



CITY GUIDE

..... SPRING 2019

PROGRAMS

ACTIVITIES

SCHEDULES

EVENTS

SERVICES



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



PETROLEUM



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DO *your* THING at the

Spring 2019 Events & Deals

- **Nutrition Month 2019 (March):** Celebrate Nutrition Month at the LRC. We will have special recipes, nutrition talks, information sessions, prizes and more!
- **Spring 50/50 Challenge (April – June, 2019):** Our Spring 50/50 Challenge is back and it is bigger than ever! Challenge yourself to be active for at least 50 days out of 65 and you could win a ton of great prizes. We have a youth and adult category, and we are excited to announce what our Grand Prize is this year. Stay tuned for more information.
- **Senior's Week (June 3 – 9, 2019):** 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 2019):** Join us as we celebrate all of the amazing parks, green spaces, and recreational activities offered in our community.

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

For membership information, including corporate rates, or to book a tour of our facility, please contact the Marketing & Communications Specialist at 780-980-1556.

Major Events at the LRC this Spring

- Gary Tremblay Memorial Hockey Tournament (Feb 17 – 18, 2019)
- Alberta Boxing Provincials (March 9 – 11, 2019)
- Paralympic Sports Sledge (March 29 – 31, 2019)

We are proud to be the host venue for these upcoming events. Please note that this means changes to our drop-in leisure schedule on these dates. Visit Live.Leduc.ca or call 780-980-7120 to learn about the drop-in schedule changes.



The LRC is Celebrating 10 Years in the Community

The Leduc Recreation Centre opened its doors to the City of Leduc community in 2009. We are incredibly proud to celebrate our upcoming 10 year anniversary with all of our residents and LRC Members in 2019.

To commemorate this milestone, we have a lot of exciting events, challenges, activities, and giveaways planned throughout the year with a special celebration planned on September 29, 2019. This will include free facility access to all of the amenities within the Leduc Recreation Centre, a 1 km, 5km & 10km community run on the multi-way trails in Lede Park, contests, and more!

We invite all of our City of Leduc residents and LRC Members to keep an eye out on our website at Leduc.ca/LRC and to follow us on facebook for all upcoming event dates and details. We hope that you will celebrate this milestone with us and we want to thank you for your continued support.





Live Leduc

MOBILE APP

We are so excited to be launching the **Live Leduc mobile app** here at the Leduc Recreation Centre in 2019! The Live Leduc app will allow members to access classes, view holiday hours, receive amenity closure notifications, and more right at their fingertips.

What you need to know:

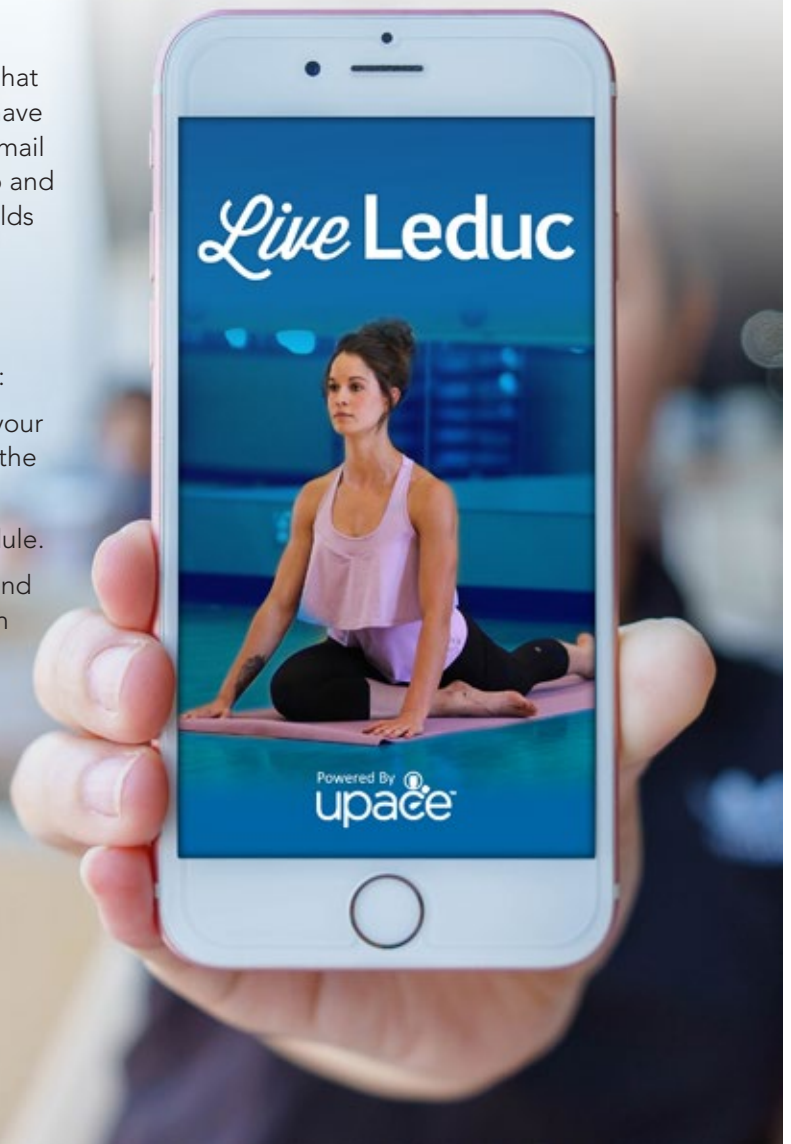
To get the most use out of our new app, we ask that you check with Guest Services to make sure we have the correct email address in your account. This email address will be your login for the Live Leduc App and will ensure you can view all of your family and child's program information right on your phone.

App Features:

With our Live Leduc App you will now be able to:

- Have your membership card located right on your phone. Use it to check-in at Guest Services or the Fitness Desk!
- Access to a real-time group fitness class schedule.
- Keep a list of your favorite classes, programs and share them with others and view public drop-in schedules
- Receive notifications on amenity closures, program cancellations & class reminders.
- And much more!

Visit Guest Services to provide your email address and stay tuned for our official launch date!





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

■ Welcome to the LRC

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

LRC MEMBERSHIP OPTIONS *Matinee Membership only valid Mon. – Fri. between 1 – 4 p.m.*

	Monthly Pass	Continuous Membership	Annual Membership	Matinee Monthly Pass	Matinee Annual Membership
Adult (18 – 59 years)	\$56.60	\$49.00	\$538.40	\$40.40	\$403.70
Adult Additional	\$46.15	\$40.00	\$439.60	N/A	N/A
Post-Secondary Student (18+ years)*	\$37.75	N/A	\$358.95	N/A	N/A
Youth (8 – 17 years)	\$37.75	\$32.65	\$358.95	N/A	N/A
Youth Additional (when added to adult pass)	\$19.65	\$17.10	\$187.25	N/A	N/A
Child (3 – 7 years)	\$26.50	\$22.95	\$252.30	N/A	N/A
Child Additional (when added to adult pass)	\$15.30	\$13.25	\$145.65	N/A	N/A
Pre-School (2 and under)	FREE	FREE	FREE	FREE	FREE
Senior (60 – 74 years)	\$37.75	\$32.65	\$358.95	N/A	N/A
NEW Active Afternoon Senior (60+ years)**	FREE	FREE	FREE	FREE	FREE
Senior Additional (when added to adult or senior pass)	\$33.90	\$29.35	\$322.50	N/A	N/A
Senior Plus (now available for 75+ years)	FREE	FREE	FREE	FREE	FREE

* Must show valid student ID for the post secondary membership.

**Active Afternoon Senior membership facility access only available Mon. – Fri. between noon – 4 p.m.

SINGLE VISIT / FLEX PASS

	Single Visit Admissions	Flex Pass (10 Admissions)
Adult (18 – 59 years)	\$9.00	\$81.00
Youth (8 – 17 years)	\$6.00	\$54.00
Child (3 – 7 years)	\$4.25	\$38.00
Pre-School (2 and under)	--- FREE ---	
Senior (60 – 74 years)	\$6.00	\$54.00
Senior Plus (75+ years)	--- FREE ---	
Family**	\$20.50	\$185.00

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

SENIOR'S *Active* AFTERNOONS

Are you 60+? Are you looking to get more active?

Now receive **FREE** access to the Leduc Recreation Centre

Monday – Friday | Noon – 4 p.m.



For more information, visit Guest Services or call 780-980-7120.

DO *your* **THING.**



■ Hours of Operation

	Weekdays		Weekends		Statutory Holidays
Fitness Centre and Track	Mon. – Fri.	5 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	
Aquatic Centre	Please see page 27 for the detailed aquatic centre hours.				
Guest Services	Mon. – Fri.	8 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	10 a.m. – 8 p.m. Family Day (Feb. 18)
Field House	Mon. – Thurs. Fri.	8 a.m. – 10 p.m. 8 a.m. – 9 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	11 a.m. – 5 p.m. Good Friday (Apr. 19)
Indoor Playground	Mon. – Fri.	9 a.m. – 8 p.m.	Sat. & Sun.	9 a.m. – 8 p.m.	10 a.m. – 8 p.m. Easter Monday (Apr. 22)
Child Minding Centre	Please see page 10 for Child Minding Hours. Child Minding is closed on Statutory Holidays.				

■ Facility Information

Introducing Group Membership

Let's get fit together!

Grab your friends and family or co-workers* and sign up for our Group Membership today.

Save 20% on your annual membership to the Leduc Recreation Centre.

Visit Guest Services, Leduc.ca/LRC/groupmembership or call 780-980-7120 for more information.

**Must have a minimum of 10 people in your group to qualify for the discount. Applicable to annual Adult, senior or youth memberships only. Group discount cannot be combined with any other offer or discount.*



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 the 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.

OH NO...

We cancelled the program!

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



■ Spring 2019 Registration

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 – March 5, 2019

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

General Registration – March 12, 2018

All registered recreation, fitness, and education programs.

Public Registration

Online 10 a.m.

In-person / phone 5 p.m.

Aquatic Registration – March 7, 2019

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

General Registration – March 14, 2019

All registered recreation, fitness, and education programs.

Registration Options

We offer 3 different ways for you to register for a LRC program.

Online	Visit Live.Leduc.ca and login to our new Live Leduc Online Portal. After you have logged-in, find the courses you would like to register for or type in the barcode and follow the registration instructions online. We suggest confirming your email address with our Guest Services Team to ensure your LRC Account and Live Leduc Account are properly linked.
In-person	Stop by the Guest Services desk at the Leduc Recreation Centre during regular hours of operation. Our address is 4330 Black Gold Drive, Leduc.
By phone	Call our Guest Services Team at 780-980-7120 during regular hours of operation.

Live Leduc Online Portal

Registration time is busy! Make sure to plan ahead.

Are you interested in registering your child in a LRC program but you are new to Leduc? Or has your family unit changed? Make sure to contact Guest Services at 780-980-7120 prior to online registration so we can add your family members to your LRC Account. This will ensure you are prepared for online registration day. Visit Live.Leduc.ca to register for our LRC program online.

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:

- Program withdrawals must be completed in person or over the phone by calling Guest Services at 780-980-7120.
- **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. Account credits cannot be used when registering online. Can be used only in-person or over the phone.
- **City cancelled programs** 100% refund, pro-rated refund or an account credit.
- **Patron withdrawal prior to 7 days:** If withdrawing more than 7 days before the course start date, a full refund will be issued with no administrative fee applied.
- **Patron withdrawal within 7 days:** If withdrawing within 7 days to the course start date, refunds will not be granted, however, a credit will be placed on the

account and a \$10 administrative fee will be applied. May transfer to another program within the same session with no penalty where possible. For specialty courses, an applicable admin fee will be applied with the amount indicated in the course description.

- **Patron withdrawal after course start date:** If you are withdrawing from a course after the course start date refunds will not be granted and a prorated credit will be placed on the account along with a \$10 administrative fee. For specialty courses, an applicable admin fee will be applied with the amount indicated in the course description.
- **Medical/Relocation withdrawal:** Refund requests due to medical reasons must be accompanied by a Doctor's Certificate. The amount of the refund will be prorated based on the remaining classes on the date indicated in the medical slip. For relocation, a proof of new address will be requested. No administrative fee will be applied.

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



■ Registered Program Information

General Information

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

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



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Program Age and Prerequisite Requirements

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

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

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

Be Prepared

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



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!

- 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.
- 2. Choose your activity or favorite sport. Private or public drop-in, it's your choice!**
 - a. Private options – the sky is the limit! Choose from a variety of options, not limited to, soccer, dodgeball, skating, hockey, basketball, pickleball, and more. Or rent our games bag for a collection of passive games to play.
 - b. Public drop-in use – Avoid waiting in line or head counting day of. We can 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**
 - a. Our Party Host can help you with setting up and taking down the party room and assisting you throughout your booking time with games and activities.
- 4. Then just add your personal touch**

For rates, questions and booking, please contact us for more information: email LRCParties@leduc.ca, 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)

Mon., Tues., Thurs.	8:45 a.m. – 2 p.m.; *5 – 8 p.m.
Wed.	8:45 a.m. – 2 p.m.; 5 – 8 p.m.
Fri.	8:45 a.m. – Noon
Sat.	*8:45 a.m. – Noon
Sun.	CLOSED

*Evenings and Saturdays are pre-book only. See booking below for more details.

Note: If demand is insufficient, 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 **completely** nut free and all children walking **must** have indoor shoes.



Bookings

With the purchase of a child minding pass, parents can **pre-book** child care in advance. For parents participating in a registered, session long program you are encouraged to confirm child minding hours of operation for that session and pre-book your child's spot.

Without a medical certificate, refunds will not be provided for no-shows or withdrawals made within **24 hours** of the booked timeslot.

Note: Booking times in child minding are based on child to adult ratios. Please be mindful of your bookings 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.

NEW Child Minding Fees

AGE	60 Min Member	60 Min Non-Member
2 – 19 months	\$8.00	\$8.80
20 months – 7 years	\$6.00	\$6.60

* Time used will be based on 30-min intervals



Babysitter Referral Service

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

■ Re/Max Indoor Playground

General Information

The ReMax 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:

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



Boot racks are available just outside the door to store your outdoor footwear. Socks are available for purchase at west guest services. Strollers can be parked outside the door.

