beginner & Intermediate Tennis Lessons for all ages 6 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 at the Leduc tennis courts.

Date	Day	#	Time	Cost	Code
Jun. 6 – 8 (Beginners)	Tues, Wed, Thur	3	5:30 – 6:30 p.m.	\$45	31846
Jun. 6 – 8 (Intermediates)	Tues, Wed, Thur	3	6:30 – 7:30 p.m.	\$45	31847

## Counsellors in Training (CIT)

12 – 17 year olds

The Counsellors in Training program is a youth development program whereby youth ages 12-17 volunteer their time to learn the skills necessary to become a camp counsellor. All CITs must complete the CIT Training and Orientation program held the week before Leduc Summer Day Camps start. Following training, CITs will take part in a minimum of 2 weeks or 10 classes placement depending on their age and experience.

Youth interest in the program must submit a resume and cover letter to [programs@leduc.ca](mailto:programs@leduc.ca) no later than **June 9, 2017**. All applicants will be contacted for an interview. Successful candidates will then register for the CIT program. Registration includes a program fee of \$50, and participants must attain a current criminal record check, complete all registration forms and sign a behaviour and confidentiality agreement.

## Red Cross Babysitters Course

(Ages 11+ years) \$60

Prepare for your first job as a 'professional babysitter.' In this one-day course you will 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
Mar. 24	Fri.	9 a.m. – 5 p.m.	\$60	31340
Apr. 18	Tues.	9 a.m. – 5 p.m.	\$60	31836
May 19	Fri.	9 a.m. – 5 p.m.	\$60	31834
Jun. 30	Fri.	9 a.m. – 5 p.m.	\$60	31835

## Adult Programs

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

### Paint the Night 18+ year olds

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

Date	Day	#	Time	Cost	Code
Apr. 21 - Dreamer	Fri.	1	7 – 9 p.m.	\$26.75	31838
May 12 - Beautiful Wings	Fri.	1	7 – 9 p.m.	\$26.75	31837
Jun. 9 - Night Sky	Fri.	1	7 – 9 p.m.	\$26.75	31839

### Tennis Lessons

\*see previous column for details

# 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.

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 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 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 Orientation *FREE*

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

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

## Teen Fit *FREE*

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

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

## 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.

## 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.

## 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 (3 hours) \$250

Our Certified Holistic Nutritional Consultant will work with you to evaluate your individual nutritional needs and you will be provided with an individualized health plan that includes diet and lifestyle recommendations. Ongoing follow-up and support will be provided to ensure your health and nutrition stays on track.

Follow up (1 hour): \$82

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

## ■ Registered Fitness Programs

### General Information

Session Dates:	Apr. 2 – May 13 (6 weeks)
	May 14 – Jun. 24 (6 weeks)

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

- Easter Weekend: Apr. 14 – 17
- Victoria Day Long Weekend: May 20 – 22

All registered programs are subject to combination or cancellation if there is insufficient registration. Participants will be notified one (1) week prior to class start dates.

**For all 6 week classes, receive \$10 off the second course if you register for both sessions.**



**NEW:** Refer a Friend. Share in the group fitness fun! Refer a friend, family member or co-worker to sign up for one of our registered group fitness classes and receive a FREE week of class!

## Akhanda (holistic) Yoga 6 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 either March 22 or 29, phone Group Fitness Supervisor for more information at 780-980-8466.

Date	Day	Time	Cost	Code
Apr. 5 – May 10	Wed.	6:30 – 7:45 p.m.	\$95	31887
May 17 – Jun. 21	Wed.	6:30 – 7:45 p.m.	\$95	32191

\*This class is held at the Leduc Civic Centre

## Barre Fitness

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

## Barre Bootcamp 5 Weeks

Date	Day	Time	Cost	Code
Apr. 3 – May 8	Mon.	7:30 – 8:30 p.m.	\$70	32195
May 15 – Jun. 19	Mon.	7:30 – 8:30 p.m.	\$70	32196

## Fitness at the Barre 6 Weeks

Date	Day	Time	Cost	Code
Apr. 5 – May 10	Wed.	9 – 10 a.m.	\$85	32192
May 17 – Jun. 21	Wed.	9 – 10 a.m.	\$85	32197
Apr. 5 – May 10	Wed.	7:15 – 8:15 p.m.	\$85	32193
May 17 – Jun. 21	Wed.	7:15 – 8:15 p.m.	\$85	32198

## Bootcamp 12 Weeks

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

Date	Day	Sessions	Time	Cost	Code
Apr. 3 – Jun. 21	Mon. Wed.	22	6 – 7 a.m.	\$258	31868
Apr. 7 – Jun. 23	Fri.	11	6 – 7 a.m.	\$140*	31869

\*Cost is \$112 if registered in Mon. / Wed. class

## Cycle-Cross 6 Weeks

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

Date	Day	Time	Cost	Code
Apr. 5 – May 10	Wed.	6:30 – 7:30 p.m.	\$80	31876
May 17 – Jun. 21	Wed.	6:30 – 7:30 p.m.	\$80	32199

## Cyclepath 5 Weeks

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

Date	Day	Time	Cost	Code
Apr. 3 – May 8	Mon.	6:30 – 7:30 p.m.	\$65	31875
May 15 – Jun. 19	Mon.	6:30 – 7:30 p.m.	\$65	32200

## Fired Up 12 Weeks

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

Date	Day	Time	Cost	Code
Apr. 4 – Jun. 20	Tues.	10 – 11 a.m.	\$150	31878
Apr. 6 – Jun. 22	Thurs.	10 – 11 a.m.	\$150*	31879

\*Cost is \$120 if registered in Tues. class

## Foam Fest Leduc 5k Training 6 Weeks

Foam Fest is coming to Leduc July 1st. This class will incorporate full body workouts including cardio, strength and agility to help you train for this exciting 5km obstacle race.

Date	Day	Time	Cost	Code
Apr. 4 – May 9	Tues.	6:30 – 7:30 p.m.	\$75	32206
May 16 – Jun. 20	Tues.	6:30 – 7:30 p.m.	\$75	32207

## Guns & Glutes Bootcamp 5 Weeks

This class is ideal for tightening your lower body, toning those arms and everything in between! The use of varied equipment each week will challenge your muscles in different ways.

Date	Day	Time	Cost	Code
Apr. 8 – May 13	Sat.	8:30 – 9:30 a.m.	\$60	31889
May 27 – Jun. 24	Sat.	8:30 – 9:30 a.m.	\$60	32201

## Indoor Cycling and Yoga 6 Weeks

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

Date	Day	Time	Cost	Code
Apr. 6 – May 11	Thurs.	6:15 – 7:30 p.m.	\$90	31886
May 18 – Jun. 22	Thurs.	6:15 – 7:30 p.m.	\$90	32202

## Interval Training 11 Sessions

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
Apr. 3 – May 10	Mon. & Wed.	6 – 7 p.m.	\$130	32203
May 15 – Jun. 21	Mon. & Wed.	6 – 7 p.m.	\$130	32204

## Lift. Rest. Repeat 12 Weeks

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

Date	Day	Time	Cost	Code
Apr. 5 – Jun. 21	Wed.	9 – 10 a.m.	\$150	31891



## Stroller-Fit 6 Weeks

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

Date	Day	Time	Cost	Code
Apr. 5 – May 10	Wed.	10:15 – 11 a.m.	\$70	31881
May 17 – Jun. 21	Wed.	10:15 – 11 a.m.	\$70	31880

## Triathlon Training 6 Weeks

This program is to help you conquer your first triathlon or improve on previous times. Time in the pool, indoor cycling, running and cross-training will be the focus on 3 different days a week.

Date	Day	Time	Cost	Code
Apr. 2 – May 11	Sun. Tues. & Thurs.	7 – 8 a.m. 6 – 7 p.m.	\$255	32301
May 14 – Jun. 22	Sun. Tues. & Thurs.	7 – 8 a.m. 6 – 7 p.m.	\$255	32356

## Yoga for the Health of It 6 Weeks

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

Date	Day	Time	Cost	Code
Apr. 6 – May 11	Thurs.	11:45 a.m. – 12:30 p.m.	\$75	31888
May 18 – Jun. 22	Thurs.	11:45 a.m. – 12:30 p.m.	\$75	32205

*\*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. Please call **780-980-8466** (Fitness Programs Supervisor) to book your class.

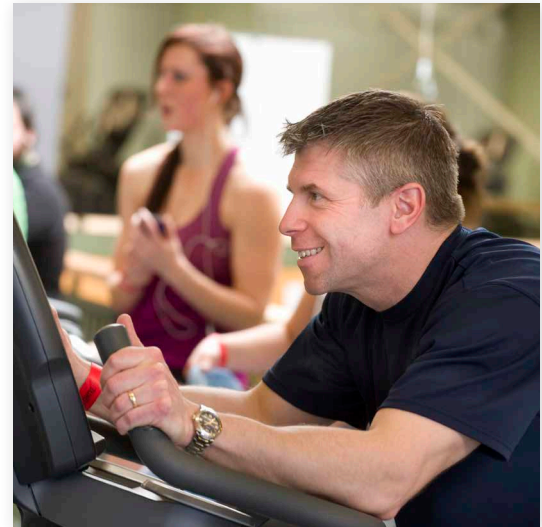
## Registered Fitness Class Punch Pass

\$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
Guns & Glutes Bootcamp	Cycling (Cyclepath, Cycle-Cross)
Fitness at the Barre	Stroller-Fit
Indoor Cycling & Yoga	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 Group Fitness Supervisor 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](http://Leduc.ca/lrc/drop-in-programs)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Indoor Cycling 5:30 – 6:15 a.m.		Sweat Equity 6 – 6:45 a.m. 			
	Circuit 9 – 9:45 a.m.	TRX FX 9 – 9:45 a.m.		Rock Bottom 9 – 9:45 a.m.	Weekend Warrior 9:15 – 10 a.m.	Indoor Cycling 9 – 9:45 a.m.
Power 10 – 10:45 a.m.	Abs 9:50 – 10:05 a.m.	Active & Ageless 10 – 10:45 a.m.		Healing Yoga 9:30 – 10:30 a.m.		Yoga Flow 10:15 – 11 a.m.
		Crank'd 12:15 – 12:45 p.m.	Quickfit 12:15 – 12:45 p.m.			
Core Strength 6 – 6:30 p.m.	Ropes 6 – 6:30 p.m. 	ABSolutely 6:20 – 6:50 p.m.	Tabata Cardio 6 – 6:20 p.m. Tabata Strength 6:25 – 6:45 p.m.			
H.I.I.T. It! 7:30 – 8 p.m. 	Indoor Cycling 7 – 7:45 p.m.	Zumba 7 – 7:45 p.m.	Fit & Fierce 7 – 7:45 p.m. Walk with a Doc 7 – 7:45 p.m. 			



