



# CITY GUIDE

..... SPRING 2018



PROGRAMS

ACTIVITIES

SCHEDULES

EVENTS

SERVICES

*New Online Registration  
Process and Program Bar  
Codes coming April, 2018.  
Visit [Leduc.ca/LRC](http://Leduc.ca/LRC) for  
more information.*

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

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**PETROLEUM**



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# DO *your* THING at the LRC

## Exclusive benefits with a LRC Membership!

- 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 the following local businesses



View all the benefits of having a LRC Membership at [Leduc.ca/LRC](http://Leduc.ca/LRC)



## Spring 2018 Events and Deals

- **Nutrition Month 2018:** Celebrate Nutrition Month at the LRC throughout March. We will have special recipes, nutrition talks, information sessions, prizes and more!
- **50/50 Spring Challenge (April – June 2018):** Challenge yourself to be active 50 out of 65 days for at least 50 minutes and you could win exciting prizes! Last year's prize was a Trip for 2 to see a Blue Jays Game. Say tuned for this year's prize!
- **Senior's Week (June 3 –9, 2018):** To show our appreciation for the seniors that make a difference in our community every day, we are offering FREE access to the LRC to all seniors during this week.
- **Parks & Recreation Month (June 2018):** June is Parks & Recreation Month. Join us as we celebrate all of the amazing parks, green spaces, and recreational activities offered in our community this month.



DO *your* THING

For more information about upcoming Spring Fitness Events & Challenges visit [Leduc.ca/LRC](http://Leduc.ca/LRC)

# New CONTINUOUS MEMBERSHIP

## Coming Soon...

The LRC is excited to announce the expansion of our membership options, allowing you to choose a membership that best suits you and your family. Our newest option will provide greater convenience and flexibility. Learn more below:



\* Membership Hold Option allows you to put your Continuous Membership on hold at no additional charge. Minimum hold period is 1 month up to a Maximum hold period of 2 months in a calendar year.

\*\*Valid to first 50 customers that purchase a Continuous Membership.



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. 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.

**Monthly & Annual Membership changes coming June, 2018**

### 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)	\$8.75	\$74.70
Youth (8 – 17 years)	\$5.75	\$50.00
Child (3 – 7 years)	\$4.10	\$34.50
Pre-School (2 and under)	--- FREE ---	
Senior (60 – 79 years)	\$5.75	\$50.00
Senior Plus (80+ years)	--- FREE ---	
Family **	\$20.10	\$180.80

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

## ■ Hours of Operation

	Weekdays		Weekends		Statutory Holidays
<b>Fitness Centre and Track</b>	Mon. – Fri.	5 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	
<b>Aquatic Centre</b>	Mon. – Thurs. Fri.	5:30 a.m. – 10 p.m. 5:30 a.m. – 9 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	<b>10 a.m. – 8 p.m.</b> Family Day (Feb. 19)
<b>Guest Services</b>	Mon. – Fri.	8 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	<b>11 a.m. – 5 p.m.</b> Good Friday (March 30)
<b>Field House</b>	Mon – Thurs. Fri.	8 a.m. – 10 p.m. 8 a.m. – 9 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	<b>10 a.m. – 8 p.m.</b> Easter Monday (April 2)
<b>Kukabunga Jungle</b>	Mon. – Fri.	9 a.m. – 8 p.m.	Sat. & Sun.	9 a.m. – 8 p.m.	<b>10 a.m. – 8 p.m.</b> Victoria Day (May 21)
<b>Child Minding Centre</b> <i>April 1 - June 30</i>	* Please see page 8 for Child Minding Hours. Child Minding Closed on Statutory Holidays.				

## ■ 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

### Spring 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 – Feb. 27, 2018

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

#### General Registration – March 6, 2018

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 – March 1, 2018

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

#### General Registration – March 8, 2018

All registered recreation, fitness, and education programs.

### Registration Options

#### NEW Online Registration Process coming April, 2018!

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

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



### Registration Process

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

#### Please keep in mind:

- **NSF cheques** are subject to a \$35 administration fee and immediate removal from class list. Re-enrollment must be paid by cash, debit, certified cheque or credit card.
- **An account credit** can be used for registering in an alternative course. Outstanding credits over \$25 will be automatically refunded by the end of the year. Unused credits under \$25 will be cleared after 12 months.
- **City cancelled programs** 100% refund or pro-rated refund.
- **Patron withdrawal:** If withdrawing more than 7 days before the course start date, a full refund less the current administrative fee will be applied. If withdrawing within 7 days to the course start date, refunds will not be granted.
- **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.

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



## ■ Registered Program Information

### General Information

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

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

### Program Age and Prerequisite Requirements

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

<b>Fitness</b>	780-980-8466
<b>Aquatics</b>	780-980-7165
<b>Recreation</b>	780-980-8461

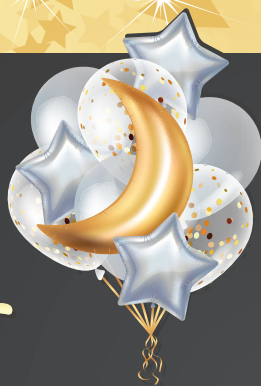
We encourage individuals with special needs to participate in our programs. Please inform the area's supervisor, **prior to registering**, to ensure a positive program experience.

### 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 nut-free.



# 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](mailto: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 (April 1 – June 30)

*Closed Saturday, May 5 due to Staff Training*

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*
Sunday & Statutory Holidays	Closed

*\*Evenings & Saturdays are pre-book only. See bookings below for more details.*

**Note:** *If demand is in/sufficient, hours may be adjusted to the weekly schedule.*

## Guidelines

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

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

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

## Bookings

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

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

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

### Fees & Payment Options

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

\* Child Minding Punch Passes are non-refundable & have no cash value. As of April 5, 2018 child minding punch passes will have a 2 year expiry. All active punch passes will expire March 31, 2020.



## Re/Max Indoor Playground

### General Information

The Re/Max Indoor Playground 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 playground at the tables in the lobby.

## ■ 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](http://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.

Mon. / Tues.	9 a.m. – 5 p.m.	Apr. 16 / 17	33687
Sat. / Sun.	9 a.m. – 5 p.m.	June 9 / 10	33688

#### 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.

Mon.	9 a.m. – 5 p.m.	Mar. 19	33225
Sat.	9 a.m. – 5 p.m.	May 12	33689
Mon.	9 a.m. – 5 p.m.	June 25	33690



## ■ 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.



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

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



## Attention City of Leduc User Groups!

We are planning for your indoor Fall & Winter 2018/19 Season!

Submit your request for ice or field house use by May 15th, 2018. Forms available at [Leduc.ca](http://Leduc.ca) or contact us at [events\\_bookings@leduc.ca](mailto:events_bookings@leduc.ca)

# RECREATION PROGRAMS

## ■ General Information

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

Do you have a question, suggestion or feedback about programs? Email us at [programs@leduc.ca](mailto:programs@leduc.ca).

### Babysitter Referral Service

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



Monday	Tuesday	Wednesday	Thursday	Friday
Safari Troopers 9 – 11 a.m.	Tiny Scientists 9 – 11 a.m.	Little Exploreres 9 – noon	Kitchen Monsters 9 – 11 a.m.	Little Splashers 9 a.m. – noon
Little Masterpieces 12:30 – 2:30 p.m.	Little Explorers 9 a.m. – noon	Little Einstein's 9 – 11 a.m.	Little Gnomes 12:30 – 2:30 p.m.	Sportball mornings (times vary)
Splash n' Play (M & W) 12:30 – 2:30 p.m.	Wings, Wheels & Whistles 12:30 – 2:30 p.m.	Gym & Swim 12:30 – 2:30 p.m.		Babysitter Course* 9 a.m. – 5 p.m.
	Splash n' Play (T & Th) 12:30 – 2:30 p.m.			Stay Safe* 9 a.m. – 3 p.m.
	Sportball evenings (times vary)			Paint the Night* 7 – 9 p.m.
Gran & Me* 1 – 2:30 p.m.	Gran & Me* 1 – 2:30 p.m.			Craftea* 6:30 – 8 p.m.

\*One time class, not session long.

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



Social Competence



Emotional Maturity



Physical Health & Well-being



Language & Thinking



Communication Skills & General Knowledge

## 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
May 7 - Mother's Day Craft	Mon.	1	1 – 2:30 p.m.	\$13.75	33650
Jun. 12 - Father's Day Craft	Tues.	1	1 – 2:30 p.m.	\$13.75	33651

### 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
May 4 - June 15*	Fri.	6	9 - 9:45 a.m.	\$96	33625

\*No class June 1

### 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
May 4 - June 15*	Fri.	6	9:45 - 10:30 a.m.	\$96	33627
May 8 - June 12	Tues.	6	5:30 - 6:15 p.m.	\$96	33626

\*No class June 1

**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 [LEDGOR.COM](http://LEDGOR.COM)

LEDCOR award  
Canada's Top 100 Employers

## ■ 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. All participants must bring a nut free snack, water bottle, wear indoor shoes and be fully toilet-trained.

Date	Day	#	Time	Cost	Code
Apr. 9 - May 7	Mon.	5	9 - 11 a.m.	\$71.25	33632
May 14 - Jun. 11*	Mon.	4	9 - 11 a.m.	\$57	33633

\*No class May 21

### 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. All participants must bring a nut free snack, water bottle, swim suit and towel, wear indoor shoes and be fully toilet-trained.

