



CITY GUIDE

..... WINTER 2018

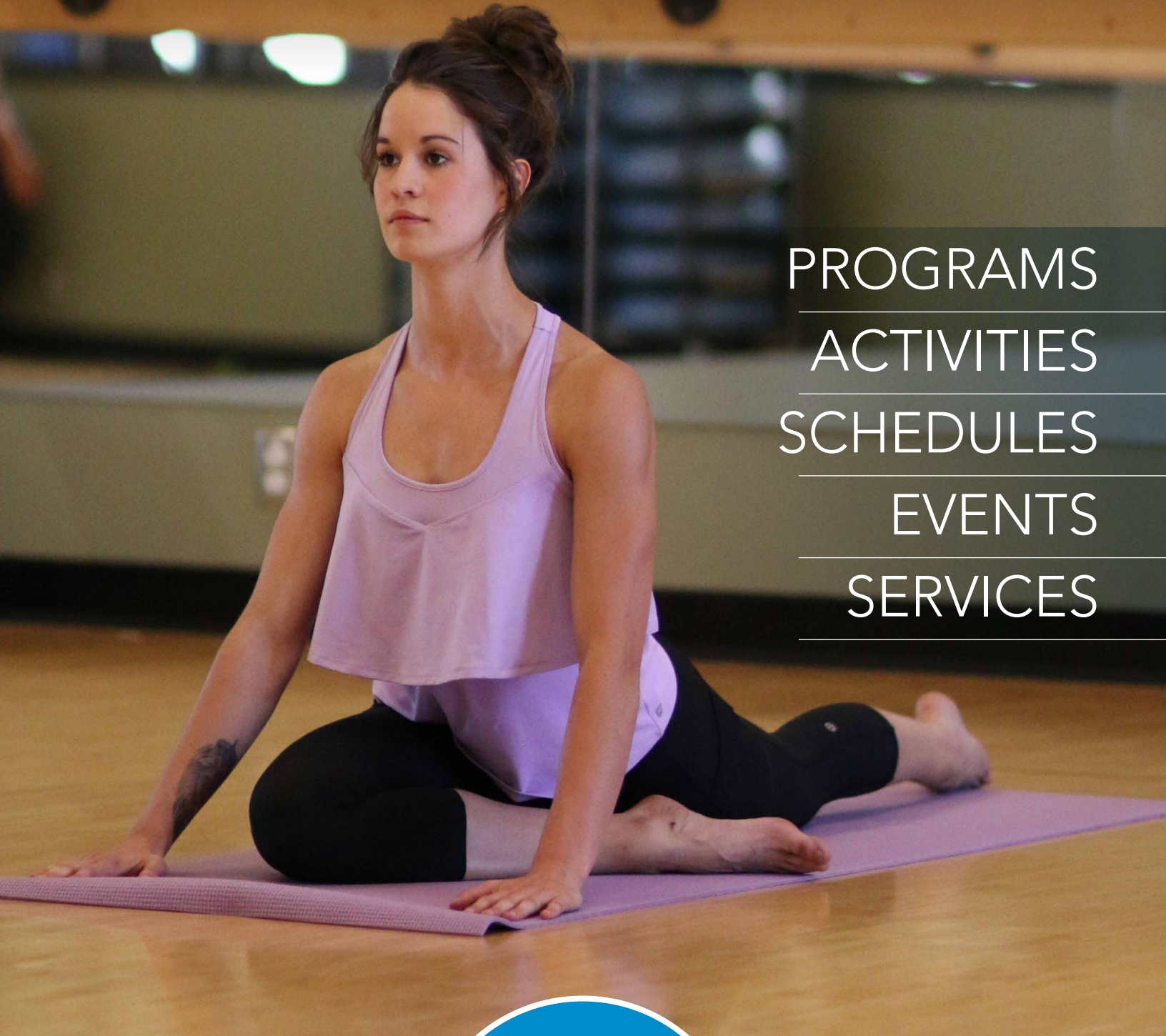
PROGRAMS

ACTIVITIES

SCHEDULES

EVENTS

SERVICES



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



PETROLEUM

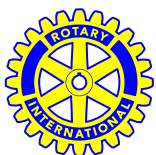


TABLE OF CONTENTS

Leduc Recreation Centre	3 – 11
<ul style="list-style-type: none"> • Admission & Membership • Hours of Operation • Facility Information • Registered Program Information • Build Your Own Party • Child Minding Information • Remax Kukabunga Jungle Indoor Playground • Educational Programs • Recreation Credit Initiatives and Subsidy Programs 	
Recreation Programs	11 – 17
<ul style="list-style-type: none"> • Family Programs • Preschool Programs • School Aged & Youth Programs • Adult Programs 	
Fitness Centre Programs & Services	17 – 23
<ul style="list-style-type: none"> • Fitness Centre Information • Personal Training & Fitness Services • Nutritional Services • Registered & Drop-in Fitness Programs 	
Aquatic Programs & Services	24 – 41
<ul style="list-style-type: none"> • Mix Family Aquatic Centre Information • Aquatic Centre Schedule • Event Bookings • Scuba Diving Snorkeling Courses • Swimming Lessons • Aquatic Leadership Courses • Aquatic Fitness Programs 	
Drop-in Schedules	30 – 31
<ul style="list-style-type: none"> • Drop-in Arena Schedule • Drop-in Field House Schedule 	
Arena / Leisure Opportunities	41 – 43
Family & Community Support Services	44 – 47
<ul style="list-style-type: none"> • Information & Referral • Family Support • Upcoming Workshops • Youth Development • Youth Outreach Worker • Older Adult Services • Research & Social Development 	
Environment	47 – 49
<ul style="list-style-type: none"> • Organics, Recycling & Waste Collection • Eco Station 	
Volunteer Leduc	47
Upcoming Events	50
Leduc Public Library	51 – 54

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PERFORMANCE ARENA

DO *your* THING at the LRC

Having a LRC Membership just got better!

- Access to ALL drop-in programs at no extra cost! (This includes Yoga, Zumba, Cycling, Aqua-Fit, swimming, hockey, more!).
- Early registration for all recreation, fitness, and aquatics programs.
- 10% discount on all LRC Registered Programs including: swim lessons, *recreation programs, fitness classes, personal training, child minding and more!
*Excluding Summer Camp Programs
- 10% discount at a number of local businesses

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



Winter 2018 Events and Deals

- **10% Off Personal Training:** Jan 2. to Jan 31, 2018
- **Winter Warrior Challenge:** Jan 8. to Feb 11 (5 Weeks) Pick-up your Fitness Passport at Guest Services and get ready to challenge yourself with a variety of fitness challenges, classes, etc. Receive a stamp for every challenge completed. Visit Leduc.ca/LRC for more information and to view prizes!
- **Cupid & Chocolate – Yoga for Couples:** Special couples yoga class where you will be guided through a variety of yoga poses that will bring you closer to your partner. Class is on Feb 14 from 7:00 – 8:00 p.m. and costs \$20 per couple. A sweet treat for you to take home is included.
- **Family Flex Pass Special:** Purchase your Family Flex Pass (10 Admissions) between Feb. 16 – 19, 2018 for only \$125.50. That is a savings of \$50!
- **Nutrition Month 2018:** Celebrate Nutrition Month at the LRC throughout March. We will have special recipes, nutrition talks, information sessions, prizes and more!

For more information about upcoming Winter Fitness Events & Challenges visit Leduc.ca/LRC



DO *your* THING

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



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



Welcome to the LRC

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

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

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

*Must show valid student ID.

Single Visit / Flex Pass

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

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

■ Hours of Operation

	Weekdays		Weekends		Statutory Holidays
Fitness Centre and Track	Mon. – Fri.	5 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	8 a.m. – 3 p.m. Christmas Eve (Dec. 24)
Aquatic Centre	Mon. – Thurs. Fri.	5:30 a.m. – 10 p.m. 5:30 a.m. – 9 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	CLOSED Christmas Day (Dec. 25)
Guest Services	Mon. – Fri.	8 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	11 a.m. – 5 p.m. Boxing Day (Dec. 26)
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.	8 a.m. – 3 p.m. New Year's Eve (Dec. 31)
Kukabunga Jungle	Mon. – Fri.	9 a.m. – 8 p.m.	Sat. & Sun.	9 a.m. – 8 p.m.	CLOSED New Year's Day (Jan. 1)
Child Minding Centre Jan. 1 - March 31	* Please see page 8 for Child Minding Hours. Child Minding closed on all statutory holidays.				10 a.m. – 8 p.m. Family Day (Feb. 19)
					11 a.m. – 5 p.m. Good Friday (March 30)
					10 a.m. – 8 p.m. Easter Monday (April 2)

■ Facility Information

Wristbands

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

Personal Belongings

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

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

Public Drop-In and Outside Training

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

Active Participation vs. Active Supervision

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



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

■ Registration

Winter 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 – Nov. 28, 2017

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

General Registration – Dec. 5, 2017

All registered recreation, fitness, and education programs.

Never Miss a Class!

LRC Members receive early registration.

Open Registration

Online 10 a.m.

In-person / phone 5 p.m.

🔹 Aquatic Registration – Nov. 30, 2017

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

General Registration – Dec. 7, 2017

All registered recreation, fitness, and education programs.

Registration Options

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

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



Registration Process

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

Please keep in mind:

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

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

■ Registered Program Information

General Information

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

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

Program Age and Prerequisite Requirements

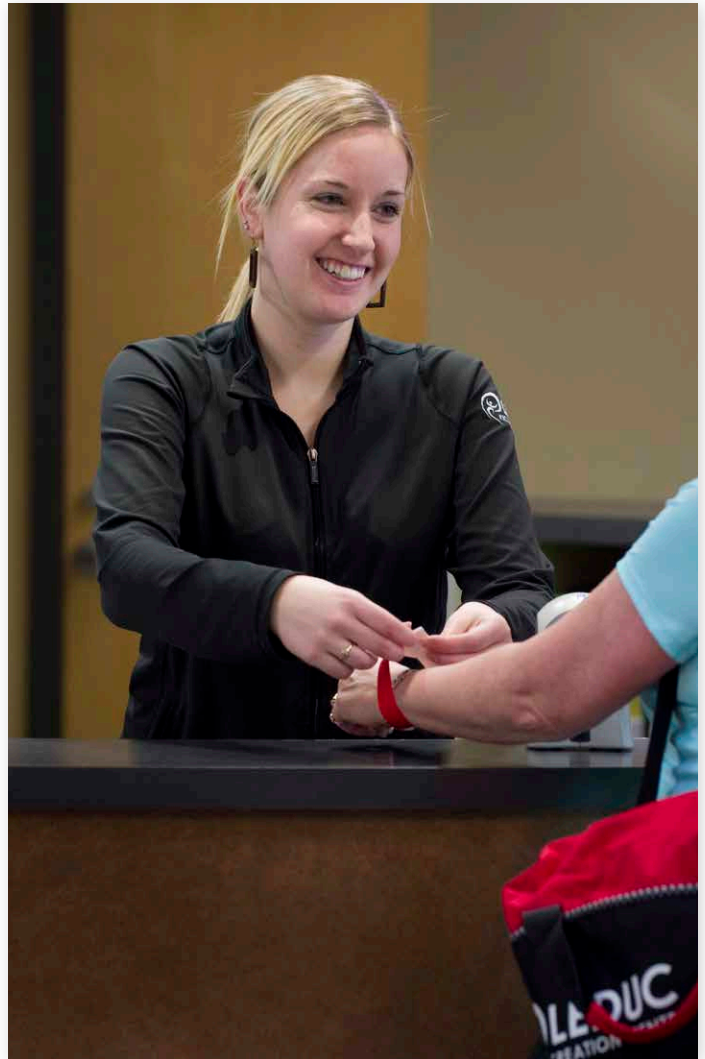
Unless otherwise stated, participants must be within one month of the minimum age identified for the program. Some programs do require participant has successfully completed a prerequisite program prior to registering for the next program. If you have any questions about prerequisites please contact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

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

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

Be Prepared

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



Five easy steps to register online with EZrec

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

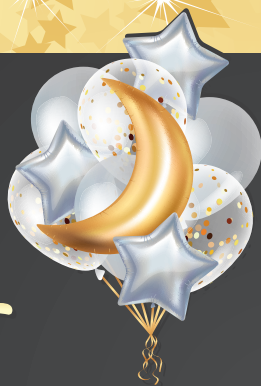
Step 2: Visit the City of Leduc website at app.leduc.ca/ezrec

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

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

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

BUILD YOUR OWN Party



Host your next party at the Leduc Recreation Centre!