**ABSolutely!** *Wed. 6:20 – 6:50 p.m.*

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

**Active & Ageless** *Wed. 10 – 10:45 a.m.*

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.

**Core Strength** *Mon. 6 – 6:30 p.m.*

Work on your core strength including abdominals and back.

**Circuit** *Tues. 9 – 9:45 a.m.*

This class incorporates various strength and cardio exercises in a circuit format to push your limits!

**Crank'd** *Wed. 12:15 – 12:45 p.m.*

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

**Fit & Fierce** *Thurs. 7 – 7:45 p.m.*

Be ready for this varied class to work your cardiovascular system and challenge your core through various drills and exercises.

**Healing Yoga** *Fri. 9:30 – 10:30 a.m.*

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!** *Mon. 7:30 – 8 p.m.* 

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.

**Indoor Cycling**

*Tues. 5:30 – 6:15 a.m. & 7 – 7:45 p.m.*

*Sun. 9 – 9:45 a.m.*

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

**Power** *Mon. 10 – 10:45 a.m.*


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

**Quickfit** *Thurs. 12:15 – 12:45 p.m.*

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

**Rock Bottom** *Fri. 9 – 9:45 a.m.*

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** *Tues. 6 – 6:30 p.m.* 

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

**Sweat Equity** *Thurs. 6 – 6:45 a.m.* 

Join us on the cycling bikes and hit the track for various cardio drills and strength work that will make you sweat!

**Tabata Cardio** *Thurs. 6 – 6:20 p.m.*

**Tabata Strength** *Thurs. 6:25 – 6:45 p.m.*

Do one class or try both! Both are based on cycles of 20 seconds work, 10 second rest, 8 cycles. Any fitness level accommodated.

**TRX FX** *Wed. 9 – 9:45 a.m.*

TRX, strength-based exercise, indoor cycling: experience it all in this cardio and strength class using TRX Suspension Trainers.

**Walk With a Doc**

*Thurs. 7 – 7:45 p.m.* 

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** *Sat. 9:15 – 10 a.m.*

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

**Yoga Flow** *Sun. 10:15 – 11 a.m.*

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** *Wed. 7 – 7:45 p.m.*

This fun dance class 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.



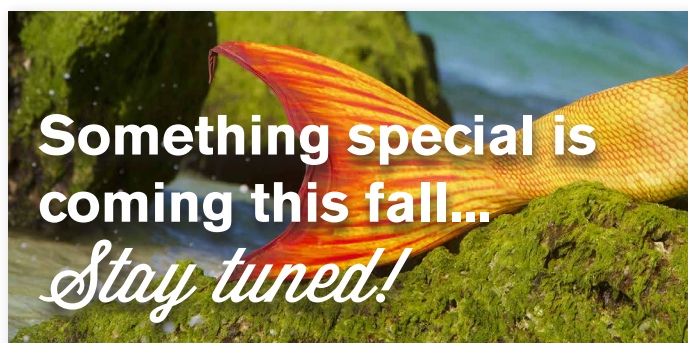
**Morning Lane Swim Admittance** – Weekdays, 5:30 a.m. – 8 a.m, patrons must present their membership pass to the lifeguard on duty. The aquatic centre staff will not accept cash or cheques for admission. For more information, please ask a Guest Services representative.

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

**Pool Fouling** – 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 *Feb. 28*

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

### Open Registration *Mar. 2*

- 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 (Mar. 2, 2017) regardless if you have a membership. There is no member price for these programs.*

## ■ Indoor Aquatic Centre Spring Break Schedule Mar. 24 – Apr. 1

### Public Swim

Mon. – Fri.	9 a.m. – noon	all pools
	noon – 1 p.m.	leisure pool
	1 – 9 p.m.	all pools
Sat. & Sun.	1 – 9 p.m.	all pools

### Family Swim

Sat. & Sun.	9 a.m. – 1 p.m.	all pools
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\*Family swim is a quieter time for families with young children

### Lane Swim MP = Main Pool, LP = Leisure Pool

Mon. – Fri.	5:30 – 9 a.m.	6 lanes MP + 4 lanes LP
	9 a.m. – noon	1 lane MP
	noon – 1 p.m.	3 lanes MP
	5 – 9 p.m.	1 lane MP
*No lane swim 9 – 10 p.m. Fridays		
Sat.	9 – 10 p.m.	6 lanes MP + 4 lanes LP
	8 – 9 a.m.	6 lanes MP + 4 lanes LP
	9 a.m. – 1 p.m.	1 lane MP
Sun.	5 – 9 p.m.	1 lane MP
	8 – 9 a.m.	6 lanes MP + 4 lanes LP
	9 a.m. – 9 p.m.	1 lane MP

\*\*Please note reduced daytime lap swim times during Spring Break\*\*

## AquaFit is taking a break!

Mar. 27 – 31, there will be no drop-in AquaFit classes.

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**Remember** – morning AquaFit moves to 8 a.m. starting Apr. 3.



## ■ Indoor Aquatic Centre Spring Schedule Apr. 2 – Jun. 5

**Please note** that only registered swim lessons, user groups and fitness access is available Tuesday / Thursday from 4 – 6:30 p.m. and Saturdays 9 – 11 a.m.

### 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

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

\*Family swim is a quieter time for families with young children

### Lane Swim & Fitness Access

*Fitness access includes use of lane swim area and steam room*

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
	1 – 9 p.m.	1 lane MP
*No lane swim 9 – 10 p.m. Fridays		
Sat.	9 – 10 p.m.	6 lanes MP + 4 lanes LP
	8 – 9 a.m.	2 lanes MP + 4 lanes LP
	9 a.m. – 1 p.m.	1 lane MP
Sun.	5 – 9 p.m.	1 lane MP
	8 – 9 a.m.	6 lanes MP + 4 lanes LP
	9 a.m. – 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

### School Swimming Lessons

Mon. – Thurs.	9 a.m. – 2:30 p.m.
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## Statutory Holiday Schedule

STAT Holiday Hours	Good Friday (Apr. 14) 11 a.m. – 5 p.m.	East Monday (Apr. 17) 10 a.m. – 8 p.m.	Victoria Day (May 22) 10 a.m. – 8 p.m.	Canada Day (July 1) 11 a.m. – 5 p.m.
<b>Public Swim</b>	11 a.m. – 5 p.m.	10 a.m. – 8 p.m.	10 a.m. – 8 p.m.	11 a.m. – 5 p.m.
<b>Lane Swim</b>	Noon – 1 p.m. 6 lanes Main Pool All other times 1 lane available			

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](http://Leduc.ca/LRC) or call guest services at **780-980-7120**.

### What is fitness access?

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

**Reminder:** fitness access is available Tues. / Thurs. 4 p.m. – 6:30 p.m. and Sat. 8 – 11 a.m. Public swim and family swim are not available during these times due to programming.



## ■ Mix Family Aquatic Centre Bookings

Is your group looking to make a splash this spring? 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](mailto: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 time



**HOLD THE**  
*Splash,*  
**BUT JUST FOR A WHILE...**

### Did you know?

The indoor Mix Family Aquatic Centre will be closed, beginning June 6, for annual maintenance and facility upgrades. You can visit us at the Alexandra Outdoor Pool & Spray Park for aquatic opportunities until Sept. 9. LRC memberships are always valid at the outdoor pool and will also be accepted at the Beaumont S&D Aquafit Centre during this period.

### What does this mean for you?

We know how important swimming lessons are, so we have increased the number of preschool lessons this spring and the total number of lessons for the fall as the number of lessons offered in the Summer will be reduced.

## ■ Swimming Lessons

Apr. 1 – Jun. 29

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](http://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.

### Semi-Private Swim Lessons

Pre-school Levels	\$71.40
Swim Kids 1 – 3	\$71.40
Swim Kids 4 – 5	\$81.20

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

**\*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 – 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 Ages 15+

Adult Learn-to-Swim or Stroke Improvement classes are a great way to get more confident in the water! Register for one of these classes running this spring!

Date	Day	Time	Cost	Code
Apr. 1 – Jun. 3	Sat.	10:30 – 11:30 a.m.	\$62.30	32148

No class Apr. 15 & May 20

## Stingrays Lifeguard Club

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

This spring session, we're offering advanced Lifesaving courses to our Junior & Senior Stingrays! Spend two nights a week with our coaches learning critical life skills and earning steps towards a career in aquatics! See the description of each course below!

- **Junior Club (8 – 12 years)**  
Mon. / Wed. 5 – 6:30 p.m. (classroom & pool)
- **Senior Club (13 – 17 years)**  
Tues. / Thurs. 5 – 6:30 p.m. (classroom & pool)

### Spring Session Apr. 3 – May 18

Jr. A Club Jr. B Club	Bronze Star	\$90	30911
Seniors Club	Bronze Medallion	\$100	30913

A **club fee** of \$50 is charged once per season and covers all sessions a participant registers for. This fee includes your Lifesaving Society athlete fee, a club shirt, and a club swim cap. Registrants interested in competing will also be required to purchase a black or blue swimsuit. An information package will be given out at registration.



### Bronze Star (Juniors 8 –12)

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

### Bronze Medallion (Seniors 13 –17)

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

SPRING 2017

# Community Information and Registration Day

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

## What's your Community Passion?

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

For more information, email [info@leduc.ca](mailto: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.

### Junior Links Beginner Golf Program

May 1, 2, 3 & 5 • 4:30 – 6 p.m. • \$100

Open to all boys & girls between 12 – 15 years of age.  
Register in person at the Leduc Golf & Country Club.

A maximum of 12 participants will be accepted. Paid registrations accepted only in-person on a first-come, first-serve basis.

\*\*Eligibility for a junior membership at the Leduc Golf & Country Club\*\*

For more information, please contact [cathy@leducgolf.com](mailto:cathy@leducgolf.com) or 780-986-8009.