Date	Day	#	Time	Cost	Code
Apr. 9 - May 2	Mon. & Wed.	8	12:30-2:30 p.m.	\$134	33634
May 15 - Jun. 7	Tues. & Thurs.	8	12:30-2:30 p.m.	\$134	33635

### 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
May 14 - Jun. 11*	Mon.	4	12:30 - 2:30 p.m.	\$57	33652

\*No class May 21

### 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! All participants must bring a nut free snack, water bottle, wear indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
May 15 - Jun. 12	Tues.	5	9 - 11 a.m.	\$71.25	33653

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

Date	Day	#	Time	Cost	Code
Apr. 10 - May 8	Tues.	5	12:30 - 2:30 p.m.	\$71.25	33638

### Sportball – Coaches & Children

3.5 – 5 year olds



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



Date	Day	#	Time	Cost	Code
May 8 - June 12	Tues.	6	6:15 - 7 p.m.	\$96	33628
May 4 - June 15*	Fri.	6	10:30 - 11:15 a.m.	\$96	33629

\*No class June 1

## 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! All participants must bring a nut free snack, water bottle, wear indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
Apr. 10 - May 8	Tues.	5	9 a.m. - noon	\$106.25	33636
May 16 - Jun. 13	Wed.	5	9 a.m. - noon	\$106.25	33637

## 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 have some fun planned. All participants must bring a nut free snack, water bottle, swim suit & towel, wear indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
May 16 - Jun. 13	Wed.	5	12:30 - 2:30 p.m.	\$77.25	33654

## Little Einstein's 3–5 year olds



Each week we will learn number and colour through crafts and activities. Typical fun includes printing practice, craft, circle time, and play time in the indoor playground. All participants must bring a nut free snack, water bottle, wear indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
Apr. 11 - May 9	Wed.	5	9 - 11 a.m.	\$71.25	33640

## Little Gnomes 3–5 year olds



Ever wonder how a seed ends up into a blooming masterpiece or a yummy edible? Join us in the dirt to explore the life cycle of plants and helper animals too. Be prepared to go outside and get dirty if the weather permits. All participants must bring a nut free snack, water bottle, wear indoor shoes (no flip flops) and be fully toilet trained.

Date	Day	#	Time	Cost	Code
Apr. 12 - May 10*	Thurs.	4	12:30 - 2:30 p.m.	\$57	33655

\*No Class April 26



## 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
Apr. 12 - May 10	Thurs.	5	9 - 11 a.m.	\$75	33641
May 17 - Jun. 14*	Thurs.	4	9 - 11 a.m.	\$60	33642

\*No Class May 31

## 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! All participants must bring a nut free snack, water bottle, swim suit and towel, wear indoor shoes and be fully toilet-trained.

Date	Day	#	Time	Cost	Code
Apr. 13 - May 11*	Fri.	4	9 a.m. - noon	\$90	33643
May 18 - Jun. 15	Fri.	5	9 a.m. - noon	\$112.50	33644

\*No Class April 27



## ■ 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.

### 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
Apr. 20	Fri.	1	9 a.m. - 3 p.m.	\$45	33645

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

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

Date	Day	#	Time	Cost	Code
May 8 - Jun. 12	Tues.	6	7 - 7:45 p.m.	\$96	33630



### The Director's Cut *5 – 7 year olds*

Join the Director's Cut and other young filmmakers for a Saturday afternoon of Claymation Animation and Fun! You and your small film crew will create a clay animation film under the guidance of a DC Imaginator, participating in all facets of filmmaking from pre-production, production, and post production. All supplies and equipment will be provided. Participants will receive a DC Key Card to access their completed films online. Be sure to check out our NEW Animation Camp coming this Summer!

Date	Day	#	Time	Cost	Code
Apr. 14	Sat.	1	1:30 - 5:30 p.m.	\$50	34034

### Sportball - Coaches & Youth *8 – 14 years*

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

Date	Day	#	Time	Cost	Code
May 8 - Jun. 12	Tues.	6	7:45 - 8:30 p.m.	\$96	33631

### Red Cross Babysitter Course *11+ years*

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
May 18	Fri.	1	9 a.m. - 5 p.m.	\$60	33647
Jun. 29	Fri.	1	9 a.m. - 5 p.m.	\$60	33648

NEW

## Counsellors in Training (CIT)

12 – 17 years

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



Youth interest in the program must submit a resume and cover letter to [programs@leduc.ca](mailto:programs@leduc.ca) no later than June 15, 2018. All applicants will be contacted for an interview. Successful candidates will then register for the CIT program. Registration includes a program fee of \$50, complete all registration forms and sign a behaviour and confidentiality agreement.

## 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 in the Club House

18+ year olds

Enjoy a night out at the Leduc Golf Club 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 the Holland Food Services Restaurant (food and beverage not included in price). We provide the canvas, paint & brushes too! It's easy, stress free and no experience necessary. Check out the pictures on the LRC Facebook page.

Date	Day	#	Time	Cost	Code
May 11 - Mother's Day	Fri.	1	7 - 9 p.m.	\$30	34340
Jun. 8 - Father's Day	Fri.	1	7 - 9 p.m.	\$30	34341

### 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
Apr. 20 - Rock Art	Fri.	1	6:30 - 8 p.m.	\$50	33679
Jun. 15 - Home Sweet Home	Fri.	1	6:30 - 8 p.m.	\$50	33680



## 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!*

# FITNESS CENTRE PROGRAMS & SERVICES

## Scan your LRC Membership Card up at the Fitness Desk!

LRC Patrons can now scan their LRC Membership card up at our fitness desk during our hours of operation indicated on page 5. Please note that any membership renewals, program registration, or day admission passes must be completed at Guest Services. Fitness Centre staff cannot accept cash or cheques for admission. For more information, please call 780-980-7120.

## Fitness Centre Age Requirements

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

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

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

## ■ Fitness Services

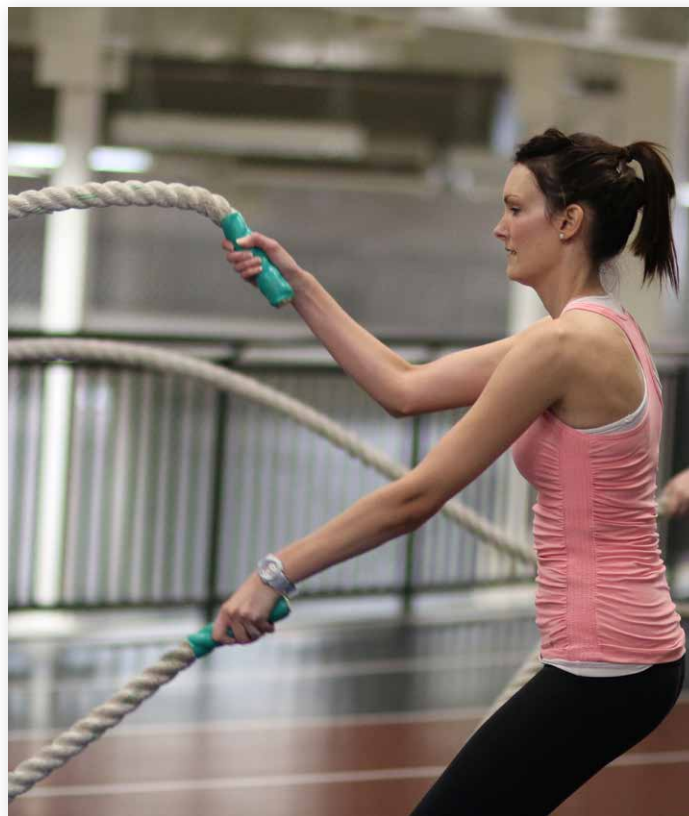
### Individual Personal Training

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

**LRC Members get 10% Off**

Sessions	Price
1 session	\$59
3 sessions	\$168
5 sessions	\$274
10 sessions	\$536
15 sessions	\$762
20 sessions	\$1008

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	\$140/person	\$259/person	\$357/person
3	\$105/person	\$192/person	\$252/person
4	\$86/person	\$151/person	\$195/person
5	\$73/person	\$128/person	\$165/person

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



### Personal Training Payment Plans

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

## Fitness Centre Orientation *FREE*

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

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

## Teen Fit *FREE*

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

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

## Sports Team Training

*\$12.50 per participant per class*

We offer dryland training for teams with a focus on cardiovascular exercise, strength training, speed & agility and other sport-specific functional training. The instructor will use a variety of different modalities such as spin bikes, battling ropes and much more to help your team meet their training goals.

To book sessions please contact the Fitness Programs Supervisor at **780-980-8466**.

## Fitness Assessments (1.5 hours) *\$106*

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.

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**Personal Program Design** \$121 – 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, individualized program design, and an equipment orientation. The personal trainer can also answer any fitness questions you have.

**Body Composition Assessment**  
(30 Minutes) \$38

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: \$640

20 sessions: \$1115



**Nutritional Coaching Program (8 sessions)**  
\$254

Our Certified Holistic Nutritional Consultant will work with you over a period of two months to ensure your health and nutrition stays on track. This includes evaluating your unique nutritional needs and you will be provided with an individualized health plan. Plans include customized meal plans with corresponding recipes, grocery shopping tips and personalized lifestyle recommendations. Follow-ups will cover goal setting check-ins, additional recipes, nutrition education and any needed meal plan adjustments.

**Introductory Nutritional Counselling** \$50

Meet with our Certified Holistic Nutritional Consultant for a 45-minute session to get you on the path to a healthier diet. This includes information on portion control, healthy options for eating out, proper digestion as well as a 3-day meal plan, corresponding healthy recipes and basic lifestyle recommendations to get you on started the right track.

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

■ **Registered Fitness Programs**



**General Information**

<b>Session</b>	Spring Session I: April 3 - May 18 (7 weeks)
<b>Dates:</b>	Spring Session II: May 22 - June 29 (6 weeks)

- Please note registered programs do not run on Statutory Holidays or long weekends; **no classes the following dates:**
- *Easter Monday April 2*
- *Victoria Day May 21*

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.

## Specialty Clinics

### 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
May 8 & 10	Tues. & Thurs.	7 - 8 p.m.	\$25	33726

### 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 Fitness Programs Supervisor at 780-980-8466.

Date	Day	Time	Cost
Apr. 18	Wed.	6:30 - 7:30 p.m.	FREE
May 16	Wed.	6:30 - 7:30 p.m.	(Pre-registration required)

### TRX Clinic

Created by a Navy SEAL, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. TRX leverages gravity and the user's body weight to complete hundreds of exercises. This clinic is designed to help you understanding proper form and the small adjustments to better your movement using TRX suspension weight training system.

PRE-REGISTRATION is required by phoning the Fitness Programs Supervisor at 780-980-8466.