It could be a birthday, team builder, retirement, family function or anniversary party – the options are endless!

Build your unique experience by choosing from a variety of options, creating a one of a kind event that suits your needs in four easy steps:

1. Book a Private Room

We have multiple private rooms to fit your needs ranging in size from 30-70 person occupancy. Some of our rooms come equipped with sinks and fridges, while others have more space to hold activities.

Suitable for a range of party types, such as family gathers, anniversary parties, children parties, cooperate gatherings, potlucks, and more.

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

- Private options – the sky is the limit! Choose from a variety of options, not limited to, soccer, dodgeball, skating, hockey, basketball, and pickleball. Or, rent our games bag for a collection of passive games to play.
- Public Drop-in use – Avoid waiting or head counting day of. We will prepackage your admissions to participate in one or all of our daily drop-in opportunities like swimming, drop-in field house activities, or drop-in arena opportunities.

**Regular admission rates apply, groups 15+ qualify for a discounted price.*

3. Book an LRC Leisure Host

- Our Party Host will take care of the set up and take down of your party room before and after your booking time as well as assist you throughout your booking time with clean up, games, activities, and other odd tasks you may ask of them.

4. Your Personal Touch

- Just show up and add your personal touch!

For rates, questions and booking, please contact us for more information: email LRCParties@leduc.ca or call **780-980-7118**.

■ Child Minding Centre

We provide babysitting services so that parents/guardians have the opportunity to take part in recreational opportunities available at the LRC knowing that their child, ages 2 months to 7 years, is nearby and receiving quality care.

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

Hours of Operation (Jan. 1 – March 31)

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

**Pre-book only. See bookings for more details.*

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

Guidelines

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

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

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

Bookings

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

REMINDER: Monday, Tuesday, Thursday evenings (5-8pm) and Saturday mornings (8:45am-noon) require pre-booked spots by noon of the previous day. If less than a total of 4 bookings, the child minding will be closed. Drop-ins are welcome if space permits while the centre is open.

Note: Booking times in child minding are based on child to adult ratios. Please be mindful of your booking start and end time. If you are arriving at a time other than your booking time, confirm with the child minding staff if there is available space.

Fees & Payment Options

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

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



ReMax Kukabunga Jungle

General Information

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

Hours of Operation

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

Guidelines:

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



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

Please respect the enjoyment of others and the equipment. Children must be **actively supervised** by a responsible person 14 years of age and older while accessing the playground (one supervisor required for every six children). Enjoy your snacks and beverages outside the jungle at the tables in the lobby.

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Leduc

1-5201 50 Street – 780.986.8202

Wetaskiwin

4904B – 56th Street – 780.352.6183

Camrose

5048 – 50 Street – 780.672.8759

■ Educational Programs

Canadian Red Cross First Aid Programs

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

Standard First Aid / CPR / AED

- Level C \$150

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

Thurs. / Fri.	9 a.m. – 5 p.m.	Jan. 18 / 19	33222
Sat. / Sun.	9 a.m. – 5 p.m.	Feb. 24 / 25	33221

Child Care First Aid / CPR / AED

- Level C \$150

Learn CPR skills and focus on emergencies involving infants and children. Child Care First Aid is required by Children's Social Services for all day care and day home workers in Alberta. Call for more information or to enquire about getting your group of 6 or more booked in!

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.

Sun.	9 a.m. – 5 p.m.	Jan. 14	33224
Mon.	9 a.m. – 5 p.m.	Mar. 19	33225



■ Recreation Credit Initiatives & Subsidy Programs

Recreation Assistance Program Subsidy

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

RECREATION PROGRAMS

■ General Information

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






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

Babysitter Referral Service FREE

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

Monday	Tuesday	Wednesday	Thursday	Friday
Safari Troopers 9 – 11 a.m.	SuperHeroes & Princesses 9 – 11 a.m.	Gym & Swim 9 – 11 a.m. 12:30 – 2:30 p.m.	Kitchen Monsters 9 – 11 a.m.	Sportball varies
Splash n' Play (M/W) 12:30 – 2:30 p.m.	Little Explorers 9 a.m. – noon	Tiny Scientists 9 – 11 a.m.		Little Splashers 9 a.m. – noon
Zooroos 12:30 – 2:30 p.m.	Splash n' Play (T/Th) 12:30 – 2:30 p.m.		Wings, Wheels & Whistles 12:30 – 2:30 p.m.	Bunny Tales* 9:30 – 11:30 a.m.
	Little Masterpieces 12:30 – 2:30 p.m.	Gran & Me* 1 – 2:30 p.m.	Gran & Me* 1 – 2:30 p.m.	Star Bounce 1:15 – 2:45 p.m.
			Craft & Snack* 6:30 – 8 p.m.	Paint the Night 7 – 9 p.m.
Stay Safe Course* 9 a.m. – 5 p.m.	Stay Safe Course* 9 a.m. – 5 p.m.		Babysitter Course* 9 a.m. – 5 p.m.	Babysitter Course* 9 a.m. – 5 p.m.
Spring Break Day Camps 8:30 a.m. – 4:30 p.m.				Craftea 6:30 – 8 p.m.

*One time class, not session long.

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

Family Programs

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


Gran & Me *2 – 6 year olds*




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

Date	Day	#	Time	Cost	Code
Feb. 7 - Heart Craft	Wed.	1	1 – 2:30 p.m.	\$13.65	33192
Mar. 15 - Eggrific Craft	Thurs.	1	1 – 2:30 p.m.	\$13.65	33193


Developmental Domains




Social Competence




Emotional Maturity



Language & Thinking



Physical Health & Well-being



Communication Skills & General Knowledge

See page 45 to learn more about the domains

Bunny Tales



Come on a holiday themed adventure inside the LRC with your family! Take a hopping adventure with your little walking (1 - 6 years) bunny. Tiny bunnies are welcome to come along but cannot enjoy the treats. Stop to smell the flowers, play games, look for some eggs and make some neat things. Be sure to register early spots are limited.

Date	Day	Time	Cost	Code
Mar. 23 (age 1-2)	Fri.	9:30 – 11:30 a.m.	\$14.50	33210
Mar. 23 (age 3-6)	Fri.	9:30 – 11:30 a.m.	\$14.50	33211

Star Bounce 2 – 6 years



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

Date	Day	#	Time	Cost	Code
Jan. 12 - Feb. 9	Fri.	5	1:15 – 2:45 p.m.	\$33.75	33208
Feb. 16 - Mar. 16	Fri.	5	1:15 – 2:45 p.m.	\$33.75	33209

Sportball – Parent & Child

16 months – 3 year olds

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

Date	Day	#	Time	Cost	Code
Jan. 12 - Feb. 23	Fri.	6	9 - 9:45 a.m.	\$96	33214

*No class Jan. 26



Sportball – Parent & Child

2 – 3.5 year olds



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

Date	Day	#	Time	Cost	Code
Jan. 12 - Feb. 23	Fri.	6	9:45 – 10:30 a.m.	\$96	33215

*No class Jan. 26

Preschool Programs

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

Safari Troopers 3 – 5 year olds



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

Date	Day	#	Time	Cost	Code
Jan. 8 - Feb. 5	Mon.	5	9 - 11 a.m.	\$71.38	33180
Feb. 12 - Mar. 12*	Mon.	4	9 - 11 a.m.	\$57.27	33181

*No class Feb. 19

■ Preschool Programs Continued

Zooroos 3 – 5 year olds



Send your little one on an animal adventure. Each week we will learn about a different animal by reading stories, playing games, and making a special craft too! All participants must wear indoor shoes, bring 1 nut free snack, water bottle and be fully toilet-trained.

Date	Day	#	Time	Cost	Code
Feb. 12 - Mar. 12	Mon.	4	12:30 - 2:30 p.m.	\$55.65	33204

*No class Feb. 19

Splash n' Play 3 – 5 year olds



A unique opportunity for kids to join in a fun recreational program with a swimming lesson, fun activities, and snack! Upon the successful completion of lessons participants will receive a Red Cross Progress Card detailing their accomplishments. Please provide 1 small nut free snack, a water bottle, a swim suit and towel for your child. All participants must wear indoor shoes and be fully toilet-trained.

Date	Day	#	Time	Cost	Code
Jan. 8 - Jan. 31	Mon. & Wed.	8	12:30-2:30 p.m.	\$133	33182
Feb. 13 - Mar. 8	Tues. & Thurs.	8	12:30-2:30 p.m.	\$133	33183

SuperHeroes & Princesses

3 – 5 year olds



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

Date	Day	#	Time	Cost	Code
Jan. 9 - Feb. 6	Tues.	5	9 - 11 a.m.	\$69.30	33184

Little Masterpieces

3 – 5 year olds



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

Date	Day	#	Time	Cost	Code
Jan. 9 - Feb. 6	Tues.	5	12:30 - 2:30 p.m.	\$74	33185

Little Explorers 3 – 5 year olds



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

Date	Day	#	Time	Cost	Code
Feb. 13 - Mar. 13	Tues.	5	9 a.m. - noon	\$78.75	33205

Gym & Swim 3 – 5 year olds



Be a part of the splashing good time at the LRC. Our program starts off with a refreshing dip in the pool and then we head to the Kukabunga Jungle for some fun. Please provide 1 small nut free snack, water bottle and a swim suit and towel for your child. All participants must be fully toilet-trained and wear indoor shoes.

Date	Day	#	Time	Cost	Code
Jan. 10 - Feb. 7	Wed.	5	9 - 11 a.m.	\$77.25	33186
Feb. 14 - Mar. 14	Wed.	5	12:30 - 2:30 p.m.	\$77.25	33207

Tiny Scientists 3 – 5 year olds



From air to water, weather and what's under our feet, our Tiny Scientist program is for the curious nature of preschoolers. In this program each scientist will get to engage, interact and explore hands on exciting science topics. Each day is a new day of discovery! Please send your scientist 1 small nut free snack, a water bottle and indoor shoes. All participants must be 3 years old and fully toilet trained.

