

CITYGUIDE

SUMMER 2017



PROGRAMS

ACTIVITIES

SCHEDULES

EVENTS

SERVICES

**Leduc Recreation
Centre Upgrades:**

Visit pages 22 – 23
for more information



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



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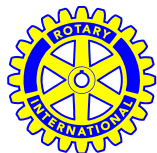


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DO *your* THING at the LRC

Having a LRC Membership just got better!

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

Starting May 1, 2017 show your LRC Membership card at the following local businesses and you will receive:

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

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



Holland Food Services



Summer Deals

- **Summer Youth Membership:** All monthly youth memberships are only \$25/month for July and August. Get yours today!
- **July Personal Training Special:** SAVE 20% OFF all individual personal training sessions and 25% Off group personal training sessions in the month of July. Visit page 19 for more info.

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



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

Welcome to the LRC

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



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

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

*Must show valid student ID.

Single Visit / Flex Pass

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

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

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PERFORMANCE ARENA



■ Hours of Operation / Facility Information

	Weekdays		Weekends		Statutory Holidays
Fitness Centre and Track	Mon. – Fri.	5 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	
 Aquatic Centre	Undergoing Upgrades (Closed)				
 Guest Services	Mon. – Fri.	8 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	11 a.m. – 5 p.m. Canada Day
Field House	Mon –Thurs. Fri.	8 a.m. – 10 p.m. 8 a.m. – 9 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	
 Kukabunga Jungle	Mon. – Fri.	9 a.m. – 8 p.m.	Sat. & Sun.	9 a.m. – 8 p.m.	11 a.m. – 5 p.m. Civic Holiday (Aug. 7)
 Child Minding Centre July & August	Mon. – Fri.	8:45 a.m. – noon	Sat., Sun. & Stat Holidays	closed	11 a.m. – 5 p.m. Labour Day (Sept. 4)

 For more information about closure dates and details during our renovation this summer visit Leduc.ca/LRC or go to page 22 & 23 in the Summer City Guide.

■ Facility Information

Wristbands

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

Personal Belongings

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

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

Public Drop-In and Outside Training

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

PLEASE NOTE

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 or Ice Arenas the child must be within arm's reach of the guardian. If the description states an **Adult is required** the active participant needs to be 18 years or older. Some instructor-led programs may also require active participation. You will see the following red icon beside all **Active Participation** activities.



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

■ Registration

Summer Registration Dates

Member* Registration

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

Online 10 a.m.

- In-person / phone 5 p.m.

Aquatic Registration – May 30, 2017

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

General Registration – June 6, 2017

All registered recreation, fitness, and education programs

Never Miss a Class!

LRC Members receive early registration.

Open Registration

Online 10 a.m.

- In-person / phone 5 p.m.

Aquatic Registration – June 1, 2017

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

General Registration – June 8, 2017

All registered recreation, fitness, and education programs.

Registration Options

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

Online	Log on to Leduc.ca/ezrec and follow registration instructions.
In-person	Stop by the Leduc Recreation Centre during regular hours of operation. 4330 Black Gold Drive, Leduc
By phone	780-980-7120 during regular hours of operation.



Registration Process

Fees must be paid **in full** at the time of registration. All fees include GST (where applicable). Waiting lists will be taken for all programs. If demand is sufficient and appropriate time, space, and instructors are available, classes may be added. A program will be cancelled or combined due to low registration **1 week prior** to the program's start date. Register early to avoid disappointment.

Please keep in mind:

- **NSF cheques** are subject to a \$35 administration fee and immediate removal from class list. Re-enrollment must be paid by cash, debit, certified cheque or credit card.
- **An account credit** can be used for registering in an alternative course. Outstanding credits over \$25 will be automatically refunded by the end of the year. Unused credits under \$25 will be cleared after 12 months.
- **City cancelled programs** 100% refund or pro-rated refund.
- **Patron withdrawal** if withdrawing more than 7 days before the course start date, a full refund will be issued. If withdrawing within 7 days to the course start date, refunds will not be granted and the current administrative fee will be applied.
- **Medical withdrawal** Refund requests due to medical reasons must be accompanied by a Doctor's Certificate. The amount of the refund will be 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, speak to a guest services representative at the LRC, or call **780-980-7120**.

■ Registered Program Information

General Information

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

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

Program Age and Prerequisite Requirements

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

Fitness 780-980-8466

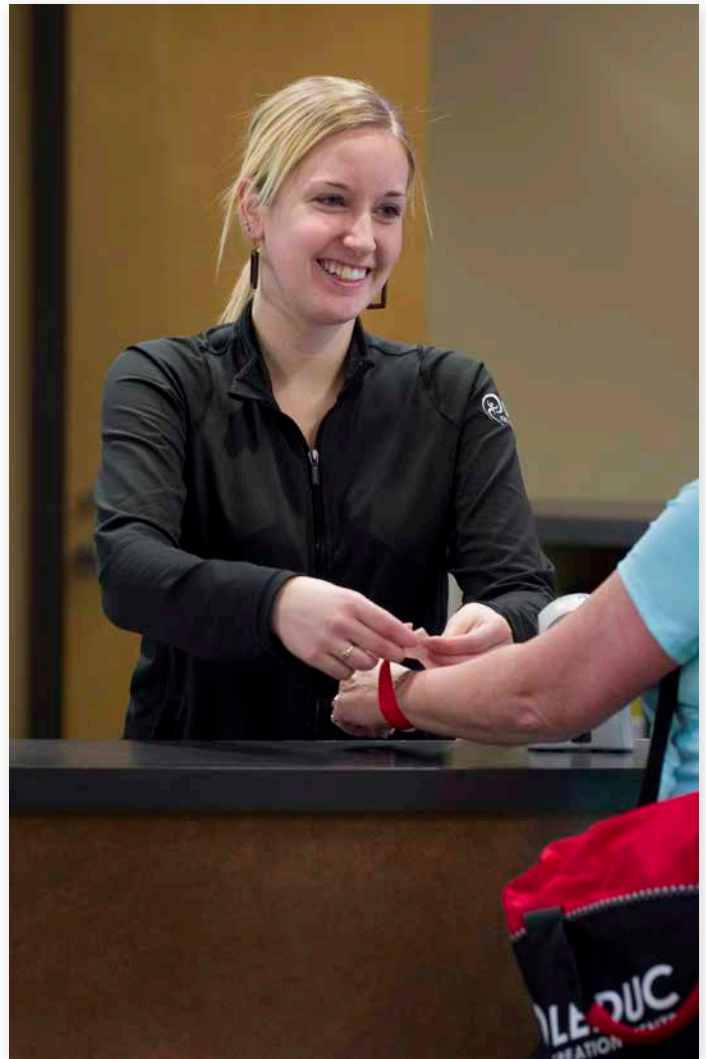
Aquatics 780-980-7165

Recreation 780-980-8461

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

Be Prepared

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



Five easy steps to register online with EZrec

Step 1: Call 780-980-7120 to receive you PIN and client number.

Step 2: Visit the City of Leduc website at app. leduc.ca/ezrec

Step 3: Sign in with your assigned PIN and client number.

Step 4: Enter the course number and/or bar code for each program you have chosen.

Step 5: Enter payment information (VISA, MasterCard, or American Express).

■ Build Your Own Party

Host your next birthday, team builder, meeting, retirement, family function or anniversary party at the LRC!

Create a one-of-a-kind party that suits your needs in four easy steps:

1. Book a Private Room

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

» **Rate: \$39.80 plus GST / hour**

2. Choose your Activity (Private or Public)

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

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

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

» *Arena: \$153.83 plus GST/hour**

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

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

3. Book an LRC Leisure Host (optional)

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. Add your Personal Touch

Decorate, bring games, bring music, have snacks and more! All you need to do is show up and add your personal touch.

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

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



Book your next Event in Leduc!

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

Email us at events_bookings@leduc.ca and we will help you plan your fun filled summer in Leduc.

■ Child Minding Centre

We provide babysitting services so that parents/guardians have the opportunity to take part in recreational programs and fitness classes available at the LRC knowing that their child, ages 2 months to 7 years, 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 (July 1 – August 31)

🕒 Visit Leduc.ca/LRC for closure dates for our renovation this summer.

Mon. – Fri.	8:45 a.m. – Noon
Sat. & Sun.	Closed
Statutory Holidays	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, nut-free 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.

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

Visit Leduc.ca/LRC for closure dates for our renovation this summer.

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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1-5201 50 Street – 780.986.8202

Wetaskiwin

4904B – 56th Street – 780.352.6183

Camrose

5048 – 50 Street – 780.672.8759

■ Educational Programs

Canadian Red Cross First Aid Programs

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

Minimum 6 registrants for course to run

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.

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

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.

Mon.	9 a.m. – 5 p.m.	Jun. 19	31413
Sun.	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



■ Recreation Credit Initiatives & Subsidy Programs

Recreation Assistance Program Subsidy

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

RECREATION PROGRAMS

■ General Information

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

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



Babysitter Referral Service FREE

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

■ 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.



Little Explorers 3 – 5 year olds \$18/child/class

This program is located in the MNP room at the LRC. Bring your preschooler for a fun filled experience in our three hour program. Each class is packed with new experiences, a fun environment for socialization, crafts, games and even songs and stories!

Note: Please provide your preschooler with sunscreen and bug repellent for our outdoor activities.