Date	Day	Time	Cost
Apr. 24 & 26	Tues. / Thurs.	6:30 - 7:30 p.m.	FREE (Pre-registration required)



### Bootcamp 13 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
Apr. 4 - Jun. 27	Mon. & Wed.	6 - 7 a.m.	\$288	33683
Apr. 4 - Jun. 27	Mon. & Wed.	6 - 7 p.m.	\$288	33684
Apr. 6 - Jun. 29	Fri.	6 - 7 a.m.	\$163*	33685

\*Cost is \$131 if registered in Monday/Wednesday class

### Fired Up 13 weeks

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

Date	Day	Time	Cost	Code
Apr. 3 - Jun. 26	Tues.	9 - 10 a.m.	\$173	33708
Apr. 5 - Jun. 28	Thurs.	9 - 10 a.m.	\$173*	33707

\*Cost is \$138 if registered in Tuesday class

## Fitness at the Barre 5, 6 or 7 weeks

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

Date	Day	Time	Cost	Code
Apr. 9 - May 14	Mon.	7:30 - 8:30 p.m.	\$83	33713
May 28 - Jun. 25	Mon.	7:30 - 8:30 p.m.	\$69	33714
Apr. 4 - May 16	Wed.	9 - 10 a.m.	\$97	33709
May 23 - Jun. 27	Wed.	9 - 10 a.m.	\$83	33710
Apr. 4 - May 16	Wed.	7:15 - 8:15 p.m.	\$97	33711
May 23 - Jun. 27	Wed.	7:15 - 8:15 p.m.	\$83	33712

## Guns & Glutes Bootcamp 6 or 7 weeks

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

Date	Day	Time	Cost	Code
Apr. 3 - May 15	Tues.	10:30 - 11:30 a.m.	\$88	33716
May 22 - Jun. 26	Tues.	10:30 - 11:30 a.m.	\$75	33715

## 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
Apr. 9 - May 14	Mon.	6:30 - 7:30 p.m.	\$81	33717
May 28 - Jun. 25	Mon.	6:30 - 7:30 p.m.	\$68	33718



## Stroller-Fit 6 or 7 weeks

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

Date	Day	Time	Cost	Code
Apr. 4 - May 16	Wed.	10:15 - 11 a.m.	\$83	33720
May 23 - Jun. 27	Wed.	10:15 - 11 a.m.	\$71	33719

## Sun Salutations 6 or 7 weeks

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

Date	Day	Time	Cost	Code
Apr. 4 - May 16	Wed.	5:45 - 6:30 a.m.	\$88	33721
May 23 - Jun. 27	Wed.	5:45 - 6:30 a.m.	\$75	33722

## Tuesday Titans 13 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
Apr. 3 - Jun. 26	Tues.	6 - 7 p.m.	\$173	33618

## Yoga for the Health of It 6 or 7 weeks

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

Date	Day	Time	Cost	Code
Apr. 5 - May 17	Thurs.	11:45 a.m. - 12:30 p.m.	\$88	34342
May 24 - Jun. 28	Thurs.	11:45 a.m. - 12:30 p.m.	\$75	34343

\*This class is held at the Leduc Civic Centre

## Private Indoor Cycling Class

\$12.50 / participant

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



## Registered Fitness Class Punch Pass

\$140 (10 punches)

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

- 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 Fitness Programs Supervisor for more information at 780-980-8466.*

# KEN'S FURNITURE & APPLIANCES

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Camrose

5048 – 50 Street – 780.672.8759



## ■ Drop-in Fitness Programs

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

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

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

### **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.  (PM 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.  (Tuesday Class)

### **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'.

### **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.

### **Watts & Weights**

Join us on the indoor cycling bikes for this workout that will take you on and off the bikes for various exercises including strength and/or cardio.

### **Weekend Warrior**

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

### **Yoga Flow** (AM Class)

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.



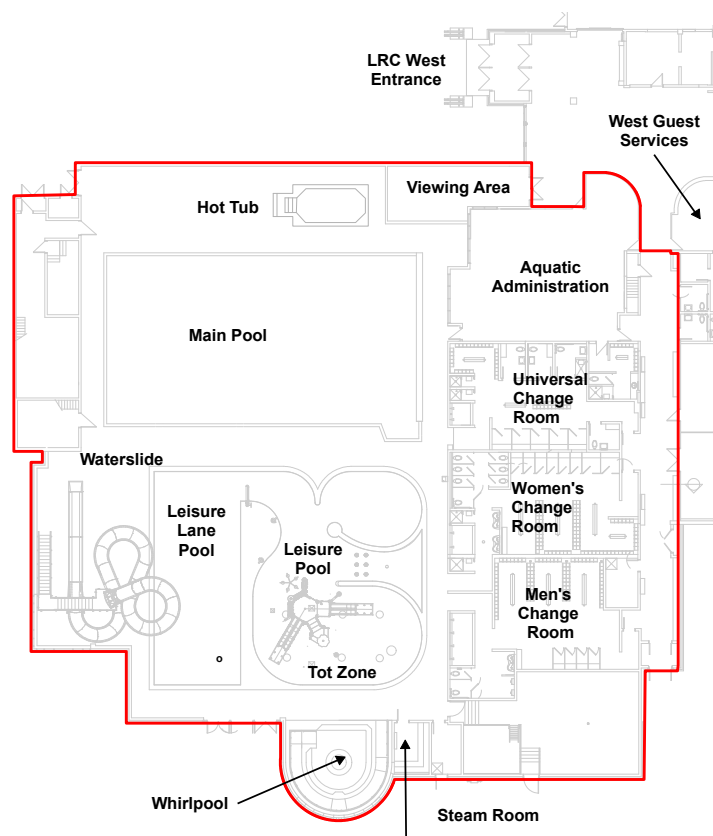
**Morning Lane Swim Admittance** – Weekdays, 5:30 a.m. – 8 a.m., patrons must present their membership pass or punch card to the lifeguard on duty. The aquatic centre staff will not accept cash or cheques for admission. For more information, please ask a Guest Services representative.

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

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

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

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



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

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

**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.

**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.

## Member Registration February 27<sup>th</sup>

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

## Open Registration March 1<sup>st</sup>

- 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 (March 1, 2018) regardless if you have a membership. There is no member price for these programs.



## ■ Aquatic Centre Spring Break Schedule March 25 – April 2

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

Family Swim <i>A more quiet time for families with young children</i>		
Sat. & Sun.	9 a.m. – 1 p.m.	all pools

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
	9 – 10 p.m.	6 lanes MP + 4 lanes LP
Sat.	8 – 9 a.m.	1 lane MP + 4 lanes LP
	9 a.m. – 1 p.m.	1 lane MP
	5 – 9 p.m.	1 lane MP
Sun.	8 – 9 a.m.	6 lanes MP + 4 lanes LP
	9 a.m. – 1 p.m.	1 lane MP
	5 – 9 p.m.	1 lane MP

Statutory Holiday Schedule			
STAT Holiday Hours	Good Friday (Mar. 30)	Easter Monday (Apr. 2)	Victoria Day (May 21)
<b>Public Swim &amp; Waterslide</b>	11 a.m. – 5 p.m.	10 a.m. – 8 p.m.	10 a.m. – 8 p.m.
<b>Lane Swim</b>	Noon – 1 p.m. 3 lanes Main Pool All other times 1 lane available	Noon – 1 p.m. 3 lanes Main Pool All other times 1 lane available	Noon – 1 p.m. 3 lanes Main Pool All other times 1 lane available

## AquaFit is taking a break!

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

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



# ■ Aquatic Centre Spring Schedule April 3 – June 30

## 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

## NEW Waterslide Hours

Mon. / Wed. / Fri.	4 – 9 p.m.
Tues. / Thurs.	6:30 – 9 p.m.
Sat. / Sun.	11 a.m. – 9 p.m.

## 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.	4:30 – 6:30 p.m.
Mon. & Fri.	4 – 7 p.m.
Wed.	1 – 3 p.m.
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
Sat.	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
	8 – 9 a.m.	6 lanes MP + 4 lanes LP

## Toonie Swims

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

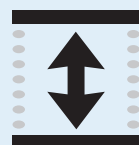
Tues., Apr. 10	4 – 6:30 p.m.
Sat., Jun. 23	9 – 11 a.m.
Thurs., Jun. 28	4 – 6:30 p.m.



**Everyone ages 3+ pays only \$2.00!**

**Ages 2 and under are always FREE.**

*Admission is provided for the Aquatic Centre only during the specified times.*



### NEW

Don't forget, if you're planning to ride the large waterslide, you'll need to be at least 40" or 102 cm tall.

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



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

**Ages:** 8+ years

**Cost:** Day admission pass or FREE for LRC Members

**\*Deep water swim test required**

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

For more information, please visit [Leduc.ca/LRC](http://Leduc.ca/LRC) or call guest services at 780-980-7120.

## ■ Mix Family Aquatic Centre Bookings

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



# CELEBRATING OUR

# 50<sup>th</sup> RODEO

## 2018



**LEDUC**  
BLACK GOLD  
Pro Rodeo

**May 31<sup>st</sup> - June 3<sup>rd</sup>**

[www.BLACKGOLDRODEO.com](http://www.BLACKGOLDRODEO.com)

## 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).

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

### Spring Session Apr. 23 - June 7

\*Please note new dates due to extended winter season\*

Jr. A Club	Swim Patrol	\$90	32780
Jr. B			
Seniors Club	Bronze Cross	\$100	32781

Once again this spring, 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 – 6:30 p.m. 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 – 6:30 p.m. 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

## Mer-Folk Academy *Ages 6 – 15*

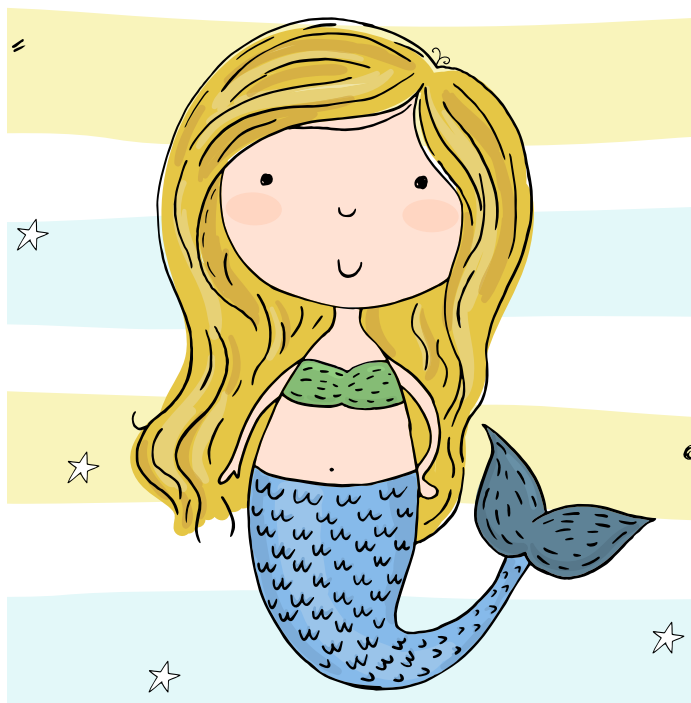
Level	Day	Dates	Time	Price*	Code
Beginner	Fri.	Apr. 27 - Jun. 1	5:30-7 p.m.	\$240	33705
Intermediate	Sun.	Apr. 15 - Jun. 10	6 - 8 p.m.	\$340	33706

\* Appropriate swim attire required. Mermaid Tail included in registration fee. For those who already have a tail, a discount is provided.