Please respect the enjoyment of others and the equipment. There are children of various ages occupying the space. The indoor playground is not staffed. 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).

Help keep our indoor playground clean! You can enjoy your snacks and beverages outside the indoor playground at the tables in the lobby.

■ 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.

■ Educational Programs

NEW: Registration for all 2019 First Aid courses is available all year and registration remains open until 1 week prior to course start date.

Canadian Red Cross First Aid Programs

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

Monday/Tuesday	9am – 5pm	Apr 29/30	7030
Thursday/Friday	9am – 5pm	May 23/24	7036
Saturday/Sunday	9am – 5pm	June 15/16	7037
Monday/Tuesday	9am – 5pm	July 29/30	7032
Saturday/Sunday	9am – 5pm	Sep 21/22	7034
Thursday/Friday	9am – 5pm	Nov 7/8	7039

Standard First Aid Re-Certification Course (CPR / AED - Level C) \$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 a printed copy of your **unexpired** certificate with you when you attend.

Monday	9am – 5pm	Apr 8	7031
Monday	9am – 5pm	May 13	7038
Friday	9am – 5pm	Jul 5	7033
Saturday	9am – 5pm	Sep 7	7041
Monday	9am – 5pm	Oct 28	7035
Saturday	9am – 5pm	Dec 14	7040

Red Cross Standard First Aid Instructor Recertification \$200

Monday	9am – 5pm	March 18	7491
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RECREATION PROGRAMS

General Information

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

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

OH NO... We cancelled the program!

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



Developmental Domains



Social Competence



Language & Thinking



Emotional Maturity



Physical Health & Well-being



Communication Skills & General Knowledge

More details on the Developmental Domains is on Page 57.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Safari Troopers 9 – 11 a.m.	Tiny Scientists 9 – 11 a.m.	Little Explorers 9 a.m. – noon	Kitchen Monsters 9 – 11 a.m.	Little Splashers 9 a.m. – noon	Little Explorers 9 a.m. – noon	Red Cross Babysitting Course* 9 a.m. – 4:30 p.m.
	Fresh Air Fun 9 – 11 a.m.	Zooroos 9 – 11 a.m.		Sportball mornings (times vary)	Smartphone Photography* 9:30 a.m. - 4:30 p.m.	Red Cross Stay Safe! Course* 9 a.m. – 3 p.m.
Splash n' Play (M&W) 12:30 – 2:30 p.m.	Splash n' Play (T&TH) 12:30 – 2:30 p.m.	Gym & Swim 12:30 – 2:30 p.m.	Little Explorers 12:30 – 3:30 p.m.	Little Gnomes 12:30 – 2:30 p.m.	Red Cross Stay Safe! Course* 9 a.m. – 3 p.m.	
Little Masterpieces 12:30 - 2:30 p.m.	Wings, Wheels & Whistles 12:30 – 2:30 p.m.	Gran & Me* 1 – 2:30 p.m.		Sportball PD Day Camp* 8:30 a.m. – 4 p.m.	Youth Trip* noon – 5 p.m.	
DANCEPL3Y 4:45 - 5:30 p.m.		Let's Do Brunch* 5:30 – 7:30 p.m.	Kitchen Creations 6 – 7:30 p.m.	Kitchen Monsters 12:30 – 2:30 p.m.	Cake Night* 7 – 9 p.m.	
DANCEPL3Y 5:30 - 6:15 p.m.	Sportball mornings (times vary)			Art Club 4:30 – 6 p.m.		

*One time class, not session long.

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 8 - Mother's Day Craft	Wed.	1	1 - 2:30 p.m.	\$14	7082

Let's Do Brunch 7 – 12 year olds

Bring your budding chef to this hands-on cooking class where together you will learn secrets for creating impressive and scrumptious brunch dishes. With Mother's Day, Father's Day and Easter just around the corner, surprise that special someone using the skills you have learned to make both savoury and sweet dishes that are sure to wow them. For class menu details, go to www.yourkitchencatering.com/cooking-classes.

NOTE: This is NOT an allergy free zone.

Date	Day	#	Time	Cost	Code
Apr. 10	Wed.	1	5:30 - 7:30 p.m.	\$69	7374

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
Apr. 12 - May 24*	Fri.	6	9 - 9:45 a.m.	\$96	7063

*No class Apr. 19, 2019

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
Apr. 12 - May 24*	Fri.	6	9:45 – 10:30 a.m.	\$96	7062
May 14 - Jun. 18	Tues.	6	5:30 - 6:15 p.m.	\$96	7060

*No class Apr. 19, 2019



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

Date	Day	#	Time	Cost	Code
Apr. 8 - May 6*	Mon.	4	9 - 11 a.m.	\$58.20	7055
May 13 - Jun. 10**	Mon.	4	9 - 11 a.m.	\$58.20	7056

*No class Apr. 22, 2019

**No class May 20, 2019

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 13 - Jun. 10	Mon.	4	12:30 - 2:30 p.m.	\$58.20	7079

*No class May 20, 2019

DANCEPL3Y 3–5 year olds



The DANCEPL3Y Preschool program is designed specifically for children ages 3-5 to discover dance in a playful and interACTIVE way through creative story lines and music that MOVES them. Building the foundations for dance through rhythms, fundamental movement skills and playful group formations, young movers discover a love of physical activity as they leap, hop, crawl, turn, spin and jump into their "Bubble of Awesome". All participants must bring a water bottle, wear indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
May 6 - Jun. 10*	Mon.	5	4:45 - 5:30 p.m.	\$80	7373

*No class May 20, 2019

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 1 nut free snack, water bottle, swim suit and towel, wear indoor shoes and be fully toilet-trained.

Date	Day	#	Time	Cost	Code
Apr. 8 - May 6*	Mon. & Wed.	8	12:30-2:30 p.m.	\$136	7054
May 14 - Jun. 6	Tues. & Thurs.	8	12:30-2:30 p.m.	\$136	7073

*No class April 22, 2019

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 1 nut free snack, water bottle, wear indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
Apr. 16 - May 7	Tues.	4	9 - 11 a.m.	\$58.20	7066

Fresh Air Fun! 4–6 year olds



Let's explore the outdoors through adventures, hands on learning and creative play. We will be playing and learning about all the things we can find outdoors and having way too much fun! Drop off and pick up will be at the Lede Park Playground. Please ensure to apply bug spray and sunscreen before drop off and that all of items are in a backpack. Program will run unless weather is unfavourable and an email will be sent. All participants must be fully toilet trained, bring one nut free snack, hat, water bottle, closed toed shoes (no flip flops) and dress to the weather.

NEW

Date	Day	#	Time	Cost	Code
May 14 - Jun. 11	Tues.	5	9 - 11 a.m.		7083

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. 16 - May 7	Tues.	4	12:30 - 2:30 p.m.	\$58.20	7077

Zoo Roos 3–5 year olds



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

Date	Day	#	Time	Cost	Code
Apr. 10 - May 8	Wed.	5	9 - 11 a.m.	\$72.75	7078



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 1 nut free snack, water bottle, swim suit & towel, wear indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
May 15 - Jun. 12	Wed.	5	12:30 - 2:30 p.m.	\$78.75	7050

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 1 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. 11 - May 9	Thurs.	5	9 - 11 a.m.	\$76.50	7070
Apr. 26 - May 10	Fri.	3	12:30 - 2:30 p.m.	\$45.90	7074
May 16 - Jun. 13*	Thurs.	4	9 - 11 a.m.	\$61.20	7071

*No class May 30, 2019

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 1 nut free snack, water bottle, wear indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
Apr. 11 - May 9	Thurs.	5	12:30-3:20 p.m.	\$108.25	7067
Apr. 13 - May 11*	Sat.	4	9 a.m. - noon	\$86.60	7080
May 15 - Jun. 12	Wed.	5	9 a.m. - noon	\$108.25	7075

*No class April 27, 2019

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
Apr. 12 - May 24*	Fri.	6	10:30 - 11:15 a.m.	\$96	7061
May 14 - Jun. 18	Tues.	6	6:15 - 7 p.m.	\$96	7058

*No class April 19, 2019

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 1 nut free snack, water bottle, swim suit and towel, wear indoor shoes and be fully toilet-trained.

Date	Day	#	Time	Cost	Code
Apr. 12 - May 10*	Fri.	4	9 a.m. - noon	\$91.80	7068
May 17 - Jun. 14	Fri.	5	9 a.m. - noon	\$114.75	7069

*No class April 19, 2019

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
May 17 - Jun. 14	Fri.	5	12:30 - 2:30 p.m.	\$72.75	7076



■ School-Aged & Youth Programs

Programmed for children ages 5-17. Program lengths and times vary as some run just once, others are for a session and some are offered after school and on weekends.

DANCEPL3Y 6 – 12 year olds

DANCEPL3Y (dance-play) KIDS is a high-energy kids physical activity program that “plays” with dance while promoting positive mental health through the 3 Rules of PL3Y: Be Positive. Be Fun. Be Yourself. Kids love learning simple moves from a variety of styles – Hip Hop, Urban, Ballroom, Bollywood, Lyrical, Jazz/Funk as they get interACTIVE with their peers. All participants must bring a water bottle and wear indoor shoes.

Date	Day	#	Time	Cost	Code
May 6 - Jun. 10*	Mon.	5	5:30 - 6:15 p.m.	\$80	7372

*No class May 20, 2019

Art Club ages 12 - 17 years

Children can learn to draw through using simple methods to see things as they are. Introducing pencil, ink, pastel and painting will expand their visual vocabulary to broaden their creativity and knowledge. Art class is provided through the Leduc Art Club. The course will be in the basement of the Leduc Heritage Grain Elevator. Please wear clothes that can get messy. Registration will open on General Registration only.

Date	Day	#	Time	Cost	Code
May 3 - Jun. 14	Fri.	7	4:30 - 6 p.m.	FREE	7084

Counsellors in Training (CIT) 12 – 17 years

This 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 no later than June 14, 2019. 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.

Sportball PD Day Camp

6 – 12 year olds

This full-day camp is specifically for 6-9yr old Sportballers, and it's going to be sweet! Sportballers will experience a day filled with SPORTS, fun and learning! The day will host Epic Time, ranging from dodgeball tournaments, Lego building, and Nerf Gun challenges This camp is so fun that kids won't even realize that they're also improving their sports skills! All participants need indoor shoes, nut free snack and lunch, water bottle and wear clothes you can be active in.

Date	Day	#	Time	Cost	Code
April 12	Fri.	1	8:30 a.m. - 4 p.m.	\$50	7118

NEW

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 14 - Jun. 18	Tues.	6	7 - 7:45 p.m.	\$96	7059

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 14 - Jun. 18	Tues.	6	7:45 - 8:30 p.m.	\$96	7057

Kitchen Creations 8 – 12 year olds

We're cooking up more than just tasty treats. Join us as we learn how to prepare snacks that can be easily made at home alone. All participants must wear indoor shoes.

NOTE: This is NOT an allergy free zone!

Date	Day	#	Time	Cost	Code
Apr. 11 - May 9	Thurs.	5	6 - 7:30 p.m.	\$80	7051

NEW

Red Cross Babysitter Course *11+ year olds*

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

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

Date	Day	#	Time	Cost	Code
May 26	Sun.	1	9 a.m. - 4:30 p.m.	\$60	7064
Jun. 22	Sat.	1	9 a.m. - 4:30 p.m.	\$60	7065



Fun, unique, and memorable day trips for youth aged 12-17. Registration is required and spots are limited. We have partnered with Leduc Transit to provide specific bus stop pickups and one central drop off location (Bus Stop 100 – 50 Street & 47 Ave) for easy accessible programs in and around Leduc. A map will be posted online and a copy emailed with the waiver after registration. Note: Program cancellation notifications will be the Wednesday before the scheduled trip not a week prior.

Youth Trip - Edmonton Valley Zoo *12 – 17 year olds*

Join us in a special chance to go behind the scenes to see what it takes to be a zookeeper at the Edmonton Valley Zoo. You will get to take part in at least one zookeeping activity and get to meet and touch some animals. After the program we get to visit and tour the zoo before the day is through.

- Leave Bus Stop 100 at noon
- Return Bus Stop 100 at 5 p.m.

Date	Day	#	Time	Cost	Code
Jun. 8	Sat.	1	noon - 5 p.m.	\$20	7052

Red Cross Stay Safe! Course *9 – 13 years*

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
May 11	Sat.	1	9 a.m. - 3 p.m.	\$45	7053
Jun. 2	Sun.	1	9 a.m. - 3 p.m.	\$45	7072

Adult Programs

Offered seasonally through the year, keep your eye online and on the City Guide for upcoming programs.

Smartphone Photography *18+ year olds*

From beautiful landscapes to intimate portraits, the smartphone has become an accessible and easy-to-use option for everybody to create stunning images. With some amazing free applications, HDR and lowlight capabilities, and built-in wide and zoom lenses, your phone provides you all of the tools necessary to create masterful works of art. This workshop will have people saying, "you did that with an iPhone!?" Participants are required to have a smartphone capable of capturing photographs and ample storage space to accommodate a couple different photo applications. Smartphone required with fully charged battery. Dress for the weather and bring a bagged lunch. Note: if withdrawing from program within 7 days a cancellation fee of \$60 will be charged.

Date	Day	#	Time	Cost	Code
Apr. 13	Sat.	1	9:30 a.m. - 4:30 p.m.	\$99.75	7081

Cake Night *16+ year olds*

Unleash your inner cake decorator with Tara at Cake Night. During this 2 hour class you will learn how to prepare, store and decorate the baked sweet treasure. You will learn something new or brush up on forgotten skills each class. And of course you get to keep and EAT your cake!

Date	Day	#	Time	Cost	Code
May 10 - 2 Mini Iced Cakes	Fri.	1	7 - 9 p.m.	\$50	7085

NEW

FITNESS CENTRE

Scan your LRC Membership Card up at the Fitness Desk!

LRC Patrons can 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 cheque for admission. For more information, please call 780-980-7120.