Date	Day	Theme	Hours	Code
July 4	Tues.	Colour Changin'	9 a.m. - noon	32303
July 5	Wed.	Lady the Bug	1 - 4 p.m.	32304
July 6	Thurs.	Paint-a-Palooza	9 a.m. - noon	32305
July 11	Tues.	In the Sun	9 a.m. - noon	32306
July 12	Wed.	ROAR	1 - 4 p.m.	32307
July 13	Thurs.	Keep Swimmin'	9 a.m. - noon	32308
July 18	Tues.	Go Fish	9 a.m. - noon	32309
July 19	Wed.	Muddin'	1 - 4 p.m.	32310
July 20	Thurs.	Owlrific	9 a.m. - noon	32311
July 25	Tues.	I See Colours	9 a.m. - noon	32312
July 26	Wed.	Zoom, Zoom	1 - 4 p.m.	32313
July 27	Thurs.	Dino Find	9 a.m. - noon	32314
Aug. 1	Tues.	Hoot! Hoot!	9 a.m. - noon	32315
Aug. 2	Wed.	Make a Wish	1 - 4 p.m.	32316
Aug. 3	Thurs.	Wings Away	9 a.m. - noon	32317
Aug. 8	Tues.	Dinoland	9 a.m. - noon	32318
Aug. 9	Wed.	Fantastic Feathers	1 - 4 p.m.	32319
Aug. 10	Thurs.	I Scream, You Scream!	9 a.m. - noon	32320
Aug. 22	Tues.	Ka-Kaa!	9 a.m. - noon	32321
Aug. 23	Wed.	Catching Dreams	1 - 4 p.m.	32322
Aug. 24	Thurs.	Dino Digging	9 a.m. - noon	32323



Little Waterworks! 3 – 5 year olds
\$18/child/class

Note: this program is located at the Leduc Scout Hall (4612 48A St)

This program is for the sun and water loving preschooler. We have three hours to go to the spray park, make a craft, have a snack and do some extra activities.

Note: Please bring your preschooler in their bathing suit with sunscreen and bug repellent on. Don't forget your towel!

Date	Day	Theme	Hours	Code
July 4	Tues.	Fishy Friends	1 - 4 p.m.	32324
July 5	Wed.	Sea Life	9 a.m. - noon	32325
July 6	Thurs.	Bubble, Bubble	1 - 4 p.m.	32326
July 11	Tues.	Super Snails	1 - 4 p.m.	32327
July 12	Wed.	Kaboom	9 a.m. - noon	32328
July 13	Thurs.	Jumpin' Jelly	1 - 4 p.m.	32329
July 18	Tues.	Whale Tale	1 - 4 p.m.	23230
July 19	Wed.	Fun Frogs	9 a.m. - noon	32331
July 20	Thurs.	Shark Story	1 - 4 p.m.	32332
July 25	Tues.	Cool Crabs	1 - 4 p.m.	32333
July 26	Wed.	Pretty Penguins	9 a.m. - noon	32334
July 27	Thurs.	In the Sea	1 - 4 p.m.	32335
Aug. 1	Tues.	Perfect Pearls	1 - 4 p.m.	32336
Aug. 2	Wed.	Colour Cloud	9 a.m. - noon	32337
Aug. 3	Thurs.	Bubbles Up!	1 - 4 p.m.	32338
Aug. 8	Tues.	Squidish	1 - 4 p.m.	32339
Aug. 9	Wed.	Fly Trap	9 a.m. - noon	32340
Aug. 10	Thurs.	Snappin'	1 - 4 p.m.	32341
Aug. 15	Tues.	Squirt, Squirt	1 - 4 p.m.	32342
Aug. 16	Wed.	Water Horse	9 a.m. - noon	32343
Aug. 16	Wed.	Shellrific	1 - 4 p.m.	32344
Aug. 17	Thurs.	Drip, Drip, Drop	1 - 4 p.m.	32345
Aug. 22	Tues.	Ahoy!	1 - 4 p.m.	32346
Aug. 23	Wed.	Waterworks!	9 a.m. - noon	32347
Aug. 24	Thurs.	Fancy Fish	1 - 4 p.m.	32348

School-Aged Programs

Leduc Summer Camps (LSC) 5 – 12 year olds



Note: this program is located at the Leduc Scout Hall (4612 48A St)

Every day brings a new adventure at LSC! There are daily activities, crafts, and games reflecting our themes.

We offer two age groups for registration:

Group 1: ages 5 – 7 **Group 2:** ages 8 – 12 (as of July 2017)

The same great day awaits all participants, as age groupings are due to supervision requirements in the programs and at the field trip locations. To get the most out of our day camps, check our website at Leduc.ca/LRC/LSC to find our detailed calendar including what your child should wear or bring for that day.

Find an option just right for you! We have **SINGLE** day camps, **WEEK** long camps, **FIELD TRIPS** and even a **SPECIALTY** camps.

Swimming Days:	Tuesdays & Thursdays
Field Trip Day:	Wednesday
Registration Deadline:	Sunday prior to week (for any late registration call 780-980-7120).

Register for a Day Day Camps 8:30 a.m. - 5 p.m. \$45/day

Day	Date	Theme	Ages 5-7	Ages 8-12
T	July 4	Monster Madness	32212	32213
Th	July 6	Spell Casting	32216	32217
F	July 7	Tick! Tock!	32218	32219
M	July 10	Blue Lobsters	32222	32223
T	July 11	Scooba Squad	32224	32225
Th	July 13	Release the Crackin	32228	32229
F	July 14	Flippers & Fins	32230	32231

Register for a Day

Day Camps 8:30 a.m. - 5 p.m. \$45/day

Day	Date	Theme	Ages 5-7	Ages 8-12	
M	July 17	Dinoland	32234	32235	
♣	T	July 18	Arctic Circle	32236	32237
♣	Th	July 20	Safari Hunt	32240	32241
F	July 21	Woodland Creatures	32242	32243	
M	July 24	I Spy...	32246	32247	
♣	T	July 25	Aaachew!	32248	32249
♣	Th	July 27	Kaboom!	32252	32253
F	July 28	Outer Limits	32254	32255	
M	July 31	Colourific	32258	32259	
♣	T	Aug. 1	Yellow Pencil	32260	32261
♣	Th	Aug. 3	Paint Party	32264	32265
F	Aug. 4	3D Masterpieces	32266	32267	
♣	T	Aug. 8	Donut Day	32270	32271
♣	Th	Aug. 10	Waffle Palooza	32274	32275
F	Aug. 11	Baker's Dozen	32276	32277	
M	Aug. 14	Field Goal	32280	32281	
♣	T	Aug. 15	Half Time	32282	32283
♣	Th	Aug. 17	Overtime	32286	32287
F	Aug. 18	MVP	32288	32289	
M	Aug. 21	Crazy Capes	32294	32295	
♣	T	Aug. 22	Superheroines	32294	32295
♣	Th	Aug. 24	Gear Galore	32298	32299
F	Aug. 25	Super Strength	32300	32302	

Register for a Week

Day Camp Weeks 8:30 a.m. - 5 p.m.

Date	Theme	Ages 5-7	Ages 8-12	Fee	
♣	July 4-7	Fantasy Reel	32210	32211	\$156
♣	July 10-14	Sea Reel	32220	32221	\$195
♣	July 17-21	Animal Reel	32232	32233	\$195
♣	July 24-28	Science Reel	32244	32245	\$195
♣	July 31 - Aug. 4	Craft Reel	32256	32257	\$195
♣	Aug. 8-11	Food Reel	32268	32269	\$156
♣	Aug. 14-18	Sports Reel	32278	32279	\$195
♣	Aug. 21-25	Super Reel	32290	32291	\$195



Register for a Field Trip

Field Trips 8:30 a.m. - 5 p.m. Wednesdays

Date	Theme	Ages 5-7	Ages 8-12	Fee	
♣	July 5	Movie Adventure!	32214	32215	\$50
♣	July 12	Leduc Boat Club & More!	32226	32227	\$50
♣	July 19	Edmonton Valley Zoo	32238	32239	\$50
♣	July 26	TELUS World of Science	32250	32251	\$54
♣	Aug. 2	ELLIS Bird Farm	32262	32263	\$54
♣	Aug. 9	Jungle Farm	32272	32273	\$54
♣	Aug. 16	Black Falls Outdoor Pool	32284	32285	\$50
♣	Aug. 23	Ukrainian Village	32296	32297	\$54

Note: Please bring your bathing suit and towel in a separate bag in case of trip changes due to unforeseen circumstances.

Specialty Camps Lil Rippers

Note: this program is located at the Leduc Skate Park

Designed for participants that want to get to the next level in skateboarding. Instructors will demonstrate how to cruise around the skatepark as well as learning basic freestyle tricks such as the ollie, the 180 ollie, the boardslide, the kickflip, the heelflip and others. Instruction will be based on the abilities of participants and will become more advanced as the participant becomes more skilled.

Skateboards can be supplied upon request to programs@leduc.ca before July 16, 2017. Safety equipment, skateboards and water bottles are mandatory for this class. Camp is outdoors so make sure to bring weather appropriate clothing (hat, sunscreen, bug spray, coat, etc.), wear athletic clothing, water bottle and appropriate shoes.

Date	Week Day	Ages 6-17	Fee	Hours
July 11-13 <i>Registration deadline: July 1, 2017</i>	Tues, Wed, Thur	32563	\$85	9 a.m. - noon

Sportball EPIC Day Camps

Note: located at the Alexandra Arena

Sportballers have fun learning 9 different sports. Each day will also feature “EPIC TIME” that will blow their minds; from Nerf Guns to Science Shows. It’ll be EPIC!

Camp is indoors and outdoors so make sure to bring weather appropriate clothing (hat, sunscreen, bug spray, coat, etc), wear athletic clothing, bagged lunch (no microwave), water bottle and appropriate shoes.

Date	Ages 6-8	Fee	Hours
July 10-14 <i>Registration deadline:</i> July 1, 2017	32378	\$225	8:30 a.m. - 5 p.m.
Aug 14-18 <i>Registration deadline:</i> Aug. 4, 2017	32379	\$225	8:30 a.m. - 5 p.m.

The Director’s Cut

Note: located at the Civic Centre - Lede Room

Create a stop motion animation film that is sure to rival the likes of Hollywood’s best. Working in small crews, you will use Lego characters, and/or clay to build characters and backgrounds, and then bring them to life through the film craft of stop motion animation. Crews will add voices, sound effects and titles. All filmmakers will receive their completed film to take home.

Date	Ages 6-14	Fee	Hours
July 17-21 <i>Registration deadline:</i> July 7, 2017	32372	\$280	9am-4pm



Evolve Skateboard/Scooter Camp

Note: located at the Leduc Skate Park

Evolve’s Leduc Skateboard/Scooter Camp is a drop-off only day camp operating out of Leduc Skatepark in July & August. Campers are dropped off each morning at the park to receive personalized instruction and work side-by-side with our qualified coaches on their skateboard & scooter skills! Leduc Skateboard/Scooter Camp lesson plans are designed for boys and girls aged 6-14, from beginner to intermediate skill levels.