**BEGINNER:** Dive into a magical underwater experience in this introductory Mermaid Tail program geared towards Mer-girls & Mer-boys ages 6-12. Mostly in the pool, learn fundamental Mer-skills to swim safely with a Mermaid Tail. With a focus on safety, Mer-Folk in this level will begin practicing skills without equipment and progress to learning skills in a full mermaid tail with the goal being to confidently complete the Mermaid swim test at any LRC public swim opportunity.

 **Ages 6-7** require registration & Active participation of supervisor 18+. Supervisor tail optional.

**INTERMEDIATE:** For Mer-girls & Mer-boys ages 12-15 with minimum Swim Kids 4 level experience or ages 8+ who have completed the beginner level. Building on the beginner level skills, Mer-Folk in this level will begin reviewing the fundamental safety skills all Mer-Folk need to know and then build on them to progress to more advanced tricks and skills. All the while enjoying the fitness benefits this fun and active program has to offer!



## Swimming Lessons

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	\$52.00
Swim Kids 1 – 3	30 minute lessons	\$52.00
Swim Kids 4 – 7	45 minute lessons	\$58.00
Swim Kids 8 – 10	60 minute lessons	\$64.00
Adult Learn-to-Swim & Stroke Improvement		\$64.00



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

### Private swim lessons \$31.50 / 30 min

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

### Semi-private swim lessons:

Preschool Levels	\$72.00
Swim Kids 1 – 3	\$72.00
Swim Kids 4 – 5	\$82.00

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

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

## Swim Evaluations \$9.50

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 \$120

### 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 \$64

### 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 spring! You'll be amazed at how quickly you improve. See pg. 36 for available courses.

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



## Looking to get certified with us this spring/summer? Here's the drill!

### Swim Instructor

- **Step 1:** Take one of: Standard First Aid (April 16 & 17 or June 9 & 10) as pre-requisites.
- **Step 2:** Register in the July 30-Aug 2 Classroom component & attend the May 28 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 May 28 briefing).
- **Step 4:** Attend the WSI - Classroom component + Skills Evaluation July 30-August 2.

**Now you're a Swim Instructor!**

### Lifeguard

- **Step 1:** Take the Standard First Aid course April 16 & 17 or June 9 & 10.
- **Step 2:** Take the ALG course May 26, 27 & June 2, 3 and complete your observation assignment. Or, if you have previously completed Bronze Cross, take the Lifeguard Prep course May 13.
- **Step 3:** Take the LG course July 9-13 & complete your observation assignment.

**Now you're a Lifeguard!**





# Red Cross Swim Preschool

## Parented – Adult is required (18+)

 Classes require Active Participation with an adult.  
There is no formal evaluation, participation based only.



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

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



### Duck: 12 - 24 months

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



### Sea Turtle: 24 to 36 months

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



## Un-Parented

(swimmers advance after completion of evaluated criteria)



### Sea Otter: 3 to 5 years

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



### Salamander: 3 to 5 years

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



### Sunfish: 3 to 5 years

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



### Crocodile: 3 to 5 years

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



### Whale: 3 to 5 years

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





Red Cross

# Swim Kids

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

## Swim Kids 1

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

## Swim Kids 2

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

## Swim Kids 3

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

## Swim Kids 4

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

## Swim Kids 5

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

## Swim Kids 6

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

## Swim Kids 7

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

## Swim Kids 8

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

## Swim Kids 9

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

## Swim Kids 10

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

# Swimming Lessons

## April 15 – June 22

Session	Session Dates	Memo Day	Parent Day	No Class
Tues/Thurs #1	Apr 17-May 10	May 1	May 3	--
Tues/Thurs #2	May 15-June 7	May 29	May 31	--
Sunday evenings	Apr 15-June 10	May 13	May 27	May 20
Monday evenings	Apr 16-June 11	May 14	May 28	May 21
Tuesday evenings	Apr 17-June 5	May 15	May 22	--
Wednesday (afternoon & evenings)	Apr 18-June 6	May 16	May 23	--
Thursday evenings	Apr 19-June 7	May 17	May 24	--
Friday evenings	Apr 20-June 8	May 18	May 25	--
Saturday mornings	Apr 21-June 16	May 26	June 2	May 19
2-Weeks (Tues-Fri)	June 12-22	June 19	June 20	--

Classes with a "C" behind the class time are combined with another level.  
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
Apr 15 Jun 10	Sun	4:00pm	33727
Apr 16 Jun 11	Mon	4:00pm	33729
April 17 May 10	T, Th	11:30am C	33728
Apr 17 Jun 5	Tues	5:00pm C	33735
Apr 17 Jun 5	Tues	5:30pm	33730
Apr 18 Jun 6	Wed	1:30pm C	33732
Apr 18 Jun 6	Wed	4:30pm	33736
Apr 19 Jun 7	Thurs	5:30pm	33731
Apr 20 Jun 8	Fri	5:00pm C	33737
Apr 21 Jun 16	Sat	10:00am	33733
May 15 Jun 7	T, Th	11:00am C	33734

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

Class Date	Days	Time	Code
Apr 15 Jun 10	Sun	5:30pm	33738
Apr 16 Jun 11	Mon	4:30pm	33739
Apr 16 Jun 11	Mon	6:00pm	33746
April 17 May 10	T, Th	11:30am C	33741
Apr 17 Jun 5	Tues	4:00pm	33740
Apr 17 Jun 5	Tues	5:00pm C	33747
Apr 18 Jun 6	Wed	1:30pm C	33742
Apr 18 Jun 6	Wed	5:30pm	33748
Apr 19 Jun 7	Thurs	5:00pm	33743
Apr 20 Jun 8	Fri	5:00pm C	33749
Apr 21 Jun 16	Sat	9:00am	33744
Apr 21 Jun 16	Sat	11:15am	33750
May 15 Jun 7	T, Th	11:00am C	33745

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

Class Date	Days	Time	Code
Apr 15 Jun 10	Sun	4:30pm	33766
Apr 15 Jun 10	Sun	5:30pm	33752
Apr 16 Jun 11	Mon	4:45pm	33767
Apr 16 Jun 11	Mon	5:30pm	33754
Apr 16 Jun 11	Mon	6:00pm	33753
April 17 May 10	T, Th	11:00am	33764
April 17 May 10	T, Th	11:30am	33751
Apr 17 Jun 5	Tues	4:15pm	33768
Apr 17 Jun 5	Tues	4:30pm	33755
Apr 17 Jun 5	Tues	5:45pm	33756
Apr 18 Jun 6	Wed	2:00pm	33757
Apr 18 Jun 6	Wed	4:15pm	33758
Apr 19 Jun 7	Thurs	4:45pm	33759
Apr 19 Jun 7	Thurs	5:30pm	33769
Apr 20 Jun 8	Fri	5:30pm	33760
Apr 20 Jun 8	Fri	6:00pm	33770
Apr 21 Jun 16	Sat	9:00am	33761
Apr 21 Jun 16	Sat	9:30am	33771
Apr 21 Jun 16	Sat	10:45am	33762
May 15 Jun 7	T, Th	11:00am	33763
May 15 Jun 7	T, Th	11:30am	33765

**Sea Otter (3 – 5 years) – 30 min. unparented  
\$46.80 member / \$52 non-member**

Class Date	Days	Time	Code	
Apr 15	Jun 10	Sun	4:00pm	33773
Apr 15	Jun 10	Sun	5:00pm	33774
Apr 16	Jun 11	Mon	4:00pm	33777
Apr 16	Jun 11	Mon	4:30pm	33775
Apr 16	Jun 11	Mon	5:00pm	33778
Apr 16	Jun 11	Mon	5:30pm	33776
April 17	May 10	T, Th	11:00am	33800
April 17	May 10	T, Th	11:30am	33801
Apr 17	Jun 5	Tues	4:30pm	33780
Apr 17	Jun 5	Tues	5:00pm	33783
Apr 17	Jun 5	Tues	5:30pm	33782
Apr 17	Jun 5	Tues	6:00pm	33781
Apr 18	Jun 6	Wed	1:00pm	33784
Apr 18	Jun 6	Wed	1:30pm	33786
Apr 18	Jun 6	Wed	2:30pm	33785
Apr 18	Jun 6	Wed	5:00pm	33804
Apr 18	Jun 6	Wed	5:30pm	33803
Apr 18	Jun 6	Wed	5:45pm	33779
Apr 19	Jun 7	Thurs	4:00pm	33790
Apr 19	Jun 7	Thurs	4:30pm	33788
Apr 19	Jun 7	Thurs	5:15pm	33805
Apr 19	Jun 7	Thurs	5:30pm	33787
Apr 19	Jun 7	Thurs	5:45pm	33789
Apr 20	Jun 8	Fri	5:30pm	33793
Apr 20	Jun 8	Fri	6:00pm	33792
Apr 21	Jun 16	Sat	9:00am	33797
Apr 21	Jun 16	Sat	9:30am	33795
Apr 21	Jun 16	Sat	10:00am	33794
Apr 21	Jun 16	Sat	10:45am	33796
May 15	Jun 7	T, Th	11:00am	33772
May 15	Jun 7	T, Th	11:30am	33802
Jun 12	Jun 22	T, W, Th, F	4:30pm	33806
Jun 12	Jun 22	T, W, Th, F	5:30pm	33799