Date	Day	#	Time	Cost	Code
Feb. 14 - Mar 14	Wed.	5	9 - 11 a.m.	\$74	33206



Wings, Wheels & Whistles

3–5 year olds



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

Date	Day	#	Time	Cost	Code
Jan. 11 - Feb. 8	Thurs.	5	12:30 - 2:30 p.m.	\$69.30	33189

Kitchen Monsters 3–5 year olds



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

Date	Day	#	Time	Cost	Code
Jan. 11 - Feb. 8	Thurs.	5	9 - 11 a.m.	\$75	33187
Feb. 15 - Mar. 15	Thurs.	5	9 - 11 a.m.	\$75	33188

Sportball – Coaches & Children

3–5 year olds



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

Date	Day	#	Time	Cost	Code
Jan. 12 - Feb. 23*	Fri.	6	10:30 - 11:15 a.m.	\$96	33216

*No class Jan. 26

Little Splashers 3–5 year olds



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

Jan. 12 - Feb. 9	Fri.	5	9 a.m. - noon	\$112	33190
Feb. 16 - Mar. 16	Fri.	5	9 a.m. - noon	\$112	33191

School-Aged & Youth Programs

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

Craft & Snack 8–17 year olds

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

Date	Day	#	Time	Cost	Code
Jan. 25 - Snowflakes, Cookies & Cocoa	Thurs.	1	6:30 – 8 p.m.	\$16	33197
Feb. 22 - Cacti & Mini Bites	Thurs.	1	6:30 – 8 p.m.	\$16	33198
Mar. 22 - Bath Eggs & Krispy Treats	Thurs.	1	6:30 - 8 p.m.	\$16	33199





Red Cross Babysitters Course *11+ year olds*

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

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

Date	Day	#	Time	Cost	Code
Feb. 8	Thurs.	1	9 a.m. - 5 p.m.	\$60	33202
Mar. 23	Fri.	1	9 a.m. - 5 p.m.	\$60	33203

Red Cross Stay Safe! Course

9 - 13 year olds

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

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



Date	Day	#	Time	Cost	Code
Jan. 31	Wed.	1	9 a.m. - 3 p.m.	\$45	33200
Feb. 9	Mon.	1	9 a.m. - 3 p.m.	\$45	33201

OH NO...

WE CANCELLED THE PROGRAM!

Sometimes our favourite programs get cancelled when everyone waits to the last minute to register. Each of our programs must meet a minimum number of registrations to run. Decisions on class cancellations are made 1 week prior to the class start date. Join the fun and

Register Early!

Spring Break Day Camps *5 - 12 year olds*

The LRC offers full day day camp programs for children ages 5-12 from 8:30am-4:30pm. Each day will include games, crafts, and activities that pertain to the theme of the day. We offer two age groups for all registrants --- Ages 5-7* and Ages 8-12 (note the * indicates younger age group). The same great day awaits all participants, as age groupings are due to supervision requirements in the programs and in the aquatics centre. We will be swimming Tuesday & Thursday afternoon. Indoor shoes, swim suit with towel, bagged nut free lunch, water bottle and weather appropriate clothing are required.

Date	#	Time	Cost	Code
Mar. 26 - Magic Monday	1	8:30 a.m. - 4:30 p.m.	\$45	33170* 33171
Mar. 27 - Tasty Tuesday	1	8:30 a.m. - 4:30 p.m.	\$45	33172* 33173
Mar. 28 - Wordly Wednesday	1	8:30 a.m. - 4:30 p.m.	\$45	33174* 33175
Mar. 29 - 3D Thursday	1	8:30 a.m. - 4:30 p.m.	\$45	33176* 33177

■ Adult Programs

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

Paint the Night *18+ year olds*

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

Date	Day	#	Time	Cost	Code
Jan. 12 - The Night Sky	Fri.	1	7 - 9 p.m.	\$30	33194
Feb. 9 - Fish Kisses	Fri.	1	7 - 9 p.m.	\$30	33195
Mar. 29 - Love of Curling	Thurs.	1	7 - 9 p.m.	\$30	33196

Craftea *16+ year olds*

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

Date	Day	#	Time	Cost	Code
Jan. 19 - Love You Deerly	Fri.	1	6:30 - 8 p.m.	\$50	33219
Feb. 16 - Burlap Wreath	Fri.	1	6:30 - 8 p.m.	\$40	33220

NEW



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.

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 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.

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**.



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 Assessments (1.5 hours) \$103

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

Personal Program Design \$117 – 2 hours (1 hour assessment, 1 hour program design)

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

Body Composition Assessment (30 Minutes) \$37

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

Corrective Exercise Personal Training

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

10 sessions: \$620

20 sessions: \$1075

Nutrition Counselling \$250

Our Certified Holistic Nutritional Consultant will work with you to evaluate your unique nutritional needs and you will be provided with an individualized health plan that includes diet and lifestyle recommendations. This package totals 3 hours with your nutritional consultant and your sessions will be 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.

Private Group Specialty Training

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 Supervisor of Fitness Programs at **780-980-8466**.

Private Indoor Cycling Class

\$12.50 per participant

If you are a group of 10 or more people and are looking for a fun, high-energy activity look no further! Perfect for groups of all types and sizes up to 15, this one-hour private class will leave you feeling invigorated and full of adrenalin. Please call **780-980-8466** (Supervisor of Fitness Programs) to book your class.



Registered Fitness Programs

General Information

Session Dates:	Jan. 8 - Feb. 11 (5 weeks)
	Feb. 12 - Mar. 25 (6 weeks)
	Jan. 8 - Mar. 23 (11 weeks)

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

- **Family Day Weekend:** Feb. 17-19

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

Kettlebell Krusher

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

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

Date	Day	Time	Cost	Code
Feb. 20 & 22	Tues. & Thurs.	7 - 8 p.m.	\$25	33597

Indoor Cycling 101

Master the Kesier M3i indoor bikes! Have you ever felt too intimidated to join a spin class? This clinic will fit you to one of M3i Keiser bikes, go through all the basics of indoor cycling as well as experiment with some typical drills that you would experience in any of our indoor cycling classes.

Date	Day	Time	Cost	Code
Jan. 3	Wed.	6:30 - 7:30 p.m.	\$12.50	33598

Cycle Trainer Clinics

Getting tired of cycle training on your own? You bring the bike, the trainer and your energy, we'll do the rest! Cost: FREE for LRC Members. Day admission pass for non-members. **PRE-REGISTRATION is required** by phoning the Supervisor of Fitness Programs at 780-980-8466.

Date	Day	Time	Cost
Jan. 24	Wed.	6:30 - 7:30 p.m.	FREE
Feb. 28	Wed.	6:30 - 7:30 p.m.	(Pre-registration required)
Mar. 21	Wed.	6:30 - 7:30 p.m.	

Stretching Every Day

Stretching advice along with breathing techniques to improve joint flexibility and stability and help maintain mobility. This clinic will give you a stretching routine to go through every day to help keep you mobile and healthy!

Date	Day	Time	Cost
Jan. 4	Thurs.	10 - 11 a.m.	FREE (Pre-registration required)

Rest & Recovery Series

Building recovery time into any training program is important because this is the time that the body adapts to the stress of exercise. Yoga, dynamic stretching and foam rolling will be incorporated in this 4-session series.

Date	Day	Time	Cost	Code
Feb. 27 & Mar. 1, 6 & 8	Tues. & Thurs.	7 - 8 p.m.	\$50	33623

Sweat Equity 2.0

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

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

Date	Day	Time	Cost
Jan. 15	Mon.	6 - 7 p.m.	FREE
Feb. 5	Mon.	6 - 7 p.m.	(Pre-registration required)
Mar. 5	Mon.	6 - 7 p.m.	



For all 5 or 6 week classes, receive **\$10 off the second course** if you register for both sessions.

Cupid & Chocolate Yoga

Deepen the connection with your partner in our special 1-hour Couples Yoga class on Valentine's Day! We will guide you through a variety of yoga poses that will help stretch the body, calm the mind, and bring you closer to your partner. A sweet treat for you to take home will be included.

Date	Day	Time	Cost	Code
Feb. 14	Wed.	7 - 8 p.m.	\$20/couple (Pre-registration required)	33619

Akhanda Yoga 5 weeks

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

Date	Day	Time	Cost	Code
Jan. 14 - Feb. 11	Sun.	6 - 7:15 p.m.	\$70	33611
Feb. 25 - Mar. 25	Sun.	6 - 7:15 p.m.	\$70	33612

Bootcamp 11 weeks

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

Date	Day	Time	Cost	Code
Jan. 8 - Mar. 21	Mon. & Wed.	6 - 7 a.m.	\$252	33246
Jan. 8 - Mar. 21	Mon. & Wed.	6 - 7 p.m.	\$252	33596
Jan. 12 - Mar. 23	Fri.	6 - 7 a.m.	\$138*	33247

*Cost is \$111 if registered in Monday/Wednesday class



Fired Up 11 weeks

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

Date	Day	Time	Cost	Code
Jan. 9 - Mar. 20	Tues.	9 - 10 a.m.	\$146	33244
Jan. 11 - Mar. 22	Thurs.	9 - 10 a.m.	\$146*	33245

*Cost is \$129 if registered in Tuesday class

Fitness at the Barre 5 or 6 weeks

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

Date	Day	Time	Cost	Code
Jan. 8 - Feb. 5	Mon.	7:30 - 8:30 p.m.	\$69	33252
Feb. 12 - Mar. 19	Mon.	7:30 - 8:30 p.m.	\$69	33253
Jan. 10 - Feb. 7	Wed.	9 - 10 a.m.	\$69	33248
Feb. 14 - Mar. 21	Wed.	9 - 10 a.m.	\$83	33249
Jan. 10 - Feb. 7	Wed.	7:15 - 8:15 p.m.	\$69	33250
Feb. 14 - Mar. 21	Wed.	7:15 - 8:15 p.m.	\$83	33251

Guns & Glutes Bootcamp 5 weeks

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

Date	Day	Time	Cost	Code
Jan. 14 - Feb. 11	Sun.	9 - 10 a.m.	\$63	33614
Feb. 25 - Mar. 25	Sun.	9 - 10 a.m.	\$63	33615

Indoor Cycling and Yoga 5 or 6 weeks

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

Date	Day	Time	Cost	Code
Jan. 8 - Feb. 5	Mon.	6:30 - 7:30 p.m.	\$68	33616
Feb. 12 - Mar. 19	Mon.	6:30 - 7:30 p.m.	\$81	33617

Stroller-Fit 5 or 6 weeks

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

Date	Day	Time	Cost	Code
Jan. 10 - Feb. 7	Wed.	10:15 - 11 a.m.	\$59	33241
Feb. 14 - Mar. 21	Wed.	10:15 - 11 a.m.	\$71	33242

Sun Salutations 5 or 6 weeks

Wake up with Sun Salutations! Energize your body with mindful yoga practice. We will work on strength, flexibility, and balance with this class for all levels. You'll leave ready to start your day feeling refreshed and centered.

Date	Day	Time	Cost	Code
Jan. 10 - Feb. 7	Wed.	5:45 - 6:30 a.m.	\$63	33238
Feb. 14 - Mar. 21	Wed.	5:45 - 6:30 a.m.	\$75	33239

Lift. Rest. Repeat 11 weeks

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

Date	Day	Time	Cost	Code
Jan. 10 - Mar. 21	Wed.	9 - 10 a.m.	\$146	33243

Tuesday Titans 11 weeks

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

Date	Day	Time	Cost	Code
Jan. 9 - Mar. 20	Tues.	6 - 7 p.m.	\$146	33618

Yoga for the Health of It 5 or 6 weeks

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

Date	Day	Time	Cost	Code
Jan. 11 - Feb. 8	Thurs.	11:45 a.m. - 12:30 p.m.	\$63	33236
Feb. 15 - Mar. 22	Thurs.	11:45 a.m. - 12:30 p.m.	\$75	33237

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

Registered Fitness Class Punch Pass

\$140 (10 punches)

Want to take part in some of our registered fitness programs but can't commit to a full session? Or just want to try out some different types of fitness classes? For the flexibility to take part in registered programs that work with your schedule, purchase a punch pass instead! Eligible classes:

- Akhanda Yoga
- Bootcamp
- Indoor Cycling & Yoga
- Fitness at the Barre
- Guns & Glutes Bootcamp
- Stroller-Fit
- Sun Salutations
- Yoga for the Health of It

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



■ Drop-in Fitness Programs

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

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

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

ABSolutely!

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

Active & Ageless

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


Circuit

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

Crank'd

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

Fit & Fierce (AM or PM)

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

Healing Yoga

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

H.I.I.T. It!