We know campers can’t spend the whole day skateboarding/riding scooters. That’s why we mix it up with other fun activities (such as swimming, camp games, competitions, etc.). Camp is indoors and outdoors so make sure to bring weather appropriate clothing (hat, sunscreen, bug spray, coat, etc.), wear athletic clothing, bagged lunch (no microwave), water bottle and appropriate shoes.

Date	Ages 6-14	Fee	Hours
July 31 – Aug 4 <i>Registration deadline:</i> July 21, 2017	32373	\$250	9 a.m. - 4 p.m.

Red Carpet Sleepover

Note: located at the Leduc Scout Hall

Join your favourite camp counsellors in celebrating the end of summer with a red carpet sleepover! There will be special events, movie viewings and more. We will be making our own supper and breakfast in film fashion. Don’t forget to bring your sleeping bags, pillows, overnight items and a change of clothes.

Date	Ages 5-12	Fee	Hours
Aug. 28 - 29 <i>Registration deadline:</i> Aug. 21, 2017	32564	\$55	Drop Off: 4 p.m. Monday at the Leduc Scout Hall Pick Up: 11 a.m. Tuesday at the Leduc Scout Hall

Did you know that the LRC offers fitness classes specifically for youth so that they can keep their fitness levels up in the summer for winter sports. Check-out page 19 for classes.



Playin in the Park

Note: located at the Alexandra Park Playground

Playin in the Park is a free program designed to get children outside and participating in games, nature based crafts, and activities during the months of July and August.

Day	Ages	Fee	Hours
Mondays* (July & Aug.)	6 - 12 years. <i>Parents of children under 6 are asked to stay at the park due to supervision ratios.</i>	FREE	1 - 4 p.m.

*Except holiday Mondays and weather permitting.

Participants are asked to bring a nut-free snack, sunscreen, hat, a jacket, and a water bottle. Make sure to wear footwear that you can play safely in. Playin' in the Park is made possible through the City of Leduc and Everybody Gets to Play. Registration is NOT required as this is a drop in program.

Date	Theme
July 10	Wear Nature
July 17	Pretty Pinecones
July 24	Leafy Fun
July 31	Nature Collage
Aug. 14	Rad Rocks
Aug. 21	Rain Stick



Counsellors in Training (CITs)

Are you looking for leadership experience? Our Counsellors in Training program is looking for energetic youth ages 12 – 17 to 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 Camps start. Following training, CITs will gain real work experience by working at our Summer Day Camps for a minimum of 2 weeks or 10 classes.



Youth interested in the program must submit a resume and cover letter to 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, attain a current criminal record check, complete all registration forms and sign a behaviour and confidentiality agreement.

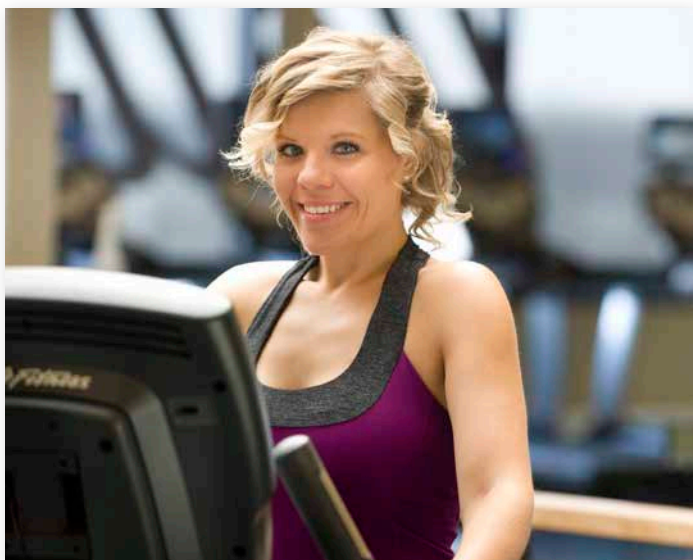
THE LEDCOR GROUP OF COMPANIES

For over 65 years, the Leducor Group has been building with integrity. We're an industry-leading, innovative construction company, both inside and out.

Leducor is employee-owned and we put people first. We embrace you as a colleague, collaborator and vital member of our team.

FORWARD TOGETHER.

BUILD YOUR CAREER WITH LEDCOR. VISIT LEDCOR.COM



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.

* The Fitness Centre will be CLOSED on Friday, July 21st for annual cleaning and maintenance.

Morning Fitness Centre Admittance

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

- **Mon. – Fri.** **5 – 8 a.m.**

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

Fitness Centre Age Requirements

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

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

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

Fitness Services

Individual Personal Training

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

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

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

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

Group Personal Training

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

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

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



Personal Training Payment Plans

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

Fitness Centre Orientation *FREE*

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

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

Teen Fit *FREE*

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

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

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.



Body Composition Assessment (30 Minutes) \$37

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

Corrective Exercise Personal Training

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

10 sessions: \$620

20 sessions: \$1075

Nutrition Counselling \$250

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

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

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

Registered Fitness Programs

General Information

Summer Session Dates:	July 3 – July 28
	Aug. 1 – Sept. 1

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

- Canada Day: July 1
- Civic Holiday: Aug. 7
- Gym Closure: July 21
- Labour Day: Sept. 4

The Fitness Centre will be CLOSED on Friday, July 21st for annual cleaning and maintenance.

Please note: If advance notice given, registration can be used in both months (eg. If participant is away 2 weeks in July, those 2 weeks can be used to attend in August).

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

Fit X 2 (Parent & Youth Class)

Ages: 10+ years

Work out with your kids! Bring your child aged 10-17 years old to the class with you! This class is about teamwork with your youth partner(s). Weather permitting, this class is outside using various tools including ropes, tires, and circuit stations for a fun fitness class that changes every week.

Date	Day	Time	Cost	Code
July 4 - 25	Tues.	9 - 9:45 a.m.	\$56 each	32547
Aug. 8 - 29	Tues.	9 - 9:45 a.m.	\$56 each	32548

Crush It! (Youth) Ages: 13 - 16 years

Kids crush it! Youth can work on keeping their fitness levels up in the summer for winter sports, or just come and get fit while having fun. This indoor and outdoor fitness class will incorporate cardiovascular training as well as power, speed and agility training with various tools that make it fun!

Date	Day	Time	Cost	Code
July 4 - 27	Tues. & Thurs.	10:30 - 11:30 a.m.	\$88	32545
Aug. 8-31	Tues. & Thurs.	10 - 11 a.m.	\$88	32546

NEW

PERSONAL TRAINING JULY SPECIAL



PURCHASE 5, 10, 15 OR 20 ONE-ON-ONE SESSIONS IN JULY & RECEIVE:

- ✔ 5 Sessions for the price of 4 (\$216)
- ✔ 10 Sessions for the price of 8 (\$422)
- ✔ 15 Sessions for the price of 12 (\$600)
- ✔ 20 Sessions for the price of 16 (\$795)

That is a total of 20% Off!

PURCHASE 4, 8, OR 12 GROUP SESSIONS (2+PPL) IN JULY & RECEIVE:

- ✔ 4 Sessions for the price of 3
- ✔ 8 Sessions for the price of 6
- ✔ 12 Sessions for the price of 10

That is a total of 25% Off!

** Pricing depends on total group numbers. Call 780-980-7120 for exact pricing.*



Akhanda (Holistic) Yoga

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.

Date	Day	Time	Cost	Code
July 5 - 26	Wed.	6:30 – 7:45 p.m.	\$60	32526

Bootcamp

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

Date	Day	Time	Cost	Code
July 3 - 26	Mon. & Wed.	6 - 7 a.m.	\$94	32522
July 7 - 28	Fri.	6 - 7 a.m.	\$47	32523
Aug. 9 - 30	Mon. & Wed.	6 - 7 a.m.	\$82	32524
Aug. 11 - Sept. 1	Fri.	6 - 7 a.m.	\$47	32525

(Friday class is \$38 if registered in MW)

Fitness at the Barre

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!

Date	Day	Time	Cost	Code
July 4 - 25	Tues.	6:30 - 7:30 p.m.	\$55	31883
July 5 - 26	Wed.	9 - 10 a.m.	\$55	32530
Aug. 8 - 29	Tues.	6:30 - 7:30 p.m.	\$55	32531
Aug. 9 - 30	Wed.	9 - 10 a.m.	\$55	32532

Fired Up

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
July 6 - 27	Thurs.	9 - 10 a.m.	\$50	32604
Aug. 10 - 31	Thurs.	9 - 10 a.m.	\$50	32604

Lift. Rest. Repeat

This class focused solely on strength requires previous weight lifting experience (preferably with a personal trainer) 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
July 5 - 26	Wed.	9 - 10 a.m.	\$50	32601
Aug. 9 - 30	Wed.	9 - 10 a.m.	\$50	32602

Summer Body Project

Stay healthy and fit this summer with this class that incorporates the most effective cardio and strength exercises to tighten, tone and energize.

Date	Day	Time	Cost	Code
July 5 - 26	Wed.	6:30 - 7:30 p.m.	\$50	32538
Aug. 9 - 30	Wed.	6:30 - 7:30 p.m.	\$50	32539

Aqua Bootcamp:

Note: located at the Alexandra Outdoor Pool

Looking for a new take on your bootcamp or maybe a great workout outdoors? This class incorporates easy-to-do water movements like kicking and jumping with some dryland exercises. Be ready to sweat up a storm and enjoy doing it! Participants will be required to get in and out of the pool during the workout.

Outdoor running shoes & tight-fitting gym clothes (with proper swim attire underneath) are permitted.

Date	Day	Time	Cost	Code
July 4 - 13	Tues. & Thurs.	7 - 7:45 a.m.	\$50	32543
July 18 - 27	Tues. & Thurs.	7 - 7:45 a.m.	\$50	32544

■ Drop-in Fitness Programs

All drop-in classes are included with membership or paid daily admission and may change depending on session. Please see fitness schedule insert or visit us online at Leduc.ca/LRC for the most up-to-date schedule.

ABSolutely!

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

Active and Ageless

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

Circuit

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

Core Strength

Work on your core strength to help make physical activities easier and improve your posture. This class will work abdominals and back using various exercises.

Crank'd

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



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 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!

Fit & Fierce

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

Healing Yoga

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. Space is limited.