**Salamander (3 – 5 years) – 30 min. unparented  
\$46.80 member / \$52 non-member**

Class Date	Days	Time	Code	
Apr 15	Jun 10	Sun	4:30pm	33809
Apr 15	Jun 10	Sun	5:15pm	33834
Apr 15	Jun 10	Sun	6:00pm	33810
Apr 16	Jun 11	Mon	4:00pm	33836
Apr 16	Jun 11	Mon	5:00pm	33811
Apr 16	Jun 11	Mon	5:30pm	33835
Apr 16	Jun 11	Mon	6:00pm	33812
April 17	May 10	T, Th	11:00am	33807
April 17	May 10	T, Th	11:30am	33832
Apr 17	Jun 5	Tues	4:00pm	33815
Apr 17	Jun 5	Tues	4:45pm	33837
Apr 17	Jun 5	Tues	5:00pm	33816
Apr 17	Jun 5	Tues	5:30pm	33817
Apr 17	Jun 5	Tues	6:00pm	33838
Apr 18	Jun 6	Wed	1:30pm	33819
Apr 18	Jun 6	Wed	2:30pm	33818
Apr 18	Jun 6	Wed	4:45pm	33840
Apr 18	Jun 6	Wed	5:30pm	33839
Apr 18	Jun 6	Wed	6:00pm	33841
Apr 19	Jun 7	Thurs	4:15pm	33822
Apr 19	Jun 7	Thurs	4:30pm	33820
Apr 19	Jun 7	Thurs	4:45pm	33842
Apr 19	Jun 7	Thurs	5:30pm	33821
Apr 19	Jun 7	Thurs	6:00pm	33823
Apr 20	Jun 8	Fri	5:00pm	33843
Apr 20	Jun 8	Fri	6:00pm	33825
Apr 20	Jun 8	Fri	6:30pm	33824
Apr 21	Jun 16	Sat	9:00am	33827
Apr 21	Jun 16	Sat	9:30am	33829
Apr 21	Jun 16	Sat	10:00am	33828
Apr 21	Jun 16	Sat	10:00am	33845
Apr 21	Jun 16	Sat	10:45am	33826
Apr 21	Jun 16	Sat	11:15am	33844
May 15	Jun 7	T, Th	11:00am	33808
May 15	Jun 7	T, Th	11:30am	33833
Jun 12	Jun 22	T, W, Th, F	4:00pm	33846
Jun 12	Jun 22	T, W, Th, F	5:00pm	33830
Jun 12	Jun 22	T, W, Th, F	6:00pm	33831

**Sunfish (3 – 5 years) – 30 min. unparented  
\$46.80 member / \$52 non-member**

Class Date	Days	Time	Code	
Apr 15	Jun 10	Sun	5:00pm	33858
Apr 15	Jun 10	Sun	6:00pm	33849
Apr 16	Jun 11	Mon	5:30pm	33850
April 17	May 10	T, Th	11:00am	33847
Apr 17	Jun 5	Tues	4:00pm	33859
Apr 17	Jun 5	Tues	5:30pm	33852
Apr 18	Jun 6	Wed	1:00pm	33853
Apr 18	Jun 6	Wed	5:15pm	33860
Apr 19	Jun 7	Thurs	5:00pm	33855
Apr 19	Jun 7	Thurs	5:15pm	33861
Apr 19	Jun 7	Thurs	6:00pm	33854
Apr 20	Jun 8	Fri	5:30pm	33863
Apr 20	Jun 8	Fri	6:30pm	33862
Apr 21	Jun 16	Sat	9:00am	33864
Apr 21	Jun 16	Sat	10:00am	33856
Apr 21	Jun 16	Sat	10:45am	33865
May 15	Jun 7	T, Th	11:30am	33848
Jun 12	Jun 22	T, W, Th, F	4:00pm	33866
Jun 12	Jun 22	T, W, Th, F	5:30pm	33857

**Crocodile (3 – 5 years) – 30 min. unparented  
\$46.80 member / \$52 non-member**

Class Date	Days	Time	Code	
Apr 15	Jun 10	Sun	5:30pm C	33867
Apr 16	Jun 11	Mon	4:30pm C	33868
Apr 17	Jun 5	Tues	4:30pm C	33869
Apr 18	Jun 6	Wed	2:00pm C	33873
Apr 19	Jun 7	Thurs	4:30pm C	33870
Apr 21	Jun 16	Sat	9:30am C	33871
Jun 12	Jun 22	T, W, Th, F	5:00pm C	33872

**Whale (3 – 5 years) – 30 min. unparented  
\$46.80 member / \$52 non-member**

Class Date	Days	Time	Code	
Apr 15	Jun 10	Sun	5:30pm C	33874
Apr 16	Jun 11	Mon	4:30pm C	33875
Apr 17	Jun 5	Tues	4:30pm C	33876
Apr 18	Jun 6	Wed	2:00pm C	33880

**Whale (3 – 5 years) – 30 min. unparented  
\$46.80 member / \$52 non-member**

Apr 19	Jun 7	Thurs	4:30pm C	33877
Apr 21	Jun 16	Sat	9:30am C	33878
Jun 12	Jun 22	T, W, Th, F	5:00pm C	33879

**Swim Kids 1 (6 – 12 years) – 30 min.  
\$46.80 member / \$52 non-member**

Class Date	Days	Time	Code	
Apr 15	Jun 10	Sun	4:30pm	33882
Apr 15	Jun 10	Sun	5:30pm	33881
Apr 16	Jun 11	Mon	4:00pm	33883
Apr 17	Jun 5	Tues	4:30pm	33886
Apr 17	Jun 5	Tues	6:00pm	33885
Apr 18	Jun 6	Wed	1:00pm	33888
Apr 18	Jun 6	Wed	4:00pm	33902
Apr 18	Jun 6	Wed	5:00pm	33889
Apr 19	Jun 7	Thurs	4:00pm	33890
Apr 19	Jun 7	Thurs	5:00pm	33903
Apr 20	Jun 8	Fri	5:00pm	33892
Apr 21	Jun 16	Sat	9:00am	33895
Apr 21	Jun 16	Sat	9:30am	33894
Apr 21	Jun 16	Sat	11:15am	33904
Jun 12	Jun 22	T, W, Th, F	4:00pm	33900

**Swim Kids 2 (6 – 12 years) – 30 min.  
\$46.80 member / \$52 non-member**

Class Date	Days	Time	Code	
Apr 15	Jun 10	Sun	4:00pm	33905
Apr 15	Jun 10	Sun	5:00pm	33906
Apr 16	Jun 11	Mon	4:30pm	33907
Apr 17	Jun 5	Tues	4:00pm	33910
Apr 17	Jun 5	Tues	5:15pm	33911
Apr 18	Jun 6	Wed	2:00pm	33912
Apr 18	Jun 6	Wed	4:30pm	33909
Apr 18	Jun 6	Wed	6:00pm	33913
Apr 19	Jun 7	Thurs	4:00pm	33915
Apr 19	Jun 7	Thurs	6:00pm	33916
Apr 20	Jun 8	Fri	6:30pm	33917
Apr 21	Jun 16	Sat	9:00am	33920
Apr 21	Jun 16	Sat	10:00am	33919

Swim Kids 2 (6 – 12 years) – 30 min. \$46.80 member / \$52 non-member				
Apr 21	Jun 16	Sat	11:15am	33921
Jun 12	Jun 22	T, W, Th, F	4:30pm	33924

Swim Kids 3 (6 – 12 years) – 30 min. \$46.80 member / \$52 non-member				
Class Date		Days	Time	Code
Apr 15	Jun 10	Sun	4:30pm	33927
Apr 15	Jun 10	Sun	5:00pm	33926
Apr 16	Jun 11	Mon	5:00pm	33928
Apr 17	Jun 5	Tues	4:30pm	33941
Apr 17	Jun 5	Tues	5:00pm	33931
Apr 18	Jun 6	Wed	2:30pm	33932
Apr 18	Jun 6	Wed	4:00pm	33942
Apr 18	Jun 6	Wed	6:00pm	33943
Apr 19	Jun 7	Thurs	4:30pm	33934
Apr 19	Jun 7	Thurs	6:00pm	33933
Apr 20	Jun 8	Fri	5:00pm	33936
Apr 21	Jun 16	Sat	9:30am	33937
Apr 21	Jun 16	Sat	10:30am	33939
Apr 21	Jun 16	Sat	11:30am	33938
Jun 12	Jun 22	T, W, Th, F	4:30pm	33940

Swim Kids 4 (6 – 12 years) – 45 min. \$52.20 member / \$58 non-member				
Class Date		Days	Time	Code
Apr 15	Jun 10	Sun	3:45pm	33944
Apr 16	Jun 11	Mon	5:15pm	33945
Apr 17	Jun 5	Tues	5:00pm	33947
Apr 18	Jun 6	Wed	4:00pm	33948
Apr 19	Jun 7	Thurs	4:00pm	33949
Apr 20	Jun 8	Fri	5:30pm	33950
Apr 21	Jun 16	Sat	9:00am	33952
Apr 21	Jun 16	Sat	11:15am	33951
Jun 12	Jun 22	T, W, Th, F	5:00pm	33954

Swim Kids 5 (6 – 12 years) – 45 min. \$52.20 member / \$58 non-member				
Class Date		Days	Time	Code
Apr 15	Jun 10	Sun	4:30pm	33955
Apr 17	Jun 5	Tues	4:00pm	33958

Swim Kids 5 (6 – 12 years) – 45 min. \$52.20 member / \$58 non-member				
Apr 18	Jun 6	Wed	2:00pm	33960
Apr 18	Jun 6	Wed	4:45pm	33956
Apr 20	Jun 8	Fri	6:15pm	33961
Apr 21	Jun 16	Sat	9:45am	33964
Apr 21	Jun 16	Sat	10:45am	33963
Jun 12	Jun 22	T, W, Th, F	5:45pm	33965

Swim Kids 6 (6 – 12 years) – 45 min. \$52.20 member / \$58 non-member				
Class Date		Days	Time	Code
Apr 15	Jun 10	Sun	3:45pm	33967
Apr 16	Jun 11	Mon	4:00pm	33966
Apr 17	Jun 5	Tues	5:45pm	33968
Apr 19	Jun 7	Thurs	6:00pm	33969
Apr 21	Jun 16	Sat	10:00am	33971
Jun 12	Jun 22	T, W, Th, F	5:00pm	33972

Swim Kids 7 (6 – 12 years) – 45 min. \$52.20 member / \$58 non-member				
Class Date		Days	Time	Code
Apr 15	Jun 10	Sun	5:45pm	33973
Apr 17	Jun 5	Tues	4:45pm	33975
Apr 19	Jun 7	Thurs	4:00pm	33976
Apr 21	Jun 16	Sat	10:30am	33978
Jun 12	Jun 22	T, W, Th, F	5:45pm	33979