# Swimming Lessons

Apr. 1 – Jun. 29

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
Apr. 1 – Jun. 3	Sat.	May 6	May 13	Apr. 15 & May 20
Apr. 3 – Jun. 5	Mon.	May 8	May 15	Apr. 17 & May 22
Apr. 4 – May 23	Tues.	May 2	May 9	--
Apr. 5 – May 24	Wed.	May 3	May 10	--
Apr. 6 – May 25	Thurs.	May 4	May 11	--
Apr. 7 – Jun. 2	Fri.	May 12	May 19	Apr. 14
Jun. 6 – 29 *Outdoor Pool	Tues./Thurs.*	Jun. 20	Jun. 22	--

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



Class Date	Days	Time	Code	
Apr. 1	Jun. 3	Sat.	9 a.m.	31900
Apr. 1	Jun. 3	Sat.	10:30 a.m.	31901
Apr. 3	Jun. 5	Mon.	4:30 p.m.	31893
Apr. 3	Jun. 5	Mon.	6 p.m.	31895
Apr. 4	May 23	Tues.	4 p.m.	31903
Apr. 4	May 23	Tues.	5:30 p.m.	31894
Apr. 4	May 23	Tues.	1:30 p.m.	31896
Apr. 5	May 24	Wed.	4:30 p.m.	31897
Apr. 6	May 25	Thurs.	4 p.m.	31898
Apr. 6	May 25	Thurs.	5:30 p.m.	31899
Apr. 7	Jun. 2	Fri.	5:15 p.m.	31902

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



Class Date	Days	Time	Code	
Apr. 1	Jun. 3	Sat.	9 a.m.	31915
Apr. 1	Jun. 3	Sat.	10:30 a.m.	31914
Apr. 3	Jun. 5	Mon.	4:30 p.m.	31906
Apr. 3	Jun. 5	Mon.	6:00 p.m.	31907

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



Apr. 4	May 23	Tues.	4 p.m.	31908
Apr. 4	May 23	Tues.	5:30 p.m.	31905
Apr. 4	May 23	Tues.	1:30 p.m.	31909
Apr. 5	May 24	Wed.	4:30 p.m.	31911
Apr. 6	May 25	Thurs.	4 p.m.	31910
Apr. 6	May 25	Thurs.	5:30 p.m.	31916
Apr. 7	Jun. 2	Fri.	5:15 p.m.	31913

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



Class Date	Days	Time	Code	
Apr. 1	Jun. 3	Sat.	9 a.m.	31919
Apr. 1	Jun. 3	Sat.	10:30 a.m.	31935
Apr. 3	Jun. 5	Mon.	4:30 p.m.	31920
Apr. 3	Jun. 5	Mon.	5:45 p.m.	31917
Apr. 4	May 23	Tues.	4:15 p.m.	31922
Apr. 4	May 23	Tues.	4:30 p.m.	31923
Apr. 4	May 23	Tues.	6 p.m.	31918
Apr. 4	May 23	Tues.	1 p.m.	31927
Apr. 4	May 23	Tues.	2 p.m.	31926
Apr. 5	May 24	Wed.	5 p.m.	31929
Apr. 5	May 24	Wed.	5:45 p.m.	31928
Apr. 6	May 25	Thurs.	4:45 p.m.	31932
Apr. 6	May 25	Thurs.	5:30 p.m.	31930
Apr. 6	May 25	Thurs.	6 p.m.	31931
Apr. 7	Jun. 2	Fri.	5:45 p.m.	31933
Apr. 7	Jun. 2	Fri.	6:15 p.m.	31934

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

Class Date	Days	Time	Code	
Apr. 1	Jun. 3	Sat.	9 a.m.	31966
Apr. 1	Jun. 3	Sat.	9:30 a.m.	31967
Apr. 1	Jun. 3	Sat.	10 a.m.	31964
Apr. 1	Jun. 3	Sat.	10:45 a.m.	31965
Apr. 1	Jun. 3	Sat.	11:30 a.m.	31968
Apr. 3	Jun. 5	Mon.	4 p.m.	31944
Apr. 3	Jun. 5	Mon.	4:30 p.m.	31942
Apr. 3	Jun. 5	Mon.	5:15 p.m.	31939



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

Apr. 3	Jun. 5	Mon.	5:30 p.m.	31943
Apr. 3	Jun. 5	Mon.	6 p.m.	31945
Apr. 4	May 23	Tues.	4 p.m.	31948
Apr. 4	May 23	Tues.	4:30 p.m.	31946
Apr. 4	May 23	Tues.	5 p.m.	31947
Apr. 4	May 23	Tues.	5:30 p.m.	31938
Apr. 4	May 23	Tues.	6 p.m.	31949
Apr. 4	May 23	Tues.	1 p.m.	31950
Apr. 4	May 23	Tues.	1:30 p.m.	31952
Apr. 5	May 24	Wed.	4:30 p.m.	31955
Apr. 5	May 24	Wed.	5:15 p.m.	31954
Apr. 5	May 24	Wed.	5:30 p.m.	31956
Apr. 5	May 24	Wed.	6 p.m.	31953
Apr. 6	May 25	Thurs.	4 p.m.	31960
Apr. 6	May 25	Thurs.	4:30 p.m.	31958
Apr. 6	May 25	Thurs.	5:30 p.m.	31957
Apr. 6	May 25	Thurs.	6 p.m.	31959
Apr. 7	Jun. 2	Fri.	5:45 p.m.	31962
Apr. 7	Jun. 2	Fri.	6:15 p.m.	31961

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

Class Date	Days	Time	Code	
Apr. 1	Jun. 3	Sat.	9 a.m.	31997
Apr. 1	Jun. 3	Sat.	9:30 a.m.	31998
Apr. 1	Jun. 3	Sat.	11:15 a.m.	31995
Apr. 1	Jun. 3	Sat.	11:30 a.m.	31996
Apr. 3	Jun. 5	Mon.	4 p.m.	31972
Apr. 3	Jun. 5	Mon.	5 p.m.	31975
Apr. 3	Jun. 5	Mon.	5:30 p.m.	31977
Apr. 3	Jun. 5	Mon.	6 p.m.	31976
Apr. 4	May 23	Tues.	4 p.m.	31979
Apr. 4	May 23	Tues.	4:30 p.m.	31980
Apr. 4	May 23	Tues.	5 p.m.	31978
Apr. 4	May 23	Tues.	5:30 p.m.	31971
Apr. 4	May 23	Tues.	1:30 p.m.	31982
Apr. 4	May 23	Tues.	2:30 p.m.	31981
Apr. 5	May 24	Wed.	4 p.m.	31984

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

Apr. 5	May 24	Wed.	4:30 p.m.	31986
Apr. 5	May 24	Wed.	5 p.m.	31983
Apr. 5	May 24	Wed.	5:30 p.m.	31985
Apr. 5	May 24	Wed.	6 p.m.	31987
Apr. 6	May 25	Thurs.	4:15 p.m.	31999
Apr. 6	May 25	Thurs.	4:30 p.m.	31989
Apr. 6	May 25	Thurs.	5 p.m.	31988
Apr. 6	May 25	Thurs.	5:15 p.m.	31974
Apr. 6	May 25	Thurs.	5:30 p.m.	31990
Apr. 6	May 25	Thurs.	6 p.m.	32000
Apr. 7	Jun. 2	Fri.	5:15 p.m.	31973
Apr. 7	Jun. 2	Fri.	6:15 p.m.	31991

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

Class Date	Days	Time	Code	
Apr. 1	Jun. 3	Sat.	9 a.m.	32009
Apr. 1	Jun. 3	Sat.	11 a.m.	32010
Apr. 3	Jun. 5	Mon.	5 p.m.	32002
Apr. 4	May 23	Tues.	4 p.m.	32003
Apr. 4	May 23	Tues.	5:30 p.m.	32013
Apr. 4	May 23	Tues.	2:30 p.m.	32004
Apr. 5	May 24	Wed.	6 p.m.	32005
Apr. 6	May 25	Thurs.	5 p.m.	32007
Apr. 6	May 25	Thurs.	6 p.m.	32006
Apr. 7	Jun. 2	Fri.	5:45 p.m.	32008

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

Class Date	Days	Time	Code	
Apr. 1	Jun. 3	Sat.	9:30 a.m.	32017
Apr. 1	Jun. 3	Sat.	11:30 a.m.	32033
Apr. 3	Jun. 5	Mon.	5:30 p.m.	32015
Apr. 4	May 23	Tues.	4:30 p.m.	32014
Apr. 5	May 24	Wed.	5:30 p.m.	32019
Apr. 6	May 25	Thurs.	4:30 p.m.	32024

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

Class Date	Days	Time	Code	
Apr. 1	Jun. 3	Sat.	9:30 a.m.	32032
Apr. 1	Jun. 3	Sat.	11:30 a.m.	32033
Apr. 3	Jun. 5	Mon.	5:30 p.m.	32026
Apr. 4	May 23	Tues.	4:30 p.m.	32027
Apr. 5	May 24	Wed.	5:30 p.m.	32029
Apr. 6	May 25	Thurs.	4:30 p.m.	32030

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

Class Date	Days	Time	Code	
Apr. 1	Jun. 3	Sat.	9:30 a.m.	32053
Apr. 3	Jun. 5	Mon.	4 p.m.	32038
Apr. 4	May 23	Tues.	5 p.m.	32040
Apr. 4	May 23	Tues.	2 p.m.	32043
Apr. 5	May 24	Wed.	4 p.m.	32042
Apr. 6	May 25	Thurs.	4 p.m.	32052
Apr. 6	May 25	Thurs.	6 p.m.	32045
Apr. 7	Jun. 2	Fri.	5:15 p.m.	32047

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

Class Date	Days	Time	Code	
Apr. 1	Jun. 3	Sat.	9:30 a.m.	32072
Apr. 1	Jun. 3	Sat.	10 a.m.	32098
Apr. 3	Jun. 5	Mon.	4 p.m.	32058
Apr. 4	May 23	Tues.	2 p.m.	32065
Apr. 5	May 24	Wed.	4 p.m.	32076
Apr. 6	May 25	Thurs.	4 p.m.	32066
Apr. 6	May 25	Thurs.	6 p.m.	32121
Apr. 7	Jun. 2	Fri.	5:15 p.m.	32069

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

Class Date	Days	Time	Code	
Apr. 1	Jun. 3	Sat.	10 a.m.	32094
Apr. 3	Jun. 5	Mon.	5 p.m.	32079
Apr. 4	May 23	Tues.	6 p.m.	32081
Apr. 4	May 23	Tues.	1 p.m.	32083
Apr. 5	May 24	Wed.	4 p.m.	32092

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

Apr. 5	May 24	Wed.	5 p.m.	32084
Apr. 6	May 25	Thurs.	5 p.m.	32086
Apr. 7	Jun. 2	Fri.	5:15 p.m.	32090