H.I.I.T It!

Increase your strength and conditioning in this Tabata class. Various forms of high intensity interval training (H.I.I.T) with diverse exercises is what this short class is all about.

Indoor Cycling

Cycling workouts will include all the components of indoor cycling: speed work, intervals, hill climbs and more! See Also Crank'd & Sweat Equity

Power

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

Quickfit

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

Rock Bottom

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

Ropes

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

Sweat Equity

Join us in the fieldhouse where we open the wall up and take it in or outside. Battling ropes, sled pushes and tire flips are just a few of the things mixed in with cardio drills as the sun comes up.

Walk With a Doc

Walking has been shown to reverse the consequences of a sedentary lifestyle and improve overall well-being. Join a local physician for a 45 minute walk outside or on the track and improve your health, one step at a time.

Zumba

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

Aqua Fit – Shallow Water (Outdoor Pool)

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!

Mon. - Fri. (June 30 – Sept. 3)	Noon – 12:50 p.m.
Mon., Tues., Thurs. (June 30 - July 29)	8 - 8:50 p.m.
Mon., Tues., Thurs., (July 30 - Sept. 3)	7 - 7:50 p.m.

MIX FAMILY AQUATIC CENTRE

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 total number of lessons for the fall as the number of lessons offered in the Summer will be reduced.



Upgrading YOUR AQUATIC EXPERIENCE



■ Indoor Aquatic Centre Summer Schedule *June 6 – Sept.*

What's happening at the LRC this Summer? A lot of exciting new upgrades and renovations in the following areas:

Mix Family Aquatic Centre upgrades

The Mix Family Aquatic Centre will be closed for upgrades starting June 6th and is expected to re-open in September (exact date is TBD). The 2017 upgrade is part of our commitment to continuously improve the LRC facility and amenities for our members.

The Leduc Recreation Centre received \$250,000 in Federal funding through the Canada 150 Community Infrastructure Program. This funding has allowed us the opportunity to complete the following upgrades resulting in a nicer, more functional facility for

- Retiling the entire Main Pool basin (Original 1980)
- Replacing Main Pool acoustic control materials (Original 1980)
- Refurbishing underground pool piping system (Original 1980)
- Routine repairs & maintenance, annual tile replacement, LED lighting upgrades, etc.

In order to serve you better during the closure we will be expanding hours of operation and swim programming at the Alexandra Outdoor Pool in 2017. This will include more times for public swim, lap swim and swimming lessons. **Visit page 24 for these extended hours.**

Stay Tuned for details on our Canada 150 Mix Family Aquatic Centre Grand Re-Opening event in September!

West Guest Services Renovations

Our West Guest Services Team is getting a brand new space which will allow us to better serve our customers in a more timely and efficient manner. This means that our West Guest Services desk will be temporarily closed during the summer upgrades. Please visit Leduc.ca/LRC for closure dates.

Child Minding/Kukubunga Jungle

We want to provide a safe and fun environment for your kids to play in while you are working out. Our Child Minding room is moving and getting a brand new fresh look. Kukubunga Jungle will temporarily be closed in the summer for these changes to occur. Visit Leduc.ca/LRC for Child Minding closure dates.

For more information about the renovation process, Mix Family Aquatic Centre upgrades, and to view closure schedule please visit Leduc.ca/LRC/Upgrades.

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, St. Paul's Church, and at Linsford Park School.

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



Alexandra Outdoor Pool Admission Rates

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

Spray Park Admission Rates

-- FREE --

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

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

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

■ Spray Park Schedule

May 29 – Sept. 9

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

Tips before you play!

Check the weather

For most people, 18 degrees 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 Outdoor Pool change rooms are available during pool operating hours. 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 consumed 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!

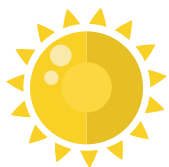
Children under 8 years of age should be actively supervised on the Spray Pad. Smoking is not permitted in the park and pets are best left at home.

Outdoor Pool Spring Schedule

Blue = AquaFit **Pink** = Family Swim **Red** = Public Swim **Green** = Lane Swim **Black** = Rental

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/Lane Swim noon – 12:50 p.m.	AquaFit/Lane Swim noon – 12:50 p.m.	AquaFit/Lane Swim noon – 12:50 p.m.	AquaFit/Lane Swim noon – 12:50 p.m.	AquaFit/Lane 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/Lane Swim noon – 12:50 p.m.	AquaFit/Lane Swim noon – 12:50 p.m.	AquaFit/Lane Swim noon – 12:50 p.m.	AquaFit/Lane Swim noon – 12:50 p.m.	AquaFit/Lane 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.



Schedule Adjustments

June 7 - Public Swim 3 – 8 p.m.

June 29 - Celebrate the first day of summer vacation by joining us on Thursday, June 29th for a special Public Swim from 1:00 – 4:00pm.

June 30 - Our schedule changes on Friday, June 30 to our summer hours. Public Swim changes to 1 – 8 p.m.

DROP-IN SCHEDULES

Field House Drop-in Opportunities July 1 - Aug. 31

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Badminton	3 - 9 p.m. 9 - 10 p.m.*	12:30 - 9 p.m. 9 - 10 p.m.*	8 a.m. - 3 p.m.	12:30 - 9 p.m. 9 - 10 p.m.*	3 - 9 p.m. 9 - 10 p.m.*	8 a.m. - 3 p.m.	8 a.m. - 3 p.m.
Basketball	8 a.m. - 9 p.m. 9 - 10 p.m.*	8 a.m. - 9 p.m. 9 - 10 p.m.*	8 a.m. - 9 p.m. 9 - 10 p.m.*	8 a.m. - 9 p.m. 9 - 10 p.m.*	8 a.m. - 9 p.m. 9 - 10 p.m.*	8 a.m. - 9 p.m.	8 a.m. - 9 p.m.
Flag Football		2:30 - 4 p.m.		2:30 - 4 p.m.			
Floor Hockey	5 - 9 p.m. 9 - 10 p.m.*	5 - 7 p.m.		5 - 7 p.m.	5 - 9 p.m. 9 - 10 p.m.*	5 - 7 p.m.	
Pickleball	8 a.m. - 2:30 p.m.		8 a.m. - 2:30 p.m. 7 - 9 p.m. 9 - 10 p.m.*		8 a.m. - 2:30 p.m.		3:30 - 9 p.m.
Soccer	noon - 6 p.m. 9 - 10 p.m.*	noon - 2 p.m. 5 - 6 p.m. 9 - 10 p.m.*	6 - 9 p.m. 9 - 10 p.m.*	noon - 2 p.m. 5 - 6 p.m. 9 - 10 p.m.*	noon - 6 p.m. 9 - 10 p.m.*	1 - 3 p.m.	1 - 3 p.m.
Table Tennis (Ping Pong)	3 - 9 p.m.	12:30 - 7 p.m.		12:30 - 7 p.m.		8 a.m. - noon	noon - 3 p.m.
Volleyball			3:30 - 9 p.m. 9 - 10 p.m.*			6 - 9 p.m.	6 - 9 p.m.
Youth Lacrosse	6 - 7 p.m.						

* Adult Hour (18+ only)

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

See leisure activity description and equipment needed on pages 37-39.

■ Arena Drop-In Opportunities July 1 - Aug. 31

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Skate (18+)	10:45 - 11:45 a.m.		10:45 - 11:45 a.m.		10:45 - 11:45 a.m.		
Family Skate							10:45 - 11:45 a.m.
Public Skate	1:15-2:30 p.m. 7:45-8:45 p.m.	1:15-2:30 p.m. 6:30-7:30 p.m.	1:15-2:30 p.m. 7:45-8:45 p.m.	1:15-2:30 p.m. 6:30-7:30 p.m.	1:15-2:30 p.m. 7:45-8:45 p.m.	noon-2:30 p.m.	noon-2:30 p.m.
Figure Skating		4 - 5 p.m.					
Adult Shinny (18+)	noon - 1 p.m. 9 - 10 p.m.	11:45 a.m.-1 p.m. 9 - 10 p.m.	noon - 1 p.m. 4 - 5 p.m. 9 - 10 p.m.	11:45 a.m.-1 p.m. 9 - 10 p.m.	noon - 1 p.m. 9 - 10 p.m.		
Youth Shinny (10 - 12 yrs)			5:15 - 6:15 p.m.	5:15 - 6:15 p.m.		2:45 - 3:45 p.m.	
Youth Shinny (13 - 14 yrs)		5:15 - 6:15 p.m.			5:15 - 6:15 p.m.		5:15 - 6:15 p.m.
Youth Shinny (15 - 17 yrs)	5:15 - 6:15 p.m.	7:45 - 8:45 p.m.		August Addition 7:45 - 8:45 p.m.		5:15 - 6:15 p.m.	
Adult/Child Stick & Puck (10 & under)	6:30 - 7:30 p.m.				6:30 - 7:30 p.m.	4 - 5 p.m.	4 - 5 p.m.
Family Stick & Puck (17 & under)		2:45 - 3:45 p.m.	6:30 - 7:30 p.m.	2:45 - 3:45 p.m.			2:45 - 3:45 p.m.
Noodles of Fun (8 & under)		10:30-11:30 a.m.		10:30-11:30 a.m.			
Youth Ball Hockey (17 & under)		6 - 7:30 p.m. *located at Alexandra Arena		6 - 7:30 p.m. *located at Alexandra Arena			

*All skaters 12-years-old and under are required to wear a CSA approved helmet while participating in our arena opportunities. Please see pages 38-39 for all other equipment requirements.

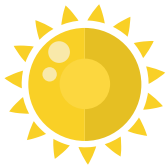
Due to tournament bookings and other special events our leisure opportunities may experience schedule changes and/or cancellations. Please visit www.leduc.ca/LRC/Arena for up to date modifications.

See leisure activity description and equipment needs for each opportunity on pages 37-39.