Swim Kids 8 (6 – 12 years) – 60 min. \$57.60 member / \$64 non-member				
Class Date		Days	Time	Code
Apr 18	Jun 6	Wed	1:00pm C	33980
Apr 19	Jun 7	Thurs	5:00pm C	33981
Apr 21	Jun 16	Sat	9:00am C	33982
Jun 12	Jun 22	T, W, Th, F	4:00pm C	33983

Swim Kids 9 (6 – 12 years) – 60 min. \$57.60 member / \$64 non-member				
Class Date		Days	Time	Code
Apr 18	Jun 6	Wed	1:00pm C	33984
Apr 19	Jun 7	Thurs	5:00pm C	33985
Apr 21	Jun 16	Sat	9:00am C	33986
Jun 12	Jun 22	T, W, Th, F	4:00pm C	33987

**Swim Kids 10 (6 – 12 years) – 60 min.**  
**\$57.60 member / \$64 non-member**

Class Date		Days	Time	Code
Apr 18	Jun 6	Wed	1:00pm C	33988
Apr 19	Jun 7	Thurs	5:00pm C	33989
Apr 21	Jun 16	Sat	9:00am C	33990
Jun 12	Jun 22	T, W, Th, F	4:00pm C	33991

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

Class Date		Days	Time	Code
Apr 21	Jun 16	Sat	10:00am	33993

**Adult Stroke Improvement (13+ years) – 60 min.**  
**\$56.07 member / \$62.30 non-member**

Class Date		Days	Time	Code
Apr 19	Jun 7	Thurs	9:00pm	33992

**Private Lessons (6+ years) – 30 min.**  
**\$28.35 member / \$31.50 non-member**

Class Date	Days	Time	Code
Apr 16	Mon	5:00pm	33995
Apr 23	Mon	5:00pm	33994
Apr 30	Mon	5:00pm	33996
May 7	Mon	5:00pm	33997
May 14	Mon	5:00pm	33998
May 28	Mon	5:00pm	33999
Jun 4	Mon	5:00pm	34000
Jun 11	Mon	5:00pm	34001
Apr 17	Tues	5:45pm	34002
Apr 24	Tues	5:45pm	34003
May 1	Tues	5:45pm	34004
May 8	Tues	5:45pm	34005
May 15	Tues	5:45pm	34006
May 22	Tues	5:45pm	34007
May 29	Tues	5:45pm	34008
Jun 5	Tues	5:45pm	34009
Apr 19	Thurs	4:45pm	34010
Apr 26	Thurs	4:45pm	34011
May 3	Thurs	4:45pm	34012
May 10	Thurs	4:45pm	34013
May 17	Thurs	4:45pm	34014

**Private Lessons (6+ years) – 30 min.**  
**\$28.35 member / \$31.50 non-member**

May 24	Thurs	4:45pm	34015
May 31	Thurs	4:45pm	34016
Jun 7	Thurs	4:45pm	34017
Apr 21	Sat	9:30am	34018
Apr 28	Sat	9:30am	34019
May 5	Sat	9:30am	34020
May 12	Sat	9:30am	34021
May 26	Sat	9:30am	34022
Jun 2	Sat	9:30am	34023
Jun 9	Sat	9:30am	34024
Jun 16	Sat	9:30am	34025
Jun 12	Tues	6:00pm	34026
Jun 13	Wed	6:00pm	34027
Jun 14	Thurs	6:00pm	34028
Jun 15	Fri	6:00pm	34029
Jun 19	Tues	6:00pm	34030
Jun 20	Wed	6:00pm	34031
Jun 21	Thurs	6:00pm	34032
Jun 22	Fri	6:00pm	34033



## ■ Aquatic Leadership Courses

Registration is being accepted for 2018 aquatic leadership courses. Visit [Leduc.ca/getcertified](http://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
July 16 - 20	Mon - Fri	9 a.m. - 5 p.m.	TBD

**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
Aug. 13 - 17	Mon. - Fri.	8 a.m. - 5 p.m.	TBD

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
May 12	Sat.	1 - 6 p.m.	33691

### Red Cross Lifeguard Preparation Course \$75



Transfer from Bronze Cross

Date	Day	Time	Code
May 13	Sun.	9 a.m. - 3 p.m.	33692

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) **FREE**



Date	Day	Time	Code
May 26, 27 & Jun. 2, 3	Sat. / Sun.	9 a.m. - 5 p.m.	33693

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) **FREE**



Date	Day	Time	Code
July 9 - 13	Mon. - Fri.	8 a.m. - 5 p.m.	TBD

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
Apr. 8	Sun.	8 a.m. - 2 p.m.	33686
July 20	Fri.	9 a.m. - 3 p.m.	TBD

## 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
Apr. 29	Sun.	9 a.m. - 3 p.m.	33234
July 9	Mon.	9 a.m. - 3 p.m.	TBD

### 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 36.

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



Date	Day	Time	Code
Apr. 29	Sun.	9 a.m. - 3 p.m.	33234
July 9	Mon.	9 a.m. - 3 p.m.	TBD

## AquaFit is taking a break!

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

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



## Indoor Aquatic Fitness Programs April 3 – June 29

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

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Main Pool	AquaFit - Shallow 8 – 8:50 a.m.	AquaFit - Deep 8 – 8:50 a.m.	AquaFit - Shallow 8 – 8:50 a.m.	AquaFit - Deep 8 – 8:50 a.m.	AquaFit - Shallow 8 – 8:50 a.m.
Main Pool		AquaFit - Seniors 11 – 11:45 a.m.		AquaFit - Seniors 11 – 11:45 a.m.	<b>Remember</b> – morning AquaFit moves to 8 am starting April 3
Leisure Lane Pool			 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 (indoor pool) and 25 participants (outdoor pool)*

### AquaFit – Deep water *Drop-in*

Exercise in deep water provides virtually zero impact on your bones and joints 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
Apr. 17 - Jun. 8	Tues.	8 – 8:45 p.m.	\$150	33694
		9 – 9:45 p.m.	\$150	33695

# ALEXANDRA OUTDOOR POOL & SPRAY PARK

## General Information

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

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



### Alexandra Outdoor Pool Admission Rates

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

### Spray Park Admission Rates

-- FREE --

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

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

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

## Spray Park Schedule

May 19 – June 30

Spray Park	May 19 – June 30
Daily	10 a.m. – 8 p.m.

### Tips Before you Play

#### Check the weather

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

#### Toilet-training?

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

#### Change Facility

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

#### Food Options

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

#### Don't Forget!

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



## Youth Summer Membership Special!

Just \$25/month  
for July and August



## Outdoor Pool Spring Schedule

May 19 – Jun. 2						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public Swim noon - 5 p.m.	Lap Swim noon - 12:50 p.m.		Lap Swim noon - 12:50 p.m.		Lap Swim noon - 12:50 p.m.	Public Swim noon - 5 p.m.
Rental 5 - 7 p.m.	Rental 1 - 3 p.m.		Rental 1 - 3 p.m.		Rental 1 - 3 p.m.	Rental 1 - 3 p.m.
	Family Swim 3 - 4 p.m.		Family Swim 3 - 4 p.m.		Family Swim 3 - 4 p.m.	
Public Swim 7 - 9 p.m.	Public Swim 4 - 9 p.m.	Public Swim 4 - 9 p.m.	Public Swim 4 - 9 p.m.	Public Swim 4 - 9 p.m.	Public Swim 4 - 8 p.m.	Public Swim 7 - 9 p.m.
					Rental 8 - 9 p.m.	

\*May 21 Stat Holiday Hours: Public Swim 10 a.m. - 6 p.m.

Jun. 3 – 27						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim 10 - 11 a.m.	Family Swim 10 - 11 a.m.	Rental 10 a.m. - noon	Family Swim 10 - 11 a.m.	Rental 10 a.m. - noon	Family Swim 10 - 11 a.m.	Lane Swim 10 - 11 a.m.
Public Swim 11 a.m. - 5 p.m.	AquaFit 11 a.m. - noon		AquaFit 11 a.m. - noon		AquaFit 11 a.m. - noon	AquaFit 11 a.m. - noon
	Lap Swim noon - 1 p.m.	AquaFit noon - 1 p.m.	Lap Swim noon - 1 p.m.	AquaFit noon - 1 p.m.	Lap Swim noon - 1 p.m.	
	Rental 1 - 3 p.m.	Rental 1 - 3 p.m.	Rental 1 - 3 p.m.	Rental 1 - 3 p.m.	Rental 1 - 3 p.m.	Rental 1 - 3 p.m.
	Family Swim 3 - 4 p.m.	Family Swim 3 - 4 p.m.	Family Swim 3 - 4 p.m.	Family Swim 3 - 4 p.m.	Family Swim 3 - 4 p.m.	
Rental 5 - 7 p.m.	Public Swim 4 - 9 p.m.	Public Swim 4 - 9 p.m.	Public Swim 4 - 9 p.m.	Public Swim 4 - 9 p.m.	Public Swim 4 - 9 p.m.	Rental 5 - 7 p.m.
Public Swim 7 - 9 p.m.			Rental 8 - 9 p.m.		Rental 8 - 9 p.m.	Public Swim 7 - 9 p.m.



June 28 & 29 - Celebrate the first days of summer vacation by joining us for special public swims from 1:00 - 4:00 p.m.

\* June 6: Public Swim 2 - 8 p.m.

\* June 30: Summer hours begin, see summer edition of the City Guide

## ■ Booking Rates

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

	Hourly Rates
1 – 30 swimmers	\$80
31 – 75 swimmers	\$110
76 – 150 swimmers	\$140
151 – 200 swimmers	\$170
201 – 240 swimmers	\$200

\*Refer to schedule on page 42 for rental times

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

### What does this package get you?

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

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



## Outdoor Pool AquaFit Cancellation Policy

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

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

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

## ■ Outdoor Aquatic Fitness

### AquaFit – Shallow Water *Drop-in*

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

\*Maximum of 30 participants

Outdoor Pool: May 19 – Jun. 2				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>NEW</b> Lap Swim noon - 12:50 p.m.		<b>NEW</b> Lap Swim noon - 12:50 p.m.		<b>NEW</b> Lap Swim noon - 12:50 p.m.

