



# CITY GUIDE

..... SUMMER 2019

PROGRAMS

ACTIVITIES

SCHEDULES

EVENTS

SERVICES



*Active Eights and Nine's  
FREE All Access Summer Pass*

Check out pages  
44 – 45 for details

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

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**PETROLEUM**



*Better food starts here.*



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## Exclusive benefits with a LRC Membership!

- Access to **ALL** drop-in fitness programs at no extra cost! This includes Yoga, Zumba, Cycling, Aqua-Fit, swimming, hockey, and so much more!
- Early registration for all recreation, fitness, aquatics programs, and summer camps.
- 10% discount on all LRC Registered Programs including: swim lessons, recreation programs, fitness classes, personal training, child minding and more!
- 10% discount on purchases at the following businesses:



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

## Summer Deals

- **Summer Youth Membership:** Only \$25/month for July and August for youth aged 8 - 17. Valid during all hours of operation. Get yours starting June 1!
- **July Personal Training Special:** SAVE 20% OFF all individual and group personal training sessions in the month of July. Visit page 18 for more info.
- **Active Eights and Nine's – Receive a FREE All Access Summer Pass July 2 – August 31, 2019:** Were you and are you going to be in Grade 8 or Grade 9 in 2019 in Leduc or Leduc County? Enjoy all that the LRC has to offer throughout the summer for free PLUS access the Alexandra Outdoor Pool and Leduc Transit within the City of Leduc!

For membership information, including corporate rates, please contact Guest Services at the LRC at 780-980-7120.



**DO your THING**



# You Don't Win Friends with Salad!

## ALBERTA'S BEST BEEF JERKY

780-986-2537

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



# GROUP MEMBERSHIPS

## 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](http://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 and the savings cannot exceed \$107.68.

**DO *your* THING.**



# 20/20

## CORPORATE WELLNESS PROGRAM



***Your employer is a LRC 20/20 Corporate Wellness Member and that means***

You get 40% off the cost of stress-reducing, fun-inducing, caffeine-replacing recreation. Visit the LRC today and get 20% off the price of your annual membership, then give your receipt to your employer to get another 20% back.



## Live Leduc MOBILE APP

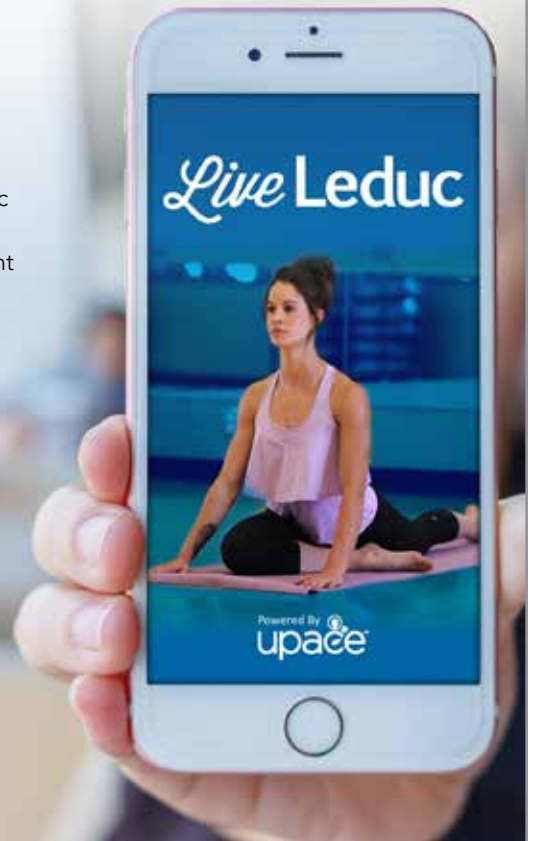
We are so excited to be launching the Live Leduc mobile app here at the Leduc Recreation Centre in 2019! The Live Leduc app will allow members to access classes, view holiday hours, receive amenity closure notifications, and more right at their fingertips.

### 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, Alberta Winter Games Running Track, Leduc County & Co-op Field Houses, Mix Family Aquatic Centre, and RE/MAX 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)	<b>FREE</b>	<b>FREE</b>	<b>FREE</b>	<b>FREE</b>	<b>FREE</b>
Senior (60 – 74 years)	\$37.75	\$32.65	\$358.95	N/A	N/A
Active Afternoon Senior (60+ years)**	<b>FREE</b>	<b>FREE</b>	<b>FREE</b>	<b>FREE</b>	<b>FREE</b>
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)	<b>FREE</b>	<b>FREE</b>	<b>FREE</b>	<b>FREE</b>	<b>FREE</b>

\* 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.