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

Class Date	Days	Time	Code	
Apr. 1	Jun. 3	Sat.	9:30 a.m.	32107
Apr. 3	Jun. 5	Mon.	4:30 p.m.	32100
Apr. 4	May 23	Tues.	5:30 p.m.	32101
Apr. 4	May 23	Tues.	2 p.m.	32102
Apr. 6	May 25	Thurs.	4 p.m.	32104

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

Class Date	Days	Time	Code	
Apr. 1	Jun. 3	Sat.	10 a.m.	32119
Apr. 3	Jun. 5	Mon.	4:30 p.m.	32111
Apr. 4	May 23	Tues.	5:30 p.m.	32112
Apr. 4	May 23	Tues.	2 p.m.	32113
Apr. 6	May 25	Thurs.	4 p.m.	32115

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

Class Date	Days	Time	Code	
Apr. 1	Jun. 3	Sat.	10:45 a.m.	32127
Apr. 4	May 23	Tues.	4:45 p.m.	32123
Apr. 4	May 23	Tues.	2 p.m.	32189
Apr. 5	May 24	Wed.	4:30 p.m.	32124
Apr. 6	May 25	Thurs.	4:45 p.m.	32125
Apr. 7	Jun. 2	Fri.	5:45 p.m.	32126

**Swim Kids 7 (6 – 12 years) – 45 min.**  
**\$52.20 member / \$58 non-member**

Class Date	Days	Time	Code	
Apr. 1	Jun. 3	Sat.	10:45 a.m.	32134
Apr. 4	May 23	Tues.	4:45 p.m.	32130
Apr. 4	May 23	Tues.	2 p.m.	32190
Apr. 5	May 24	Wed.	4:30 p.m.	32131
Apr. 6	May 25	Thurs.	4:45 p.m.	32132
Apr. 7	Jun. 2	Fri.	5:45 p.m.	32133

Swim Kids 8 (6 – 12 years) – 60 min. \$56.07 member / \$62.30 non-member				
Class Date		Days	Time	Code
Apr. 1	Jun. 3	Sat.	9 a.m.	32138
Apr. 4	May 23	Tues.	1 p.m.	32188
Apr. 6	May 25	Thurs.	4:30 p.m.	32137

Swim Kids 9 (6 – 12 years) – 60 min. \$56.07 member / \$62.30 non-member				
Class Date		Days	Time	Code
Apr. 1	Jun. 3	Sat.	9 a.m.	32141
Apr. 4	May 23	Tues.	1 p.m.	32187
Apr. 6	May 25	Thurs.	4:30 p.m.	32142

Swim Kids 10 (6 – 12 years) – 60 min. \$56.07 member / \$62.30 non-member				
Class Date		Days	Time	Code
Apr. 1	Jun. 3	Sat.	9 a.m.	32147
Apr. 4	May 23	Tues.	1 p.m.	32186
Apr. 6	May 25	Thurs.	4:30 p.m.	32146

Private Lessons – 30 min. \$28.35 member / \$31.50 non-member				
Class Date		Days	Time	Code
Apr. 1		Sat.	10 a.m.	32149
Apr. 8		Sat.	10 a.m.	32150
Apr. 22		Sat.	10 a.m.	32151
Apr. 29		Sat.	10 a.m.	32152
May 6		Sat.	10 a.m.	32153
May 13		Sat.	10 a.m.	32154
May 27		Sat.	10 a.m.	32155
Jun. 3		Sat.	10 a.m.	32156
Apr. 4		Tues.	5 p.m.	32157
Apr. 11		Tues.	5 p.m.	32158
Apr. 18		Tues.	5 p.m.	32159
Apr. 25		Tues.	5 p.m.	32160
May 2		Tues.	5 p.m.	32161
May 9		Tues.	5 p.m.	32162
May 16		Tues.	5 p.m.	32163
May 23		Tues.	5 p.m.	32164
Apr. 6		Thurs.	5:30 p.m.	32165
Apr. 13		Thurs.	5:30 p.m.	32166

Private Lessons – 30 min. \$28.35 member / \$31.50 non-member			
Class Date	Days	Time	Code
Apr. 20	Thurs.	5:30 p.m.	32167
Apr. 27	Thurs.	5:30 p.m.	32168
May 4	Thurs.	5:30 p.m.	32169
May 11	Thurs.	5:30 p.m.	32170
May 18	Thurs.	5:30 p.m.	32171
May 25	Thurs.	5:30 p.m.	32172



## Outdoor Pool Lessons

Jun. 6 – 29

Outdoor Pool lessons will run in all-weather circumstances except thunder & lightning. In these instances your account will be credited for the missed lesson.

Tuesdays & Thursdays				
Level	Time	Non-Member	Member	Code
Swim Kids 1	4:30 p.m.	\$51.00	\$45.90	32041
Swim Kids 1	6:15 p.m.	\$51.00	\$45.90	32039
Swim Kids 2	4:30 p.m.	\$51.00	\$45.90	32060
Swim Kids 2	6:15 p.m.	\$51.00	\$45.90	32061
Swim Kids 3	4:30 p.m.	\$51.00	\$45.90	32082
Swim Kids 3	5 p.m.	\$51.00	\$45.90	32087
Swim Kids 3	5:45 p.m.	\$51.00	\$45.90	32096
Swim Kids 4	5 p.m.	\$58.00	\$52.20	32109
Swim Kids 4	6 p.m.	\$58.00	\$52.20	32108
Swim Kids 5	5 p.m.	\$58.00	\$52.20	32120
Swim Kids 5	6 p.m.	\$58.00	\$52.20	32118
Swim Kids 6	5:30 p.m.	\$58.00	\$52.20	32128
Swim Kids 7	5:30 p.m.	\$58.00	\$52.20	32135
Swim Kids 8	5 p.m.	\$62.30	\$56.07	32139
Swim Kids 9	5 p.m.	\$62.30	\$56.07	32143
Swim Kids 10	5 p.m.	\$62.30	\$56.07	32144

## ■ Aquatic Leadership Courses

Registration is being accepted for 2017 aquatic leadership courses.

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

*100% attendance is mandatory for all leadership courses. Candidates are continuously evaluated throughout these courses based on standard evaluation criteria and ability to complete final skills, scenarios and knowledge assessments.*

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

Date	Day	Time	Code
Jun. 24	Sat. (Outdoor Pool)	9 a.m. – 3 p.m.	31381

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

#### Pre-requisites:

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

### Red Cross Assistant Lifeguard Certificate (ALG) \$200

Date	Day	Time	Code
Jul. 21/22, 28/29	Fri. / Sat. (Outdoor Pool)	9 a.m. – 5 p.m.	31379

This pre-requisite course for the lifeguard certification teaches injury prevention, teamwork, basic rescues, and lifeguard skills.

#### Pre-requisites:

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



### Red Cross Lifeguard Certificate (LG) \$285

Date	Day	Time	Code
Aug. 12-14, 19-21 (Outdoor Pool)	Sat. – Sun. Mon.	8 a.m. – 5 p.m. 8 a.m. – noon	31383

The course prepares deck-ready lifeguards to prevent and respond to lifeguard emergencies, create a safe environment, work in teams, and handle public relations in a professional manner.

#### Pre-requisites:

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

### 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

The course prepares deck-ready lifeguards to prevent and respond to lifeguard emergencies, create a safe environment, work in teams, and handle public relations in a professional manner.

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

#### Pre-requisites:

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

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

#### Pre-requisites:

- Must have successfully completed the Bronze Medallion certificate

## Lifesaving Society National Lifeguard (NL) \$315

Date	Day	Time	Code
May 5-7, 12-14	Fri. Sat. / Sun.	5 – 10 p.m. 8 a.m. – 5 p.m.	31390
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
Apr. 2	Sun.	9 a.m. – 3 p.m.	31392
Dec. 28	Thurs.	9 a.m. – 3 p.m.	31393

## Water Safety Instructor (WSI) PREP \$25

Date	Day	Time	Code
Aug. 25	Fri. (Outdoor Pool)	9 – 11 a.m.	31418

Register in this two hour session to work with an instructor on improving your swimming strokes & skills before beginning the Water Safety Instructor Development Program.

*\*Not required to complete the WSI program\**

## Red Cross Water Safety Instructor Development Program (WSI)

The WSI Course is designed to provide candidates with the proper knowledge and skills to teach swimming and water safety to all levels while promoting water-safe attitudes in, on, and around the water. 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

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

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

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

## PART 4: Classroom & Pool Component \$420

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

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 full 8-lesson Adult Stroke Improvement classes or a WSI Prep class to brush up! (Ages 15+) See this sessions' available Adult & WSI Prep classes on page 27.

## 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



### Experience Leduc's Great Outdoors!

The City of Leduc takes pride in their outdoor spaces with beautiful parks, picnic sites, trail systems, lakes, diamonds, disc golf, sports fields, outdoor arenas, and more...there is something for everyone!

Experience the Great Outdoors by hosting your wedding at the Stone Barn Garden, host your next corporate event at Wm.F Lede Park or family party at one of Fred Johns picnic sites, the opportunities are endless.

Email us at [events\\_bookings@leduc.ca](mailto:events_bookings@leduc.ca) to help you plan your fun filled summer in Leduc's Great Outdoors

## ■ Indoor Aquatic Fitness Programs Apr. 3 – Jun. 2

Monday	Tuesday	Wednesday	Thursday	Friday
AquaFit – Shallow 8 – 8:50 a.m.	AquaFit – Deep 8 – 8:50 a.m.	AquaFit – Shallow 8 – 8:50 a.m.	AquaFit – Deep 8 – 8:50 a.m.	AquaFit – Shallow 8 – 8:50 a.m.
	AquaFit – Seniors 11 – 11:45 a.m.		AquaFit – Seniors 11 – 11:45 a.m.	
	AquaFit – Deep 7 – 7:50 p.m.	AquaFit – Shallow 7 – 7:50 p.m.	AquaFit – Deep 8 – 8:50 p.m.	
AquaFit – Shallow 8 – 8:50 p.m.		<b>Aqua Bootcamp</b> 8 – 8:50 p.m.	AquaFit – Deep 8 – 8:50 p.m.	

■ Drop-in program ■ Registered Program

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

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

### AquaFit is taking a break!

Mar. 27 – 31, there will be no drop-in AquaFit classes.

Remember – morning AquaFit moves to 8 a.m. starting Apr. 3.