Outdoor Pool: June 3 – 27				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>NEW</b> AquaFit 11 a.m. - noon	AquaFit noon - 1 p.m.	<b>NEW</b> AquaFit 11 a.m. - noon	AquaFit noon - 1 p.m.	<b>NEW</b> AquaFit 11 a.m. - noon

■ Drop-in program ■ Registered Program

## 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 our drop-in schedules on page 46-47 or at [Leduc.ca/LRC](http://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

*April 1 – June 30, 2018*

### 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.

### Floor Hockey

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

### Football

Pass a ball between friends, or play some flag football during this drop-in time slot.

### Lawn Games

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

### Pickleball

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

### Soccer

Practice on passing the ball, shooting on net, and 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

*April 1 – June 30, 2018*

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](http://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 24 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*

- **April 20 - Nature Nut Day** – Celebrate Earth Day on the ice dressed as your favorite critter or nature adventurer to win prizes and snacks!
- **May 18 - May Long Weekend Kick Off** – With summer just around the corner, bring your appetite to public skate to enjoy some BBQ style snacks!
- **June 15 - End of School Skate** – Celebrate the end of the school year with a party on the ice! There will be music, prizes, and treats for all who attend.

*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 46 - 47 for all arena and field house drop-in opportunity times.

# DROP-IN SCHEDULES

## ■ Field House Drop-in Opportunities April 1 – June 30, 2018

The Saturday/Sunday schedule is for May and June only. For the April weekend drop-in schedule, visit [Leduc.ca/LRC](http://Leduc.ca/LRC)

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Badminton		8 am - 4:30 pm	3 - 6:30 pm	8 am - 4:30 pm	3 - 8 pm	8 am - 1 pm	10 am - 3 pm
Basketball	noon - 9 pm 9 - 10 pm*	8 am - 9 pm 9 - 10 pm*	noon - 9 pm 9 - 10 pm*	8 am - 9 pm 9 - 10 pm*	noon - 9 pm 9 - 10 pm*	8 am - 9 pm	8 am - 9 pm
Floor Hockey	8 - 9 pm	3 - 4:30 pm 4:30 - 9 pm (May/June) 9 - 10 pm		3 - 9 pm 9 - 10 pm*		4 - 6 pm	
Football						7 - 9 pm	4 - 6 pm
Healthy Hearts**					3 - 4:30 pm Soccer		
Lawn Games		8 - 11:45 am		8 - 11:45 am			
<b>MNP Kicks for Kids***</b>		Badminton Basketball Floor Hockey Volleyball 3 - 4:30 pm		Badminton Basketball Floor Hockey Soccer Volleyball 3 - 4:30 pm			
Pickleball	8 am - 2:30 pm		8 am - 2:30 pm 7 - 9 pm 9 - 10 pm*		8 am - 2:30 pm		3:30 - 9 pm
Soccer	noon - 1 pm 3 - 4:30 pm 7 - 9 pm (May/June) 9 - 10 pm*	noon - 1 pm 3 - 4:30 pm 9 - 10 pm*	noon - 1 pm 3 - 4:30 pm 9 - 10 pm*	noon - 1 pm 3 - 4:30 pm 9 - 10 pm*	noon - 1 pm 3 - 4:30 pm 7 - 9 pm 9 - 10 pm*	11 am - 1 pm 3 - 7 pm	11 am - 1:30 pm
Table Tennis		8 - 11:45 am	3 - 6:30 pm	8 - 11:45 am	3 - 8 pm	8 am - 1 pm	10 am - 3 pm
Volleyball	3 - 5:30 pm	1 - 4:30 pm		3 - 4:30 pm 4:30 - 9 pm (May/June) 9 - 10 pm*		1 - 3:30 pm	6 - 9 pm

### \* 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/LRC](http://www.leduc.ca/LRC) for up to date modifications.



\*\*Sponsored by Healthy 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.



# DROP-IN SCHEDULES

## ■ Arena Drop-In Opportunities April 1 – June 30, 2018

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Skate (18+)	10:30 - 11:30 am		10:30 - 11:30 am		10:30 - 11:30 am		
Family Skate							1 - 3 pm
Preschool Skate		10:30 - 11:30 am		10:30 - 11:30 am			
Public Skate	1:30 - 3:30 pm	1:30 - 3:30 pm	1:30 - 3:30 pm 7 - 8:30 pm	1:30 - 3:30 pm	1:30 - 3:30 pm 7 - 8:30 pm	1 - 3 pm	
Adult Shinny (18+)	11:45 am - 1:15 pm 9 - 10 pm	11:45 am - 1:15 pm 9 - 10 pm	11:45 am - 1:15 pm	11:45 am - 1:15 pm 9 - 10 pm	6 - 7:15 am 11:45 am - 1:15 pm 9 - 10 pm		
Adult Stick and Puck (18+)			9 - 10 pm			9 - 10 pm	
Adult/Child Stick and Puck						3:15 - 4:15 pm	
Family Stick and Puck					4:30 - 5:30 pm		3:15 - 4:15 pm

All skaters 12-years-old and under are required to wear a CSA approved helmet while participating in our arena opportunities, please see pages 44 - 45 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](http://www.leduc.ca/LRC) for up to date modifications.

See leisure activity description and equipment needs for each opportunity on pages 44 - 45.

## 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. **Disconnect to Connect launches February 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 780-980-7109.

#### 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 and Individual 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.

What would be some reasons you may call Family and Community Support Services for one-on-one supports:

- You're interested in finding more information on affordable counseling and Recreation Subsidy
- You have a child between the ages of 6-18 and you're looking for support or resources on parenting and/or direct supports for your child
- 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.

### 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 [ecmap.ca](http://ecmap.ca).

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

If you would like to learn more about the Leduc Regional Early Childhood Coalition, please visit [iamgrowingup.ca](http://iamgrowingup.ca). If you have any questions about the EDI, ECMap or the five developmental domains and our programming, please contact the FCSS or Recreation offices at 780-980-7177.

## Bullying Prevention

National Anti-Bullying Day or National Pink Shirt Day is on February 28, 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 to get involved in Leduc.

### Children in Change and Co-Parenting

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

#### Co-parenting:

A FREE 1-day workshop meant for individuals who are co-parenting with an ex-partner and would like to learn new skills.

#### Children in Change:

This program is designed for kids aged 6-12. The intent of the group is to allow children to safely share their experiences and feelings regarding separation and divorce through play and activities. Please be advised that there is a required intake process for this program prior to registration.

Please call 780-980-7109 for 2018 dates.

### 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 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
- Homemaking services
- Meals on Wheels

## 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.

## Elder Abuse

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

If you have any questions or concerns about elder abuse, please call the Seniors Abuse Help Line at 780-454-8888 (24-hour line).

## ■ Social Development

### Leduc Interagency Session

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

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

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](mailto:twhite@leduc.ca)



## Meet your Neighbours!

As part of the Good Neighbour initiative, FCSS is looking to pilot Meet your Neighbours, an event designed to get people to meet their neighbours in a casual, fun atmosphere.

Dates & Locations TBD. Visit [www.leduc.ca/yaybour](http://www.leduc.ca/yaybour) for more information.

## Canadian Red Cross – Volunteer Recruitment Information Night

The City of Leduc has partnered with the Canadian Red Cross to recruit and train local volunteers to join the personal disaster assistance and emergency response teams in the disaster management program. Canadian Red Cross volunteers may be called upon to assist individuals and families impacted by a disaster at the household level such as a fire or flood, or a larger scale disaster with impacts on the wider community.

To raise awareness around this volunteer opportunity and the Canadian Red Cross' recruitment process, Leduc and area residents are invited to attend the Canadian Red Cross – Volunteer Recruitment Information Night, which will be held on Wednesday, March 21 at the Leduc Public Library from 6:30 – 8 p.m. Registration will be required.

To register, residents can call 780-980-7109.

# Volunteer Leduc

[Leduc.ca/volunteers](http://Leduc.ca/volunteers)
☎ 780-980-7177  
✉ [volunteer@leduc.ca](mailto: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](http://volunteer.leduc.ca), call 780-980-7177 or email [volunteer@leduc.ca](mailto:volunteer@leduc.ca)

### National Volunteer Week is April 15 - 21, 2018.

Its time to recognize volunteers and celebrate the power of volunteerism in our community. Thank you Leduc!

Vibrant communities require people in business, government, community, and non-profit organizations working together. At the heart of any community are people volunteering. You can transform your life, the lives of others, and your entire community by volunteering.

For more information visit [www.leduc.ca/volunteers](http://www.leduc.ca/volunteers)

# ENVIRONMENT



## ■ Eco Station – helping you **SORT SMARTER** (6102 – 46 Street, Leduc)

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

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

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

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

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

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

Check out [leduc.ca](http://leduc.ca) for hours and details about loads from Leduc businesses.

### Toxic roundup – a sorting success!

Leduc residents dropped off 2.55 tonnes of electronic waste and 9,562 litres of household hazardous waste at the 2017 Toxic Roundup.



## ■ Sort Smarter downtown and at selected transit stops



Building on the success of the three-stream curbside collection and the red two-stream sorting receptacles located on Leduc's walkways, the city recently installed convenient three-stream sorting stations throughout downtown and at selected transit stops for:

#### Litter

- Plastic bags
- Wrappers
- Chip bags

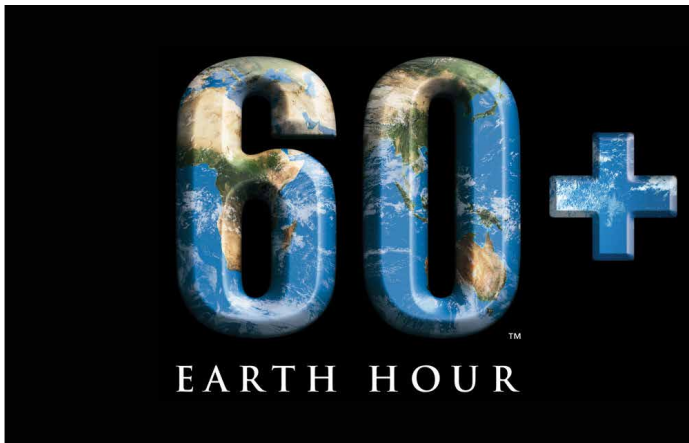
#### Recyclables

- Cardboard
- Paper
- Drink containers

#### Compost

- Food scraps
- Soiled tissues
- Soiled cardboard and paper

So when you are strolling downtown or waiting for a bus – don't toss it – **SORT then toss!**



## ■ Mark your calendar – Earth Hour March 24, 2018

Each year people around the world are invited to turn off their lights from 8:30 to 9:30 p.m. local time. Last year Leduc residents and businesses joined 187 countries and territories as they switched off for climate change.