Fitness Centre Age Requirements

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

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

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

■ Fitness Services

Individual Personal Training

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

Sessions	Price
1 session	\$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.



NOTICE: The track will be closed on Saturday May 11 and Sunday May 12 as well as Saturday June 8 from 8:00am-4:00pm for firefighter recruit testing.

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.

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

We offer dryland training for teams with a focus on cardiovascular exercise, strength training, speed & agility and other sport-specific functional training. Our certified and experienced fitness professionals can help your group achieve a wide range of fitness and training goals whether it be supplemental training, offseason conditioning or sport-specific skill development. 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.

Total Number of Sessions Booked	Price per Session
1 – 15	\$125
16 – 30	\$115
31+	\$105

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

Hockey Training Program *May – August*

The Leduc Recreation Centre provides hockey specific training programs for young athletes that are looking to excel and improve their game during the off-season. Our programs are designed to help you become a stronger, faster, more explosive athlete in preparation for the upcoming hockey season.

For more details, contact Jeremy Beines, our Hockey Trainer at jbeirnes@ualberta.ca

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.

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 (0.5 hours) \$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.

Nutritional Coaching Program (6 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.

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

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 started on the right track.

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

Nutritional Coaching & Personal Training Package \$680

Physical fitness and proper nutrition go hand in hand. Sign up for our two-month nutritional coaching program and individual personal training sessions and save on both! Package includes 6 sessions with our Certified Holistic Nutritional Consultant and 8 sessions with a personal trainer.

NEW

Registered Fitness Programs

General Information

Session Dates:	Spring Session I: Apr. 1 - May 10 (6 weeks)
	Spring Session II: May 21 - Jun. 28 (6 weeks)

Please note registered programs do not run on Statutory holidays or long weekends; **no classes Easter long weekend (Apr. 19-22), Victoria Day long weekend (May 18-20) and for firefighter recruit testing May 11 & 12 and June 8.**

Deadline for spring session registration is March 22, 2019.

Remember to register early to avoid disappointment. All registered programs are subject to cancellation if there is insufficient registration. Participants will be notified prior to class starting.

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. 1 - Jun. 26	Mon. & Wed.	6 - 7 a.m.	\$288	7375
Apr. 5 - Jun. 28	Fri.	6 - 7 a.m.	\$144*	7376

*Cost is \$115 if registered in the 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. 2 - Jun. 25	Tues.	9 - 10 a.m.	\$172.25	7377
Apr. 4 - Jun. 27	Thurs.	9 - 10 a.m.	\$172.25*	7378

*Cost is \$138 each if registered in both Tuesday & Thursday classes.



Fit 101 13 weeks

This is a fun bootcamp for beginners and those new to exercise. Participants will work on the essentials of strength conditioning, cardiovascular training and flexibility using a variety of modalities to progressively improve their fitness.

Date	Day	Time	Cost	Code
Apr. 3 - Jun. 26	Wed.	6 - 7 p.m.	\$162.50	7416

Fitness at the Barre 6 weeks

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

Date	Day	Time	Cost	Code
Apr. 3 - May 8	Wed.	9 - 10 a.m.	\$82.50	7382
Apr. 3 - May 8	Wed.	7:15 - 8:15 p.m.	\$82.50	7380
May 22 - Jun. 26	Wed.	9 - 10 a.m.	\$82.50	7381
May 22 - Jun. 26	Wed.	7:15 - 8:15 p.m.	\$82.50	7379

Lift. Rest. Repeat 13 weeks

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

Date	Day	Time	Cost	Code
Apr. 3 - Jun. 26	Wed.	9 - 10 a.m.	\$172.25	7383

Mindful Movements 5 weeks

A class geared towards the mature participant. Each week participants will be led through various exercises to increase endurance, stability and strength. Portions of the class will have a yoga influence where participants will be encouraged to connect with their mind, breath and bodies.

Date	Day	Time	Cost	Code
Apr. 1 - May 6	Mon.	10 - 11 a.m.	\$58.75	7411
May 27 - Jun. 24	Mon.	10 - 11 a.m.	\$58.75	7412

Rears and Gears 5 weeks

Get ready for a lower body blast! This combination class will incorporate varied indoor cycling drills on our Keiser M3i spin bikes along with barre-inspired movements.

Date	Day	Time	Cost	Code
Apr. 1 - May 6	Mon.	7:30 - 8:30 p.m.	\$68.75	7385
May 27 - Jun. 24	Mon.	7:30 - 8:30 p.m.	\$68.75	7384

Titans 13 weeks

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

Date	Day	Time	Cost	Code
Apr. 2 - Jun. 25	Tues.	6 - 7 p.m.	\$172.25	7386

Yoga for the Health of it 6 weeks

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

Date	Day	Time	Cost	Code
Apr. 4 - May 9	Thurs.	11:45 a.m. - 12:30 p.m.	\$75	7387
May 23 - Jun. 27	Thurs.	11:45 a.m. - 12:30 p.m.	\$75	7388

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



Private Group Fitness Class

If you are a group of 5 or more people looking for a fun, high-energy group fitness experience, look no further! Perfect for groups of up to 12 people with the flexibility to book 4, 8 or 12 weeks of classes with a qualified Fitness Instructor. Class formats offered include cycling, resistance, yoga or Barre. **Pricing varies, to book your class please call the Fitness Programs Supervisor at 780-980-8466.**

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Drop-in Fitness Programs *Spring Drop-In Session: April 1 - June 28*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Watts & Weights 6 - 6:45 a.m. Cycling Zone		Sweat Equity 6 - 6:45 a.m. Cycling Zone 			
Fit & Fierce 9 - 9:45 a.m. Court C	Circuit 9 - 9:45 a.m. Group Training Zone	Active & Ageless Advanced 9 - 9:45 a.m. Group Training Zone	Right to Bare Arms 9 - 9:45 a.m. Group Training Zone	Rock Bottom 9 - 9:45 a.m. High Performance Zone	Weekend Warrior 9:15 - 10 a.m. High Performance Zone	Sunday Cycle 9 - 9:45 a.m. Cycling Zone
Power (Stroller Friendly) 10 - 10:45 a.m. High Performance Zone	Hooping for Fitness 10 - 10:45 a.m. Court C	Active & Ageless 10 - 10:45 a.m. Aspen Leaf Studio		Healing Yoga 9:30 - 10:30 a.m. Aspen Leaf Studio		Power Yoga 10 - 10:45 a.m. Aspen Leaf Studio
	Quickfit 12:15 - 12:45 p.m. Group Training Zone	Crank'd 12:15 - 12:45 p.m. Cycling Zone	Quickfit 12:15 - 12:45 p.m. Group Training Zone			
	Stroller-Fit 1 - 1:45 p.m. High Performance Zone 					
Circuit 6 - 6:45 p.m. Group Training Zone 	Matinee Yoga 2 - 2:45 p.m. Aspen Leaf Studio	ABSolutely! 6:20 - 6:50 p.m. MNP Room	Yoga Flow 6 - 6:45 p.m. Aspen Leaf Studio			
H.I.I.T! 7:30 - 8:15 p.m. High Performance Zone	Indoor Cycling 7:30 - 8:15 p.m. Cycling Zone	Zumba 7 - 7:45 p.m. MNP Room	Walk with a Doc 7 - 7:45 p.m.  Fit & Fierce 7 - 7:45 p.m. High Performance Zone / Track			Moments to Meditate 7 - 8 p.m. Rotary Room

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

Classes with this 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).

Classes do not run on Statutory holidays or long weekends; no drop-in classes the following dates: April 19, 20, 21, 22; May 11, 12, 18, 19, 20; June 8

Drop-in schedule subject to change, please check the Apple Fitness Centre desk for a current drop-in fitness class schedule, or find the most up-to-date schedule on our website at **Live.Leduc.ca**

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.

Active & Ageless Advanced

This class is geared towards fit older adults who are familiar with group exercise. Push yourself and challenge your body in this intermediate level class.

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. This is a quick class geared to getting you in, cranking up your energy level and getting you out within 30 minutes.

Fit & Fierce

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



Healing Yoga

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

H.I.I.T. It!

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

Hooping for Fitness

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

Indoor Cycling

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

Matinee Yoga

This is a gentler yoga class where participants can develop greater flexibility, balance, strength, and much more ease in their bodies. No experience necessary! Practiced correctly, yoga can increase energy, help ease the discomfort of arthritis and general aches and pains.



Moments to Meditate

An evening to unwind and quiet your thoughts. With our world getting busier, the pathways that have been created in our brains are like race tracks! Join us in this evening of a guided meditation to give you the tools to create new pathways on your journey to health and happiness.

Power

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

Power Yoga

Back by request!! Build strength, endurance and flexibility in this 45 min power flow yoga class. This is an intermediate to advanced class, previous yoga experience highly recommended. See you on the mat.

Quickfit

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

Right to Bare Arms

Tone your arms with this upper body class focusing on deltoids, triceps and biceps. Mostly strength exercises with various tools from weights to battling ropes to body weight, however cardio can also be a component some weeks.

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'.

Stroller-Fit

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

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!

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.

Walk With a Doc

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

Weekend Warrior

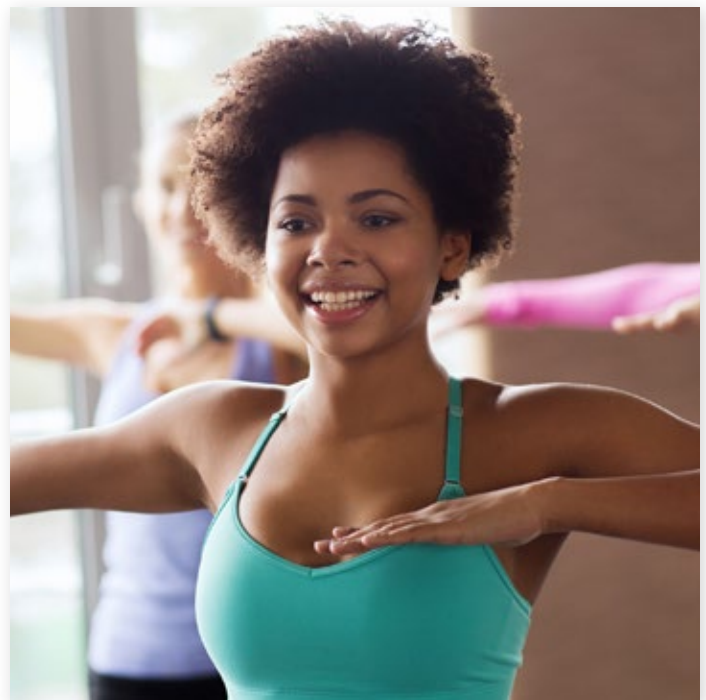
This circuit-style class incorporates strength, conditioning and cardio components to get your whole body moving and fit!

Yoga Flow

This class includes yoga postures that enhance flexibility while integrating the mind, body and breath. **Props are provided but please bring your own mat.**

Zumba

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



#ThisIsOurLeduc

Show us the city through your eyes



We've grown a lot over the last few years as more and more people are choosing to live, work, and play in Leduc. Our city has nearly doubled its population since 2006 – and we'll only continue growing! We want to commemorate that. So let's take this moment to think about this city we call home as we welcome more people to our community.



INSTRUCTION



1 Go to a place that holds meaning for you within city limits.



2 Take a photo of your location with the location tag*. Only pictures of places and things—no humans!

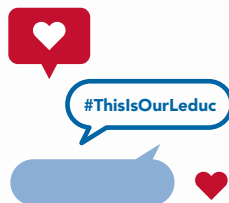


3 Tell us about your memory here—whether it's one of love, tragedy, success, or redemption, we want to hear it all.



4 Submit your post on ourleduc.ca.

* Location tags are available at the Leduc Civic Centre, the Leduc Recreation Centre, and the Leduc Regional Chamber of Commerce.



Feel free to share your story on social media using **#ThisIsOurLeduc**

Just remember, you must enter your post through our website (ourleduc.ca) to enter the contest for a chance to win one of three prizes.

f Facebook: [/cityofleduc](https://www.facebook.com/cityofleduc)
i Instagram: [@thecityofleduc](https://www.instagram.com/thecityofleduc)
t Twitter: [@cityofleduc](https://twitter.com/cityofleduc)

For more information, please visit ourleduc.ca

CITY OF
Leduc

MIX FAMILY AQUATIC CENTRE

■ General information

Entrance Gate at West Guest Services

Safety for our Leduc Recreation Centre (LRC) members and visitors is our top priority. To help reduce theft and suspicious behaviour within the LRC, we will be implementing a new entrance gate at the West Guest Services in Spring 2019. To gain access to our aquatics centre, child minding centre, indoor playground, and youth programming rooms, patrons will have to stop by our friendly Guest Services desk to gain access.

For all details about the new entrance gate, please visit Leduc.ca/LRC/NewGate.

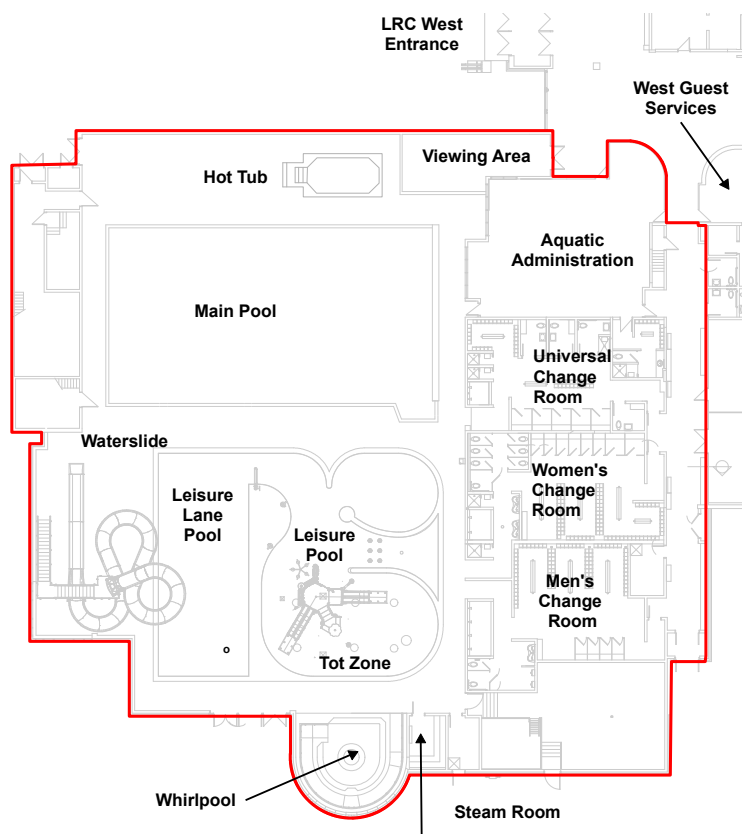
Wristbands – The wristband system allows us to identify patrons and the children they are with that require **Active Participation** while in the facility. Children 0 to 7 years of age must be accompanied in and out of the water by an adult or responsible youth, 14 years or older, at all times. Supervisors 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 free. Disposable and cloth diapers aren't allowed in the pools as these diapers soak up the water. Disposable diapers can also explode in the water which will cause a closure of the pool.