Outdoor Pool Summer Schedule

Blue = AquaFit **Pink** = Family Swim **Red** = Public Swim **Green** = Lane Swim **Black** = Rental

June 30 – July 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.
Lessons 9 a.m. – noon	Lessons 9 a.m. – noon	Lessons 9 a.m. – noon	Lessons 9 a.m. – noon	Lessons 9 a.m. – noon	Rental 9 – 11 a.m.	Rental 9 – 10 a.m.
AquaFit/Lane Swim noon – 12:50 p.m.	AquaFit/Lane Swim noon – 12:50 p.m.	AquaFit/Lane Swim noon – 12:50 p.m.	AquaFit/Lane Swim noon – 12:50 p.m.	AquaFit/Lane Swim noon – 12:50 p.m.	Public Swim 11 a.m. – 8 p.m.	Family Swim 10 a.m. – noon
Public Swim 1 – 8 p.m.	Public Swim 1 – 8 p.m.	Public Swim 1 – 8 p.m.	Public Swim 1 – 8 p.m.	Public Swim 1 – 8 p.m.		Public Swim noon – 8 p.m.
AquaFit/Lane Swim 8 – 8:50 p.m.	AquaFit/Lane Swim 8 – 8:50 p.m.	Rental 8 – 9 p.m.	AquaFit/Lane Swim 8 – 8:50 p.m.	Rental 8 – 9 p.m.	Rental 8 – 9 p.m.	Rental 8 – 9 p.m.



Schedule Adjustments

Tuesdays & Thursdays - Only 2 – 3 lanes will be available for lane swim.

July 30 – Sept. 2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 7 – 9 a.m.	Lane Swim 7 – 9 a.m.	Lane Swim 7 – 9 a.m.	Lane Swim 7 – 9 a.m.	Lane Swim 7 – 9 a.m.	Lane Swim 8 – 9 a.m.	Lane Swim 8 – 9 a.m.
Lessons 9 a.m. – noon	Lessons 9 a.m. – noon	Lessons 9 a.m. – noon	Lessons 9 a.m. – noon	Lessons 9 a.m. – noon	Rental 9 – 11 a.m.	Rental 9 – 10 a.m.
AquaFit/Lane Swim noon – 12:50 p.m.	AquaFit/Lane Swim noon – 12:50 p.m.	AquaFit/Lane Swim noon – 12:50 p.m.	AquaFit/Lane Swim noon – 12:50 p.m.	AquaFit/Lane Swim noon – 12:50 p.m.	Public Swim 11 a.m. – 7 p.m.	Family Swim 10 a.m. – noon
Public Swim 1 – 7 p.m.	Public Swim 1 – 7 p.m.	Public Swim 1 – 7 p.m.	Public Swim 1 – 7 p.m.	Public Swim 1 – 7 p.m.		Public Swim noon – 7 p.m.
AquaFit/Lane Swim 7 – 7:50 p.m.	AquaFit/Lane Swim 7 – 7:50 p.m.	Rental 7 – 8 p.m.	AquaFit/Lane Swim 7 – 7:50 p.m.	Rental 7 – 8 p.m.	Rental 7 – 8 p.m.	Rental 7 – 8 p.m.



■ Outdoor Swimming Lessons July 4 – Aug. 24

Public Swimming Lessons – Outdoor Pool

Session 1: Tues. - Fri. July 4 - 14	9 a.m. – noon
Session 2: Mon. - Thurs. July 17 - 27	9 a.m. – noon
Session 3: Tues. - Fri. Aug. 1 - 11	9 a.m. – noon
Session 4: Mon. - Thurs. Aug. 14 - 24	9 a.m. – noon

		8 Lessons
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

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

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.

Registration

Registration for **aquatic programs** will take place one week *earlier* than all other programs. Classes fill up quickly, so we encourage all registrants to pre-plan their registration before registration opens. If your preferred program is full, please ask to be waitlisted as classes will be added where possible.

Member Registration May 30

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

Open Registration June 1

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

Please note that due to pool depth, preschool lessons will not be available at the Alexandra Outdoor Pool and will resume at the indoor aquatic centre in the fall.



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. Check out the table on page 33 for a list of available private 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 or Alexandra Outdoor Pool. Supervision requirements must be met while accessing the facility after the evaluation. Swim evaluations can be booked by contacting Guest Services or a Lead Instructor.

Swim Steps (Adapted aquatics program) & Adult and Teen Lessons (15+)

These programs are not offered during summer session. Please check back with the Aquatic Programs Coordinator for Fall session availability



Ages: 5 to 12-year-olds

Activities include crafts, games, swimming, cooking, outdoor adventures and field trips.

See Page 13 for details!

Stingrays Lifeguard Club

Stingrays is an exhilarating, educational swim club for any youth with Swim Kids 4 or higher swimming capability and the desire to have a terrific time in an aquatic setting. The Lifeguard Club works on swimming skills, as well as an introduction to water and dry land fitness. Participants develop team building and first aid skills and improve self-esteem. Jump into an outdoor pool summer camp to start preparing for the next season or just to give this club a try!



Outdoor Pool Summer Camps \$65

Camp 1	Mon. - Thurs.	July 17 - 27	9 - 10 a.m.	32540
Camp 2	Mon. - Thurs.	Aug. 14 - 24	11 a.m. - noon	32541



Outdoor Pool Special Event Days

Join us the following dates at a special rate and for extra fun in the sun!

June 3 – Rodeo Days 11 a.m. – 4 p.m.

Get on your seahorses and head on down to the Outdoor Pool following the Black Gold Parade for some fun family activities!

June 29 – Kick Off to Summer 1 – 4 p.m.

Celebrate the first day of summer vacation by joining us for a special public swim!

July 1 – Canada Day 150 10 a.m. – 6 p.m.

Celebrate Canada's 150th birthday and 50 years since construction began on the Outdoor Pool. We'll be serving up free birthday cake and \$1.50 admission for all ages!

July 11 – Water Wars 2 – 5 p.m.

Lock and load your water guns and bring them to the outdoor pool for our annual epic showdown between our Lifeguards and the public!

Visit www.Leduc.ca/events to see all events in Leduc.

July 25 – Toonie Swim 1 – 4 p.m.

Join us for \$2 admission for all ages, sponsored by our friends in Family & Community Support Services. Cool off in the pool and then head out to the park and grab a bite at the annual FCSS BBQ!

Aug. 11 – Youth Swim 1 – 5 p.m.

To celebrate International Youth Day we're inviting youth ages 8-17 to join us for \$1.50 admission, summer jams provided by a local DJ and some sweet treats!

Aug. 12 – Rock the Pool 6:30 – 8:30 p.m.

Join us at the pool after Rock the Rails for special youth-only swim (ages 12-17). The first 150 youth get admission FREE!

Aug. 26 – Party in Alex Park noon – 5 p.m.

Join us for an afternoon and evening of family activities, including food trucks, performances, inflatables, face painters, and a family movie in the Alexandra Arena.

Sept. 4 – Food Bank Swim 11 a.m. – 4 p.m.

Take a moment to chill out at the Outdoor Pool before the busy school year starts. Bring an food item to support our local food bank and enjoy \$2 admission for all ages!

NEW



Swimming Lessons

July 4 – Aug. 24

Outdoor Pool lessons will run in all-weather circumstances except thunder & lightning. In these instances, credits will be provided for missed lessons.

Here are some key dates you'll need to mark on your calendars for this session.

Session Dates	Session	Parent Day
June 6 - 29	Tues. & Thurs.	June 22
July 4 - 14	Tues. - Fri.	July 12
July 17 - 27	Mon. - Thurs.	July 25
Aug. 1 - 11	Tues. - Fri.	Aug. 9
Aug. 14 - 24	Mon. - Thurs.	Aug. 22

Spring Session: 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

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

Class Date	Days	Time	Code	
Jul. 4	Jul. 14	Tues-Fri	9 a.m.	32380
Jul. 4	Jul. 14	Tues-Fri	9:30 a.m.	32383
Jul. 4	Jul. 14	Tues-Fri	11:15 a.m.	32381
Jul. 17	Jul. 27	Mon-Thurs	9:30 a.m.	32385
Jul. 17	Jul. 27	Mon-Thurs	10 a.m.	32387
Jul. 17	Jul. 27	Mon-Thurs	10:30 a.m.	32384
Aug. 1	Aug. 11	Tues-Fri	9:30 a.m.	32391
Aug. 1	Aug. 11	Tues-Fri	10 a.m.	32392
Aug. 1	Aug. 11	Tues-Fri	10:30 a.m.	32390
Aug. 14	Aug. 24	Mon-Thurs	9 a.m.	32398
Aug. 14	Aug. 24	Mon-Thurs	9:30 a.m.	32400
Aug. 14	Aug. 24	Mon-Thurs	11:15 a.m.	32399

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

Class Date	Days	Time	Code	
Jul. 4	Jul. 14	Tues-Fri	9 a.m.	32404
Jul. 4	Jul. 14	Tues-Fri	9:30 a.m.	32401
Jul. 4	Jul. 14	Tues-Fri	10:30 a.m.	32402
Jul. 17	Jul. 27	Mon-Thurs	9 a.m.	32405
Jul. 17	Jul. 27	Mon-Thurs	9:30 a.m.	32409
Jul. 17	Jul. 27	Mon-Thurs	10:30 a.m.	32403
Jul. 17	Jul. 27	Mon-Thurs	11:15 a.m.	32549
Aug. 1	Aug. 11	Tues-Fri	9 a.m.	32412
Aug. 1	Aug. 11	Tues-Fri	9:30 a.m.	32416
Aug. 1	Aug. 11	Tues-Fri	10 a.m.	32410
Aug. 1	Aug. 11	Tues-Fri	11:15 a.m.	32551
Aug. 14	Aug. 24	Mon-Thurs	9 a.m.	32407
Aug. 14	Aug. 24	Mon-Thurs	10 a.m.	32417
Aug. 14	Aug. 24	Mon-Thurs	10:30 a.m.	32418
Aug. 14	Aug. 24	Mon-Thurs	11:15 a.m.	32550

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

Class Date	Days	Time	Code	
Jul. 4	Jul. 14	Tues-Fri	9 a.m.	32421
Jul. 4	Jul. 14	Tues-Fri	10 a.m.	32420
Jul. 4	Jul. 14	Tues-Fri	10:30 a.m.	32422