## AquaFit – Shallow Water Drop-in

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

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

## AquaFit – Deep Water Drop-in

Exercise in deep water provides virtually zero impact on your bones and joints, while giving you a more intense muscular workout due to 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 AquaFit program is a fun fitness experience tailored to be gentle on your bones and joints.

*\*Maximum of 45 participants*

## Aqua Bootcamp Registered 8 Weeks (\$100)

Date	Day	Time	Code
Apr. 12 – May 31	Wed.	8 – 8:50 p.m.	31890

Get your Summer bod' started early! This class incorporates basic swimming with weight based exercises in and around the pool. Be ready to sweat up a storm and enjoy doing it at the pool. Participants will be required to get in and out of the pool during the workout. Must be comfortable in deep water.

*Clean, indoor running shoes & gym clothes (with proper swim attire underneath) are permitted.*



## Paddle Board (SUP) Fitness \$20 / class

*\*Register for 4+ classes and get 10% off each*

*\*Register for 8+ classes and get 20% off each*

SUP Stand up Paddleboard fitness and yoga for endurance, strength and balance! 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	Code
Mar. 30	Thurs.	8 – 8:45 a.m.*	31773
		9 – 9:45 a.m.*	31774
Apr. 2	Sun.	8 – 8:45 p.m.	31785
		9 – 9:45 p.m.	31786
Apr. 4	Tues.	8 – 8:45 p.m.	31787
		9 – 9:45 p.m.	31788
Apr. 25	Tues.	8 – 8:45 p.m.	31789
		9 – 9:45 p.m.	31790
Apr. 30	Sun.	8 – 8:45 p.m.	31791
		9 – 9:45 p.m.	31792
May 2	Tues.	8 – 8:45 p.m.	31793
		9 – 9:45 p.m.	31794

*\*Special spring break morning times*

# ALEXANDRA OUTDOOR POOL & SPRAY PARK

## ■ General Information

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

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



### Alexandra Outdoor Pool Admission Rates

	Admissions	Flex Pass	Season Pass <i>Early-bird rate until May 31</i>	Season Pass
Child: 3 – 7 years	\$3.75	\$30	\$58	\$68
Youth: 8 – 17 years	\$4.75	\$38	\$75.50	\$89
Adult: 18 – 59 years	\$5.75	\$46	\$89.75	\$105.50
Senior: 60 – 79 years	\$4.75	\$38	\$75.50	\$89
Family*	\$15.25	\$122	\$240.25	\$282.50
Senior Plus: 80+ years	-- FREE --			

### Spray Park Admission Rates

-- FREE --

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

\*Family admission consists of two (2) adults and all children less than 18 years of age, residing in the same household

\*\*LRC membership includes access to the outdoor pool, outdoor pool membership does not include LRC.

## ■ Spray Park Schedule

May 29 – Jun. 29

Spray Park	May 29 – Jun. 30	July 1
Daily	10 a.m. – 8 p.m.	9 a.m. – 9 p.m.

### Tips Before you Play

#### Check the weather

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

#### Toilet-training?

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

#### Change Facility

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

#### Food Options

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

#### Don't Forget!

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





### Youth Summer Membership Special!

Just \$25/month for July and August



## Outdoor Pool Spring Schedule

May 29 – Jun. 3					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rental 9 a.m. – noon	Rental 9 a.m. – noon	Rental 9 a.m. – noon	Rental 9 a.m. – noon	Rental 9 a.m. – noon	Rental 9 – 11 a.m.
AquaFit / Lap Swim noon – 12:50 p.m.	AquaFit / Lap Swim noon – 12:50 p.m.	AquaFit / Lap Swim noon – 12:50 p.m.	AquaFit / Lap Swim noon – 12:50 p.m.	AquaFit / Lap Swim noon – 12:50 p.m.	Public Swim 11 a.m. – 8 p.m.
Rental 1 – 3 p.m.	Rental 1 – 3 p.m.	Rental 1 – 3 p.m.	Rental 1 – 3 p.m.	Rental 1 – 3 p.m.	
Public Swim 4:30 – 8 p.m.	Public Swim 4:30 – 8 p.m.	Public Swim 4:30 – 8 p.m.	Public Swim 4:30 – 8 p.m.	Public Swim 4:30 – 8 p.m.	
Rental 8 – 9 p.m.	Rental 8 – 9 p.m.	Rental 8 – 9 p.m.	Rental 8 – 9 p.m.	Rental 8 – 9 p.m.	Rental 8 – 9 p.m.

Jun. 4 – 29						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6:30 – 9 a.m.	Lane Swim 6:30 – 9 a.m.	Lane Swim 6:30 – 9 a.m.	Lane Swim 6:30 – 9 a.m.	Lane Swim 6:30 – 9 a.m.	Lane Swim 8 – 9 a.m.	Lane Swim 8 – 9 a.m.
	AquaFit 9 – 9:50 a.m.		AquaFit 9 – 9:50 a.m.		Rental 9 – 11 a.m.	Rental 9 – 10 a.m.
Rental 9 a.m. – noon	Rental 10 a.m. – noon	Rental 9 a.m. – noon	Rental 10 a.m. – noon	Rental 9 a.m. – noon	Public Swim 11 a.m. – 8 p.m.	Family Swim 10 a.m. – noon
AquaFit/Lap Swim noon – 12:50 p.m.	AquaFit/Lap Swim noon – 12:50 p.m.	AquaFit/Lap Swim noon – 12:50 p.m.	AquaFit/Lap Swim noon – 12:50 p.m.	AquaFit/Lap Swim noon – 12:50 p.m.		Public Swim noon – 8 p.m.
Rental 1 – 3 p.m.	Rental 1 – 3 p.m.	Rental 1 – 3 p.m.	Rental 1 – 3 p.m.	Rental 1 – 3 p.m.		
Family Swim 3 – 4 p.m.	Family Swim 3 – 4:30 p.m.	Family Swim 3 – 4 p.m.	Family Swim 3 – 4:30 p.m.	Family Swim 3 – 4 p.m.		
Public Swim 4 – 8 p.m.	Evening Lessons 4:30 – 7 p.m.	Public Swim 4 – 8 p.m.	Evening Lessons 4:30 – 7 p.m.	Public Swim 4 – 8 p.m.		
AquaFit 8 – 8:50 p.m.	Public Swim 7 – 9 p.m.	Rental 8 – 9 p.m.	Public Swim 7 – 9 p.m.	Rental 8 – 9 p.m.	Rental 8 – 9 p.m.	Rental 8 – 9 p.m.



Celebrate the first day of summer vacation by joining us on Thursday, June 29th for a special Public Swim from 1:00 – 4:00pm. Our schedule changes on Friday, June 30th to our summer hours.

## ■ Booking Rates

Book your summertime 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](mailto: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 schedule on page 39 for rental times

Is your group looking to make a splash this spring? Join us at the outdoor pool during regular public swim times with your group of 15 or more people for 25% off regular admission prices. Contact Aquatic Services at 780-980-7198 ext. 6040 or email [aquaticbookings@leduc.ca](mailto:aquaticbookings@leduc.ca) to book today.

### What does this package get you?

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

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



## Outdoor Pool AquaFit Cancellation Policy

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

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

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

## ■ Outdoor Aquatic Fitness

### AquaFit – Shallow Water Drop-in

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

\*Maximum of 30 participants

### Outdoor Pool: May 29 – Jun. 30

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.

### Outdoor Pool: June 4 – 29

Monday	Tuesday	Wednesday	Thursday	Friday
	AquaFit – Shallow 9 – 9:50 a.m.		AquaFit – Shallow 9 – 9:50 a.m.	

■ Drop-in program ■ Registered Program

## LEISURE OPPORTUNITIES

Included with your membership or daily paid admission is access to the many leisure opportunities available throughout the **Leduc Recreation Centre**, please see page 3 for information regarding admissions, and page 5 regarding Active Supervision and Active Participation. View our drop-in schedules at **Leduc.ca/LRC**, including activities catering to specific skill levels or ages.

### 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

*Apr. 1 – Jun. 30*

### Equipment Rentals

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

### Table Tennis

Table Tennis, popularly known as Ping Pong is a sport consisting of hitting a lightweight ball back and forth between opponents using paddles. This new opportunity will be available Monday to Friday during the day between 8am and 5pm.

### Table Top Games

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

### Adult Hour

Blow off some steam and play with others your age (18+) during Adult Hour Monday to Thursday, 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

### Flag Football

Join us out on the field for some non-contact family friendly Flag Football

### Dodgeball

A game in which players on two teams try to throw balls at each other while avoiding being hit themselves.

### Floor Hockey

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

### MNP Kick For Kids



Sponsored by MNP, school aged children can participate our field house activities for free. A unique wristband provided by Guest Services is used to identify use only during this period. Though this opportunity is geared towards our youth to get them active, all ages are permitted to participate. This is a sponsored program for youth, it is not intended for organized teams.

### Pickleball

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

### Pre-school Playtime

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



### Soccer

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

## Volleyball

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

## Youth Lacrosse

This drop in opportunity allows participants to work on their lacrosse skills. Full equipment is required to participate in this drop-in opportunity, and must be provided by the participants.

## ■ Arena Opportunities

Apr. 1 – Jun. 30

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 approved helmet while participating in our skating opportunities. Details on equipment, supervision and other participant requirements can be viewed online at [Leduc.ca/LRC/Arena](http://Leduc.ca/LRC/Arena). Specific requirements are detailed in each description.

### Family Stick & Puck

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



### Parents with Tots / Pre-Schoolers

Casual skate time for parents and children under 6 years of age. This is a great opportunity to practice skating in a social setting. Skate aids available.

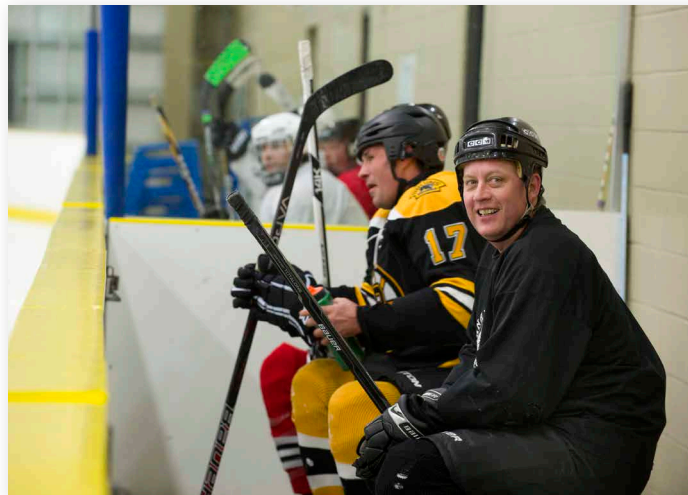


### Public Skate

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

### 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). Full equipment is mandatory, including CSA-approved full caged helmets.