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

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

Member Registration *March 5, 2019*

Online 10 a.m.

In-person / phone 5 p.m.

Open Registration *March 7, 2019*

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 7, 2019) regardless if you have a membership. There is no member price for these programs.



■ Aquatic Centre Spring Break Schedule *March 24 – 30*

Public Swim

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

Family Swim

A more quiet time for families with young children

Sat. & Sun.	9 a.m. – 1 p.m.	all pools
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Statutory Holiday Schedule

STAT Holiday Hours	Good Friday (April 19) 11 a.m. – 5 p.m.	Easter Monday (Apr. 21) 10 a.m. – 8 p.m.	Victoria Day (May 20) 10 a.m. – 8 p.m.
Public Swim	11 a.m. – 5 p.m. Shared Use	10 a.m. – 8 p.m. Shared Use	10 a.m. – 8 p.m. Shared Use
Lane Swim	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

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

		Lane Swim	Water Running
Mon. – Fri. <i>*No lane swim 7 – 10 p.m. Fridays</i>	5:30 – 9 a.m.	5 lanes MP + 2 lanes LP	1 lane MP + 2 lanes LP
	9 a.m. – noon	1 lane MP	
	noon – 1 p.m.	3 lanes MP	
	1 – 9 p.m.	1 lane MP	
	9 – 10 p.m.	5 lanes MP + 2 lanes LP	1 lane MP + 2 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.	5 lanes MP + 2 lanes LP	1 lane MP + 2 lanes LP
	9 a.m. – 1 p.m.	1 lane MP	
	5 – 9 p.m.	1 lane MP	

■ Indoor Aquatic Centre Spring Schedule March 31 – June 29, 2019

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

Lane Swim & Water Running			
MP = Main Pool, LP = Leisure Lane Pool			
		Lane Swim	Water Running
Mon. – Fri. <i>*No lane swim 7 – 10 p.m. Fri.</i>	5:30 – 8 a.m.	5 lanes MP + 2 lanes LP	1 lane MP + 2 lanes LP
	8 a.m. – noon	1 lane MP	
	noon – 1 p.m.	6 lanes MP	
	1 – 9 p.m.	1 lane MP	
	9 – 10 p.m.	5 lanes MP + 2 lanes LP	1 lane MP + 2 lanes LP
Sat.	8 – 9 a.m.	1 lanes 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.	5 lanes MP + 2 lanes LP	1 lane MP + 2 lanes LP
	9 a.m. – 1 p.m.	1 lane MP	
	5 – 9 p.m.	1 lane MP	

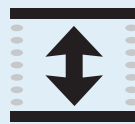
School Swim Lessons	
Mon. - Thurs.	9 a.m. – 2:30 p.m.



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

Family Swim - <i>A more quiet time for families with young children *Youth (8+) must also be in attendance with an adult supervisor</i>		
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

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

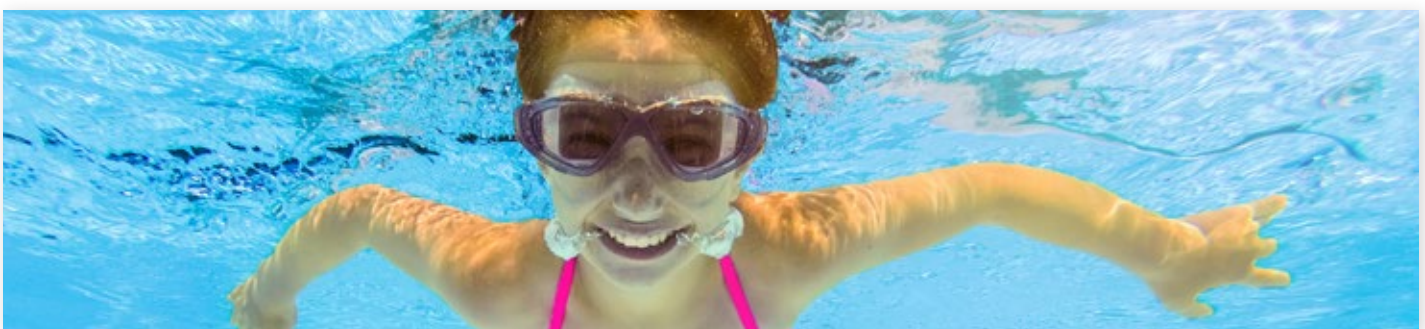


Don't forget, if you're planning to ride the large waterslide, you'll need to be at least 40" or 102 cm tall.

Public Swimming Lessons	
Mon – Fri.	4 – 7 p.m.
Tues. / Thurs.	11 a.m. – noon
Wed.	1 – 2:30 p.m.
Sat.	9 a.m. – noon
Sun.	5 – 7 p.m.

Starting April 1, AquaFit moves to 8 a.m.!

Remember, the pool is shared with other activities during many scheduled times. Drop in activities can be cancelled and/or pool location changed due to maintenance, lessons, rentals, and/or special events. For more information, please visit Leduc.ca/LRC or call guest services at 780-980-7120.





Starting April 5, the WIBIT will be available the 1st Friday of each month from 7–9 p.m. Grab your friends and come join us for an evening of fun.



Spring 2019 dates: April 5, May 3, June 7

Ages: 8+ years

Cost: Day admission pass or FREE for LRC Members

**Deep water swim test required*

■ Mix Family Aquatic Centre Bookings

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

What does this package get you?

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

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

■ 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



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.

***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

In the lesson lists, 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 \$9.75

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 \$100

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 swimmer needs with our programmer, please call 780-980-7165.



Adult and Teen Lessons \$64

Ages 13+

Not as confident in the water as you'd like to be? Register for our Adult Learn-to-Swim or Stroke Improvement classes running this spring! You'll be amazed at how quickly you improve. See pg. 38 for available courses.

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

**Supporting the community where
we live, work and play.**

Mixcor ... living our values everyday!



MIXCOR
AGGREGATES

780.986.6721 www.mixcor.ca

Proud partner in delivering this
beautiful facility to our city.

**STRONG
FROM THE
GROUND UP**
Since 1969



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.



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

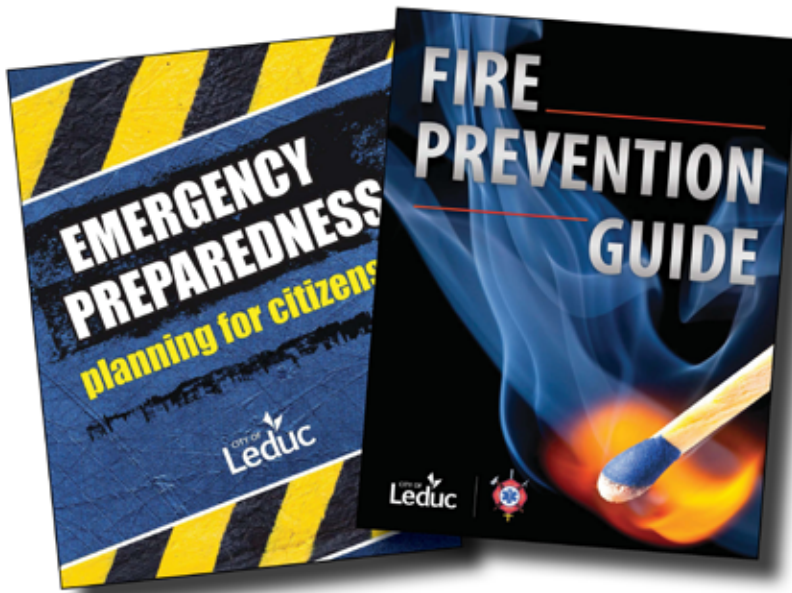
This level introduces breast stroke (15m) and feet-first surface dives. Front crawl and back crawl distances are increased to 75m and elementary backstroke increases to 25m. Swimmers learn about the dangers of open water and hypothermia, performing rescue breathing on children and adults, using eggbeater 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.



We have the resources you need to be better prepared in case of an emergency. Get your copy today, either online Leduc.ca/fire or visit us at Leduc Fire House 1 (4119 50th Street).



#BurnAwareness



Be aware. Be #FireSafe

Think smart and use fire-safe practices throughout your home and workplace, especially when using small appliances that can become a serious fire hazard.



Swimming Lessons

March 31 – June 29

Session Dates	Session	Memo Day	Parent Day	NO CLASS
April 8-18	2-weeks (Mon-Thurs)	April 15	April 16	--
April 23-May 16	Tues/Thurs morning #1	May 7	May 9	--
April 27-June 22	Saturday morning	June 1	June 8	May 18
April 28-June 23	Sunday evening	June 2	June 9	May 19
April 29-June 24	Monday evening	June 3	June 10	May 20
April 30-June 18	Tuesday evening	May 28	June 4	--
May 1-June 19	Wednesday (afternoon & evening)	May 29	June 5	--
May 2-June 20	Thursday evening	May 30	June 6	--
May 3-June 21	Friday evenings	May 31	June 7	--
May 21-June 13	Tues/Thurs morning #2	June 4	June 6	--

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

Classes with a "SP" behind the class time are Semi-Private. See pg. 29 for Semi-Private pricing information. Please note, public space is restricted to lap swim & Hot Pool use only on Tues/Thurs 4-6:30pm & Sat 9-11am during swimming lessons.

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

May 3	Jun 21	Fri	5:00pm C	7147
May 21	Jun 13	T, Th	11:00am C	7140

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

Class Date	Days	Time	Code
Apr 23	May 16	T, Th	11:30am C 7123
Apr 27	Jun 22	Sat	10:00am 7205
Apr 27	Jun 22	Sat	11:15am 7157
Apr 28	Jun 23	Sun	5:00pm C 7150
Apr 29	Jun 24	Mon	6:00pm 7151
Apr 30	Jun 18	Tues	5:00pm C 7152
May 1	Jun 19	Wed	1:30pm C 7153
May 1	Jun 19	Wed	4:30pm C 7154
May 2	Jun 20	Thurs	5:00pm 7155
May 3	Jun 21	Fri	5:00pm C 7156
May 21	Jun 13	T, Th	11:00am C 7149

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

Class Date	Days	Time	Code
Apr 23	May 16	T, Th	11:00am 7124
Apr 23	May 16	T, Th	11:30am 7158
Apr 27	Jun 22	Sat	9:00am 7173
Apr 27	Jun 22	Sat	9:30am 7175
Apr 27	Jun 22	Sat	10:45am 7174
Apr 28	Jun 23	Sun	5:30pm 7162
Apr 28	Jun 23	Sun	6:30pm 7161
Apr 29	Jun 24	Mon	4:45pm 7165
Apr 29	Jun 24	Mon	5:30pm 7164
Apr 29	Jun 24	Mon	6:00pm 7163
Apr 30	Jun 18	Tues	4:30pm 7167
Apr 30	Jun 18	Tues	5:45pm 7166
May 1	Jun 19	Wed	2:00pm 7168
May 1	Jun 19	Wed	4:15pm 7169
May 2	Jun 20	Thurs	4:45pm 7170
May 2	Jun 20	Thurs	5:30pm 7171
May 3	Jun 21	Fri	5:30pm 7172
May 21	Jun 13	T, Th	11:00am 7159
May 21	Jun 13	T, Th	11:30am 7160

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

Class Date	Days	Time	Code
Apr 23	May 16	T, Th	11:30am C 7122
Apr 27	Jun 22	Sat	9:00am 7148
Apr 28	Jun 23	Sun	5:00pm C 7141
Apr 29	Jun 24	Mon	4:00pm 7142
Apr 30	Jun 18	Tues	5:00pm C 7143
May 1	Jun 19	Wed	1:30pm C 7144
May 1	Jun 19	Wed	4:30pm C 7145
May 2	Jun 20	Thurs	5:30pm 7146

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

Class Date		Days	Time	Code
Apr 8	Apr 18	M, T, W, Th	4:30pm	7178
Apr 8	Apr 18	M, T, W, Th	5:30pm	7125
Apr 23	May 16	T, Th	11:00am	7179
Apr 23	May 16	T, Th	11:30am	7180
Apr 27	Jun 22	Sat	9:00am	7369
Apr 27	Jun 22	Sat	9:30am	7203
Apr 27	Jun 22	Sat	10:00am	7202
Apr 27	Jun 22	Sat	10:45am	7204
Apr 28	Jun 23	Sun	5:00pm	7183
Apr 28	Jun 23	Sun	5:45pm	7184
Apr 29	Jun 24	Mon	4:00pm	7187
Apr 29	Jun 24	Mon	4:30pm	7185
Apr 29	Jun 24	Mon	5:00pm	7188
Apr 29	Jun 24	Mon	5:30pm	7186
Apr 30	Jun 18	Tues	4:30pm	7189
Apr 30	Jun 18	Tues	5:30pm	7191
Apr 30	Jun 18	Tues	6:00pm	7190
May 1	Jun 19	Wed	1:00pm	7192
May 1	Jun 19	Wed	5:00pm	7195
May 1	Jun 19	Wed	5:30pm	7194
May 1	Jun 19	Wed	5:45pm	7193
May 2	Jun 20	Thurs	4:00pm	7199
May 2	Jun 20	Thurs	4:30pm	7197
May 2	Jun 20	Thurs	5:15pm SP	7200
May 2	Jun 20	Thurs	5:30pm	7196
May 2	Jun 20	Thurs	5:30pm	7198
May 3	Jun 21	Fri	6:00pm	7201
May 21	Jun 13	T, Th	11:00am	7181
May 21	Jun 13	T, th	11:30am	7182