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

Jul. 4	Jul. 14	Tues-Fri	11:15 a.m.	32553
Jul. 17	Jul. 27	Mon-Thurs	9 a.m.	32425
Jul. 17	Jul. 27	Mon-Thurs	10 a.m.	32423
Jul. 17	Jul. 27	Mon-Thurs	11:15 a.m.	32424
Aug. 1	Aug. 11	Tues-Fri	9 a.m.	32429
Aug. 1	Aug. 11	Tues-Fri	10:30 a.m.	32427
Aug. 1	Aug. 11	Tues-Fri	11:15 a.m.	32428
Aug. 14	Aug. 24	Mon-Thurs	9 a.m.	32431
Aug. 14	Aug. 24	Mon-Thurs	9:30 a.m.	32430
Aug. 14	Aug. 24	Mon-Thurs	10:30 a.m.	32433

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

Class Date	Days	Time	Code	
Jul. 4	Jul. 14	Tues-Fri	9 a.m.	32440
Jul. 4	Jul. 14	Tues-Fri	10:30 a.m.	32439
Jul. 4	Jul. 14	Tue – Fri	11 a.m.	32599
Jul. 17	Jul. 27	Mon-Thurs	9:45 a.m.	32441
Jul. 17	Jul. 27	Mon-Thurs	10:30 a.m.	32442
Aug. 1	Aug. 11	Tues-Fri	9:45 a.m.	32443
Aug. 1	Aug. 11	Tues-Fri	11 a.m.	32444
Aug. 14	Aug. 24	Mon-Thurs	9:45 a.m.	32446
Aug. 14	Aug. 24	Mon-Thurs	10:30 a.m.	32445

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

Class Date	Days	Time	Code	
Jul. 4	Jul. 14	Tues-Fri	9:45 a.m.	32449
Jul. 4	Jul. 14	Tues-Fri	10:30 a.m.	32448
Jul. 4	Jul. 14	Tue – Fri	11 a.m.	32600
Jul. 17	Jul. 27	Mon-Thurs	9:45 a.m.	32450
Jul. 17	Jul. 27	Mon-Thurs	10:30 a.m.	32451
Aug. 1	Aug. 11	Tues-Fri	9 a.m.	32452
Aug. 1	Aug. 11	Tues-Fri	10:30 a.m.	32453
Aug. 14	Aug. 24	Mon-Thurs	9 a.m.	32454
Aug. 14	Aug. 24	Mon-Thurs	11:15 a.m.	32455

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

Class Date	Days	Time	Code	
Jul. 4	Jul. 14	Tues-Fri	9:45 a.m.	32471
Jul. 4	Jul. 14	Tues-Fri	11 a.m.	32457
Jul. 17	Jul. 27	Mon-Thurs	9 a.m.	32458
Jul. 17	Jul. 27	Mon-Thurs	11 a.m.	32459
Aug. 1	Aug. 11	Tues-Fri	9 a.m.	32460
Aug. 1	Aug. 11	Tues-Fri	10:30 a.m.	32461
Aug. 14	Aug. 24	Mon-Thurs	9 a.m.	32463
Aug. 14	Aug. 24	Mon-Thurs	11 a.m.	32462

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

Class Date	Days	Time	Code	
Jul. 4	Jul. 14	Tues-Fri	9 a.m.	32465
Jul. 4	Jul. 14	Tues-Fri	11 a.m.	32464
Jul. 17	Jul. 27	Mon-Thurs	9 a.m.	32467
Jul. 17	Jul. 27	Mon-Thurs	11 a.m.	32466
Aug. 1	Aug. 11	Tues-Fri	9:45 a.m.	32469
Aug. 1	Aug. 11	Tues-Fri	11 a.m.	32468
Aug. 14	Aug. 24	Mon-Thurs	9:45 a.m.	32470
Aug. 14	Aug. 24	Mon-Thurs	10:30 a.m.	32552

Swim Kids 8 (6 – 12 years) – 60 min.
\$56.07 member / \$62.30 non-member

Class Date	Days	Time	Code	
Jul. 4	Jul. 14	Tues-Fri	9 a.m.	32473
Jul. 4	Jul. 14	Tues-Fri	10 a.m.	32474
Jul. 17	Jul. 27	Mon-Thurs	10 a.m.	32476
Jul. 17	Jul. 27	Mon-Thurs	11 a.m.	32475
Aug. 1	Aug. 11	Tues-Fri	10 a.m.	32478
Aug. 1	Aug. 11	Tues-Fri	11 a.m.	32477
Aug. 14	Aug. 24	Mon-Thurs	9 a.m.	32479
Aug. 14	Aug. 24	Mon-Thurs	10 a.m.	32480

Swim Kids 9 (6 – 12 years) – 60 min.
\$56.07 member / \$62.30 non-member

Class Date	Days	Time	Code	
Jul. 4	Jul. 14	Tues-Fri	9 a.m.	32481
Jul. 4	Jul. 14	Tues-Fri	10 a.m.	32482
Jul. 17	Jul. 27	Mon-Thurs	10 a.m.	32484
Jul. 17	Jul. 27	Mon-Thurs	11 a.m.	32483
Aug. 1	Aug. 11	Tues-Fri	10 a.m.	32486
Aug. 1	Aug. 11	Tues-Fri	11 a.m.	32485
Aug. 14	Aug. 24	Mon-Thurs	9 a.m.	32487
Aug. 14	Aug. 24	Mon-Thurs	10 a.m.	32488

Swim Kids 9 (6 – 12 years) – 60 min.
\$56.07 member / \$62.30 non-member

Class Date	Days	Time	Code	
Jul. 4	Jul. 14	Tues-Fri	9 a.m.	32489
Jul. 4	Jul. 14	Tues-Fri	10 a.m.	32490
Jul. 17	Jul. 27	Mon-Thurs	10 a.m.	32492
Jul. 17	Jul. 27	Mon-Thurs	11 a.m.	32491
Aug. 1	Aug. 11	Tues-Fri	10 a.m.	32494
Aug. 1	Aug. 11	Tues-Fri	11 a.m.	32493
Aug. 14	Aug. 24	Mon-Thurs	9 a.m.	32495
Aug. 14	Aug. 24	Mon-Thurs	10 a.m.	32496



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

Class Date	Days	Time	Code
Jul 4	Tues	10 a.m.	32497
Jul 5	Wed	10 a.m.	32498
Jul 6	Thurs	10 a.m.	32499
Jul 7	Fri	10 a.m.	32500
Jul 11	Tues	10 a.m.	32501
Jul 12	Wed	10 a.m.	32502
Jul 13	Thurs	10 a.m.	32503
Jul 14	Fri	10 a.m.	32504
Aug 1	Tues	9-9:30 a.m.	32605
Aug 1	Tues	9:30-10 a.m.	32606
Aug 2	Wed	9-9:30 a.m.	32607
Aug 2	Wed	9:30-10 a.m.	32608
Aug 3	Thurs	9-9:30 a.m.	32609
Aug 3	Thurs	9:30-10 a.m.	32610
Aug 4	Fri	9-9:30 a.m.	32611
Aug 4	Fri	9:30-10 a.m.	32612
Aug 14	Mon	10 a.m.	32506
Aug 15	Tues	10 a.m.	32510
Aug 16	Wed	10 a.m.	32507
Aug 17	Thurs	10 a.m.	32508
Aug 21	Mon	10 a.m.	32509
Aug 22	Tues	10 a.m.	32514
Aug 23	Wed	10 a.m.	32511
Aug 24	Thurs	10 a.m.	32512

FALL 2017

Community Information and Registration Day

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

What's your Community Passion?

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

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



■ 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

Red Cross Lifeguard Recertification \$53

Date	Day	Time	Code
Aug. 18	Fri. (Outdoor Pool)	9 a.m. – 3 p.m.	31386
Oct. 21	Sat.	8 a.m. – 2 p.m.	31387

Lifesaving Society Bronze Medallion and Cross \$265

Date	Day	Time	Code
Sept. 24 – Oct. 29	Sun.	9 a.m. – 5 p.m.	31389

*No class Oct. 8

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

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

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

Pre-requisites:

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

Lifesaving Society National Lifeguard Recertification \$53

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

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 Alexandra Outdoor Pool upon registration.

PART 3: Teaching Experience

The Teaching Experience component follows the online modules and is completed prior to the classroom and pool component. Candidates complete a minimum of 8 hours (total) of teaching experience:

- 4 hours teaching with a Red Cross Preschool class
- 4 hours teaching with a Red Cross Swim Kids class

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

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

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

PART 4: Classroom & Pool Component \$420

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

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

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

■ 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 to book today!

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

*Refer to the schedules on pages 25 & 28 for rental times

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

What does this package get you?

- Access to the Outdoor Pool for up to two (2) hours of fun*

- Discounted admission rates
- Pre-packages wristbands which means no waiting in line

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

*During public swim times as shown on pages 25 & 28.

■ Outdoor Aquatic Fitness June 30 - Sept. 1, 2017

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 will be checked daily, one hour prior the start of each class. Cancellation notices will be posted at the Guest Services window and the facility's phone message will be updated. Weather information is obtained from Environment Canada's website for the Edmonton International Airport.

Drop-in AquaFit Classes

AquaFit – Shallow Water

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

Mon. – Fri. (June 30 - Sept. 3)	noon - 12:50 p.m.
Mon., Tues., Thurs. (June 30 - July 29)	8 - 8:50 p.m.
Mon., Tues., Thurs. (July 30 - Sept. 3)	7 - 7:50 p.m.

*Maximum of 30 participants

Registered AquaFit Classes

Aqua Bootcamp \$50

Looking for a new take on your boot camp or maybe a great workout outdoors? This class incorporates easy-to-do water movements like kicking and jumping with some dryland exercises. Be ready to sweat up a storm and enjoy doing it! Participants will be required to get in and out of the pool during the workout.

Outdoor running shoes & tight-fitting gym clothes (with proper swim attire underneath) are permitted.

Date	Day	Time	Code
July 4 - 13	Tues. & Thurs.	7 - 7:45 a.m.	32543
July 18 - 27	Tues. & Thurs.	7 - 7:45 a.m.	32544

■ New Swim Programs coming Fall 2017...

Preschool Programs

Bobs & Burgers (ages 3-5)

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



School-Aged Programs

Mer-Folk Academy (ages 6-12)

Dive into a magical underwater experience in this introductory Mermaid Tail program geared towards Mer-girls & Mer-boys ages 6-12. With wet & dry components, learn fundamental Mer-etiquette and skills to swim safely with a Mermaid Tail while enjoying the fitness benefits this fun and active program has to offer! Appropriate Swim attire required. Mermaid Tail included in registration fee.