## Hours of Operation

**WE'RE TRAINING TO  
SERVE YOU BETTER!**

The LRC will be closed June 25, 2019 from 1 – 5 p.m. for Staff Training.

	Weekdays		Weekends		Statutory Holidays
<b>Fitness Centre and Track</b>	Mon. – Fri.	5 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	
<b>Aquatic Centre</b>	* Please see page 25 for the detailed aquatic centre hours.				
<b>Guest Services</b>	Mon. – Fri.	8 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	
<b>Field House</b>	Mon – Thurs. Fri.	8 a.m. – 10 p.m. 8 a.m. – 9 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	
<b>Indoor Playground</b>	Mon. – Fri.	9 a.m. – 8 p.m.	Sat. & Sun.	9 a.m. – 8 p.m.	
<b>Child Minding Centre</b> <i>July &amp; August</i>	* Please see page 9 for Child Minding Hours. Child Minding Closed on Statutory Holidays.				

## Facility Information

### Wristbands

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

### Personal Belongings

It is recommended that patrons do not leave any valuables in the change rooms. We suggest securing all personal items in a coin-operated token locker or securing your belongings in a locker with your own padlock. Guest services also does sell 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.

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



Indoor Pool Closed for Annual Maintenance **Aug. 25 – Sept. 22**

**mix family**  
aquatic centre

Join us at the **Alexandra Outdoor Pool** until **Sept. 2!**

### FITNESS CENTRE EXTENDED SHUTDOWN

The Fitness Centre & Track will be CLOSED for cleaning, painting and other maintenance from July 12 – 14, 2019.

## 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 and/or on the ice the child must be within arm's reach of guardian. 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 of age or under from the sidelines of the field house or from the players bench in the ice arenas.

## ■ Registration

### Summer Registration Dates

#### Member\* Registration

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

Online 10 a.m.

In-person / phone 5 p.m.

#### 🔹 Aquatic Registration – June 4, 2019

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

#### General Registration – June 11, 2019

All registered recreation, fitness, and education programs.

#### Never Miss a Class!

LRC Members receive early registration.

#### Public Registration

Online 10 a.m.

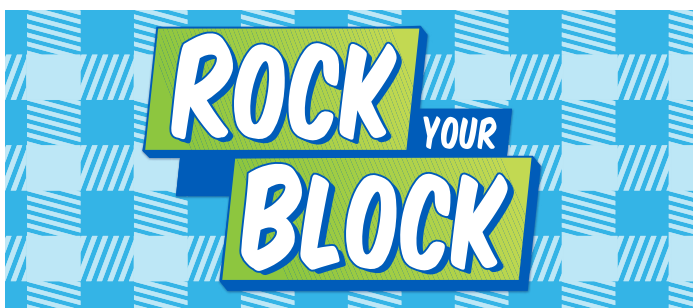
In-person / phone 5 p.m.

#### 🔹 Aquatic Registration – June 6, 2019

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

#### General Registration – June 13, 2019

All registered recreation, fitness, and education programs.



Hey Leduc! It's that time of year again. Rock Your Block!

Visit us at [Leduc.ca/rockyourblock](http://Leduc.ca/rockyourblock) to arrange a Block Party this summer as a great way to have fun and meet your neighbours while enjoying the summer weather.

## Live Leduc Registration Options

Online	Visit <a href="http://Live.Leduc.ca">Live.Leduc.ca</a> and log-in. 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 stopping by the Guest Services desk at the Leduc Recreation Centre to confirm your email address during regular hours of operation.
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.

### 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 but can be used 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 admin fee will be applied. You 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 admin 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 admin 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/registration](http://Leduc.ca/LRC/registration), speak to a Guest Services representative at the LRC, or call **780-980-7120**.

## ■ Registered Program Information

### General Information

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

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

### Program Age and Prerequisite Requirements

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

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

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

### Be Prepared

Please dress appropriately for your program. At the time of registration you will be provided with a printout of all pertinent information related to your program. Please note, 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.