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

Class Date		Days	Time	Code
Apr 8	Apr 18	M, T, W, Th	4:00pm	7207
Apr 8	Apr 18	M, T, W, Th	5:00pm	7126
Apr 8	Apr 18	M, T, W, Th	6:00pm	7206
Apr 23	May 16	T, Th	11:00am	7208

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

Apr 23	May 16	T, Th	11:30am	7209
Apr 27	Jun 22	Sat	9:00am	7233
Apr 27	Jun 22	Sat	9:30am	7235
Apr 27	Jun 22	Sat	10:00am	7234
Apr 27	Jun 22	Sat	10:00am	7237
Apr 27	Jun 22	Sat	10:45am	7232
Apr 27	Jun 22	Sat	11:15am	7236
Apr 28	Jun 23	Sun	5:15pm	7212
Apr 28	Jun 23	Sun	6:15pm	7213
Apr 29	Jun 24	Mon	4:00pm	7217
Apr 29	Jun 24	Mon	5:00pm	7214
Apr 29	Jun 24	Mon	5:30pm	7216
Apr 29	Jun 24	Mon	6:00pm	7215
Apr 30	Jun 18	Tues	4:00pm	7218
Apr 30	Jun 18	Tues	4:45pm	7221
Apr 30	Jun 18	Tues	5:00pm	7219
Apr 30	Jun 18	Tues	5:30pm	7220
May 1	Jun 19	Wed	2:00pm	7222
May 1	Jun 19	Wed	4:45pm	7224
May 1	Jun 19	Wed	5:30pm	7223
May 1	Jun 19	Wed	6:00pm	7225
May 2	Jun 20	Thurs	4:00pm	7228
May 2	Jun 20	Thurs	4:30pm	7226
May 2	Jun 20	Thurs	4:45pm	7230
May 2	Jun 20	Thurs	5:30pm	7227
May 2	Jun 20	Thurs	5:45pm	7229
May 3	Jun 21	Fri	5:30pm	7231
May 21	Jun 13	T, Th	11:00am	7210
May 21	Jun 13	T, th	11:30am	7211

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

Class Date		Days	Time	Code
Apr 8	Apr 18	M, T, W, Th	4:00pm	7240
Apr 8	Apr 18	M, T, W, Th	5:30pm	7127
Apr 23	May 16	T, Th	11:00am	7241
Apr 27	Jun 22	Sat	9:00am	7251
Apr 27	Jun 22	Sat	10:00am	7250
Apr 27	Jun 22	Sat	10:45am	7252

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

Apr 28	Jun 23	Sun	5:00pm	7243
Apr 29	Jun 24	Mon	4:30pm	7419
Apr 30	Jun 18	Tues	4:00pm	7245
Apr 30	Jun 18	Tues	5:30pm	7244
May 1	Jun 19	Wed	5:15pm	7246
May 2	Jun 20	Thurs	5:00pm	7248
May 2	Jun 20	Thurs	6:00pm	7247
May 3	Jun 21	Fri	5:30pm	7249
May 21	Jun 13	T, Th	11:30am	7242

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

Class Date	Days	Time	Code
Apr 8	Apr 18	M, T, W, Th	5:00pm C 7128
Apr 27	Jun 22	Sat	9:30am C 7259
Apr 28	Jun 23	Sun	6:00pm C 7255
Apr 29	Jun 24	Mon	5:30pm C 7256
Apr 30	Jun 18	Tues	4:30pm 7257
May 2	Jun 20	Thurs	4:30pm C 7258

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

Class Date	Days	Time	Code
Apr 8	Apr 18	M, T, W, Th	5:00pm C 7129
Apr 27	Jun 22	Sat	9:30am C 7264
Apr 28	Jun 23	Sun	6:00pm C 7260
Apr 29	Jun 24	Mon	5:30pm C 7261
Apr 30	Jun 18	Tues	5:00pm 7262
May 2	Jun 20	Thurs	4:30pm C 7263

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

Class Date	Days	Time	Code
Apr 8	Apr 18	M, T, W, Th	4:00pm 7266
Apr 27	Jun 22	Sat	9:00am 7277
Apr 27	Jun 22	Sat	9:30am 7276
Apr 27	Jun 22	Sat	11:15 7275
Apr 28	Jun 23	Sun	5:30pm 7130
Apr 29	Jun 24	Mon	4:00pm 7265
Apr 30	Jun 18	Tues	4:00pm SP 7267

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

Apr 30	Jun 18	Tues	4:30pm	7268
Apr 30	Jun 18	Tues	6:00pm	7460
May 1	Jun 19	Wed	1:00pm	7269
May 1	Jun 19	Wed	4:00pm	7271
May 1	Jun 19	Wed	5:00pm	7270
May 2	Jun 20	Thurs	4:00pm	7272
May 2	Jun 20	Thurs	5:00pm	7273
May 3	Jun 21	Fri	6:00pm	7274

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

Class Date	Days	Time	Code
Apr 8	Apr 18	M, T, W, Th	4:30pm 7284
Apr 27	Jun 22	Sat	9:00am 7308
Apr 27	Jun 22	Sat	10:00am 7307
Apr 27	Jun 22	Sat	11:15am 7309
Apr 28	Jun 23	Sun	6:00pm 7296
Apr 29	Jun 24	Mon	4:30pm 7297
Apr 30	Jun 18	Tues	4:00pm 7298
Apr 30	Jun 18	Tues	4:30pm 7300
Apr 30	Jun 18	Tues	5:15pm 7299
May 1	Jun 19	Wed	2:00pm 7301
May 1	Jun 19	Wed	4:30pm 7303
May 1	Jun 19	Wed	6:00pm 7302
May 2	Jun 20	Thurs	4:00pm SP 7304
May 2	Jun 20	Thurs	6:00pm 7305
May 3	Jun 21	Fri	5:00pm 7306

Swim Kids 3 (6 – 12 years) – 30 min.
\$46.80 member / \$52 non-member

Class Date	Days	Time	Code
Apr 8	Apr 18	M, T, W, Th	4:30pm 7132
Apr 27	Jun 22	Sat	9:30am 7389
Apr 27	Jun 22	Sat	10:30am 7391
Apr 27	Jun 22	Sat	11:30am 7390
Apr 28	Jun 23	Sun	6:30pm 7310
Apr 29	Jun 24	Mon	4:30pm 7312
Apr 29	Jun 24	Mon	5:00pm 7311
Apr 30	Jun 18	Tues	4:15pm 7314

**Swim Kids 3 (6 – 12 years) – 30 min.
\$46.80 member / \$52 non-member**

Apr 30	Jun 18	Tues	5:00pm	7313
May 1	Jun 19	Wed	1:30pm	7315
May 1	Jun 19	Wed	4:00pm	7316
May 1	Jun 19	Wed	5:30pm	7317
May 2	Jun 20	Thurs	4:30pm	7320
May 2	Jun 20	Thurs	5:00pm	7318
May 2	Jun 20	Thurs	6:00pm	7319
May 3	Jun 21	Fri	5:00pm	7321
May 3	Jun 21	Fri	6:00pm SP	7322

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

Class Date	Days	Time	Code	
Apr 8	Apr 18	M, T, W, Th	5:00pm	7133
Apr 27	Jun 22	Sat	9:00am	7330
Apr 27	Jun 22	Sat	11:15am	7331
Apr 28	Jun 23	Sun	5:30pm C	7323
Apr 29	Jun 24	Mon	5:15pm	7324
Apr 30	Jun 18	Tues	5:00pm SP	7325
May 1	Jun 19	Wed	1:00pm C	7326
May 1	Jun 19	Wed	4:00pm	7327
May 2	Jun 20	Thurs	4:00pm	7328
May 3	Jun 21	Fri	5:45pm C	7329

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

Class Date	Days	Time	Code	
Apr 8	Apr 18	M, T, W, Th	5:45pm	7134
Apr 27	Jun 22	Sat	9:45am	7339
Apr 27	Jun 22	Sat	10:45am	7340
Apr 28	Jun 23	Sun	5:30pm C	7333
Apr 30	Jun 18	Tues	4:00pm	7334
May 1	Jun 19	Wed	1:00pm C	7335
May 1	Jun 19	Wed	4:45pm	7336
May 2	Jun 20	Thurs	5:00pm	7337
May 3	Jun 21	Fri	5:45pm C	7338

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

Class Date	Days	Time	Code	
Apr 8	Apr 18	M, T, W, Th	5:00pm	7135
Apr 27	Jun 22	Sat	10:00am	7348
Apr 28	Jun 23	Sun	6:15pm C	7342
Apr 29	Jun 24	Mon	4:00pm	7343
Apr 30	Jun 18	Tues	5:45pm	7344
May 1	Jun 19	Wed	1:45pm C	7345
May 2	Jun 20	Thurs	6:00pm	7346
May 3	Jun 21	Fri	5:00pm C	7347

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

Class Date	Days	Time	Code	
Apr 8	Apr 18	M, T, W, Th	5:45pm	7136
Apr 27	Jun 22	Sat	10:30am	7355
Apr 28	Jun 23	Sun	6:15pm C	7350
Apr 30	Jun 18	Tues	4:45pm	7351
May 1	Jun 19	Wed	1:45pm C	7352
May 2	Jun 20	Thurs	4:00pm	7353
May 3	Jun 21	Fri	5:00pm C	7354

**Swim Kids 8 (6 – 12 years) – 60 min.
\$57.60 member / \$64 non-member**

Class Date	Days	Time	Code	
Apr 8	Apr 18	M, T, W, Th	4:00pm C	7137
Apr 27	Jun 22	Sat	9:00am C	7359
Apr 30	Jun 18	Tues	5:30pm C	7357
May 1	Jun 19	Wed	1:00pm C	7358

**Swim Kids 9 (6 – 12 years) – 60 min.
\$57.60 member / \$64 non-member**

Class Date	Days	Time	Code	
Apr 8	Apr 18	M, T, W, Th	4:00pm C	7138
Apr 27	Jun 22	Sat	9:00am C	7363
Apr 30	Jun 18	Tues	5:30pm C	7361
May 1	Jun 19	Wed	1:00pm C	7362

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

Class Date	Days	Time	Code
Apr 8	Apr 18	M, T, W, Th	4:00pm C 7139
Apr 27	Jun 22	Sat	9:00am C 7367
Apr 30	Jun 18	Tues	5:30pm C 7365
May 1	Jun 19	Wed	1:00pm C 7366

**Adult Stroke Improvement (13+ years) – 60 min.
\$57.60 member / \$64 non-member**

Class Date	Days	Time	Code
May 2	Jun 20	Thurs	9:00pm 7417

**Adult Learn-to-Swim(13+ years) – 60 min.
\$57.60 member / \$64 non-member**

Class Date	Days	Time	Code
Apr 27	Jun 22	Sat	10:00am 7418

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

Class Date	Days	Time	Code
Apr 8	Mon	6:00pm	7420
Apr 9	Tues	6:00pm	7421
Apr 10	Wed	6:00pm	7422
Apr 11	Thurs	6:00pm	7423
Apr 15	Mon	6:00pm	7424
Apr 16	Tues	6:00pm	7425
Apr 17	Wed	6:00pm	7426
Apr 18	Thurs	6:00pm	7427
Apr 29	Mon	5:00pm	7428
May 6	Mon	5:00pm	7429
May 13	Mon	5:00pm	7430
May 27	Mon	5:00pm	7431
Jun 3	Mon	5:00pm	7432
Jun 10	Mon	5:00pm	7433
Jun 17	Mon	5:00pm	7434
Jun 24	Mon	5:00pm	7435
Apr 30	Tues	5:45pm	7436
May 7	Tues	5:45pm	7437
May 14	Tues	5:45pm	7438
May 21	Tues	5:45pm	7439
May 28	Tues	5:45pm	7440



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

Jun 4	Tues	5:45pm	7441
Jun 11	Tues	5:45pm	7442
Jun 18	Tues	5:45pm	7443
May 2	Thurs	4:30pm	7444
May 9	Thurs	4:30pm	7445
May 16	Thurs	4:30pm	7446
May 23	Thurs	4:30pm	7447
May 30	Thurs	4:30pm	7448
Jun 6	Thurs	4:30pm	7449
Jun 13	Thurs	4:30pm	7450
Jun 20	Thurs	4:30pm	7451
Apr 27	Sat	9:30am	7452
May 4	Sat	9:30am	7453
May 11	Sat	9:30am	7454
May 25	Sat	9:30am	7455
Jun 1	Sat	9:30am	7456
Jun 8	Sat	9:30am	7457
Jun 15	Sat	9:30am	7458
Jun 22	Sat	9:30am	7459

■ Aquatic Leadership Courses 2019

Registration for all 2019 leadership courses will open with Winter registration and remain open until 1 week prior to course start date.

100% attendance is mandatory for all leadership courses.

Red Cross Assistant Lifeguard certificate (ALG) \$200



Date	Day	Time	Code
Aug. 6 - 9	Tues. / Fri.	9 a.m. - 5 p.m.	7006
Oct. 19, 20 & 26, 27	Sat. / Sun.	9 a.m. - 5 p.m.	7007

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 Preparation Course \$75



Transfer from Bronze Cross

Date	Day	Time	Code
July 31	Wed.	9 a.m. - 2:30 p.m.	7008
Nov. 10	Sun.	9 a.m. - 2:30 p.m.	7009

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 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 Lifeguard Certificate (LG) \$285



Date	Day	Time	Code
Aug. 19 - 23	Mon. - Fri.	8 a.m. - 5 p.m.	7011
Dec. 6 & 13 Dec. 7, 8 & 14, 15	Fri. Sat. / Sun.	5 - 9 p.m. 8 a.m. - 5 p.m.	7012

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 Transfer FREE



Date	Day	Time	Code
Apr. 12	Fri.	5 - 9 p.m.	7013
Apr. 13	Sat.	9 a.m. - 5 p.m.	