Ages 6-7 (Requires registration & Active Participation of supervisor 18+. Supervisor tail optional.)

Ages 8-12 (Supervisor participation optional)

Adult Programs

Water Running

Water running (even walking or jogging) may have a small reputation but it comes with BIG results. Water running is recommended by doctors and physiotherapists as a great low-impact workout that requires little to no swimming skill. Sports trainers and elite athletes also praise this activity as a great way to cross-train and develop cardiovascular endurance. Looking for Water Running timeslots in our weekly schedule coming this fall!

LEISURE OPPORTUNITIES

Your LRC Monthly and Annual Membership or paid day admission pass includes access to the many leisure opportunities available throughout the Leduc Recreation Centre. Please see page 3 for information regarding admissions, and page 5 regarding Active Supervision & Active Participation. View our drop-in schedules on pages 26 & 27 or visit us online at Leduc.ca/LRC.

Fair Play

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

■ Field House Opportunities July 1 – Aug. 31

Equipment Rentals

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

Adult Hour

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

Badminton

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

Basketball

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

Please see page 26 for Field House Drop-in Schedule.

Flag Football

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

Floor Hockey

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

Pickleball

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

Soccer

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

Table Tennis (Ping Pong)

Enjoy hitting a lightweight ball back and forth between opponents using paddles – this game takes skill!

Table Top Games

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

Volleyball

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

Youth Lacrosse

This drop-in opportunity allows participants, 8-17 years of age, to work on their lacrosse skills.

Full equipment is required to and must be provided by the participants.

Please see page 26 for Field House Drop-in Schedule.



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 31, 2017. Forms available at Leduc.ca or contact us at events_bookings@leduc.ca

■ Arena Opportunities

July 1 – Aug. 31

Wristbands and skates are required to be worn on the ice during all skating activities. **All skaters 12 years old and under are required to wear a CSA 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. Specific requirements are detailed in each description.

Adult 18+ Skate

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

Noodles of Fun

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

Please see page 27 for Arena Drop-in Schedule.

Youth Ball Hockey

Take part in our ball hockey scrimmage at the Alexandra Arena Pad on Tuesdays and Thursdays. Ball hockey is available on a first-come, first-serve basis, for patrons 8-17 years of age who have a membership, or have purchased a daily admission wristband at the Leduc Recreation

Centre or the Leduc Outdoor Pool for the scheduled day. Payment is not available on site. Participants are permitted to check-in 30 minutes prior to scheduled time at the Alexandra Arena. Maximum 20 players plus two goalies.

Equipment retirements for youth: CSA approved hockey helmet, hand gloves, shin guards, running shoes, and a regulation hockey stick.

Family Stick & Puck

Designed to enable families the opportunity to work on passing, puck control and skating skills. An adult must accompany all patrons 17 and under on the ice. This is a family program and not intended for hockey teams. Maximum of 40 participants, with the adult to child ratio 1:4.

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

Equipment Requirements for Adults: CSA-approved helmet, skates, and gloves

Family Skate

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

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

Figure Skating

Figure skating provides time for figure skaters to practice their skills independently. Not intended for coaching purposes. This activity requires Active Supervision, which can take place from the player's bench.

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

Public Skate

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

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

See page 27 for Arena Drop-in Schedule.

Shinny

Pick-up hockey on a first-come, first-serve basis. Participants are permitted to check-in one (1) hour prior to scheduled time at East Guest Services. Maximum of 20 players plus two goalies (first two goalies play for FREE). Refer to the shinny schedule on page 27 for age categories.

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

Added Youth Shinny (15 - 17) times in August. Visit page 27 to view the schedule.

Adult and Child Stick & Puck

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



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

Equipment Requirements for Adults: CSA approved helmet, skates, and gloves

Friday Fun Skates

Friday Fun Skates are fun for the whole family as we engage all ages with music, activities, and prizes! Come join us for our last Fun Skate of the Season as we take a break for summer and start back up again in September. Keep an eye out in our Fall City Guide for 2017/2018 Fun Skate dates.

- **Jun. 16 – Spring into Summer**

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

Equipment requirements for Children 12 and under: CSA approved helmet. Sticks are not permitted during Friday Fun Skates.

Visit us online for more information on public skating guidelines, equipment requirements, up-to-date schedule, and supervision requirements. Changes to the schedule will occur due to holidays, special events, and other facility bookings. Adult opportunities are for 18+.

FAMILY & COMMUNITY SUPPORT SERVICES

FCSS provides FREE confidential support and resources to residents of the City of Leduc. Our staff has a strong working knowledge of local support services and is able to connect families, youth, adults, and seniors with available programs and services. We are often the first point of contact for community members and agency groups looking for help in the area of social well-being.

■ Information & Referral

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

Support and initiatives include:

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

211 Leduc

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



2017 Family Day Unplugged

The Family Day Unplugged School Challenge was a huge success, with all City of Leduc Elementary and Junior High Schools participating this year. We logged a total of 71,774 hours; an increase of 25,200 from last year. Way to go Leduc!

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

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.

■ Youth Development

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

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

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

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

Positive Ticketing Campaign

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

■ Youth Outreach Worker

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

■ Older Adult Services

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

Older Adult programs and initiatives may include:

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

Elder Abuse

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
Jun. 15	Thurs.	Beaumont FCSS, Devon FCSS
Oct. 19	Thurs.	Office of the Seniors Advocate, TBD

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



■ Upcoming Workshops

What a Smart Tenant Knows

Date	Time	Location
May 25	5 - 8 p.m.	Leduc Public Library

*Refreshments provided.

Family Fun Fair

Date	Time	Location
June 2	4:30 - 8 p.m.	LRC – Curling Rink

Let's Celebrate Summer Free Community BBQ

Date	Time	Location
July 25	4:30 - 6 p.m.	Alexandra Park

There will be a toonie swim at the Alexandra Outdoor Pool from 1 - 4 p.m.

Understanding Your Tenancy Agreement

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

*Refreshments provided.



ENVIRONMENT

■ Be an Eco-champ this summer

Want to be green this summer? And save work? And money? Look at the following tips on working with nature for better lawns and gardens — and a healthy environment.

Grasscycling:

How do you grasscycle? Leave the short clippings on the lawn when you mow. That's it!

Grasscycling:

- keeps your lawn healthier because the clippings return nutrients to the lawn,
- saves you the time spent raking, bagging and hauling the bags,
- saves you money because your lawn doesn't need as much watering,
- helps the environment because you won't need chemical fertilizers, and
- keeps more material out of the landfill.



Collecting rain water:

Using a rain barrel to collect rain water offers plenty of advantages. Using rain barrels:

- conserves water,
- reduces energy,
- saves money, and
- gives your plants and lawn water free from chlorine, lime or calcium.

Conserving water:

The city is working hard to become a more effective steward of our water resources. The following tips for outdoor water use can help our community stay on track to meet our water reduction goals even during our hot summers.

- Use the established voluntary alternating system for lawn watering where residents living at odd-numbered addresses water only on odd-numbered calendar days and residents with even-numbered addresses water on even calendar days.
- Limit lawn watering to 2.5 cm of water (one hour of watering) per week, all the water your lawn needs.
- Set sprinklers to water only the grass, not sidewalks or roads.
- Reduce evaporation by using a low-angle or pulsating sprinkler, and water lawns and gardens during the coolest parts of the day.



Backyard composting:

Your green organics cart offers a great option for sorting organics material — but why not also try backyard composting to:

- give your lawn and garden nutrient-rich material that improves your soil quality,
- reduce the amount of organic material that needs to be trucked and processed,
- reduce greenhouse gas emissions, and
- saves the expense of processing the material.

For more information on summer eco-friendly practices, check out Leduc.ca/Environmental Services, call the Eco-Smart Hotline at 780-980-7107 or email ecosmart@leduc.ca.

Stock up on 'green gold'

Plan to attend the 2017 Green Gold event Saturday, May 27 from 9 a.m. to 3 p.m. in the RONA parking lot, 5202 Discovery Way to pick up all the 'green gold' products and advice to help you through the 2017 growing season and enhance our environment.

Bring a pail and shovel up a bucket of compost for your garden. As well, RONA and the City of Leduc offers each household a special one-day discounted price for a composter and a rain barrel. The city gratefully acknowledges RONA's support for this annual event.



Upcoming Workshops

Financial Literacy for Non Profit Organizations facilitated by Myers Norris Penny (MNP). Offered in a 2 part series for Non-Profit Organizations.

Part 1 - Financial fluency:

- How to read and understand financial statements.
- What do financial statements tell us? How do you use that information to make good decisions?

Date	Time	Location	Cost
June 1	6 - 9 p.m. *(doors open 5:30 p.m.)	Nisku Recreation Centre	\$15

Registration deadline is May 24, 2017. Register online at app.booking.ca/bkleduccountypub

Part 2 - Identify internal controls and fraud:

- Not for Profit organizations are often targets for fraud
- Learn about what internal controls an organization should have in place to protect itself, as well as the potential consequences of not having sufficient controls.

Date	Time	Location	Cost
June 15	6 - 9 p.m. *(doors open 5:30 p.m.)	Nisku Recreation Centre	\$15

Registration deadline is June 8, 2017. Register online at app.booking.ca/bkleduccountypub

*Light dinner provided for both workshops.

Volunteer Today!

The City of Leduc hosts various community events in partnership with other organizations throughout the summer. To be part of the excitement at Rock the Rails Youth Festival, Canada Day, and Party in the Park, contact Volunteer Leduc at **780-980-7177** or email volunteer@leduc.ca



UPCOMING EVENTS

Canadian Tire Jumpstart Day Barbeque

- May 27, 2017 11 a.m. – 2 p.m. Leduc Canadian Tire

Come out and support the Leduc Chapter of the Canadian Tire Jumpstart program by enjoying some hot dogs, snacks and juice by donation. All proceeds go to support our local children and youth access recreation and sports programs.

Leduc Black Gold Rodeo

- June 1 - 4, 2017 Leduc Recreation Centre

Come cheer on the Cowboys and Cowgirls as the 2017 Black Gold Rodeo! Visit blackgoldrodeo.com for event information.