This year we hope to have even more people participate. So mark your calendar and switch off on Saturday, March 24 from 8:30 to 9:30 p.m. Check out [Leduc.ca](http://Leduc.ca) for details.



## UPCOMING EVENTS

### Spring Community Information Registration Day and Social Services Resource Fair

- February 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](mailto:cisaac@leduc.ca) or call 780-980-7177.

**NO Plastic bags**  
*in your green carts - even thin ones.*

**Sort Smarter**  
All plastic bags go in  
your **black** cart.

Eco-smart Hotline: 780-980-7107  
E-mail: [ecosmart@Leduc.ca](mailto:ecosmart@Leduc.ca)

PARTNERING with *nature*

**CURL 4 CANADA**  
2018 CHAMPIONSHIPS

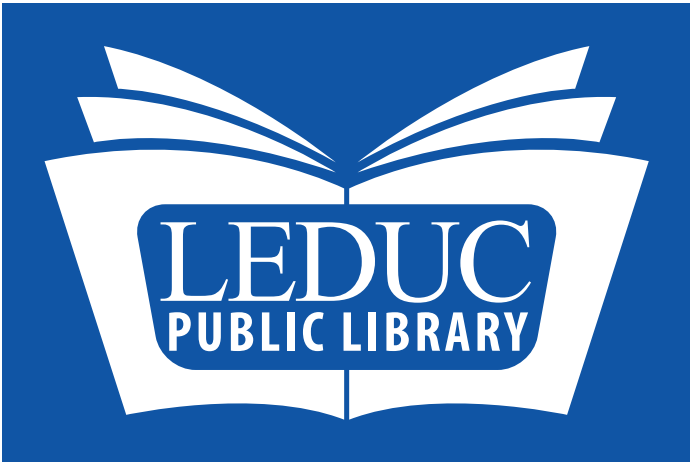
- 2018 USPORTS/CURLING CANADA UNIVERSITY CHAMPIONSHIPS
- 2018 CCAA/CURLING CANADA CHAMPIONSHIPS (COLLEGE)
- 2018 CANADIAN WHEELCHAIR CURLING CHAMPIONSHIP
- 2018 CANADIAN MIXED DOUBLES CHAMPIONSHIP

**MARCH 24 – APRIL 1, 2018 | LEDUC RECREATION CENTRE**

**BE A PART OF SOMETHING BIG.**  
VOLUNTEER TODAY AT [CURLING.CA/CHAMPIONSHIPS](http://CURLING.CA/CHAMPIONSHIPS)

PROUDLY PRESENTED BY

**CITY OF Leduc** | **Experience Leduc**  
SPORT TOURISM



www.LeducLibrary.ca | 780-986-2637 | #2 Alexandra Park

## ■ Preschool Programs

Sessions run from March 5 – 22 and April 9 – May 9

### Baby Laptime – Drop-in

Ages up to 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 – Drop-in

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 – Drop-in

Ages 0 – 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 – Drop-in

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 – Drop-in



All ages

Join us in the children's area for fun interactive stories by Miss Cindy & Miss Rhonda.

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

### St. Patrick's Day Themed Preschool Programming

Monday, March 12 to Thursday, March 15

Join us all week for any preschool program listed above and enjoy St. Patrick themed fun! Wear your green and bring your imagination. You may spot a leprechaun and grab some of his luck.

### 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 April 10 to May 22	1 - 2:15 p.m.

*This is a non-parented program, but a caregiver must be present in the library. Please note: Each child may 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! In partnership with the Leduc Regional Parent Link Centre.

Date	Time
Monday, March 19, April 23, & May 28	10 a.m. - noon



## Mother's Day Tea – Registered *Ages 3 – 5 years*

Spend some special time with your little one making memories, reading stories, creating keepsakes and sharing tea and treats. Please note: Morning and afternoon programs are the same. Please sign up for only one timeslot.

Date	Time
Thursday, May 10	10:15 – noon & 1 – 2:15 p.m.

## Children's Programs

### Pokémon – Drop-in *Ages 8 – 12 years*

Hang out with other Pokémon collectors, play some activities and trade fairly.

Date	Time
Thursday, March 22, April 26, May 17	6:30 – 7:30 p.m.

### Early Dismissal Fun – Drop-in *All school ages*

LEGO, crafting, video games, VR, board games, etc. Bring your friends and enjoy some free time in our library program room, settle in and catch up on individual or group homework.

Date	Time
Wednesday, March 7, April 4, May 2	3 – 4:30 p.m.

### Comic Creations – Registered *Ages 7 – 12 years*

Learn about comics, create your own and share with others. We will have snacks and some comics for you to take home.

Date	Time
Friday, March 23	1 – 3 p.m.

### Painting on Big Paper – Registered

*Ages 5 – 12 years*

We supply everything you need. Just bring your imagination and be prepared to get messy.

Date	Time
Friday, April 20	10 – 11:30 a.m.

### Garden Growers – Registered *Ages 5 – 10 years*

We will read some stories, play some games and explore interactive stations learning about gardening, seeds and the bugs we find in them. Things will get messy/dirty!

Date	Time
Friday, May 18	2 – 3 p.m.

## Family Programs

### Exploratory Saturdays – Drop-in *Ages 8 & up*

Different options for you to explore every week at multiple interactive stations such as: coding, crafting, mind puzzles, LEGO and so much more.

Date
Saturdays until April 14

### Free Style Crafts – Drop-in *All ages*

We will supply the materials, you bring your creativity and work at your own pace anytime throughout the day.

Date	Time
Monday, March 26, April 16, May 14	All Day

### Easter Colouring Contest *Ages 3 – the young at heart*

We have 5 age categories and 5 awesome prizes to be won. Drop-by and pick-up your sheet to be coloured and we will display your fancy colouring in the library.

Date
March 19 – 27

### Spring Break Programs *All school ages*

We will have our program room open for different drop-in activities throughout each day. Drop by and use your imagination to turn a large cardboard box into a soaring spaceship, quaint house or rumbling train. Another day the room will be full of craft stations for all ages. We will also set aside a day for our popular STEAM activities during special exploratory day. Keep your eye on our website or pick up our soon-to-be released spring guide for dates and details.

Date	Time
March 26 – 29	11 a.m. – 3 p.m.

### Escape Book Club for Caregivers – Registered

Come and discuss a book with your peers while your children over the age of 1 are entertained and supervised by library staff close by.

Date	Time
Wednesday, March 21, April 18, May 23, and June 20	1 – 2:15 p.m.

## ■ Teen Programs

### Teen Toastmasters – Registered *Ages 13 – 18 years*

Conducted by the Leduc Toastmasters club, the goal is to help young people build their communication and leadership skills. At the end of 8 weeks, participants will receive a certificate of completion to help build their resume and university/college applications.

Date	Time
Thursdays March 1 – April 19	6:30 – 8 p.m.

### Teen Resume Preparation – Registered

*Ages 15 – 18 years*

Will you be looking for your first job this summer? Let us help you get a good start in creating a solid resume and understanding how to write a strong cover letter. We will also go over some tips on how to submit a resume and present yourself in an interview.

Date	Time
Thursday, May 24	6:30 – 7:30 p.m.

### Painting on Big Paper – Registered

*Ages 13 – 19 years*

We supply everything you need, just bring your imagination and be prepared to get messy.

Date	Time
Friday, April 20	2 – 4 p.m.

### Teen Takeover – Registered *Ages 12 – 18 years*

Pizza, YouTube, Xbox, Wii, games, nerf wars and more! Bring your friends and rule the library after hours.

Date	Time
Friday, April 13	6 – 9 p.m.

*Registration closes April 12 at 9 p.m. You must be registered to be allowed entry.*

## ■ Adult Programs

### Protecting your Online Privacy – Registered

Learn who is collecting information about you online and how you can protect your identity.

Date	Time
Wednesday, March 14	5 – 8 p.m.

### Adult Colouring – Drop-in

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

Date	Time
Wednesday, March 21, April 18, May 16	7 – 8 p.m.

### Movie Night – Registered

Come to the library and watch the timeless classic, Casablanca. Snacks will be provided!

Date	Time
Wednesday, April 11	6:30 – 8:30 p.m.

### Let's Get Craftin' – Drop-in

Learn how to make your own luxurious bath bombs!

Date	Time
Wednesday, April 25	6:30 – 8:30 p.m.

### How to Camp with Parks Canada – Registered

Learn how to plan safe and enjoyable camping trips in 2018.

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

Registration for Library programs will begin February 23 on our website at [www.leduclibrary.ca](http://www.leduclibrary.ca).





## ■ Leduc Adult Learning

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

Spring classes include:

### Conversational English

Date	Time
Tuesdays, March 6 – June 19	6:30 – 8 p.m.

### English Language Learning

Date	Time
Thursdays, March 1 – June 21	6:30 - 8:30 p.m.

For more information about these or other LAL learning opportunities visit [www.leducadulthoodlearning.ca](http://www.leducadulthoodlearning.ca)

Or contact us at [learn@leducadulthoodlearning.ca](mailto:learn@leducadulthoodlearning.ca) 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)

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Learn more at [liveinmeadowview.com](http://liveinmeadowview.com)

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Morton the Magician:  
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 a play by  
 SHELDON  
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Feb. 18



HANK WILLIAMS  
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Feb. 20



CHRIS BUCK BAND

Feb. 23



DUFFLE BAG THEATRE  
 presents  
 ROBIN HOOD

March 11



THE TRAVELLING  
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March 23

2017/2018 SEASON  
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Alberta  
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# West Haven Park

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**FOR FRONT ATTACHED LOT PRICING**

[WestHavenPark.ca](http://WestHavenPark.ca) | **MELCOR**

\*Melcor will have final builder approval.

**LIVE CLOSE TO WHAT MATTERS MOST.**





## 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](mailto:info@leducfoundation.ca) Website: [www.leducfoundation.ca](http://www.leducfoundation.ca)

# 2018

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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](mailto: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



## 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](http://Leduc.ca/firesurvey)



OUR FAMILY PROTECTING YOURS

## MORE INFORMATION



@LeducFire



/LeducFireServices

## 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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