If you've already taken your National Lifeguard course, this is all you'll need to become a Red Cross Lifeguard! This course builds on the skills you developed in the Lifesaving Society's National Lifeguard (NL) program and teaches you the Red Cross program specific skills including use of a rescue tube and different rescue manoeuvres.

*FREE as part of the 2019 Red Cross Lifeguard Program Revisions Pilot project

Red Cross Lifeguard Recertification \$53

Date	Day	Time	Code
Apr. 7	Sun.	9 a.m. - 3 p.m.	7014
Jun. 22	Sat.	9 a.m. - 3 p.m.	7015
Jul. 29	Mon.	9 a.m. - 3 p.m.	7016
Sept. 26	Thurs.	4 - 10 p.m.	7017

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
May 4, 5 & 11, 12	Sat. / Sun.	9 a.m. - 5 p.m.	7018
Apr. 15 Jul. 22 - 25	Mon. (Briefing) Mon. - Thurs.	7 - 9 p.m. 9 a.m. - 5 p.m.	7029
Sept. 16 Nov. 9, 16, 23, 30	Mon. (Briefing) Sat.	7 - 9 p.m. 9 a.m. - 5 p.m.	7019

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 page 38.



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

Date	Day	Time	Code
Apr. 6	Sat.	9 a.m. - 3 p.m.	7020
Aug. 26	Mon. (Outdoor Pool)	9 a.m. - 3 p.m.	7021
Nov. 3	Sun.	9 a.m. - 3 p.m.	7022

Lifesaving Society National Lifeguard (NL) \$315



Date	Day	Time	Code
Jul. 15 - 19	Mon. / Fri.	8 a.m. - 5 p.m.	7025

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 Recert \$53



Date	Day	Time	Code
Jul. 8	Mon.	9 a.m. - 3 p.m.	7027
Oct. 5	Sat.	9 a.m. - 3 p.m.	7028

Lifesaving Society Bronze Medallion and Cross \$265



Date	Day	Time	Code
Jun. 7 & 14	Fri.	5 - 9 p.m.	7023
Jun. 8 / 9 & 15 / 16	Sat. / Sun.	9 a.m. - 5 p.m.	
Aug. 12 - 16	Mon. / Fri.	9 a.m. - 5 p.m.	7024

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

Pre-requisites:

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

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

Pre-requisites:

- Must have successfully completed the Bronze Medallion certificate



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

Lifeguard

- **Step 1:** Take the Standard First Aid course either April 29 / 30 or June 15 / 16.
- **Step 2:** Take the ALG course (Aug. 6 - 9) and complete your observation assignment. **OR**, if you already have your Bronze Cross, take the Lifeguard Preparation course on Jul. 31.
- **Step 3:** Take the LG course (Aug. 19 - 23) and complete your observation assignment.

Now you're a Lifeguard!



Swim Instructor

- **Step 1:** Take one of: Assistant Lifeguard (Mar 9, 10 & 16, 17), Standard First Aid (Apr. 29/30) or Bronze Medallion/ Cross (June 7-9 & 14-16) as prerequisites.
- **Step 2:** Register in the summer (Jul. 22 - 25) Classroom component & attend the Apr. 15 briefing (be sure to plan ahead!) 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 Apr. 15 briefing)
- **Step 4:** Take the WSI - Classroom component + Skills Evaluation on Jul. 22 - 25

Now you're a Swim Instructor!

Indoor Aquatic Fitness Programs *Mar. 31 – Jun. 29*

AquaFit will be taking a break over Spring Break March 24 - 31!

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Main Pool	AquaFit - Shallow NEW 8 – 8:50 a.m.	AquaFit - Deep NEW 8 – 8:50 a.m.	AquaFit - Shallow NEW 8 – 8:50 a.m.	AquaFit - Deep NEW 8 – 8:50 a.m.	AquaFit - Shallow NEW 8 – 8:50 a.m.
		AquaFit - Seniors 11 – 11:45 a.m.		AquaFit - Seniors 11 – 11:45 a.m.	
Leisure Lane Pool	Gentle AquaFit 2:30 – 3:15 p.m. 		Gentle AquaFit 2:45 – 3:30 p.m. 		
Main Pool	AquaFit - Shallow 8 – 8:50 p.m.	AquaFit - Deep NEW 8 – 8:50 p.m.	AquaFit - Shallow NEW 8 – 8:50 p.m.	AquaFit - Deep 8 – 8:50 p.m.	

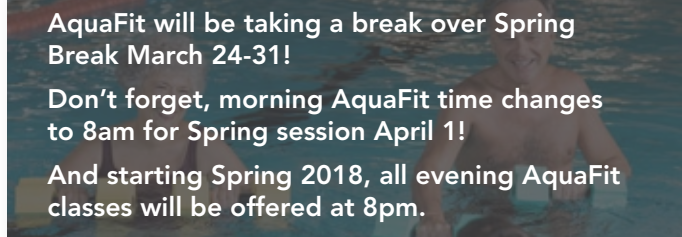
Drop-in program

Registered program

* Drop-in Aquatic Fitness classes do not run on STAT holidays. Drop-in schedules may change without notice due to instructor availability. Please visit Live.Leduc.ca 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 *1 Lane 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.

See page. 27 for scheduled lanes in Main and Leisure Pools.

■ Pool Closure Information

Unforeseeable incidents happen at pools (weather, fouling, etc.). Refunds or free admission passes are not generally available. A credit will be available to program or lesson registrants for any missed days. Bookings and rentals during mechanical failures will be rebooked when possible or otherwise credited on a prorated basis for lost time.



In the event of:		Indoor Pool	Outdoor Pool
Fouling Incident	Public Swim, Bookings & Rentals	Pool cleared to another pool/deck. Reopen as soon as safe.	Pool cleared to deck. Reopen as soon as safe
	Lessons/Programs	Lessons move pools or continue on deck.	Lessons continue on deck.
Medical Emergency	Public Swim, Bookings, Rentals, & Lessons/Programs	Entire pool area cleared to changerooms until incident is over and it is safe to resume swim.	Entire pool area cleared to changerooms until incident is over and it is safe to resume swim.
Mechanical Failure	Public Swim, Lessons/Programs, Bookings/Rentals	Pool cleared to another pool/deck. Reopen as soon as safe.	Pool cleared to deck. Reopen as soon as safe.
Thunder/Lightning	Public Swim, Lessons/Programs, Bookings/Rentals	Remains open with no impact.	Facility closes and opens 30 min after the last sign of lightning or thunder.
Cold Weather/Rain	Public Swim, Lessons/Programs, Bookings/Rentals	Remains open with no impact.	Public Swim/Bookings cancelled if temperature < 16°C. Lessons run in all-weather circumstances except thunder & lightning.



Celebrating 50 YEARS



Purchase your membership before May 31st for our early-bird rate; plus get entered in our 50th anniversary draw to win your membership for 1969 prices!

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 – 74 years	\$4.75	\$38	\$75.50	\$89
Family*	\$15.25	\$122	\$240.25	\$282.50
Senior Plus: 75+ 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

Spray Park	May 18 – June 29
Daily	10 a.m. – 8 p.m.

Tips Before you Play

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.

Food Options

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

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.

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.

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.

Outdoor Pool Spring Schedule

May 18 – Jun. 1						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public Swim noon - 5 p.m.	AquaFit/Lap Swim noon - 12:50 p.m.		AquaFit/Lap Swim noon - 12:50 p.m.		AquaFit/Lap Swim noon - 12:50 p.m.	Public Swim noon - 5 p.m.
Rental 5 - 7 p.m.	Rental 1 - 3 p.m.		Rental 1 - 3 p.m.		Rental 1 - 3 p.m.	Rental 5 - 7 p.m.
Public Swim 7 - 9 p.m.	Family Swim 3 - 4 p.m.	Public Swim 4 - 9 p.m.	Family Swim 3 - 4 p.m.	Public Swim 4 - 9 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 - 8 p.m.	
					Rental 8 - 9 p.m.	

Jun. 2 – 29						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim 10 - 11 a.m.	Family Swim 10 a.m. - noon	Rental 10 a.m. - noon	Family Swim 10 a.m. - noon	Rental 10 a.m. - noon	Family Swim 10 a.m. - noon	Lane Swim 10 - 11 a.m.
Public Swim 11 a.m. - 5 p.m.	AquaFit/Lap Swim noon - 1 p.m.	AquaFit/Lap Swim noon - 1 p.m.	AquaFit/Lap Swim noon - 1 p.m.	AquaFit/Lap Swim noon - 1 p.m.	AquaFit/Lap Swim noon - 1 p.m.	Public Swim 11 a.m. - 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.	Rental 1 - 3 p.m.	Rental 5 - 7 p.m.
Public Swim 7 - 9 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.	Public Swim 7 - 9 p.m.
	Public Swim 4 - 9 p.m.	Public Swim 4 - 9 p.m.	Public Swim 4 - 8 p.m.	Public Swim 4 - 9 p.m.	Public Swim 4 - 8 p.m.	
			Rental 8 - 9 p.m.		Rental 8 - 9 p.m.	Public Swim 7 - 9 p.m.



Celebrate the first days of summer vacation by joining us on Thursday, June 27 for a special Public Swim from 1 - 4 p.m. Our schedule changes on Sunday, June 30 to our summer hours.



Youth Summer Membership Special!

Just \$25/month for July and August

■ Booking Rates

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



	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 pages 43 - 44 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 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 25 participants

Join us June 24-28 for AquaFit through the Decades in celebration of our 50th anniversary!

Outdoor Pool: May 18 – June 1

Monday	Tuesday	Wednesday	Thursday	Friday
AquaFit – Shallow noon - 12:50 p.m.		AquaFit – Shallow noon - 12:50 p.m.		AquaFit – Shallow noon - 12:50 p.m.

Outdoor Pool: June 2 – 29

Monday	Tuesday	Wednesday	Thursday	Friday
AquaFit – Shallow noon - 12:50 p.m.	AquaFit – Shallow noon - 12:50 p.m.	AquaFit – Shallow noon - 12:50 p.m.	AquaFit – Shallow noon - 12:50 p.m.	AquaFit – Shallow noon - 12:50 p.m.

■ Drop-in program ■ Registered Program



SummerOF..... 69

Did you know 2019 marks the 50th anniversary since the opening of the Alexandra Outdoor Pool back in 1969? To celebrate, we've got some contests & events happening:

Contests:

- **50th Anniversary Edition Membership:** Purchase your membership before May 31st for our early-bird rate; plus get entered in our 50th anniversary draw to win your membership for 1969 prices!
- **Your Outdoor Pool Story:** Tell us why Leduc's most popular outdoor amenity is important to you, or share a fun experience you've had with us. The winning story will be featured, along with your photo, in the Leduc Rep AND the City of Leduc's 2020 summer Program Guide! Submit your stories via email to aquaticbookings@leduc.ca.
- **Win a WIBIT Party:** Book your outdoor pool event with us by May 17th and be entered to win the WIBIT inflatable obstacle course for your booking (ages 8+). See pg. 45 for our rental timeframes and contact Aquatic Services at 780-980-7198 ext. 6040 or email aquaticbookings@leduc.ca to book today.

Join us at these fab events:

- **Flashback Fridays:** Join us every Friday during Family Swim & Public Swim opportunities for 1969 admission prices!
- **June 24-28:** Through the decades AquaFit from Noon-1pm. Join us for a new decade of fitness each day starting in the 60's until now.
- **June 28:** Come out to our annual KICK OFF TO SUMMER event & enjoy fun for the whole family in & out of the pool.
 - » 1:00pm Public Swim starts
 - » 4:00pm WIBIT obstacle course, activities & DJ starts
- **July 1:** Annual Canada Day Toonie Swim where everyone swims for \$2 all day long!
- **July 12:** Swim for FREE at our Grand Re-Opening celebration for our 50th anniversary! Join us from 1-5pm with Mayor & council for the ribbon cutting and then enjoy some good old BBQ'd hot dogs & burgers.
 - » 1:00-2:30 BBQ, cake & cold treats (while quantities last)
 - » 2:30 Ribbon Cutting
 - » 1:00-5:00pm various games and family activities
- **July 24:** Bring your best water gun & take on the Lifeguards at our annual Water Wars event from 2-4pm. Our friends at the Fire Department will be teaming up with Lifeguards to take on our tough Leduc swimmers.
- **August 12:** Hey Youth this is just for you! We're closing the pool down to everyone but youth ages 12-17 from 6-8pm and it's FREE. Rock out to a DJ, challenge our inflatable WIBIT and the first 100 youth in the pool will receive a pair of cool shades on us!
- **September 2:** Help us give back to our community and your admission is on us! Get FREE admission when you bring a donation to the food bank to mark the end of our season.



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 6 regarding Active Supervision & Active Participation. View our drop-in schedules on page 51 - 52 or at Live.Leduc.ca

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, 2019

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.

Dodgeball

A game in which players on two teams try to eliminate all players of the opposing team by throwing game balls at each other, while avoiding being hit by a ball themselves.

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.

Pickleball

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

A few fun facts about Pickleball:

- *Pickleball has been around since 1965.*
- *In Pickleball, players are referred to as "Picklers". Those who have lost a match did not lose, but have been "pickled".*
- *The sport was named after one of the inventors' dog, whose name was Pickles.*

Pickleball for Beginners

This is an opportunity for participants that are looking to build their confidence and abilities with new and beginner pickleballers. Pickleball is 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.

touchtennis

Played on a smaller court with foam balls and shorter (21 inch) rackets. touchtennis is a compact form of the traditional game. It's fast, fun and incredibly energetic while easy to pick up.

Volleyball

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

■ Ice Arena Opportunities

April 1 – June 30, 2019

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

Adult 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

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, skates, hockey gloves and regulation hockey stick. Suggested equipment include: full face mask, neck guard, hockey pants, support cup, and shin/elbow/shoulder pads.

Family Skate

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



Equipment requirements for children 12 and under: CSA 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.