### Stick & Puck

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

### Friday Fun Skates

Friday Fun Skates are fun for the whole family! These themed nights are offered the 3rd Friday of each month and will engage all ages with music, activities, prizes, games and fun!

- **Mar. 17 – Saint Patrick's Day**

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

- **Apr. 21 – Jersey Day**

Come wearing your favorite Jersey and celebrate the world of sports.

- **May 19 – The Force Be With You**


Will you join the Galactic Empire or the Rebel Alliance? Once you pick your side, you cannot change it.

- **Jun. 16 – Spring into Summer**

Join us as we celebrate the end of the school year and the start of the summer sun.

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+.

## ■ Field House Opportunities Apr. 1 – Jun. 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball 8 a.m. – 9 p.m.	Basketball 8 a.m. – 9 p.m.	Basketball 8 a.m. – 9 p.m.	Basketball 8 a.m. – 9 p.m.	Basketball 8 a.m. – 9 p.m.	Basketball 8 a.m. – 9 p.m.	Basketball 8 a.m. – 9 p.m.
Badminton 8 a.m. – 5:30 p.m.	Badminton 8 a.m. – 2:30 p.m.	Badminton 8 a.m. – 5:30 p.m.	Badminton 8 a.m. – 2:30 p.m.	Badminton 8 a.m. – 5:30 p.m.	Badminton 8 a.m. – 1 p.m.	Badminton 8 a.m. – 3 p.m.
Pickleball 8 a.m. – 2:30 p.m.	Soccer noon – 1 p.m.	Pickleball 8 a.m. – 2:30 p.m.	Soccer noon – 1 p.m.	Pickleball 8 a.m. – 2:30 p.m.	Volleyball 1:30 – 3:30 p.m.	Soccer 11 a.m. – 1:30 p.m.
Soccer noon – 1 p.m.		Soccer noon – 1 p.m.		Soccer noon – 1 p.m.	Soccer 11 a.m. – 1:30 p.m.	Pickleball 3:30 – 9 p.m.
Floor Hockey 3 – 4:30 p.m.	<b>MNP</b> <b>Kicks for Kids</b> 3 – 4:30 p.m.	Floor Hockey 3 – 4:30 p.m.	<b>MNP</b> <b>Kicks for Kids</b> 3 – 4:30 p.m.	Soccer 3 – 4:30 p.m.	Soccer 3:30 – 7 p.m.	Volleyball 6 – 9 p.m.
Soccer 3 – 4:30 p.m.		Soccer 3 – 4:30 p.m.		 Dodgeball 3 – 4:30 p.m.	Flag Football 7 – 8 p.m.	Youth Lacrosse 6 – 7 p.m.
Soccer (May/June) 7 – 9 p.m.	Volleyball 7 – 9 p.m.	Dodgeball 3 – 4:30 p.m.	Floor Hockey 7 – 9 p.m.	Soccer 7:30 – 10 p.m.		Flag Football 7 – 8 p.m.
		Pickleball 7 – 9 p.m.				
<b>Adult Hour</b> Basketball Dodgeball Soccer 9 – 10 p.m.	<b>Adult Hour</b> Floor Hockey Soccer Volleyball 9 – 10 p.m.	<b>Adult Hour</b> Basketball Pickleball Soccer* 9 – 10 p.m.	<b>Adult Hour</b> Basketball Floor Hockey Soccer 9 – 10 p.m.	*Adult Soccer Only offered May & June		

## ■ Arena Opportunities Apr. 1 – Jun. 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult 18+ Skate 10:30 – 11:30 a.m.	Preschool Skate 10:30 – 11:30 a.m.	Adult 18+ Skate 10:30 – 11:30 a.m.	Preschool Skate 10:30 – 11:30 a.m.	Adult 18+ Skate 10:30 – 11:30 a.m.		
Adult 18+ Shinny 11:45 a.m.-1:15 p.m.	Adult 18+ Shinny 11:45 a.m.-1:15 p.m.	Adult 18+ Shinny 11:45 a.m.-1:15 p.m.	Adult 18+ Shinny 11:45 a.m.-1:15 p.m.	Adult 18+ Shinny 11:45 a.m.-1:15 p.m.	Public Skate 1 – 3 p.m.	Public Skate 1 – 3 p.m.
Public Skate 1:30 – 3:30 p.m.	Public Skate 1:30 – 3:30 p.m.	Public Skate 1:30 – 3:30 p.m.	Public Skate 1:30 – 3:30 p.m.	Public Skate 1:30 – 3:30 p.m.		
				Youth Shinny 11-14 (1st & 3rd Friday) Youth Shinny 15-17 (2nd & 4th Friday) 4:30 – 5:30 p.m.	Adult/Child Stick & Puck 4:30 – 5:30 p.m.	Family Stick & Puck 4:30 – 5:30 p.m.
		Public Skate 7 – 8:30 p.m.		Public Skate 7 – 8:30 p.m.		
Adult 18+ Shinny 9 – 10 p.m.	Adult 18+ Shinny 9 – 10 p.m.	Adult 18+ Shinny 9 – 10 p.m.	Adult 18+ Shinny 9 – 10 p.m.	Adult 18+ Shinny 9 – 10 p.m.	** Time subject to change	

All skaters 12-years-old and under are required to wear a CSA approved helmet while participating in our arena opportunities Full Equipment – CSA approved hockey helmet (with full face mask for Stick & Puck and Youth Shinny), skates, neck guard (Stick & Puck and Youth Shinny), hockey pants, support cup, hockey gloves, shin/elbow/shoulder pads, regulation hockey stick

# 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 (i.e. AISH, CPP-D, etc.)

## 211 Leduc

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

## Disconnect to Connect

There are many benefits to disconnect from technology to spend quality time with your family, friends and the community. A study conducted by the National Center on Addiction and Substance Abuse at Columbia University found that "Children of hands-on parents are far less likely to smoke, drink or use other drugs. Highly engaged parents are more likely to notice some of the warning signs of substance use". Disconnect to Connect with your most valuable social network.....your family.

**Family Day Unplugged** takes place on Monday, February 20th, 2017. Don't forget to track the number of hours your family spends unplugged on Family Day. You can enter your hours February 21st-24th at [Leduc.ca](http://Leduc.ca) for a chance to win some awesome prizes!

## New Canadians

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

### Some of the ways we can help;

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

## Family Support

### Early Development Instrument

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



## Bullying Prevention

National Anti-Bullying Day or National Pink Shirt Day is on February 22, 2017. Get your pink on! Show your support and stand up to bullying by wearing pink. The City of Leduc is dedicated to the education of prevention of bullying in Leduc.

## ■ Upcoming Workshops

### Free Co-parenting and Children in Change (dual program)

– March 4, 2017

2 great free programs, one for adults and one for children, happening at the same time!

- 1. Co-parenting:** A 1 day workshop meant for individuals who are co-parenting with an ex- partner and would like to learn new skills.
- 2. Children in Change:** This program is designed for kids aged 5-11. The intent of the group is to allow children to safely share their experiences and feelings regarding separation and divorce through play and activities. Please be advised that there is a required intake process for this program prior to registration.

Both programs will be held at the Leduc Recreation Center from 9 a.m. – 4 p.m. on Saturday, March 4, 2017. Registration is required for both programs by contacting FCSS at 780-980-8429.

### Budget Workshop *FREE*

Date	Time	Cost	Location
Mar. 8	10 a.m. – 1 p.m.	FREE	Leduc Public Library

Join us for a free workshop to help create your own individualized budget. Please call 780-980-7109 to register.



## Bringing Baby Home

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

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

Call FCSS at 780-980-8429 for more information and for potential dates.

## Early Childhood: An Evening with Gordon Neufeld

### Helping Children Flourish

This evening session focuses on how parents and caregivers can help children thrive. Dr. Neufeld will touch on the experiences needed for children to become everything they are meant to be. Open to the public.

Date	Day	Time	Cost	Register
Feb. 23	Thurs.	6 – 9 p.m.	\$30	bit.ly/2h376V6



## ■ 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:

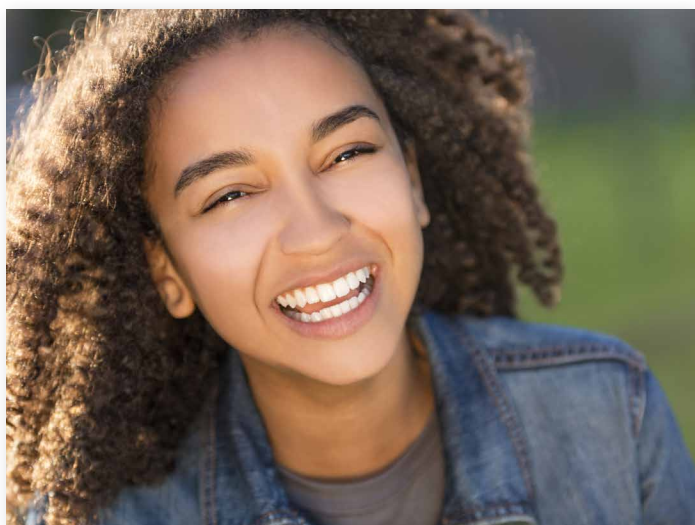
**One on One Family Support:** The Youth Development Coordinator works with parents/guardians of youth (age 12-19) to support them in dealing with the challenges that the teenage years can bring. We work with you to build skills, create parenting plans, and provide advocacy, support, and referrals.

**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.



## Understanding Your Teen Workshop Series

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

Date	Day	Theme
Feb. 15	Wed.	Mental Health 101
Mar. 15	Wed.	Mindfulness
Apr. 19	Wed.	Substance Abuse Awareness

*\*Dinner supplied. Registration is required.*

Please call City of Leduc FCSS at 780-980-7109 to register or for more information.

## ■ 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

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

We will begin accepting nominations in early May. 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.