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

Hooping for Fitness

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

Indoor Cycling

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

Power

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

Quickfit

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

Rock Bottom

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

Ropes

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

Sweat Equity

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

Walk With a Doc

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

Weekend Warrior

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

Yoga Flow

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

Props are provided but please bring your own mat.

Zumba

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

MIX FAMILY AQUATIC CENTRE

■ General information

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

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



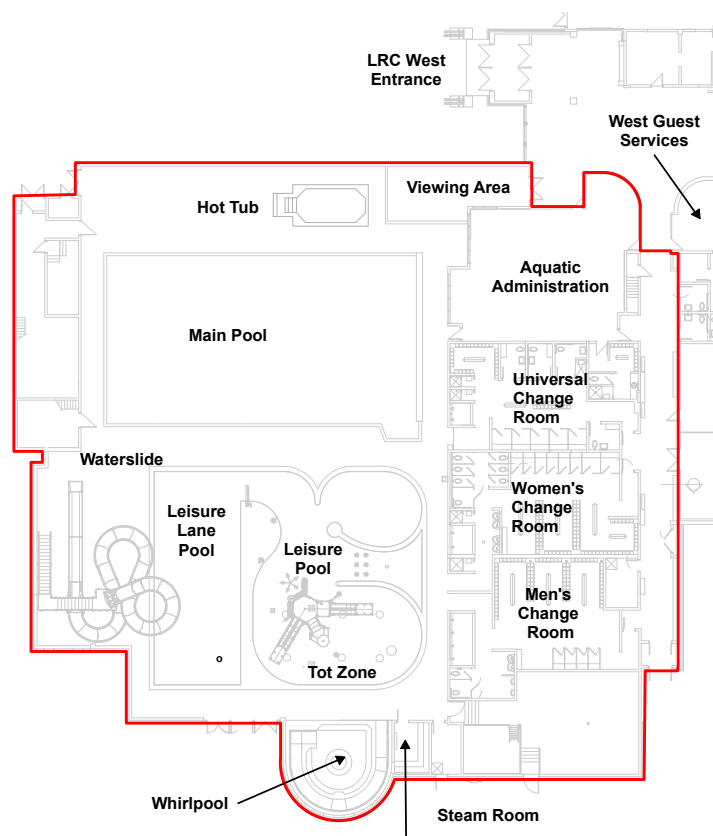
Morning Lane Swim Admittance – Weekdays, 5:30 a.m. – 9 a.m., patrons must present their membership pass or punch card to the lifeguard on duty. The aquatic centre staff will not accept cash or cheques for admission. For more information, please ask a Guest Services representative.

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

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

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

Swim diapers are available at Guest Services for a nominal charge. Disposable and cloth diapers aren't allowed in the pools as these diapers soak up the water. Disposable diapers can also explode in the water which will cause a closure of the pool.



Aquatic Wheelchairs – We offer aquatic wheelchairs for use on the pool deck, as well as in the water. These chairs are stainless steel and completely submersible, allowing guests with mobility constraints to enjoy the pool. Please see a lifeguard to access an aquatic wheelchair.

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

Member Registration *Nov. 28, 2017*

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

Open Registration *Nov. 30, 2017*

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

Please note that aquatic registration for the Starfish, Duck, and Sea Turtle programs (for ages 4 months to 36 months) is the same date as Open Registration (Nov. 30, 2017) regardless if you have a membership. There is no member price for these programs.

■ Indoor Aquatic Centre Fall Schedule

Sept. 25 – Dec. 23

Please note that only registered swim lessons, user groups, and lane swim is available Tuesday/Thursdays from 4-6:30pm and Saturdays 9-11am. Please look below for all available family and public swim times

Public Swim

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

Family Swim

A more quiet time for families with young children

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

Public Swimming Lessons

Sun.	3:45 – 6:30 p.m.
Mon. – Fri.	4 – 7 p.m.
Mon.	10 a.m. – noon
Tues. / Thurs.	11 a.m. – noon
Sat.	9 a.m. – noon

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

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



Our giant inflatable obstacle course (also known as a Wibit) will be setup in the Main Pool every Friday night from 7-9pm starting again Jan 12. Grab your friends and come join us for an evening of fun.

Ages: 8+ years

Cost: Day Admission Pass or FREE for LRC Members

AquaFit is taking a break!

Mar. 26 – Apr. 2, there will be no drop-in AquaFit classes.

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



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

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

Statutory Holiday Schedule

STAT Holiday Hours	Christmas Eve & New Year's Eve (Dec. 24 & 31) 8 a.m. – 3 p.m.	Boxing Day (Dec. 26) 11 a.m. – 5 p.m.	Christmas Day & New Years Day (Dec. 25 & Jan. 1)	Family Day (Feb. 19) 10 a.m. – 8 p.m.	Good Friday (Mar. 30) 11 a.m. – 5 p.m.	Easter Monday (April 2) 10 a.m. – 8 p.m.
Public Swim	9 a.m. - 3 p.m. Shared Use	11 a.m. - 5 p.m. Shared Use	CLOSED	10 a.m. - 8 p.m. Shared Use	11 a.m. - 5 p.m. Shared Use	10 a.m. - 8 p.m. Shared Use
Lane Swim	8 a.m. - 9 a.m. 6 lanes Main Pool + 4 lanes Leisure Pool 9 a.m. - 3 p.m. 1 lane Main Pool	Noon - 1 p.m. 6 lanes Main Pool All other times 1 lane available		Noon - 1 p.m. 6 lanes Main Pool All other times 1 lane available	Noon - 1 p.m. 6 lanes Main Pool All other times 1 lane available	Noon - 1 p.m. 6 lanes Main Pool All other times 1 lane available

Toonie Swims

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

Tuesday, Jan. 9	4 - 6:30 p.m.
Monday, Mar. 19	4 - 6:30 p.m.
Saturday, Mar. 24	9 - 11 a.m.

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



Swimming Lessons Jan. 12 – Mar. 23

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

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



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.

Private swim lessons \$31.50 / 30 min

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

*Max 4 per registrant per session

Semi-private swim lessons:

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

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

Mix Family Aquatic Centre Bookings

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

What does this package get you?

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

*During public swim times as shown in the City Guide

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

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

Swim Evaluations \$9.15

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

Swim Steps \$81.20

Adapted Aquatics Program – Eight (8) Lessons

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

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

Adult and Teen Lessons \$62.30

Ages 15+

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

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

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

Swim Instructor

- **Step 1:** Take one of: Standard First Aid (Feb 24 & 25), Assistant Lifeguard (Jan 13-21) or Bronze Cross (Jan 2-11) as pre-requisites
- **Step 2:** Register in the Spring Break (Mar 26-29) Classroom component & attend the Jan 15 briefing to receive your online materials – then get started on the online modules.
- **Step 3:** Arrange your teaching experience at any Red Cross Swim facility (to be done after your online modules & before starting classroom component – City of Leduc co-teaches will be assigned at the Jan 15 briefing)
- **Step 4:** Take the WSI - Classroom component + Skills Evaluation during Spring Break March 26-29

Now you're a swim instructor!

Lifeguard

- **Step 1:** Take the ALG course January 13, 14 & 20, 21 and complete your observation assignment. Or, if you have previously completed Bronze Cross, take the Lifeguard Prep course Feb 6.
- **Step 2:** Take the Standard First Aid course January 18 & 19 or February 24 & 25.
- **Step 3:** Take the LG course March 2-4 & 9-11 & complete your observation assignment.

Now you're a Lifeguard!



Red Cross

Swim Preschool

Parented – Adult is required (18+)



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

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



Duck: 12 - 24 months

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



Sea Turtle: 24 to 36 months

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

Un-Parented



Sea Otter: 3 to 5 years

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



Salamander: 3 to 5 years

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



Sunfish: 3 to 5 years

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



Crocodile: 3 to 5 years

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



Whale: 3 to 5 years

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





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

Swim Kids 1

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

Swim Kids 2

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

Swim Kids 3

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

Swim Kids 4

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

Swim Kids 5

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

Swim Kids 6

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

Swim Kids 7

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

Swim Kids 8

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

Swim Kids 9

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

Swim Kids 10

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

DROP-IN SCHEDULES

■ Field House Drop-in Opportunities Jan. 1 – Mar. 31

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



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



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

*** Adult hour 18+ only**

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

DROP-IN SCHEDULES

■ Arena Drop-In Opportunities Jan. 1 – Mar. 31

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Skate (18+)	10:30 - 11:30 a.m.		10:30 - 11:30 a.m.		10:30 - 11:30 a.m.		
Family Skate							3 - 4:30 p.m.
Preschool Skate		10:30 - 11:30 a.m.		10:30 - 11:30 a.m.			
Public Skate	1:30 - 3:30 p.m.	1:30 - 3:30 p.m.	1:30 - 3:30 p.m. 7 - 8:30 p.m.	1:30 - 3:30 p.m.	1:30 - 3:30 p.m. 7 - 8:30 p.m.	1:45 - 3:45 p.m.	Everybody gets to play [®] FREE Skate at Alexa Arena 1 - 3 p.m.
Adult Shinny (18+)	11:45 a.m.-1:15 p.m. 9 - 10 p.m.	11:45 a.m.-1:15 p.m.	11:45 a.m.-1:15 p.m.	11:45 a.m.-1:15 p.m.	6 - 7:15 a.m. 11:45 a.m.-1:15 p.m. 9 - 10 p.m.		
Adult/Child Stick and Puck						4 - 5 p.m.	
Family Stick and Puck					4:30 - 5:30 p.m.		4 - 5 p.m.
Adult Stick and Puck (18+)						9 - 10 p.m.	

*All skaters 12-years-old and under are required to wear a CSA approved helmet while participating in our arena opportunities, please see pages 42 - 43 for all other equipment requirements

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

See leisure activity description and equipment needs for each opportunity on pages 41 - 43.

Swimming Lessons

Jan. 12 – Mar. 23

Session Dates	Session	Memo Day	Parent Day	No Class
Jan 16 – Feb 13	Tues/Thurs #1	Jan 30	Feb 1	Feb 8
Feb 20 – Mar 15	Tues/Thurs #2	Mar 6	Mar 8	--
Jan 14 – Mar 11	Sunday evenings	Feb 11	Feb 25	Feb 18
Jan 15 – Mar 12	Mondays (am & pm)	Feb 12	Feb 26	Feb 19
Jan 16 – Mar 6	Tuesday evenings	Feb 13	Feb 20	--
Jan 17 – Mar 7	Wednesday evenings	Feb 14	Feb 21	--
Jan 18 – Mar 8	Thursday evenings	Feb 15	Feb 22	--
Jan 12 – Mar 9	Friday evenings	Feb 9	Feb 16	Feb 23
Jan 13 – Mar 18	Saturday mornings	Feb 10	Mar 3	Feb 17 & 24
Mar 13 – 23	2-Weeks (Tues-Fri)	Mar 20	Mar 21	--

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

Classes with a "SP" behind the class time are Semi-Private

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

Class Date	Days	Time	Code
Jan 13	Mar 18	Sat	9:00am C 33266
Jan 14	Mar 11	Sun	4:00pm C 33260
Jan 15	Mar 12	Mon	11:00am C 33258
Jan 15	Mar 12	Mon	5:30pm C 33259
Jan 16	Mar 6	Tues	5:30pm C 33261
Jan 18	Mar 8	Thurs	4:00pm C 33262
Jan 18	Mar 8	Thurs	5:30pm C 33264

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

Class Date	Days	Time	Code
Jan 13	Mar 18	Sat	9:00am C 33278
Jan 14	Mar 11	Sun	4:00pm C 33270
Jan 15	Mar 12	Mon	11:00am C 33271
Jan 15	Mar 12	Mon	5:30pm C 33272
Jan 16	Mar 6	Tues	5:30pm C 33273
Jan 18	Mar 8	Thurs	4:00pm C 33277
Jan 18	Mar 8	Thurs	5:30pm C 33275