**THE LEDCOR GROUP OF COMPANIES**

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

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

**FORWARD TOGETHER.**

BUILD YOUR CAREER WITH LEDCOR.  
VISIT [LEDOR.COM](http://LEDOR.COM)

**LEDOR** ambur

Canada's Top 100 Employers 2014

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!

- 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.

- 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

- 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](mailto:LRCParties@leduc.ca), call **780-980-7118**.



 **DO your THING.**

Get the latest information about what is happening at the LRC, receive special offers and discounts and be in the know about contests and giveaways.

Follow us on Facebook  
[@leducrecreationcentre](https://www.facebook.com/leducrecreationcentre)



## ■ Child Minding Centre

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

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

### Hours of Operation (July 1 – Aug. 31)

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

**Note:** If demand is low, 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 booking start and end time. If you are arriving at a time other than your booking time, confirm with the child minding staff if there is available space.



### 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](http://Leduc.ca/LRC) and complete the Babysitter Inquiry Form. The information will be forwarded to the parents/guardians of Red Cross Babysitter Program participants and they will make the decision to follow up with your inquiry.

## ■ Re/Max Indoor Playground

### General Information

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

### Hours of Operation

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

### Guidelines:

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



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

Please respect the enjoyment of others and the equipment. 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 playground clean! You can enjoy your snacks and beverages outside the indoor playground at the tables in the lobby.

## ■ Educational Programs

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, or visit us online [Live.Leduc.ca](http://Live.Leduc.ca) to register.

*\*Minimum 6 registrants for course to run\**

### Standard First Aid / CPR / AED - Level C \$150

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

Sat. / Sun.	9 a.m. – 5 p.m.	June 15 / 16	7037
Mon. / Tues.	9 a.m. – 5 p.m.	July 29 / 30	7032
Mon. / Tues.	9 a.m. – 5 p.m.	Sept. 21 / 22	7034
Sat. / Sun.	9 a.m. – 5 p.m.	Nov. 7 / 8	7039



### Standard First Aid Re-Certification Course \$90

This one-day re-certification course is designed for individuals that have a valid Standard First Aid certificate that will soon expire. Please bring your **unexpired** certificate with you when you attend.

Fri.	9 a.m. – 5 p.m.	July 5	7033
Sat.	9 a.m. – 5 p.m.	Sept. 7	7041
Mon.	9 a.m. – 5 p.m.	Oct. 28	7035
Sat.	9 a.m. – 5 p.m.	Dec. 14	7040

## ■ 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.

*See pg. 6 for our cancellation & withdrawal policy.*



**Attention City of Leduc User Groups!**  
We are planning for your indoor Fall & Winter 2019/20 Season!

If you are interested in ice or field house space for your organization, contact us at [events\\_bookings@leduc.ca](mailto:events_bookings@leduc.ca)

# RECREATION PROGRAMS

## ■ General Information

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

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

### Babysitter Referral Service **FREE**

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



## ■ 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 all of the new programs being introduced while still enjoying some of your favorites too!

### Little Adventurers 3 – 5 years \$20/child/class

*NOTE: this program is located at the LRC - MNP Room*

Bring your preschooler for a fun filled experience in our three hour program. Each class is packed with new experiences, a fun environment for socialization, crafts, games and even songs and stories! Please provide 1 small nut free snack and a water bottle for your child. All participants must wear indoor shoes and be fully toilet trained. Please apply bug spray and sun screen before dropping your preschooler off at camp.

Date	Day	Theme	Hours	Code
July 2	Tues.	All About Me	9am-Noon	7495
July 3	Wed.	My 5 Senses	9am-Noon	7496
July 4	Thurs.	The Body	9am-Noon	7497
July 9	Tues.	Bugs & Insects	9am-Noon	7498
July 10	Wed.	Caterpillars & Butterflies	9am-Noon	7499
July 11	Thurs.	Spiders & Webs	9am-Noon	7500
July 17	Wed.	Camping Oh My!	9am-Noon	7501
July 18	Thurs.	Beautiful Birds	1-4pm	7502
July 23	Tues.	Kings & Queens	1-4pm	7503
July 24	Wed.	Dragons & Unicorns	9am-Noon	7504
July 25	Thurs.	Fairy Tales	1-4pm	7505
July 30	Tues.	Diggin' Dinos	1-4pm	7506
July 31	Wed.	Rock Stories	9am-Noon	7507
Aug. 6	Tues.	Circus Circus	1-4pm	7508
Aug. 7	Wed.	It's a Zoo	9am-Noon	7509
Aug. 8	Thurs.	Funny Farm	1-4pm	7510
Aug. 20	Tues.	Space Chase	1-4pm	7511
Aug. 21	Wed.	Wings, Wheels & Whistles	9am-Noon	7512
Aug. 22	Thurs.	Back to School	1-4pm	7513