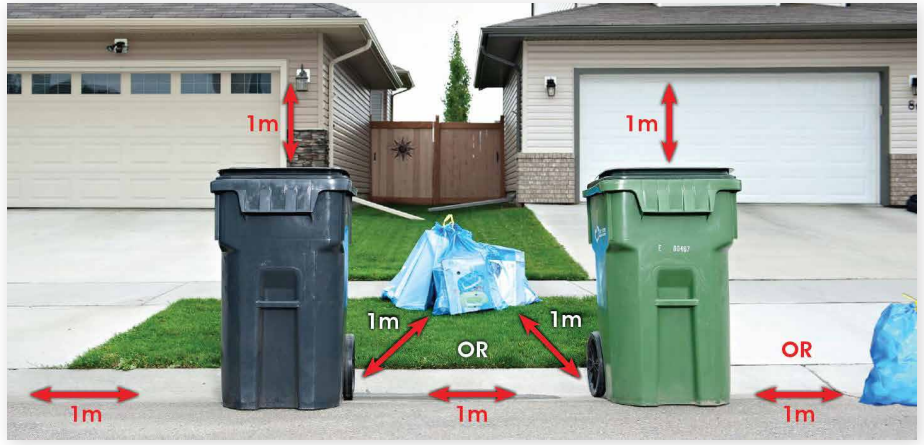
### Leduc Interagency Session

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
Apr. 20	Thurs.	Money Mentors, Office of the Child & Youth Advocate
Jun. 15	Thurs.	Beaumont FCSS, Devon FCSS
Oct. 19	Thurs.	Office of the Seniors Advocate

To register, please contact Tabitha at [twhite@leduc.ca](mailto:twhite@leduc.ca)



# ENVIRONMENT



## ORGANICS, RECYCLING & WASTE COLLECTION

**LEGEND:**

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

### Monday

#### March

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

#### April

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

Organic cart collected every week

#### May

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

Large item pickup

### Tuesday

#### March

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

#### April

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

Organic cart collected every week

#### May

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

Large item pickup

## Wednesday

### March

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

### April

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

Organic cart collected every week

### May

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

Large item pickup

## Thursday

### March

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

### April

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

Organic cart collected every week

### May

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

Large item pickup

## Friday

### March

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

### April

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

Organic cart collected every week

### May

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

Large item pickup

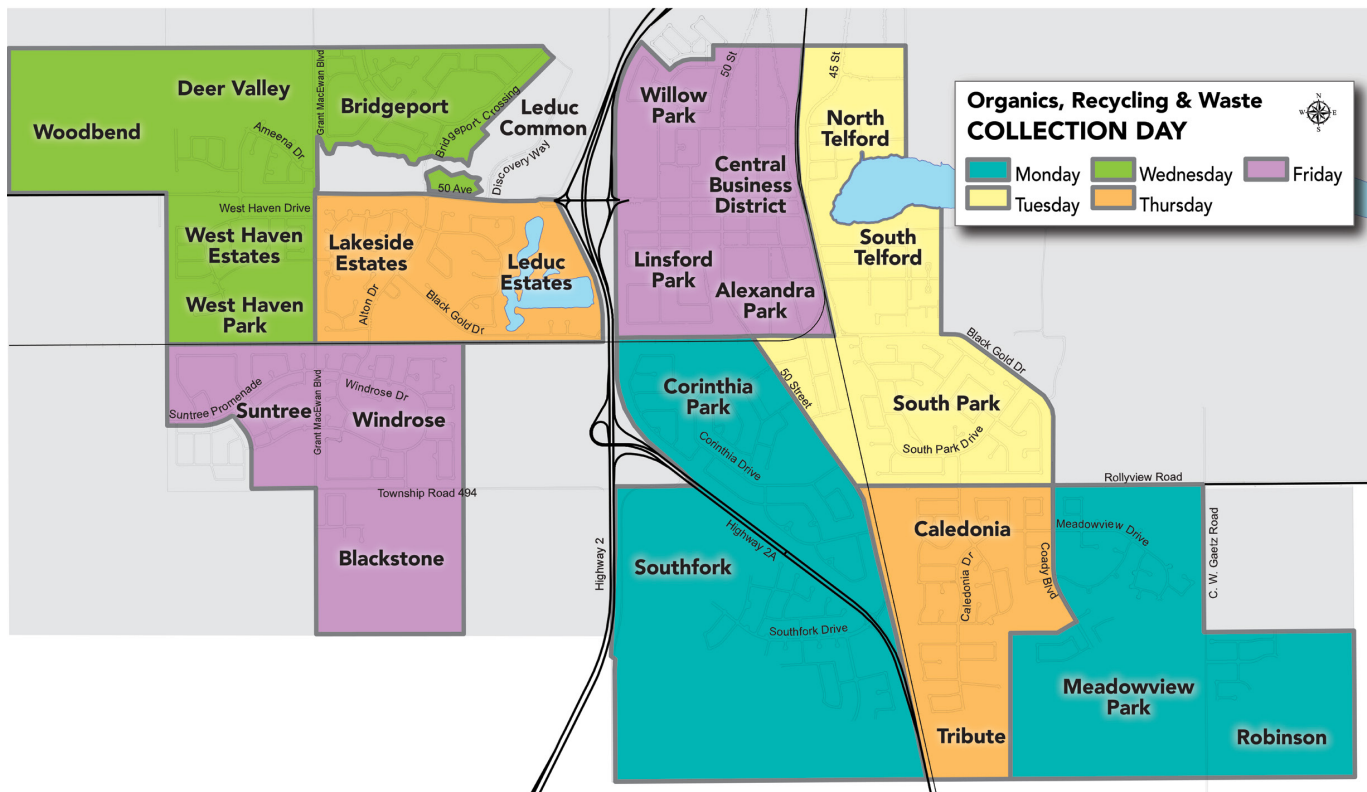
## To bag or not to bag?



- |                 |   |                            |
|-----------------|---|----------------------------|
| <b>Organics</b> | ✓ Loose in green cart   | ✓ Paper bags               |
|                 | ✓ 100% compostable bags marked with the the logos shown above | ✓ Pet waste must be bagged |

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

## Collection Day Map



## Leduc Eco Station (6102 – 46 Street, Leduc)

### Hours of Operation

Mon. / Tues.	8 a.m. – 5 p.m.
Wed. / Thurs.	9 a.m. – 6 p.m.
Fri. / Sat.	8 a.m. – 5 p.m.
Sun.	CLOSED

### Materials Accepted FREE of Charge Include:

- Blue bag recyclables
- Cardboard (flattened)
- Organic waste
- Household waste (first bag free; additional bags \$2 each)
- Household hazardous waste
- Electronic waste



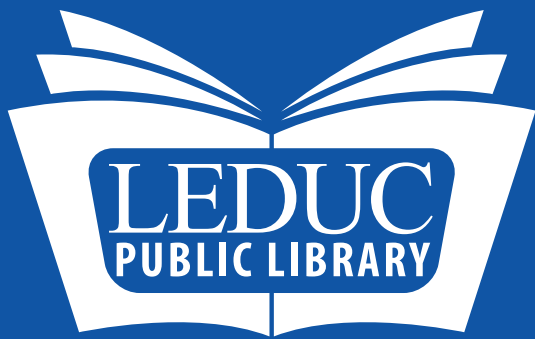
### Small Loads from Business – FREE

The Eco Station accepts quantities of material reasonably generated by a small business in a typical period of three to six months.

**Example:** Use your pickup truck, van or car trunk to carry blue bag recyclables, flattened cardboard, computers or vehicle batteries.

**Example:** Use a couple of good-sized boxes to carry small e-devices, household hazardous waste or rechargeable batteries.

Have larger loads? Arrange with your contracted waste hauler to properly dispose of larger quantities of other materials.



www.LeducLibrary.ca

780-986-2637

#2 Alexandra Park

## ■ Pre-school programs

Sessions run from February 27 to March 23 and April 3 to May 11. Each program is 30 minutes.

The following are drop in programs. All children are to be accompanied by a grown-up.

### **Baby Lap Time** *up to 12 months*

Meet other new parents and enjoy delightful stories, songs, rhymes, and signing to help grow baby's vocabulary.

Date	Day	Time
Feb. 27 – Mar. 23 & Apr. 3 – May 11	Tues.	11:15 a.m.
	Thurs.	10:15 a.m.

### **1 Year Olds** *12 – 24 months old*

For babies who are ready to enjoy an older program but would like to stay within a more mellow atmosphere.

Date	Day	Time
Feb. 27 – Mar. 23 & Apr. 3 – May 11	Wed.	11:15 a.m.

### **Toddler Time** *1 – 5 year olds*

Parents will learn strategies to engage and enhance their child's communication and development through repetition, visuals and movement.

Date	Day	Time
Feb. 27 – Mar. 23 & Apr. 3 – May 11	Mon., Tues., Wed.	10:15 a.m.
	Thurs.	11:15 a.m.

### **Family Storytime**

Join us in our children's area for fun interactive stories.

Date	Day	Time
Feb. 27 – Mar. 23 & Apr. 3 – May 11	Mon.	11 a.m.

### **Play, Learn, Grow** *0 – 5 year olds*

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

Date	Time
Feb. 27, Mar. 20, Apr. 24 & May 29	10 a.m. – noon

### **Read to Me** *2+ year olds*

We will focus on a new author or series each week with a take home activity.

Date	Day	Time
Feb. 27 – Mar. 23	Thurs.	6 – 6:30 p.m.

### **Easter Family Storytime**

Gather in our cozy children's area for a special Easter storytime where we will read Easter stories and enjoy some Easter songs and rhymes.

Date	Day	Time
Apr. 10	Mon.	11 a.m.



### Mother's Day Tea – Registered Ages 3 - 5

Spend an afternoon making great memories as we read stories about how special moms are, create keepsakes, do fun activities and be served tea and treats by your little ones (with help from us, of course).

Date	Day	Time
May 10	Wed.	12:30 – 2 p.m.

## Children's Programs

### Early School Dismissal Games

All school ages

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

Date	Time
Mar. 1, Apr. 5 & May 3	3 – 4:30 p.m.

### Pokemon Club Ages 7 – 12

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

Date	Time
Mar. 16 & Apr. 20	6:30 – 7:30 p.m.

### Snakes – Registered Ages 5 – 10

What do you really know about snakes? Come explore and learn about these amazing creatures. They're not that bad once you take the mystery out of it.

Date	Time
Mar. 3	2:30 – 4 p.m.

### Electrifying – Registered Ages 10 – 14

Hands-on learning of circuits and how electricity flows. Make a tiny pocket flashlight and other projects. All projects use safe electronic components and household materials supplied by the library.

Date	Time
Apr. 18	2:30 – 4 p.m.

### Free Foam Fliers – Registered Ages 10 – 14

Participants will gain a firm knowledge of the principles of flight. Build your own foam chuck glider, learn how to set the controls, then tackle our stunt run. Can you power a double loop or pilot the infamous S-Curve?