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

Class Date	Days	Time	Code
Jan 12	Mar 9	Fri	6:15pm 33292
Jan 13	Mar 18	Sat	9:00am 33293
Jan 13	Mar 18	Sat	10:00am 33294
Jan 14	Mar 11	Sun	4:30pm 33284
Jan 15	Mar 12	Mon	10:45am 33285
Jan 15	Mar 12	Mon	5:30pm 33286
Jan 16	Feb 13	T, Th	11:00am 33282
Jan 16	Mar 6	Tues	4:00pm 33302
Jan 16	Mar 6	Tues	5:30pm 33301
Jan 17	Mar 7	Wed	4:00pm 33287
Jan 17	Mar 7	Wed	5:30pm 33288
Jan 18	Mar 8	Thurs	5:30pm 33290
Feb 20	Mar 15	T, Th	11:30am 33283
Mar 13	Mar 23	T, W, Th, F	5:30pm 33297

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

Class Date	Days	Time	Code
Jan 12	Mar 9	Fri	5:15pm 33323
Jan 12	Mar 9	Fri	5:45pm 33324
Jan 13	Mar 18	Sat	9:00am 33327
Jan 13	Mar 18	Sat	9:30am 33328
Jan 13	Mar 18	Sat	10:00am 33325
Jan 13	Mar 18	Sat	10:30am 33326
Jan 13	Mar 18	Sat	11:00am 33329
Jan 14	Mar 11	Sun	4:00pm 33305

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

Jan 14	Mar 11	Sun	5:00pm	33306
Jan 15	Mar 12	Mon	10:00am	33308
Jan 15	Mar 12	Mon	11:00am	33307
Jan 15	Mar 12	Mon	4:00pm	33337
Jan 15	Mar 12	Mon	5:00pm	33338
Jan 15	Mar 12	Mon	6:00pm	33336
Jan 16	Feb 13	T, Th	11:30am	33303
Jan 16	Mar 6	Tues	4:00pm	33312
Jan 16	Mar 6	Tues	4:30pm	33310
Jan 16	Mar 6	Tues	5:00pm	33309
Jan 16	Mar 6	Tues	6:00pm	33311
Jan 17	Mar 7	Wed	5:00pm	33314
Jan 17	Mar 7	Wed	5:30pm	33313
Jan 17	Mar 7	Wed	6:00pm	33315
Jan 18	Mar 8	Thurs	4:00pm	33319
Jan 18	Mar 8	Thurs	4:30pm	33320
Jan 18	Mar 8	Thurs	5:00pm	33321
Jan 18	Mar 8	Thurs	5:30pm	33320
Jan 18	Mar 8	Thurs	6:00pm	33339
Feb 20	Mar 15	T, Th	11:00am	33304
Mar 13	Mar 23	T, W, Th, F	5:30pm	33332

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

Class Date	Days	Time	Code	
Jan 12	Mar 9	Fri	5:15pm	33369
Jan 12	Mar 9	Fri	6:15pm	33368
Jan 13	Mar 18	Sat	10:00am	33372
Jan 13	Mar 18	Sat	10:30am	33370
Jan 13	Mar 18	Sat	11:15am	33371
Jan 13	Mar 18	Sat	11:30am	33373
Jan 14	Mar 11	Sun	4:30pm	33352
Jan 13	Mar 18	Sun	5:30pm	33353
Jan 15	Mar 12	Mon	10:30am	33354
Jan 15	Mar 12	Mon	4:30pm	33380
Jan 15	Mar 12	Mon	5:00pm	33381
Jan 15	Mar 12	Mon	6:00pm	33382
Jan 16	Feb 13	T, Th	11:30am	33350

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

Jan 16	Mar 6	Tues	5:00pm	33357
Jan 16	Mar 6	Tues	5:30pm	33356
Jan 16	Mar 6	Tues	6:00pm	33355
Jan 17	Mar 7	Wed	4:30pm	33361
Jan 17	Mar 7	Wed	6:00pm	33358
Jan 18	Mar 8	Thurs	4:30pm	33366
Jan 18	Mar 8	Thurs	5:00pm	33363
Jan 18	Mar 8	Thurs	5:30pm	33365
Jan 18	Mar 8	Thurs	6:00pm	33364
Feb 20	Mar 15	T, Th	11:00am	33351
Mar 13	Mar 23	T, W, Th, F	5:15pm	33376
Mar 13	Mar 23	T, W, Th, F	6:00pm	33377

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

Class Date	Days	Time	Code	
Jan 13	Mar 18	Sat	9:30am	33391
Jan 14	Mar 11	Sun	5:00pm	33383
Jan 15	Mar 12	Mon	5:30pm	33397
Jan 15	Mar 12	Mon	6:00pm	33384
Jan 16	Feb 13	T, Th	11:00am	33395
Jan 16	Mar 6	Tues	6:00pm	33385
Jan 17	Mar 7	Wed	4:30pm	33386
Jan 18	Mar 8	Thurs	4:15pm	33388
Jan 18	Mar 8	Thurs	5:30pm	33389
Feb 20	Mar 15	T, Th	11:30am	33396
Mar 13	Mar 23	T, W, Th, F	4:30pm	33394

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

Class Date	Days	Time	Code	
Jan 13	Mar 18	Sat	11:30am C	33404
Jan 14	Mar 11	Sun	5:30pm C	33398
Jan 15	Mar 12	Mon	4:30pm C	33399
Jan 16	Mar 6	Tues	5:45pm C	33401
Jan 18	Mar 8	Thurs	5:00pm C	33400
Mar 13	Mar 23	T, W, Th, F	5:00pm C	33405

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

Class Date		Days	Time	Code
Jan 13	Mar 18	Sat	11:30am C	33417
Jan 14	Mar 11	Sun	5:30pm C	33409
Jan 15	Mar 12	Mon	4:30pm C	33410
Jan 16	Mar 6	Tues	5:45pm C	33412
Jan 18	Mar 8	Thurs	5:00pm C	33416
Mar 13	Mar 23	T, W, Th, F	5:00pm C	33418

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

Class Date		Days	Time	Code
Jan 12	Mar 9	Fri	5:15pm C	33432
Jan 12	Mar 9	Fri	5:45pm	33433
Jan 13	Mar 18	Sat	9:00am C	33439
Jan 13	Mar 18	Sat	9:00am	33441
Jan 13	Mar 18	Sat	9:30am	33445
Jan 13	Mar 18	Sat	9:45am C	33434
Jan 13	Mar 18	Sat	10:45am	33436
Jan 13	Mar 18	Sat	11:30am C	33446
Jan 14	Mar 11	Sun	4:30pm	33440
Jan 14	Mar 11	Sun	5:30pm SP	33437
Jan 15	Mar 12	Mon	10:00am	33420
Jan 15	Mar 12	Mon	11:30am	33442
Jan 15	Mar 12	Mon	4:30pm	33443
Jan 16	Mar 6	Tues	4:30pm	33424
Jan 16	Mar 6	Tues	5:00pm	33423
Jan 16	Mar 6	Tues	5:30pm SP	33444
Jan 17	Mar 7	Wed	4:00pm C	33425
Jan 17	Mar 7	Wed	5:00pm	33426
Jan 18	Mar 8	Thurs	4:00pm	33422
Jan 18	Mar 8	Thurs	4:00pm C	33428
Jan 18	Mar 8	Thurs	6:00pm	33430
Mar 13	Mar 23	T, W, Th, F	4:00pm C	33435
Mar 13	Mar 23	T, W, Th, F	5:00pm C	33438

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

Class Date		Days	Time	Code
Jan 12	Mar 9	Fri	5:15pm C	33452
Jan 12	Mar 9	Fri	5:45pm	33461
Jan 13	Mar 18	Sat	9:00am C	33460
Jan 13	Mar 18	Sat	9:45am C	33455
Jan 13	Mar 18	Sat	10:45am	33463
Jan 13	Mar 18	Sat	11:00am	33462
Jan 13	Mar 18	Sat	11:30am C	33469
Jan 14	Mar 11	Sun	4:00pm	33465
Jan 14	Mar 11	Sun	5:00pm	33464
Jan 15	Mar 12	Mon	11:30am	33448
Jan 15	Mar 12	Mon	4:00pm	33468
Jan 15	Mar 12	Mon	5:00pm	33466
Jan 16	Mar 6	Tues	4:00pm	33451
Jan 16	Mar 6	Tues	6:00pm	33449
Jan 17	Mar 7	Wed	4:00pm C	33447
Jan 17	Mar 7	Wed	4:30pm	33467
Jan 18	Mar 8	Thurs	4:00pm C	33454
Jan 18	Mar 8	Thurs	4:30pm SP	33450
Jan 18	Mar 8	Thurs	5:00pm	33458
Mar 13	Mar 23	T, W, Th, F	4:00pm C	33456
Mar 13	Mar 23	T, W, Th, F	5:00pm C	33459

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

Class Date		Days	Time	Code
Jan 12	Mar 9	Fri	6:15pm	33484
Jan 13	Mar 18	Sat	9:00am	33487
Jan 13	Mar 18	Sat	9:30am	33485
Jan 13	Mar 18	Sat	11:15am	33486
Jan 14	Mar 11	Sun	4:30pm	33488
Jan 14	Mar 11	Sun	5:00pm	33481
Jan 15	Mar 12	Mon	10:30am	33470
Jan 15	Mar 12	Mon	5:30pm	33471
Jan 16	Mar 6	Tues	4:30pm SP	33472
Jan 16	Mar 6	Tues	5:00pm	33474
Jan 17	Mar 7	Wed	5:30pm	33476
Jan 18	Mar 8	Thurs	4:30pm	33480

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

Jan 18	Mar 8	Thurs	5:00pm SP	33483
Jan 18	Mar 8	Thurs	6:00pm	33482
Mar 13	Mar 23	T, W, Th, F	4:45pm	33473

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

Class Date	Days	Time	Code	
Jan 12	Mar 9	Fri	5:15pm C	33537
Jan 13	Mar 18	Sat	9:00am C	33542
Jan 13	Mar 18	Sat	10:15am C	33545
Jan 13	Mar 18	Sat	10:45am	33543
Jan 14	Mar 11	Sun	5:30pm C	33540
Jan 15	Mar 12	Mon	10:00am C	33534
Jan 15	Mar 12	Mon	4:15pm C	33544
Jan 16	Mar 6	Tues	5:00pm	33538
Jan 17	Mar 7	Wed	4:00pm	33535
Jan 18	Mar 8	Thurs	6:00pm C	33536
Mar 13	Mar 23	T, W, Th, F	4:00pm C	33539

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

Class Date	Days	Time	Code	
Jan 12	Mar 9	Fri	5:15pm C	33549
Jan 13	Mar 18	Sat	9:00am C	33554
Jan 13	Mar 18	Sat	10:15am C	33557
Jan 13	Mar 18	Sat	11:15am	33555
Jan 14	Mar 11	Sun	5:30pm C	33552
Jan 15	Mar 12	Mon	10:00am C	33546
Jan 15	Mar 12	Mon	4:15pm C	33556
Jan 16	Mar 6	Tues	4:15pm	33550
Jan 17	Mar 7	Wed	4:45pm	33547
Jan 18	Mar 8	Thurs	6:00pm C	33548
Mar 13	Mar 23	T, W, Th, F	4:00pm C	33551

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

Class Date	Days	Time	Code	
Jan 12	Mar 9	Fri	6:00pm C	33561
Jan 13	Mar 18	Sat	9:30am C	33562
Jan 14	Mar 11	Sun	3:45pm C	33564
Jan 15	Mar 12	Mon	11:15am C	33565
Jan 16	Mar 6	Tues	4:45pm C	33558
Jan 18	Mar 8	Thurs	4:45pm C	33559
Mar 13	Mar 23	T, W, Th, F	4:45pm C	33563
Oct 14	Dec 9	Sat	11:15 a.m.	33139