Leduc Black Gold Rodeo Parade

- June 3, 2017 Safeway to Leduc Composite High School

Leduc's largest parade is back for another year! Put on your boots and enjoy the parade before heading back to the Rodeo at the LRC!

Go Skateboarding Day

- June 21, 2017 4 – 6 p.m. Leduc Skateboard Park

Join us for skateboarding, Best Trick Video filming and so much more!

Must pre-register and helmets are required. Please note that Hemet's will not be provided this year

To register please call 780-980-2876, or visit:

Rumor Skate and Snow Shop
#4 5204 – 50 St. Leduc, Alberta

Canada Day Celebration

- July 1, 2017

Celebrate Canada's 150 birthday all day with events taking place in the City of Leduc. Kick off the celebrations with a pancake breakfast and parade hosted by the Leduc Legion #108 and the Alberta Legacy Development Society (Grain Elevator), and "get filthy clean" at the 5km Foam Fest (visit pg. __ for more info)! Finish off the day at our biggest concert of the year featuring country music sensation Tebey, a special 150 Foam Fest Dance Party Zone, and an incredible fireworks show! Park & Ride will be in effect. Visit Leduc.ca/Canada150 for more information.



**SATURDAY
AUGUST 12**

**11 a.m. - 6 p.m.
Leduc Skateboard Park**

Rock the Rails Youth Festival

- Aug. 12, 2017 11 a.m. – 6 p.m. Leduc Skate Park

This is a FREE youth festival featuring BMX, Skateboard and Scooter competitions as well as a live DJ, dance, and inflatable zip line. Learn how to create your own graffiti art, participate in a screen printing camp & Ramp Build Demos! New this year performances from Creative Youth Centre.

By attending this event, participants will be able to register for FISE World coming to Edmonton in September 2017.

Party in the Park

- Aug. 26, 2017 Alexandra Park

Join us for an afternoon and evening of family activities, including food trucks, performances, inflatables, face painters, and capped off with a family movie in the Alexandra Arena. NEW FOR 2017: Canadian Citizenship Induction Ceremonies, as part of Canada 150!



Fall Community Information & Registration Day (CIRD)

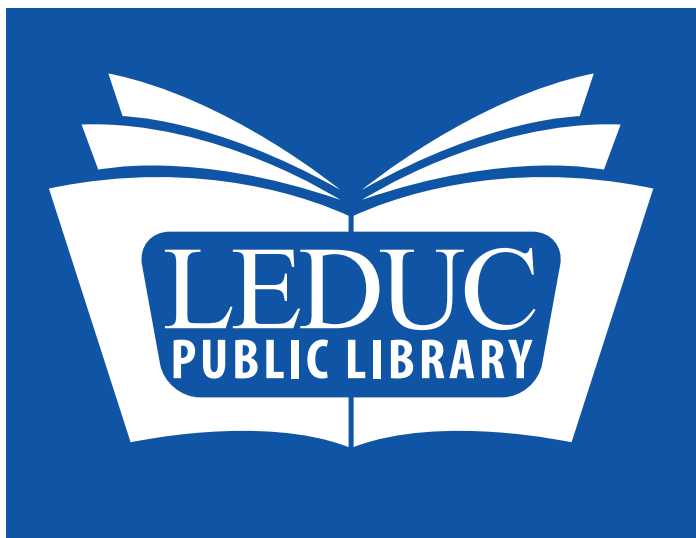
- Sept. 9, 2017 10 a.m. – 2 p.m. Leduc Recreation Centre

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

Leduc Culture Days

- Sept. 29 – Oct. 1, 2017

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



www.LeducLibrary.ca

780-986-2637

#2 Alexandra Park

■ Coming this summer...

Summer reading games for all ages!

Our very popular summer reading club is back! Children, families, teens, and adults will each have their own special game with awesome prizes to be won.

The children's program is designed to inspire children to explore the fun of reading their way – the key to building a lifelong love of reading. This summer's theme is CANADA. Children are encouraged to escape the everyday, step outside of the ordinary and seek the unknown and untamed through reading.

The adult and teen games encourage reading and exercise. Keep a journal of the amount of time spent reading (including newspapers, magazines, graphic novels and audio books) and the number of steps taken each day.

The family game encourages families to read together while keeping a journal of the amount of time read. A perfect substitute for young ones a little too small to take part in our children's reading game!

Don't forget, the Leduc Public Library's summer hours of operation are:

Monday – Thursday:	10 a.m. – 9 p.m.
Friday – Saturday:	10 a.m. – 5 p.m.
Sunday:	CLOSED

■ Children's Programs

Freestyle Crafts – Rope Bracelets *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	Time
Thursday, May 18	Drop-in event for the whole day!

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	Time
Friday, May 19	2 – 4 p.m.

Play, Learn & Grow *Ages 0 – 6*

Join in the fun as you play with your child at inspiring and amusing stations as their curious little minds lead the way! Please note this is a drop-in program and all children must be accompanied by an adult. Play, Learn & Grow is run in joint partnership with Leduc Regional Parent Link Centre (facebook.com/leducregionalparentlink).

Date	Time
Monday, May 29	10 a.m. – noon
Monday, June 26	10 a.m. – noon
Monday, July 24	10 a.m. – noon
Monday, Aug. 21	10 a.m. – noon

■ Adult Programs

ESL Conversation English

Come to the library and join our ESL conversation group. You will meet and practice speaking along with other English learners in a welcoming and fun environment. The ESL program is run in joint partnership with Leduc Adult Learning (www.leducadultlearning.ca).

Date	Time
Each Tuesday until June 27, 2017	6:30 – 7:30 p.m.

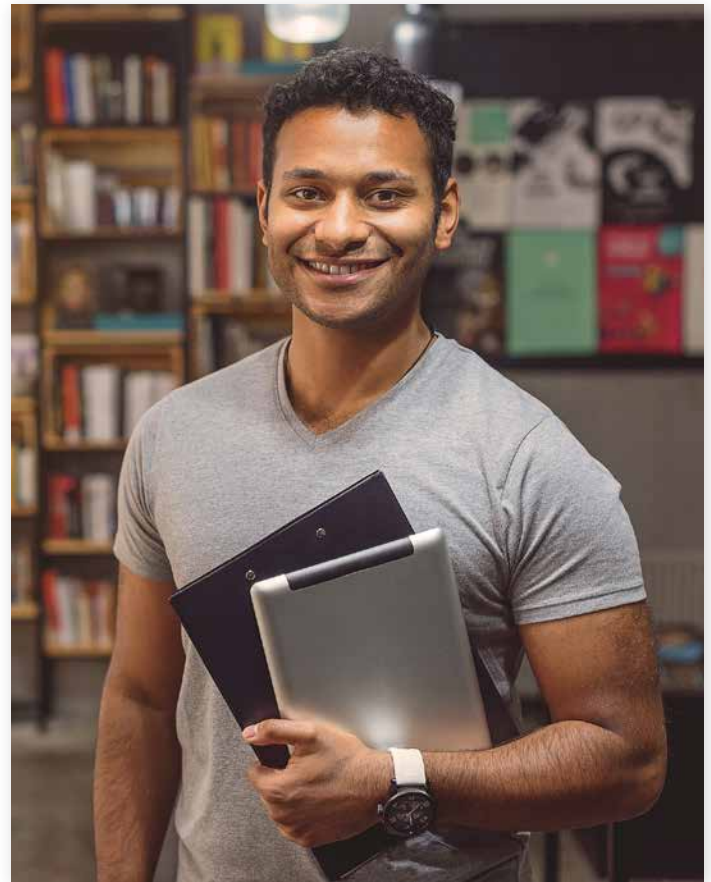
Let it Bee *Registered*

Did you know our native bumblebees are well suited for urban spaces? Do you save seeds? Does your community garden need pollinators?

Learn about the Native Bumblebee and on how you can take part in the Great Canadian Bumblebee Count!

Date	Time
Wednesday, May 17	6:30 – 8 p.m.

Registration for programs can be completed via our website at www.leduclibrary.ca. Registration for Summer Reading Programs and games will begin June 2, 2017.



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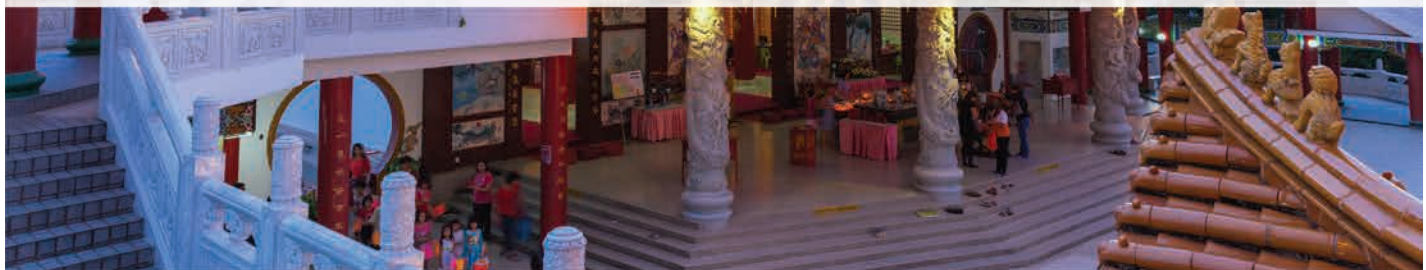
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INFO@LEDUC-CHAMBER.COM

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

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

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

Supportive Living Program - Lodge Accommodations

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

FOR INFORMATION & APPLICATION CONTACT

Leduc Foundation

5118 - 50 Avenue, Leduc, Alberta T9E 6V4

Phone: 780.986.2814 Fax: 780.986.4881

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



CITYGUIDE

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Raise Your Profile - Advertise in the City Guide

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

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

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

Book Your Ad Today!

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

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



City Guide Schedule 2017

SPRING EDITION

- Feb. 14, 2017

SUMMER EDITION

- May 12, 2017

FALL EDITION

- Aug. 11, 2017

WINTER EDITION

- Nov. 11, 2017

TERMS:

- All ads in full colour
- All advertising pre-paid
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- All advertising governed by the City of Leduc Sponsorship & Advertising Policy

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City Guide Affordable Rates

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

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