Date	Day	Time
May 19	Fri.	2 – 4 p.m.

### Easter Scavenger Hunt

While you are in the library searching out your next reading adventure, take part in our Easter scavenger hunt! Drop in anytime throughout the day, complete the hunt which will uncover a phrase to receive an Easter treat.

Date	Day	Time
Apr. 13	Thurs.	All day

## Family Programs

### Let's Get Craftin'

We'll lead you through making your very own unique creation, with all supplies provided. *Please note that children must be accompanied by an adult.*

Date	Time
Mar. 8, Apr. 5 & May 10	6:30 – 8 p.m.

### Freestyle Crafts All Ages

Drop into the library any time through the day and let your imagination run wild! We will supply the materials under a certain theme and you can work at your own pace.

Date	Day	Time
Mar. 17 – St. Patrick's Day	Fri.	All day
Apr. 13 – Eggster Easter Fun!	Thurs.	All day
Apr. 27 – Popsicle Stick Birdfeeders	Thurs.	All day
May 18 – Rope Bracelets	Thurs.	All day



## Mom's Escape Book Club

Register at the Library

Moms will be on one side of the program room while children ages one to five will have fun with library programming staff on the other. Please note that children under the age of one must be with their parent during the book club. Children ages one to five will have easy access to moms at all times.

Date	Time
Feb. 22, Mar. 22, Apr. 26 & May 24	1:15 – 2:30 p.m.

## Exploratory Saturdays *All Ages*

We will put out our great Makerspace items and our LEGO collection for extreme fun! Children under 8 must be accompanied by an adult.

Date	Day	Time
Jan. 14 – Apr. 29	Sat.	2:30 – 4 p.m.

## March Break Activities

### Dress-up Storytime *All Ages*

Each day arrive in a different costume for a half an hour of fun stories, songs and rhymes revolving around a theme.

Date	Day	Time
Mar. 27 – 30	Mon. – Thurs.	11 a.m.

### Freestyle Crafts *All Ages*

Each day will be a different craft idea set out for you to enjoy at your own pace.

Date	Day	Time
Mar. 27 – 30	Mon. – Thurs.	10 a.m. – 5 p.m.

### Scavenger Hunt *All Ages*

Complete the scavenger hunt to be entered into a draw for prizes.

Date	Day	Time
Mar. 27	Mon.	All day

## Teens

### Early Dismissal Games *All School Ages*

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

Date	Day	Time
Mar. 1, Apr. 5 & May 3	Wed.	3 – 4:30 p.m.

### Teen Noon Games

We will play Just Dance on Xbox, games on the Wii, origami, board games and more in the program room during lunch break. Drop in and join in the fun!

Day	Time
Every Wed. that there is school	noon – 1 p.m.

### Bath Bombs and Lip Balm –

*Registered Ages 13 – 18*

Pamper yourself by making your own bath bombs and lip gloss. All materials will be supplied.

Date	Day	Time
Apr. 6	Thurs.	6:30 – 8 p.m.

### A Gift for Mom! – *Registered Ages 13 – 18*

Be sure to set aside this evening to create your mom just what she wants - something made by you! Make a watercolor mug and chalk painted wine bottle vase designed by you for Mom to keep forever.

Date	Day	Time
May 11	Thurs.	6:30 – 8 p.m.

### Teen Craft – *Registered Ages 12 – 18*

Have a relaxing time with our materials, your imagination and creativity.

Date	Day	Time
Mar. 29	Wed.	12:30 – 2 p.m.





## ■ Adult Programs

### ESL Conversation English

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

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

Day	Time
Tues.	6:30 – 7:30 p.m.

### Adult Colouring Club

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

Date	Day	Time
Feb. 15 & Mar. 15	Wed.	7 – 8:30 p.m.

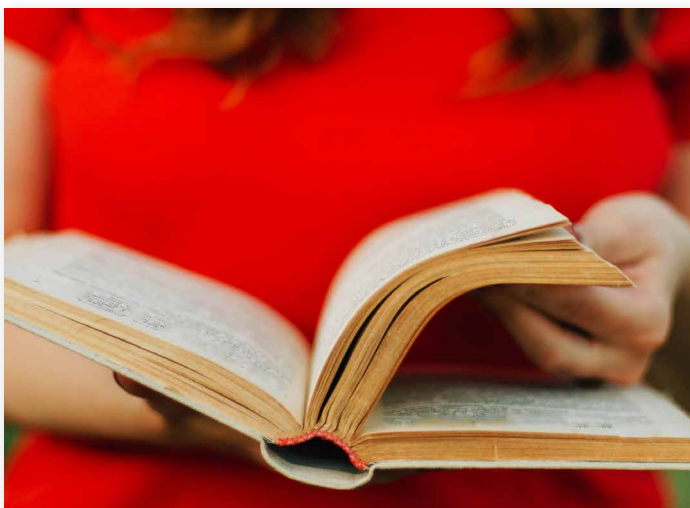
### Adult Writer's Club

You will find support, constructive criticism and friends to mull over fresh ideas. Find new people to share in your passion for writing!

Date	Day	Time
Feb. 13 & 27, Mar. 13 & 27, Apr. 10 & 24	Mon.	7 – 8 p.m.

### Adult Book Club

Date	Day	Time
Mar. 16 – Circling the Sun by Paula McLain	Thurs.	7:30 – 8:30 p.m.
Apr. 20 – The Woefield Poultry Collective by Susan Juby	Thurs.	7:30 – 8:30 p.m.



### The Journey – Registered

Joan Marie Galat shares her journey from 12 year-old weekly newspaper columnist to bestselling, internationally commended award-winning author.

Date	Day	Time
Mar. 22	Wed.	7 – 8 p.m.

### Wills and Estates – Registered

A lawyer volunteering through the Edmonton Community Legal Centre will walk you through making a valid will, the responsibilities of an executor, powers of attorney, personal directives, and much more.

Date	Day	Time
Mar. 29	Wed.	7 – 8 p.m.

### Wildlife of the Rockies

Join authors and photographers Ian Wilson and Jacinthe Lavoie as they share personal encounters and vivid images of the hooved, clawed, and winged creatures of the Rockies.

Date	Day	Time
Apr. 18	Tues.	6:30 – 7:30 p.m.

Registration for Leduc Public Library programs will begin Feb. 21 on [www.LeducLibrary.ca](http://www.LeducLibrary.ca)

# Volunteer Leduc



Leduc.ca/volunteers

780-980-7177

volunteer@leduc.ca

## ■ National Volunteer Week

Apr. 23 – 29

It's time to celebrate and thank volunteers for their contributions they've made in our community! Thank you, Leduc!

Volunteering comes in many forms and is as diverse as Canada itself. Someone who shovels their neighbour's laneway or who brings a lost pet to the animal shelter is helping to build a stronger community. Sometimes we miss recognizing these people as volunteers, because they do not occupy a formal role within an organization or group. To celebrate all volunteers and to get you thinking more deeply about volunteering, National Volunteer Week organized by Volunteer Canada will release a series of crossword puzzles that reveal the impacts, benefits and diverse ways Canadians are involved in communities. Some answers may be obvious, while others may cause you to stop and say: "Volunteering, Eh?"

However you recognize volunteering in 2017, one thing remains timeless, and that is volunteer efforts create a positive impact in communities across Canada.

For more information visit: [volunteer.ca/nvw2017](http://volunteer.ca/nvw2017)

## ■ Upcoming Events

### Tradeshow Marketing Workshop: 'Your Volunteer Booth & the Wow Factor'

This workshop will provide you with the tools you need to effectively engage your volunteers and grow your organization at the trade show. Light snacks and refreshments will be provided. Registration deadline is March 16, 2017.

Date	Day	Time	Location	Cost
Mar. 22	Wed.	5:30 – 7:30 p.m.	Leduc Public Library	\$15

### Volunteer Fair hosted by Volunteer Leduc

The Volunteer Fair will gather a range of community organizations seeking volunteers and provide potential volunteers with opportunities.

Date	Day	Time	Location	Cost
Apr. 8	Sat.	10 a.m. – 1:30 p.m.	LRC, Curling lobby	FREE

To register your organization or for more information, please contact Volunteer Leduc at **780-980-7180** or [volunteer@leduc.ca](mailto:volunteer@leduc.ca)



# CITY GUIDE

A new advertising option for your business!

## Advertise in City Guide and Raise Your Business' Profile

In partnership with the Chamber of Commerce, the City of Leduc is offering businesses the opportunity to advertise in the City Guide – starting with the May 2017 edition.

Revenues go directly to supporting the Chamber of Commerce while providing cost reductions for the City. Read by thousands of families and visitors alike, every edition has long table life giving continuous exposure to a premier market. Effective and affordable, rates include both print and online editions. Reserve your advertising now – call your chamber at **780-986-5454** or email [info@leduc-chamber.com](mailto:info@leduc-chamber.com)

Chamber members receive an additional 5 per cent discount on rates.

✓ **Visa** ✓ **MasterCard** ✓ **Interact Debit** ✓ **Cash or Cheque**



**Richard Horncastle,**  
President of Leduc Regional  
Chamber of Commerce

## Publishing 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
- Artwork provided to spec, on deadline
- No refunds for booked space
- All advertising governed by the City of Leduc Sponsorship & Advertising Policy

## City Guide Affordable Rates

Ad Size	x1	x2	x3	x4
Full Page	\$850	\$808	\$765	\$723
1/2 Page	\$425	\$404	\$383	\$361
1/4 Page	\$213	\$202	\$191	\$181
1/8 Page	\$106	\$101	\$96	\$90
Inside Front	\$850	\$808	\$765	\$723
Inside Back	\$850	\$808	\$765	\$723
Back	\$1,020	\$969	\$918	\$867

## Showcase your business



The Expo showcases regional businesses and features something for everyone!

Leduc is a growing city with a population of over 30,000, a vibrant economy and a wide range of demographics – great consumers for the products and services you provide...

### DATE / TIME

Saturday, Apr. 8 • 9 a.m. – 4 p.m.  
Sunday, Apr. 9 • 10 a.m. – 3 p.m.

### LOCATION

Leduc Recreation Centre  
(BMO Curling Centre)

### BOOTH PRICES

Members: \$425  
Non Members: \$600  
Members Corner: \$575  
Non Members Corner: \$775



[www.leduc-chamber.com](http://www.leduc-chamber.com)



CMS17-003 | 2017(02) Capital 3500



780-980-7177



[www.Leduc.ca](http://www.Leduc.ca)



@cityofleduc



@thecityofleduc



/cityofleduc