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

Class Date	Days	Time	Code	
Jan 12	Mar 9	Fri	6:00pm C	33569
Jan 13	Mar 18	Sat	9:30am C	33570
Jan 14	Mar 11	Sun	3:45pm C	33572
Jan 15	Mar 12	Mon	11:15am C	33567
Jan 16	Mar 6	Tues	4:45pm C	33566
Jan 18	Mar 8	Thurs	4:45pm C	33568
Mar 13	Mar 23	T, W, Th, F	4:45pm C	33571

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

Class Date	Days	Time	Code	
Jan 13	Mar 18	Sat	11:00am C	33574
Jan 16	Mar 6	Tues	5:30pm C	33573
Jan 18	Mar 8	Thurs	4:00pm C	33575
Mar 13	Mar 23	T, W, Th, F	4:00pm C	33576

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

Class Date	Days	Time	Code	
Jan 13	Mar 18	Sat	11:00am C	33580
Jan 16	Mar 6	Tues	5:30pm C	33579
Jan 18	Mar 8	Thurs	4:00pm C	33581
Mar 13	Mar 23	T, W, Th, F	4:00pm C	33582

Swim Kids 10 (6 – 12 years) – 60 min. \$56.07 member / \$62.30 non-member				
Class Date		Days	Time	Code
Jan 13	Mar 18	Sat	11:00am C	33584
Jan 16	Mar 6	Tues	5:30pm C	33583
Jan 18	Mar 8	Thurs	4:00pm C	33585
Mar 13	Mar 23	T, W, Th, F	4:00pm C	33586

Adult Learn-to-Swim (13+ years) – 60 min. \$56.07 member / \$62.30 non-member				
Class Date		Days	Time	Code
Jan 13	Mar 18	Sat	10:00am	33492

Adult Stroke Improvement (13+ years) – 60 min. \$56.07 member / \$62.30 non-member				
Class Date		Days	Time	Code
Jan 18	Mar 8	Thurs	9:00pm	33491

Private Lessons – 30 min. \$28.35 member / \$31.50 non-member <i>*max 4 per registrant per session</i>				
Class Date		Days	Time	Code
Jan 13		Sat	9:30am	33518
Jan 20		Sat	9:30am	33519
Jan 27		Sat	9:30am	33520
Feb 3		Sat	9:30am	33521
Feb 10		Sat	9:30am	33522
Mar 3		Sat	9:30am	33523
Mar 10		Sat	9:30am	33524
Mar 18		Sat	9:30am	33525
Jan 15		Mon	5:00pm	33493
Jan 22		Mon	5:00pm	33494
Jan 29		Mon	5:00pm	33495
Feb 5		Mon	5:00pm	33496
Feb 12		Mon	5:00pm	33497
Feb 26		Mon	5:00pm	33498
Mar 5		Mon	5:00pm	33499
Mar 12		Mon	5:00pm	33500
Jan 17		Wed	5:00pm	33502
Jan 24		Wed	5:00pm	33503
Jan 31		Wed	5:00pm	33504
Feb 7		Mon	5:00pm	33505

Private Lessons – 30 min. \$28.35 member / \$31.50 non-member <i>*max 4 per registrant per session</i>				
Feb 14		Mon	5:00pm	33506
Feb 21		Mon	5:00pm	33507
Feb 28		Mon	5:00pm	33508
Mar 7		Mon	5:00pm	33509
Jan 18		Thurs	5:30pm	33510
Jan 25		Thurs	5:30pm	33511
Feb 1		Thurs	5:30pm	33512
Feb 8		Thurs	5:30pm	33513
Feb 15		Thurs	5:30pm	33514
Feb 22		Thurs	5:30pm	33515
Mar 1		Thurs	5:30pm	33516
Mar 8		Thurs	5:30pm	33517
Mar 13		Tues	5:30pm	33526
Mar 14		Wed	5:30pm	33527
Mar 15		Thurs	5:30pm	33528
Mar 16		Fri	5:30pm	33529
Mar 20		Tues	5:30pm	33530
Mar 21		Wed	5:30pm	33531
Mar 22		Thurs	5:30pm	33532
Mar 23		Fri	5:30pm	33533

■ Aquatic Leadership Courses

Registration is being accepted for 2018 aquatic leadership courses. Visit Leduc.ca/getcertified

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

100% attendance is mandatory for all leadership courses.

Lifesaving Society Bronze Medallion and Cross \$265



Date	Day	Time	Code
Feb. 2 & 9	Fri.	5 - 9 p.m.	
Feb. 3, 4 & 10, 11	Sat. / Sun.	9 a.m. - 5 p.m.	33230

Bronze Medallion - Rescuers learn tows and carries, defense and release methods in preparation for

challenging rescues of increased risk involving conscious and unconscious victims of various types. Students also learn CPR and first aid skills.

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

Pre-requisites:

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

Lifesaving Society National Lifeguard \$315



Date	Day	Time	Code
Apr. 7, 14, 21, 28 & May 5	Sat.	8 a.m. - 5 p.m.	33233

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
Feb. 15	Thurs.	5 - 10 p.m.	33231

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



Date	Day	Time	Code
Feb. 6	Tues.	4 - 10 p.m.	33232

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

Red Cross Assistant Lifeguard certificate (ALG) \$200



Date	Day	Time	Code
Jan. 13, 14 & 20, 21	Sat. / Sun.	9 a.m. - 5 p.m.	33226

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

Pre-requisites:

- Must be at least 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
Mar. 2 & 9	Fri.	5 - 9 p.m.	
Mar. 3, 4 & 10, 11	Sat. / Sun.	8 a.m. - 5 p.m.	33229

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

Pre-requisites:

- Must be at least 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
Jan. 24	Wed.	4 - 10 p.m.	33227

Red Cross Water Safety Instructor Development Program (WSI)



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

PART 1: Skills Evaluation – completed within Classroom & Pool component

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

PART 2: Online Professional Development Modules

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

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

PART 3: Teaching Experience – available City of Leduc co-teaches can be selected at briefing

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

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

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

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

PART 4: Classroom & Pool Component \$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
Jan. 15	Mon. (Briefing)	7 – 9 p.m.	33228
Mar. 26 - 29	Mon. - Thurs. (Spring Break)	9 a.m. – 5 p.m.	

Pre-requisites:

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

Unsure if your Instructor skills and strokes meet Red Cross Swim Kids 10 performance criteria? Register in one of our private lessons or a full 8-lesson Adult Stroke Improvement classes to brush up! (Ages 15+) See this sessions' available Adult classes and private lessons in the lesson tables on pages 32 - 36.

Red Cross Water Safety Instructor Recertification (WSI) \$95



Apr. 29	Sun.	9 a.m. - 3 p.m.	31363
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Stingrays Lifeguard Club



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

**A minimum of six (6) participants is required to run these programs*

Not sure about committing to the Stingrays Lifeguard Club? Why not try us out? For FREE!

Join an early season practice (pool portion only) to see what we're all about by calling 780-980-7165 to book your spot.

• Junior A Club (8 – 12 years)

Mon. 5 – 6:30 p.m. (pool only)
 Wed. 5 – 5:30 p.m. (dry - starting Nov. 2)
 5:30 – 6:30 p.m. (pool)

• Junior B Club (8 – 12 years)

Sun. 6:30 – 7:30 p.m. (pool only)

• Senior Club (13 – 17 years)

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

Winter Session Jan. 7 – Apr. 12 *SESSION EXTENDED*

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

Spring Session Apr. 23 - June 7

New dates due to extended winter session

Swim Patrol	\$90	32780
Bronze Cross	\$100	32781
Seniors Club	\$245	32778
Masters Club (max 5)	\$150	32779

**Due to Lifesaving provincials being held later this year (April 13-15) we have extended the winter training session at NO EXTRA COST to you!*

Please note – there will be no Stingrays practice over Spring Break but we encourage all participants planning to compete in provincials to come train on their own. Coaches can provide relevant swim workouts at practice prior to Spring Break

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

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

This Spring Session, we're offering advanced Lifesaving courses to our Junior & Senior Stingrays! Spend 2 nights a week with our coaches learning critical life skills and earning steps towards a career in aquatics! See the description of each course below!

Min 4 / Max 12 participants per course

CANADIAN SWIM PATROL (Offered to Juniors Mondays & Wednesdays 5-6:30pm in Spring Session)

The Canadian Swim Patrol program provides enriched training for those who are ready to go beyond learn-to-swim programs. Swim Patrol has 3 levels: Rookie, Ranger and Star. These programs continue to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Society's Bronze Medal awards.


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

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs, including National Lifeguard and Instructor certification. Includes CPR-C.

Pre-Requisite(s): Bronze Medallion

■ Indoor Aquatic Fitness Jan. 8 – Mar. 23

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

Location	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Main Pool		AquaFit - Shallow 9 - 9:50 a.m.	AquaFit - Deep 9 - 9:50 a.m.	AquaFit - Shallow 9 - 9:50 a.m.	AquaFit - Deep 9 - 9:50 a.m.	AquaFit - Shallow 9 - 9:50 a.m.
Main Pool	Pre-Natal AquaFit - Deep 9 - 9:45 a.m.	S'WET Bootcamp 1 - 1:45 p.m.	AquaFit - Seniors 11 - 11:45 a.m.	S'WET Bootcamp 1 - 1:45 p.m.	AquaFit - Seniors 11 - 11:45 a.m.	S'WET Bootcamp 1 - 1:45 p.m.
Leisure Lane Pool	Babyweights 10 - 10:45 a.m.			 Gentle AquaFit 2:30 - 3:15 p.m.		
Main Pool		AquaFit - Shallow 8 - 8:50 p.m.	AquaFit - Deep 7 - 7:50 p.m.	AquaFit - Shallow 7 - 7:50 p.m.	AquaFit - Deep 8 - 8:50 p.m.	
Main Pool			SUP Fitness 8 - 8:45 / 9 - 9:45 p.m.			

 Drop-in program

 Registered program

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

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

Don't forget your program pass wristband to bring onto the pool deck! Bands are available at West Guest Services and help ensure class sizes are safe and comfortable for participants. Classes are full when all the bands have been claimed. Class maximums are listed below each class description. Stop by our Guest Services desk for more information.

AquaFit – Shallow water *Drop-in*

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

**Maximum of 45 participants*

AquaFit – Deep water *Drop-in*

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

**Maximum of 16 participants*

AquaFit – Seniors *Drop-in*

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

**Maximum of 45 participants*

Gentle AquaFit *Drop-in (FREE)*

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

**Maximum of 25 participants*

Water Running *Drop-in*

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

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

Paddle Board (SUP) Fitness *Registered*

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

**Maximum of 6 participants*

Date	Day	Time	Price	Code
Jan. 30 - Mar. 6	Tues.	8 - 8:45 p.m.	\$110	33587
Jan. 30 - Mar. 6	Tues.	9 - 9:45 p.m.	\$110	33588

Pre-Natal *Registered*

Congratulations on your pregnancy! Want to stay active while expecting your bundle of joy and meet other expectant moms in the community? You will enjoy the benefits of this low impact deep water AquaFit program as it can help to relieve the aches and pains of your pregnancy while you keep up your fitness routine. This program is held in the deep end of the main pool. Aqua Jogger belts or noodles are provided.

A minimum of 6 participants is required to run this program

**Maximum of 15 participants*

Date	Day	Time	Price	Code
Jan. 14 - Feb. 11	Sun.	9 - 9:45 a.m.	\$50	33589

Baby Weights *Registered*

Come and enjoy some quality time in the pool with your baby! This Aqua fit program uses our baby boats so your little one (6 months to 24 months, with a maximum weight of 25 lbs) can bob along to great music while you get a workout.