Friday Fun Skates

Bring the whole family for arena fun with lots of treats and prizes to be won! Friday Fun Skates are every 3rd Friday from 7 – 8:30 p.m. FREE for LRC Members or just a Day Admission pass to attend.

Equipment requirements for children 12 and under: CSA certified helmet

- **March 15 – St. Patrick’s Day Fun Skate**
Join us to celebrate our planet, as we combine Earth Day and Arbor Day, and receive a new seedling to plant and watch grow.
- **April 26 – Celebrate Nature**
Show off your favorite team while you breeze around the arena. There will be game day style refreshments and goodies to take home.
- **May 17 – May Long Weekend Kick Off**
With summer just around the corner, bring your appetite to our public skate to enjoy some BBQ style snacks.
- **June 28 – Summer Solstice**
Join us to mark the official start of summer. With the longest day upon, we will be sure to make it bright on the ice.



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 51 - 52 for all arena and field house drop-in opportunity times.

THE CHOPPED LEAF
lettuce cater to you.

Leduc Common
5411 Discovery Way
780.612.1211

DROP-IN SCHEDULES

The below weekend schedule is for May and June, for the April weekend drop-in schedule, please visit www.leduc.ca/LRC

Field House Opportunities April 1 – June 30, 2019

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Badminton		8 am - 4:30 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
Dodgeball	3 - 4:30 pm				5 - 8 pm		
Floor Hockey	8 - 9 pm 9 - 10 pm*	4:30 - 9 pm (May/June) 9 - 10 pm*				4 - 6 pm	
Football						7 - 9 pm	4 - 6 pm
MNP Kicks for Kids**		MNP 3 - 4:30 pm		MNP 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
Pickleball for Beginners			7 - 9 pm			5 - 9 pm	
Soccer	noon - 1 pm 3 - 4:30 pm 7 - 9 pm 9 - 10 pm* (May/June)	noon - 1 pm 9 - 10 pm	noon - 1 pm 3 - 4:30 pm 9 - 10 pm*	noon - 1 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
touchtennis		8 - 11:30 am		8 - 11:30 am			
Volleyball	5:30 - 9 pm 9 - 10 pm*	1 - 3 pm		4:30 - 7:30 pm 7:30 - 9 pm 9 - 10 pm* (May/June)		1 - 3:30 pm	6 - 9 pm

*Adult Hour (18+ only)

**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.

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

DROP-IN SCHEDULES

■ Arena Drop-In Opportunities April 1 – June 30, 2019

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		
Adult 18+ Shiny	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 / Child Stick & Puck						3:15 - 4:15 pm	
Adult 18+ Stick & Puck			9 - 10 pm			9 - 10 pm	
Family Skate							1 - 3 pm
Family Stick & Puck					4:30 - 5:30 pm		3:15 - 4:15 pm
Preschool Skate		10:30 - 11:30 am		10:30 - 11:30 am			
Public Skate	1:30 - 3:30 pm 7 - 8:30 pm	1:30 - 3:30 pm	1:30 - 3:30 pm 7:15 - 8:45 pm	1:30 - 3:30 pm	1:30 - 3:30 pm 7 - 8:30 pm	1 - 3 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 48 - 49 for all other equipment requirements.

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

HERE TO HELP

Volunteer Leduc helps the non-profit sector by providing volunteer management support to recognize, support and enhance volunteerism. It develops community partnerships to strengthen, encourage and foster the act of volunteering. Is a valued resource providing information on award and funding opportunities!

Value of Volunteering – building confidence, competence, connections and community. Volunteering is often seen as a selfless act; a person gives their time, skills, experience, and passion to help others, without expecting anything in return. And while volunteering is a form of service, many volunteers will tell you that “you get more than you give”. From opportunities to develop new skills, to finding deep and meaningful personal connections, the magic of volunteering is that it creates social and economic value for all: for individuals, families, organizations, neighborhoods, and communities.

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

Embrace your community; become a Volunteer! Join the Leduc Volunteer Registry. We can help individuals or groups looking to volunteer. For information on monthly volunteer opportunities, please register online at Leduc.ca/volunteers or contact Volunteer Leduc.

The City of Leduc and Volunteer Leduc extends a warm thank you to the individuals and groups that dedicate their time to volunteering. Their contributions make Leduc a safe, healthy, active and caring community.

EDUCATION FORUMS:

Volunteer Leduc offers annual board development and learning forums to provide non-profit organizations with tools and resources to better equip organization necessary success. Contact Volunteer Leduc for upcoming workshops.

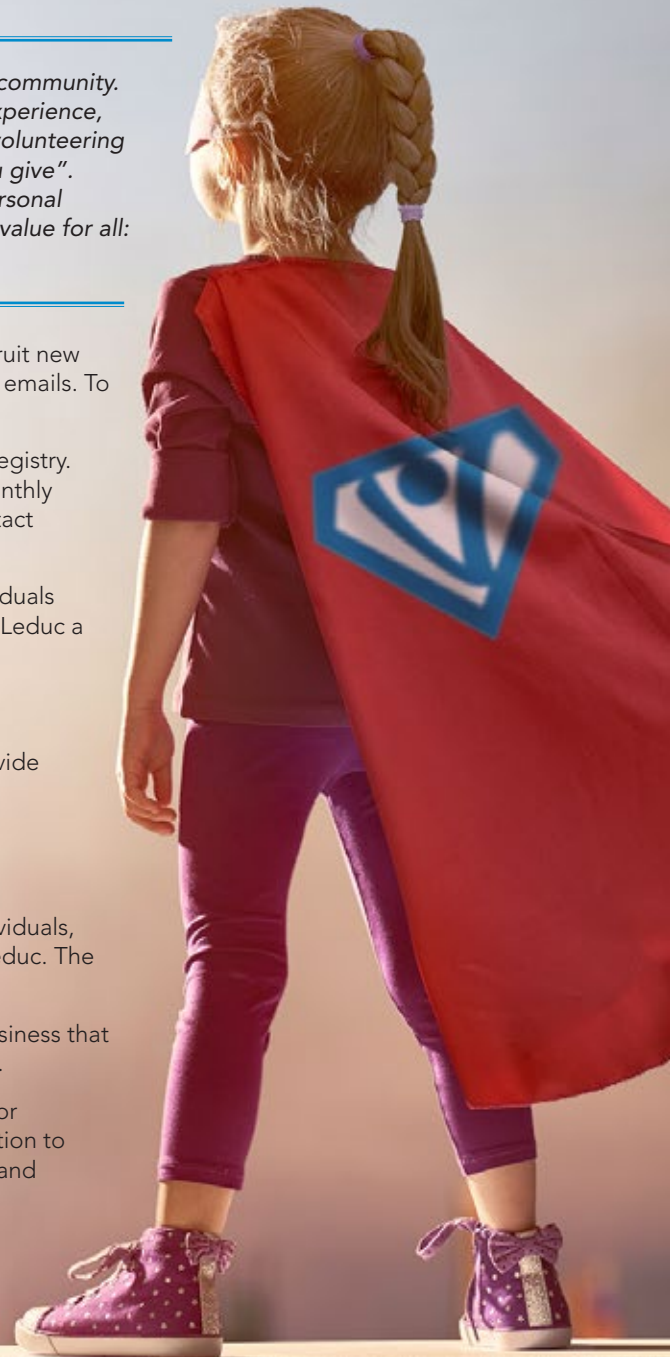
CITIZENS RECOGNITION PROGRAM:

The City of Leduc’s Citizen Recognition Program is designed to recognize individuals, groups, organizations and businesses who make significant contributions to Leduc. The City of Leduc Citizen Recognition program consists of two components:

1. Leduc Achievement Awards: recognize citizens, group, organization or business that benefits the citizens of Leduc. Award presented at a City Council meeting.
2. Citizens of Distinction Awards: recognize six outstanding citizens, groups or businesses from the City of Leduc that have made a tremendous contribution to our community. Categories include: Community Spirit Award, Art Culture and Heritage Recognition Award, Youth Award of Merit, Athletic Achievement Award, Mayor’s Special Award, Environmental Achievement Award .

Visit Leduc.ca/citizen-recognition-program to learn more about the recognition program, or contact Volunteer Leduc.

If you are new to volunteering or a returning volunteer, **Volunteer Leduc** can connect you to an opportunity. Be part of the action, Volunteer! For more information visit volunteer.leduc.ca, call 780-980-7177 or email volunteer@leduc.ca



**Volunteer
Leduc**



FCSS

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.

Some of the services we offer to residents of the City of Leduc are:

- One-on-one support
- Outreach services
- Subsidized counselling
- Programs and workshops
- Community events
- Youth outreach services
- Meals on Wheels
- Social and community development
- Recreation assistance programs

For more detailed information about FCSS services, programs and events, please visit our webpage at Leduc.ca/FCSS. You can also call us at **780-980-7109** or, if you require information or referrals outside of regular business hours, please dial 2-1-1 to be connected to health, human services, community resources and government assistance programs.

The FCSS office is located inside the Leduc Civic Centre at 1 Alexandra Park in Leduc, AB. Our hours of operation are Monday to Friday, 8:30 a.m. to 4:30 p.m. (closed for lunch between noon and 1 p.m.).



Leduc FCSS offers a number of workshops and information sessions throughout the year to support Leduc residents in a variety of ways.

For more info about any of these upcoming programs, please call 780-980-7109 or visit Leduc.ca/FCSS.



DOES PARENTING YOUR TEEN FEEL LIKE THIS?

MEET THE PARENTS DINNER

Come out and meet other Leduc parents dealing with the same challenges and get to know community supports over a free dinner.



HOME ALONE

Home Alone is a free workshop that will help prepare both children ages 9+ years and their parents/guardians to be safe when the child is home alone by developing home alone skills, emergency procedures and back up plans.



Co-parenting and Children in Change

This two-part, one-day workshop is designed to provide new skills for people who are co-parenting with an ex-partner, and to allow kids aged 6-11 years old to safely share experiences and feelings regarding separation and divorce through play and activities.



Celebrate your #YAYbour

Take a minute to thank a great neighbour!

Drop by the Leduc Civic Centre to pick up a Good Neighbour card and tell your YAYbour how much you appreciate them.

For more info about the Good Neighbours initiative and upcoming events, please visit Leduc.ca/goodneighbour.

Proudly sponsored by: Coldwell Banker Haida Realty

ENVIRONMENT

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

You can drop off your materials and small loads for FREE. Check Leduc.ca to learn more about organics, recyclables, e-waste, household hazardous materials and waste collected at the Eco Station.



We've gone through some changes, but we're still open.

Watch for our grand re-opening event in 2019.

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

PARTNERING with *nature*

THIS EARTH HOUR

#CONNECT2EARTH

SWITCH OFF
MARCH 30, 2019
8:30 - 9:30 P.M.

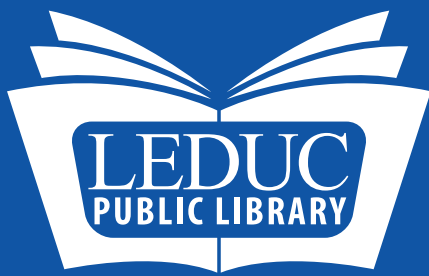
60+
EARTH HOUR

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PERFORMANCE ARENA



www.LeducLibrary.ca

780-986-2637

#2 Alexandra Park

Preschool Programs

Drop-in Sessions run from Feb 25 to March 21 and April 1 to May 2. Siblings always welcome.

Baby Laptime – Drop-in



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

Day	Age	Time
Wednesday	0 - 12 months	11 - 11:30 a.m.

1 Year Old's – Drop-in



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

Day	Age	Time
Tuesday	12 - 24 months	11 - 11:30 a.m.

Toddler Time – Drop-in



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

Day	Age	Time
Monday, Tuesday, & Wednesday	1 - 5	10:15 - 10:45 a.m.
Monday	1 - 5	11 - 11:30 a.m.

St. Patrick's Day Themed Preschool Fun

March 11 - 14

Leprechauns and pots of gold! Join us during this week at any of our drop-in preschool programs and enjoy extra special St. Patrick's themed programming.

Easter Themed Preschool Fun

April 15 – 18

Hop! Hop! Hop! to the library during this week for any of our drop-in preschool programs and enjoy extra special Easter themed programming.

Read Off Your Fines! March 1 - May 30
Kids & Teens can read off their fines! More information will be on our website or in our Program Guide!

Family Storytime – Drop-in



Drop-in for interactive stories followed by a related craft or art.

Day	Age	Time
Every Thursday*	0 - 5	10:15 - 11 a.m.

*There will not be a Family Storytime on March 28

Play, Learn, Grow – Drop-in



Our very popular program in partnership with Leduc Parentlink. Play with your child at the play-based and inspiring stations as their curious minds lead the way!

note: regular preschool programming doesn't occur on this day.

Date	Age	Time
Wednesday, Mar. 20	0 - 5	10 a.m. - noon

Preschool Storytime – Drop-in

Join us for fun stories during Play, Learn, Grow dates at 11am in the children's area.

Date	Age	Time
Wednesday, Mar. 20	0 - 5	11 - 11:30 a.m.

Mother's Day Tea – Registered

Ages 2 – 6

Spend some special time with your little one making memories while creating keepsakes, listening to stories, and sharing tea (juice) and treats. Younger siblings are welcome. Both sessions are identical.

Date	Age	Time
Wednesday, May 8	2 - 6	10:30 – 11:45 a.m. ; 2 – 3:15 p.m.

Registration for Library programs begins February 19 at 10 a.m. on our website at www.leduclibrary.ca or call 780-986-2637

Early Development Instrument

The Early Development Instrument (EDI) is a standardized tool that measures the development of five-year old children based on the children's social, emotional, physical and intellectual development. Across the province, some 70,000 children have been evaluated. The results from Leduc and the Leduc region are available online at www.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. If you have any questions about the EDI, ECMap or the five developmental domains and our programming, please contact the FCSS or Recreation offices at 780-980-7177.

Developmental Domains:



Physical Health & Well-being

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



Social Competence

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



Emotional Maturity

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



Language & Thinking

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



Communication Skills & General Knowledge

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

Children's Programs

Pokémon – Drop-in

Hang out with other Pokémon collectors. Come create Pokémon crafts and activities, enter a draw for free cards and trade fairly.

Date	Age	Time
Thursday, Mar. 21, Apr. 18, May 16	8 - 12	6:30 – 7:30 p.m.

Table-Hop Tea Party – Drop-in

Meet new friends and enjoy iced tea or juice with a treat while roaming tables with an inspiring mix of activities such as; painting, lip balm, jewellery or card-making. Stations change each month.

Date	Age	Time
Thursday, Mar. 7, Apr. 4, May 9	8 - 12	6:30 – 7:30 p.m.

Early Dismissal LEGO & Fun – Drop-in

LEGO, crafting, and STEM activities. Bring your friends and enjoy some free time in our library program room or settle in and catch up on individual or group homework.

Date	Age	Time
Wednesday, Mar. 6, Apr. 3, May 1	School ages	3 - 4:30 p.m.

Cartoon Drawing & Cookies – Drop-in

Draw some of your favorite comic characters step-by-step and get tips on creating your own. Bring your latest read or favorite book for show and tell.

Date	Age	Time
Tuesday, Mar. 19, Apr. 23	5 - 8	4 - 5 p.m.

Book Chat & Cookies – Drop-in

Ages 9 – 12
Let's share reviews about our favorite books and play literacy games. A good program to encourage reluctant readers. Bring your latest read or favorite book as a show and tell.

Date	Age	Time
Tuesday, Mar. 12, Apr. 9	9 - 12	4 - 5 p.m.

PD Day – Perler Crafting – Registered

Necklaces, keychains, bookmarks or coasters? See what you can create with these plastic fusible beads.

Date	Ages	Time
Friday, Mar. 22	5 - 8	10:15 - 11:15 p.m.
Friday, Mar. 22	9 - 12	noon - 1 p.m.



PD Day – Gardening Fun – Registered

Thumbs will turn green and hands will get dirty as we explore interactive stations teaching about gardening, seeds and creatures we find in our gardens.

Description	Age	Date	Time
Little Gardeners	5 - 8	Friday, Apr. 12	10:15 - 11:15 p.m.
Big Gardeners	9 - 12	Friday, Apr. 12	2 - 3 p.m.

PD Day – Stress Balls – Registered

Need to squeeze your feelings out? Create your own super cool stress balls and create a comic about them.

Date	Age	Time
Friday, May 17	5 - 8	10:15 - 11:15 p.m.
Friday, May 17	9 - 12	noon - 1 p.m.

■ Teen Programs

PD Day – Perler Crafting – Registered

Necklaces, keychains, bookmarks or coasters? See what you can create with these plastic fusible beads.

Date	Age	Time
Friday, Mar. 22	13 - 17	2 - 4 p.m.

Black-out Poetry – Registered

Celebrate national Poetry month! Repurpose the pages of old books by transforming them into your own poetic works of art. Snacks provided.

Date	Age	Time
Thursday, Apr. 11	13 - 17	6 - 8 p.m.

Teen Takeover – Registered *Ages 12 – 17*

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

Date	Age	Time
Friday, Apr. 26	12 - 17	6 - 9 p.m.

Registration ends the day of the event at 4pm, so register before to secure your spot. You must be registered to be allowed entry.

PD Day – Stress Balls – Registered

Need to squeeze your feelings out? Create your own super cool stress balls and create a comic about them.

Date	Age	Time
Friday, May 17	13 - 17	2 - 4 p.m.

Teen Advisory Club – Registered

Every 3rd Wednesday of each month, be a part of a team to suggest and plan creative ways to make your library and city a great place for teens. Become a member and gain volunteer hours. New members are always welcome.

Date	Grades	Time
Wednesday, Mar. 20, Apr. 17, May 15	8 - 12	4 - 5 p.m.

Teen Resume Preparation – Registered

Ages 13 – 17

Looking for your first job this summer? Let us help you get a good start in creating a solid resume and a strong cover letter. You'll also get tips on applying for jobs and presenting yourself in an interview. Snacks provided.

Date	Age	Time
Thursday, May 23	13 - 17	6 - 7:30 p.m.

■ Family Programs

Free Style Crafts – Drop-in *All Ages*

Fire-up your creative spark! Bring your imagination and we will supply the materials for you to work at your own pace.

Date	Theme	Time
Monday, Mar. 11	St. Patrick's Day	All Day
Monday, Apr. 15	Easter	All Day
Monday, May 6	Springtime	All Day

Mobile Planetarium – Registered *Ages 5+* *Spring Break, March 25 - 29*

Explore the far reaches of the universe! We are bringing the mobile planetarium from the Telus World of Science to Leduc. Keep an eye on our website or social media for program times and to register!

Rainy-day Recommendations *All Ages*

Throughout the month of April (1st - 30th)

Share your knowledge! Write a recommendation (likes and dislikes) on any material you have read, and you could win a prize! Submitted recommendations will be posted in the library to help you pick your next read! You may discover a new literary treasure!



■ Adult Programs

A Bad Art Afternoon – Registered

Attention All artistic talent must be left at home for A Bad Art Afternoon. No talent in painting? Well, here is your time to shine! The goal of this incredibly fun program is to create the worst piece of artwork possible. Artistic work will be displayed on the Library's Art Wall for the month of March where Leduc residents will vote for the worst art piece (winners to receive a prize!). With or without talent we hope to see you there! Snacks to be provided.

Date	Time
Saturday, Mar. 2	1 – 3 p.m.

How a Doula Can Help You! – Drop-in

If you're pregnant or preparing for a pregnancy, this program is for you. Come learn what a doula is and how having one can help you prenatally, during labour and birth, as well as during the postpartum period.

Date	Time
Wednesday, Mar. 6	6:30 - 7:30 p.m.

Immigration in Canada – Drop-in

This program, led by immigration lawyer Nathan Po, will be an informative session on immigration in Canada. Areas touched upon may include new rules, sponsorship and much more.

Date	Time
Wednesday, Mar. 20	6:30 - 7:30 p.m.

Leduc: Then & Now – Drop-in

Join Thomas Dirsa, author of *Leduc: Now & Then*, as he relates stories he has discovered during his in-depth research into the City of Leduc. Thomas will sweep you into the past for humorous, interesting and above all informative tales.

Date	Time
Thursday, Mar. 21	1 - 2 p.m.

Dream Catchers – Registered

Alicia Burwash, a Metis creator of dream catchers, will guide you through making your very own! This program is open for ages 16+.

Registration must be done at the library with a \$10.00 non-refundable registration fee.

Date	Time
Saturday, Mar. 23	1 - 3 p.m.



Community Art with Kelly – Registered

Make a visually stunning creation with local artist, Kelly Holowachuk.

Registration must be done at the library with a \$10.00 non-refundable registration fee per program.

Date	Time
Saturday, Apr. 6	1 - 3 p.m.

Parent Workshop - From Books to Reading – Registered

The From Books to Reading Parent Workshop is for parents of children who are just beginning to learn about alphabet and letter sounds. You will learn ways to help your child get ready to read and spell at home. The following topics will be covered by the Speech Language Pathologist at the workshop:

- What is phonological awareness?
- Why is phonological awareness important?
- Stages of phonological awareness development
- How to promote early literacy skills
- Take home ideas

****This workshop is for parents only. No childcare is available.*

Date	Time
Wednesday, Apr. 10	6:30 - 8 p.m.

Transitioning for Seniors – Drop-in

The Dr. Woods Museum, The Leduc Historical Society and The Leduc Public Library would like to invite you to an interactive power point presentation where you will learn practical tips and insights to gracefully move through your life stages. Presented by Karen Young, M.A.

Date	Time
Wednesday, Apr. 17	1:30 - 3 p.m.

Movie, Tea and Pie – Registered

Sip on Southern Sweet Tea and eat a slice of chocolate pie as you watch *The Help*.

Date	Time
Wednesday, Apr. 24	6:30 p.m.

Leduc 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

To Register for Leduc Adult Learning's Classes/Workshops contact us at:

- **Email:** learn@leducadultlearning.ca
- **Call/Text:** 780.915.9835

Note: Courses requiring payment require a pre-booked appointment

Basic Computers – Registered

Intimidated by technology? Join us to gain a basic understanding of how to use a Windows computer and become familiar with technology jargon. This workshop is intended for individuals new to a computer. Be introduced to basic computer technology and concepts, navigate a Windows computer, general word processing and accessing the Web.

Date	Time	Cost
Wednesday, Apr. 10, 17, & 24	1:30 - 3:30 p.m.	\$25

Participant pre-requisites: none

Windows 10 – Registered

Windows 10 looks different and can be confusing when getting started. This workshop will provide participants with an understanding of how to navigate Windows 10. We will explore and learn about the Windows 10 environment, how to customize it to personal preference as well as review foundational Windows skills.

Date	Time	Cost
Tuesday, Apr. 23 & 30	6:30 - 8:30 p.m.	\$20

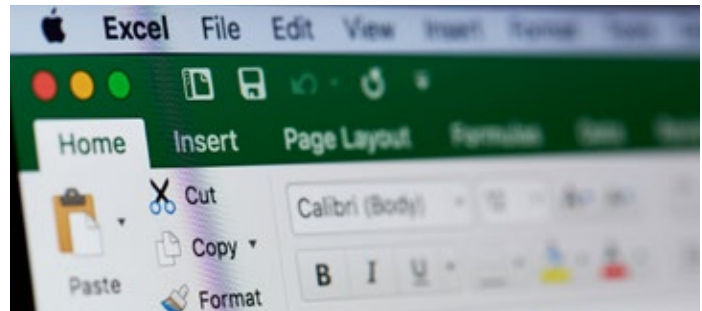
Participant pre-requisites: none

Intro to Word – Registered

Microsoft Word is a word processing application that helps to create a variety of documents, including letters, flyers and resumes. This workshop explores how to create and set up documents, formatting and the use of styles.

Date	Time	Cost
Tuesday, May 14 & 21	6:30 - 8:30 p.m.	\$20

Participant pre-requisites: basic understanding of computer use



Intro to Excel – Registered

Microsoft Excel is a powerful spreadsheet application that can help organize and calculate data. This workshop explores basic uses of Microsoft Excel; exploring data entry and using basic formulas.

Date	Time	Cost
Thursday, May 16 & 23	1:30 - 3:30 p.m.	\$20

Participant pre-requisites: basic understanding of computer use

iPhone – Registered

If you have an iPhone, but aren't sure how to use it, this is the workshop for you. In this workshop, we will explore how to navigate your iPhone, use it as an organizational tool, a camera, and how to download apps to customize your iPhone to your needs.

Date	Time	Cost
Wednesday, Apr. 17	6 - 8:30 p.m.	\$10

Participant pre-requisites: Bring your own device with your user email and password.

Android – Registered

If you have an Android Smartphone, but aren't sure how to use it, this is the workshop for you. In this workshop, we will explore how to navigate the Android operating system, use it as an organizational tool, a camera, and how to download apps to customize your smartphone to your needs.

Date	Time	Cost
Wednesday, Apr. 24	6 - 8:30 p.m.	\$10

Participant pre-requisites: Bring your own device with your user email and password.

iPad Basics – Registered

If you have an iPad and want to learn how to use it more efficiently, then this workshop is for you. Learn the basics, how to install and organize apps as well as customize your iPad to suit your needs.

Date	Time	Cost
Tuesday, May 28, June 4 & 11	1:30 - 3:30 p.m.	\$25

Participant pre-requisites: Bring your own device with your user email and password (this is a three-session class)



Language Learning

Conversational English – Drop-In

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

Date	Time	Location
Tuesdays	6:30 - 7:30 p.m.	Leduc Public Library

English Language Learning – Drop-In

Learn to read and write the English language. We will work on building vocabulary, increasing a working knowledge of grammar, enhancing reading comprehension and improving overall writing skills.

Date	Time	Location
Thursdays	6:30 - 8:30 p.m.	Leduc Public Library

For beginner – intermediate

Spanish Conversation Circle - Drop-in

Let's Talk Spanish: Conversation Spanish Circle. Looking for an opportunity to get together and practice your Spanish with others? *Participants must have some knowledge of the Spanish Language. Not a structured class – an opportunity to talk and practice. Participant led.*

Date	Time	Location
Tuesdays	1:30 - 3 p.m.	Leduc Public Library

GED

Are you interested in challenging the GED test and need a class to help you prepare? Contact Leduc Adult Learning to discuss Spring 2019 registration details.



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There are two rent supplement programs that assist 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 Regional Housing Foundation

5118 - 50 Avenue, Leduc, Alberta T9E 6V4

Phone: 780.986.2814 Fax: 780.986.4881

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



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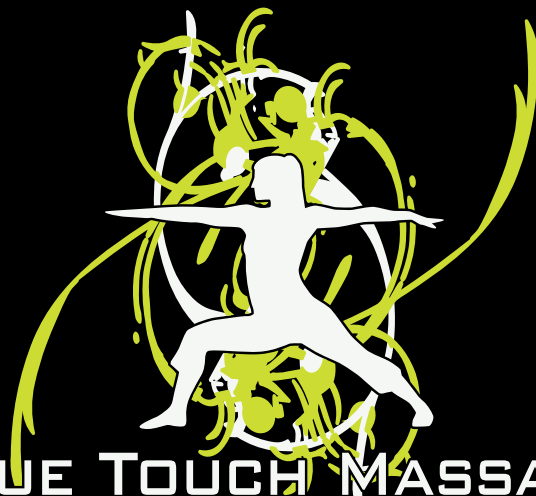
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		10:15 AM Legs for Days and Glutes!		10:15 AM BOOTCAMP faster. stronger. better.	10:15 AM STRETCH and RELEASE
12 PM	MODIFIED PILATES	12 PM OPEN GYM BYO BABY		12 PM OPEN GYM BYO BABY	
		4:30 PM Youth Fit			
6 PM	TOTAL BODY TONE	6 PM CORE CONTROL	5:30 PM STRONG	6 PM STRONG	
		Registered Belly Dancing 7:15 PM Jan 8 - Mar 19	7:15 PM MAT & STANDING PILATES	7:15 PM Legs for Days and Glutes!	

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