A minimum of 6 participants is required to run this program.

Maximum of 15 participants. A limit of one child per participant.

Date	Day	Time	Price	Code
Jan. 14 - Feb. 11	Sun.	10 - 10:45 a.m.	\$50	33591

SWET Bootcamp *Registered*

Love the water but aqua fit class just isn't your thing or maybe you've tried lane swimming but got bored quickly? ...try our SWET boot camp! With the familiar boot camp style, this class incorporates basic swimming with weight based exercises in and around the pool. Be ready to sweat up a storm and enjoy doing it at the pool. Participants will be required to get in and out of the pool during the workout. Must be comfortable in deep water.

A minimum of 4 participants is required to run this program.

Maximum 12 participants

Date	Day	Time	Price	Code
Jan. 15 - Feb. 16 (5 weeks)	Mon / Wed / Fri	1 - 1:45 p.m.	\$190	33593
Feb. 26 - Mar. 23	Mon / Wed / Fri	1 - 1:45 p.m.	\$150	33595

LEISURE OPPORTUNITIES

Included with your membership or paid admission is access to the many leisure opportunities available throughout the Leduc Recreation Centre. Please see page 4 for information regarding admissions, and page 5 regarding Active Supervision & Active Participation. View drop-in schedules on pages 30 - 31 or at Leduc.ca/LRC.

Fair Play

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



■ Field House Opportunities

Jan. 1 – Mar. 31

Equipment Rentals

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

Adult Hour

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

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.



LAWN GAMES

Escape the chill of winter and enjoy lawn games in the shelter of our field house! New this season, we will be offering hot beverages to all lawn game participants between 9:30 – 10:30 a.m. each Tuesday and Thursday outside of the Field House.

Subject to schedule modifications, please visit Leduc.ca/field-house-schedule for the most up to date schedules."

Floor Hockey

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

Lawn Games

Escape the chill of winter and enjoy lawn games in the shelter of our field house!

Pickleball

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

Soccer

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

Table Tennis

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

Table Top Games

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

Volleyball

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

■ Arena Opportunities

Jan. 1 – Mar. 31

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

Adult 18+ Skate

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

Adult 18+ Stick & Puck

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

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

Family Skate

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

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

Family Stick & Puck



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

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

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

Pre-school Skate

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

Equipment requirements for children: CSA certified helmet

Public Skate

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

Equipment requirements for children 12 and under: CSA certified helmet

Shinny

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

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

Adult and Child Stick & Puck



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

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

Equipment Requirements for Adults: CSA certified helmet, skates, and gloves.

Friday Fun Skates

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

Equipment requirements for children 12 and under: CSA certified helmet

- **Jan. 19 - Neon Night** – Dress up bright for neon night!
- **Feb. 16 - Valentines Day** – Grab a partner and come on down to the rink to celebrate the appreciation you have for your family and friends.
- **Mar. 16 - St. Patrick's Day** – Enjoy green treats and green drinks in your green outfits to celebrate the Irish culture!

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

Adult opportunities are for 18+.

*See drop-in schedules on pages 30 - 31 for all arena and field house drop-in opportunity times.

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

Family Day Unplugged / Disconnect to Connect

While technology provides us with instant communication with others, it's not a replacement for real human interaction. By disconnecting from technology, more time is available to enjoy quality experiences with family and friends which has the potential to strengthen relationships and increase engagement in meaningful activities. More simply put, we can focus on what we're doing and get closer to our friends and family! Although Family Day Unplugged is recognized on Monday, February 19th, 2018, connecting with your family and friends all year would provide benefits. **Stay tuned** for more details on **Disconnect to Connect in 2018!**



211 Leduc

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

Everybody Gets to Play

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

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

New Canadians

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

Some of the ways we can help:

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



Family Support

We provide support to families and individuals within the City of Leduc:

- **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. Such as children's groups, parenting sessions, and additional information sessions based on need.

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

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

Bullying Prevention

National Anti-Bullying Day or National Pink Shirt Day is on February 22, 2018. Get your pink on! Show your support and stand up to bullying by wearing pink. The City of Leduc is dedicated to the education and prevention of bullying in Leduc. Watch for PINK in your community and check out our social media threads during the month of February for ideas on how to get involved in Leduc.

Early Development Instrument

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

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

If you have any questions about the EDI, EMap or the five developmental domains and our programming, please contact the FCSS or Recreation offices at 780-980-7177.

Developmental Domains:



Physical Health & Well-being

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



Social Competence

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



Emotional Maturity

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



Language & Thinking

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



Communication Skills & General Knowledge

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





■ 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.

■ Youth Outreach Worker

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

■ Older Adult Services

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

Older Adult programs and initiatives may include:

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

Elder Abuse Training

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

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

Homemaking

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

Meals on Wheels

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



■ Research and Social Development

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	Location
Feb. 8	The Centre for Public Legal Education
June 7	Second Glance
Oct. 11	TBD

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

■ Upcoming Events

Youth Open Mic Nights with Turner and Tillack Music (All youth grades 7 - 12)

Join us for a free night of spoken word, comedy, and music. Refreshments and prizes will be provided.

Day	Time	Location
Nov. 17 & Dec. 15	6:30 - 8:30 p.m.	Leduc Public Library



▶ Leduc.ca/volunteers

☎ 780-980-7177

e volunteer@leduc.ca

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

Volunteers are the roots of strong communities!

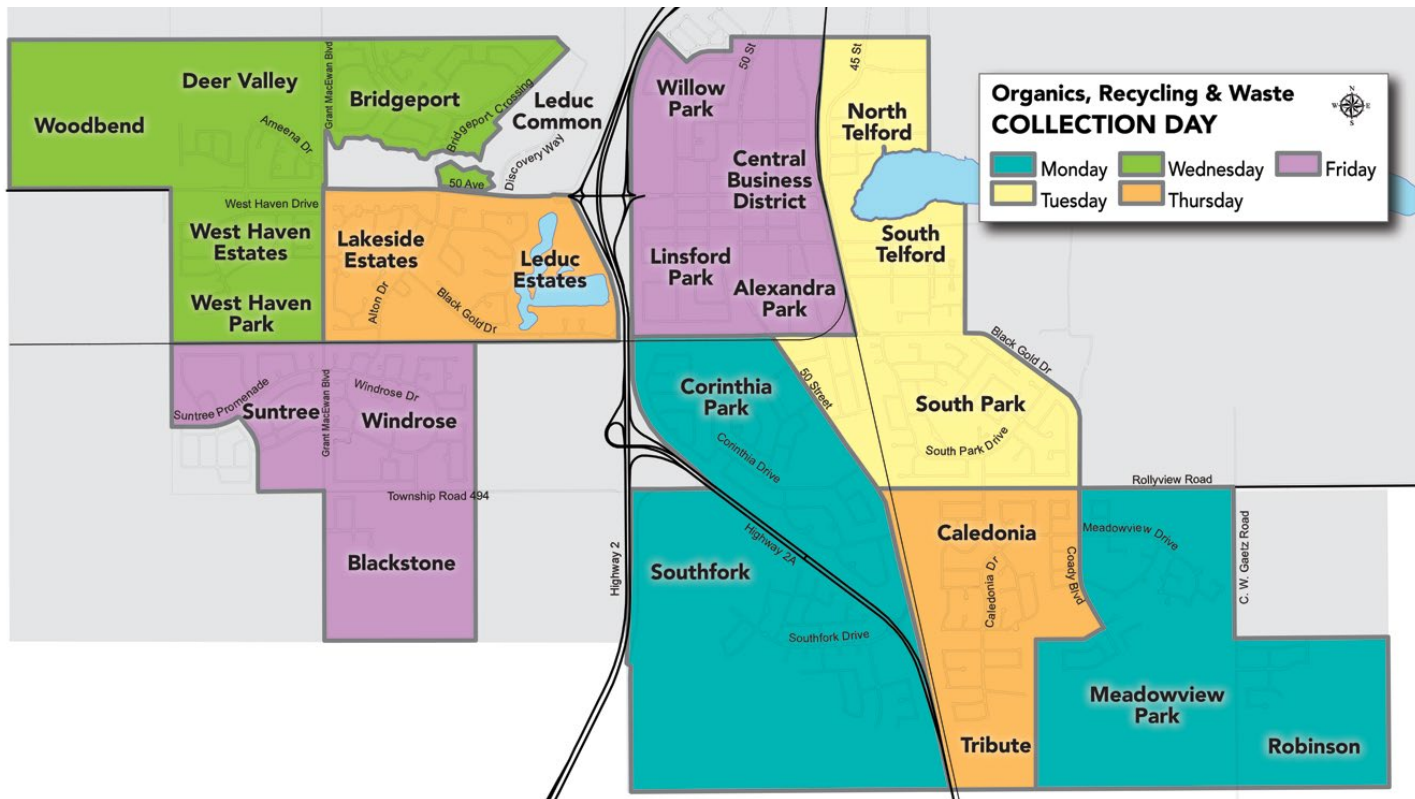
Just like roots are essential for trees to bloom, volunteers are essential for communities to bloom. Thanks to volunteers, our communities grow strong and resilient. Even the tiniest volunteer effort leaves a profound and lasting trace in a community.

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



Canada Day 2017 Volunteers

Curbside collection **SCHEDULE**



■ Winter Tips To Ensure Collection

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



■ 'Tis the Season to Sort More Organics

As the holiday season approaches, it's important to continue to sort the food waste and other items made from natural compostable materials to help Leduc achieve its 65 per cent landfill diversion rate.

Here is how you can help make sure your organics are properly sorted for collection!

- From turkey bones to tea bags, all food scraps and lots of other organic materials go into your green cart. Refer to your Sort Smarter app, your sorting wheel or Leduc.ca to see what goes into your organics cart.
- Line your cart with paper towels, a compostable bag or newspaper so the material doesn't stick to the bottom.
- Layer wet/dry organic material.
- Store your cart where it is accessible all winter long.
- Put your cart out for collection on scheduled collection days even if it is not full.
- Remember these items **DO NOT** go into your organics waste cart:
 - ✗ Plastic bags
 - ✗ Any general waste such as diapers
 - ✗ E-waste
 - ✗ Hazardous household waste

If you have extra waste during the holiday season or year round, remember, you can drop it off at the Eco Station – 6102 46 Street. Your first bag is FREE.



COMING SOON

Watch for the February 2018 to January 2019 Collection Calendar - available late December 2017 at Leduc.ca and updated on your SortSmarter phone app.

CHRISTMAS

bird count 2017

Sunday, December 17th

1. Call the Eco-smart Hotline for information and a tally sheet.
2. Watch for birds for at least 30 minutes, recording all your sightings.
3. Return your completed tally sheet no later than Friday, Dec. 29 to ecosmart@Leduc.ca.

Eco-smart Hotline 780.980.7107

LEAB
Leduc Environmental
Advisory Board

CITY OF
Leduc
Leduc.ca

UPCOMING EVENTS

Frostival

- Feb. 2 – 4, 2018

Highlighting the beauty and excitement of February, the City of Leduc is celebrating by hosting a number of fun-filled activities. Please visit www.Leduc.ca/Frostival for more information.

Spring Community Information Registration Day and Social Services Resource Fair

- Feb. 21, 2018, 6 – 8 p.m.
Leduc Recreation Centre (4330 Black Gold Drive)

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



CURL 4 CANADA 2018 CHAMPIONSHIPS

- 2018 USPORTS/CURLING CANADA UNIVERSITY CHAMPIONSHIPS
- 2018 CCAA/CURLING CANADA CHAMPIONSHIPS (COLLEGE)
- 2018 CANADIAN WHEELCHAIR CURLING CHAMPIONSHIP
- 2018 CANADIAN MIXED DOUBLES CHAMPIONSHIP

MARCH 24 – APRIL 1, 2018 | LEDUC RECREATION CENTRE

BE A PART OF SOMETHING **BIG**.

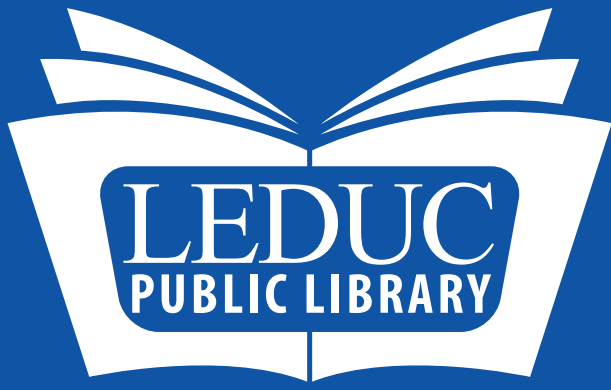
VOLUNTEER TODAY AT CURLING.CA/CHAMPIONSHIPS

PROUDLY PRESENTED BY



CITY OF
Leduc

Experience **Leduc**
SPORT TOURISM



www.LeducLibrary.ca

780-986-2637

#2 Alexandra Park

■ Preschool Programs

Drop-in Sessions run from Nov. 13 to Dec. 14 and Jan. 15 to Feb. 15.

Baby Laptime *Ages 0 - 12 months*

Enjoy delightful songs, books, rhymes, fingerplays and learn signing with your little one.

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

1 Year Olds *Ages 12 - 24 months*

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

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

Toddler Time *Ages 1 - 5 years*

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

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

Story & Rhyme Time *Ages 1 - 5 years*

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

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

Family Storytime *All ages*

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

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

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

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

Date	Time
Tuesdays from Jan. 16 - Mar. 6	1 - 2:15 p.m.

This is a non-parented program but a caregiver must be present in the library. Please note: Each child can only sign up for one session as each session is repetitive. Sessions are available fall, winter and spring.

Play, Learn, Grow - Drop-in *Ages 0 - 5 years*

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

Play, Learn, Grow is run in partnership with Leduc Regional Parentlink

Date	Time
Dec. 18, Jan. 22, Feb. 26	10 a.m. - noon



Dinosaur Day – Registered Ages 2 - 5

We'll have a "tyrana-rific" time with treats, crafts, games and fun stories. Bring your "Grown-upasaurus" and join the fun! Please note: this is a repeat of October's program.

Date	Time
Dec. 5	12:30 - 2 p.m.

Flurries of Fun – Registered Ages 2 - 5

Brrrrrr! Come chill out to a winter themed program of reading, crafting, and games. Program content is identical.

Date	Time
Jan. 28	10:15 - 11:30 a.m. 1 - 2:15 p.m.

Children's Programs

PD Movies – Mary Poppins – Registered All school ages

Join us for this classic film and do crafts themed around the movie.

Date	Time
Dec. 1	10 a.m. - noon

Ooey gooey Fun – Registered Ages 5 - 7

Come experiment with slime and create some fun artwork. Don't wear your best clothes!

Date	Time
Jan. 3	10:30 a.m. - noon

Page Turners – Drop-in Ages 10 - 14

A literacy based program for students requiring an extra boost with reading and writing.

Date	Time
Jan. 25	6:30 - 7:30 p.m.
Feb. 22	6:30 - 7:30 p.m.

Early Dismissal LEGO Building – Drop-in

All school ages

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

Date	Time
Jan. 10	3 - 4 p.m.
Feb. 7	3 - 4 p.m.

Foil Art – Registered Ages 8 – 14

Embossed foil wall art with faux antique finish. So simple and so much fun!

Date	Time
Feb. 8	2 - 4 p.m.

Family Programs

Freestyle Crafts – Drop-in All Ages

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

Date	Time
Christmas Crafts - Dec. 11	All Day
Winter Crafts - Jan. 15	All Day
Valentines Crafts - Feb. 12	All Day

Caregiver Escape Book Club – Registered

Come and discuss a book with your peers while your children are entertained just on the other side of the wall.

Date	Time
Dec. 13, Jan. 17, Feb. 21	1 - 2:15 p.m.

Family Christmas Movie and Craft - Home Alone Registered All Ages

Laugh through the Christmas classic Home Alone and create a Christmas craft as a family. Program content is identical

Date	Time
Dec. 20	10 a.m. - 12:30 p.m. 6 - 8:30 p.m.

Find Melvin & Sylvester – Drop-in

Melvin and Sylvester return!!! They will hide somewhere new everyday in our library for you to find and read to!

Date	Time
Dec. 1 – Dec. 19	All Day

Exploratory Saturdays – Drop-in Ages 8+

Come explore and create through our interactive stations.

Date	Time
Saturdays, Jan. 13 - Apr. 14	2:30 - 4 p.m.

Edmonton Humane Society Presentation –

Registered All Ages

The Edmonton Humane Society will be coming to explain to us who they are and what they do. If you are considering getting a pet, or just love animals, this is the program for you!

Date	Time
Jan. 24	6 - 7 p.m.

Family Literacy Day Activities – Drop-in All Ages

The Maclab Centre and the library have teamed up for a special presentation 'The Purple Pirate's Magic Ship.' Admission is FREE, but you will need to get a ticket through the Maclab Centre. Visit maclabcentre.com for more information.

Date	Time
Jan. 31	Starting at 10:30 a.m.

■ Teen Programs

Teen Holiday Craft – Registered Ages 12 - 18

Let loose your creative holiday spirit!

Date	Time
Dec. 7	6:30 - 8 p.m.

Teen Pop-up art Ages 12 - 18

Search Pinterest to find unique ideas or come up with your own from a wide assortment of materials.

Date	Time
Feb. 9	2 - 4 p.m.



■ Adult Programs

Christmas Tea – Drop-in

Feel the warmth, smell the goodies, and enjoy some old-fashioned Christmas cheer with music, homemade baking, and seasonal drinks!

Date	Time
Dec. 7	2 - 4 p.m.

Managing Your Finances in Retirement –

Registered

Learn how to plan for retirement from local chartered accountant Ken Milne.

Date	Time
Jan. 10	7 - 8 p.m.

Adult Colouring – Drop-in

We supply the colouring pages, markers, pencil crayons, and more!

Date	Time
Jan. 17 & Feb. 21	7 - 8 p.m.

Movie Night – Registered

If we're being honest, Valentine's Day is the worst. At the library, we have your solution: a free movie night!

Date	Time
'Life after Beth' - Feb. 14	6:30 - 8:30 p.m.

Emotional Wellness – Registered

Join us for this session focused on relaxation and mindfulness strategies to de-stress your life and manage anxiety.

Date	Time
Feb. 28	7 - 8 p.m.

Registration for Library programs will begin November 20 on our website at www.leduclibrary.ca.



■ Leduc Adult Learning Programs

Are you interested in Adult Learning?

Leduc Adult Learning offers learning opportunities in the following areas:

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

Winter classes include:

Conversational English

Date	Time
Tuesdays, Jan. 9 - June 19	6:30 - 7:30 p.m.

English Language Learning

Date	Time
Thursdays, Jan. 11 - June 21	6:30 - 8:30 p.m.

For more information about these or other Leduc Adult Learning opportunities, visit www.leducadulthoodlearning.ca, contact us at learn@leducadulthoodlearning.ca or call/text 780-915-9835.

LAL would like to hear from you! Take our short survey and let us know what types of Adult Learning Opportunities you are interested in.

[Surveymonkey.com/r/LeducAdultLearning](https://www.surveymonkey.com/r/LeducAdultLearning)

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

LEDGOR GROUP

Music & Movement Classes

For Infants, Toddlers, Preschoolers... and the Grownups Who Love Them®

Codabugs
MUSIC TOGETHER

NOW REGISTERING FOR FALL

Classes offered weekday mornings & early evenings. Check our website for details.

www.CodabugsMT.com

Ask about a free trial class!

For More Information or to Register:
(780) 292-1780 • CodabugsMT@telus.net

CodabugsMT
Bringing Harmony Home®

Residential Snow Clearing



What can I do to help?

- Move your vehicles off the street when signs are posted in your area.
- Do not shovel or blow any snow from your property onto the roadways.
- Remove all ramps and other objects along your curb.
- Give snow removal and sanding equipment room to do their job safely.



Fire Services Survey

Medical emergencies can be stressful for you and your loved ones, so we want to know about your experience in receiving emergency medical services (EMS) from Leduc Fire Services personnel. Participating in this survey helps us identify where and how we can help improve our EMS to the community.

[Leduc.ca/firesurvey](https://leduc.ca/firesurvey)



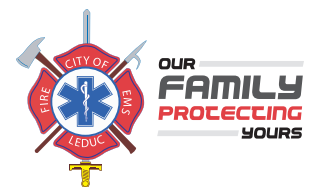
MORE INFORMATION



@LeducFire



/LeducFireServices



Ride Leduc Transit for FREE with U-Pass

Leduc Transit has partnered with Edmonton Transit (ETS) and regional transit service providers to offer a Universal Transit Pass (U-Pass) program to eligible students at the University of Alberta, MacEwan University, the Northern Alberta Institute of Technology (NAIT) and NorQuest College.

The U-Pass provides eligible students at participating institutions with unlimited travel on regular Leduc Transit service, ETS service (including DATS), as well as on other regional partners (St. Albert, Strathcona County, Fort Saskatchewan, and Spruce Grove).

Visit LeducTransit.ca/u-pass to learn more.



LEDUC TRANSIT >>>

CITY OF
Leduc





Housing for Seniors, Individuals and Families

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

HOUSING FOR INDIVIDUALS & FAMILIES

Affordable Housing

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

Subsidized Housing

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

Private Landlord & Direct to Tenant Rent Supplement Programs

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

HOUSING FOR SENIORS

Independent Living - Seniors' Apartments

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

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

Supportive Living Program - Lodge Accommodations

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

FOR INFORMATION & APPLICATION CONTACT

Leduc Foundation

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

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

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2017/2018 SEASON

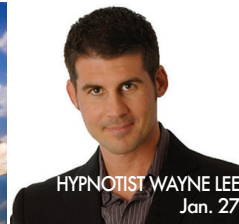
4308 50 ST, LEDUC AB



THE ACOUSTIHOLOGICS & Friends
Dec. 21



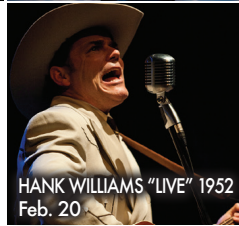
LISA LOEB
Jan. 13 & 14



HYPNOTIST WAYNE LEE
Jan. 27



Morton the Magician: TA DA!
A PLAY BY SHELDON CASAVANT
Feb. 18



HANK WILLIAMS "LIVE" 1952
Feb. 20



CHRIS BUCK BAND
Feb. 23



DUFFLE BAG THEATRE presents
ROBIN HOOD
March 11



THE TRAVELLING MABELS
March 23

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minors welcome until 9pm daily • 780.986.6965
originaljoes.ca #originaljoes

★★★
ORIGINAL JOE'S
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CITYGUIDE

A new advertising option for your business!

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 Specifications

SPRING EDITION

- Feb. 2018

SUMMER EDITION

- May 2018

FALL EDITION

- Aug. 2018

WINTER EDITION

- Nov. 2018

TERMS:

- All ads in full colour
- All advertising pre-paid
- Artwork provided to spec, on deadline
- No refunds for booked space
- All advertising governed by the City of Leduc Sponsorship & Advertising Policy

CANADIAN Professional CLEANING

Our staff are experts in all janitorial services:

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- Camp Cleaning
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- Construction Clean Up
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- Windows Cleaning & Much More

780-241-4444 canadianprofessionalcleaning.com

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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