## Little Swimmers 3–5 years \$20/child/class

NOTE: this program is located at the LRC – MNP Room

This three hour program starts with a refreshing dip in the pool then we have some fun with games and a craft! Please provide 1 small nut free snack, a water bottle for your child and swim suit with towel. All participants must wear indoor shoes and be fully toilet-trained.

Date	Day	Theme	Hours	Code
July 16	Tues.	Shark Day	9am-Noon	7514
July 18	Thurs.	The Beach	9am-Noon	7515
July 23	Tues.	Float My Boat	9am-Noon	7516
July 24	Wed.	Bubbles Galore	1-4pm	7517
July 25	Thurs.	Ice, Ice Baby	9am-Noon	7518
July 30	Tues.	Merfolk	9am-Noon	7519
Aug. 6	Tues.	Big Lakes, Small Lakes	9am-Noon	7520
Aug. 7	Wed.	Streams & Rivers	1-4pm	7521
Aug. 8	Thurs.	Oh, Oceans	9am-Noon	7522
Aug. 20	Tues.	Squishy Squid	9am-Noon	7523
Aug. 21	Wed.	Fishy Fun	1-4pm	7524
Aug. 22	Thurs.	Shells & Crustaceans	9am-Noon	7525

## Outdoor Fun 3–5 years \$20/child/class

NOTE: this program is located at Lede Park Playground

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, having too much fun in just 2 hours! Drop off and pick up will be at the Lede Park Playground. Please ensure to apply sunscreen and bug spray prior to drop off and that all of the items are in a backpack. Program will run unless weather is unfavourable and an email will be sent making you aware. All participants must bring a nut free snack, water bottle, hat, closed toed shoes (no flip flops), be fully toilet-trained and dressed for the weather.

Date	Day	Hours	Code
July 31	Wed.	1-3pm	7527
Aug. 1	Thurs.	9-11am	7528
Aug. 1	Thurs.	1-3pm	7529
Aug. 13	Tues.	9-11am	7530
Aug. 13	Tues.	1-3pm	7531
Aug. 14	Wed.	9-11am	7532
Aug. 14	Wed.	1-3pm	7533
Aug. 15	Thurs.	9-11am	7534
Aug. 15	Thurs.	1-3pm	7535

## Preschool Swim Camp 3–5 years

NOTE: this program is located at the LRC – MNP Room

We have partnered with the LRC Aquatics Team to offer an 8 day preschool swim camp. Each afternoon will be jam packed with 3 hours of camp fun and our camp staff will then take your preschooler to their swim lesson during camp too. Register your preschooler for the best camp combo of the summer! All participants must bring a nut free snack, water bottle, swim suit and towel, socks, wear shoes that attach to their feet (no flip flops) and be fully toilet-trained.

Date	Day	#	Hours	Cost	Code
Jul. 2 - 17	Tues., Wed., Thurs.	8	1 - 4pm	\$200	7526

## School Aged Programs

### Leduc Summer Camps 5–12 year olds

Every day brings a new adventure at LSC! There are daily activities, crafts, and games reflecting our themes. We offer two age groups for registration: ages 5–7 and 8–12 (as of July 2019).



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

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

**Swimming Days:** Tuesdays and Thursdays

**Field Trip Day:** Wednesdays

## Register for a Day

**Day Camps 8:30 a.m. – 5 p.m. \$47.25/ day**

Day	Date	Theme	AGES	
			5 - 7*	8 - 12
T	July 2	Behind the Reel	7538	7539
Th	July 4	Fedoras & Flappers	7542	7543
F	July 5	Pyramids & Mummies	7544	7545
M	July 8	Grease Lightning	7548	7549
T	July 9	Hawaiian Hullabaloo	7550	7551

Day	Date	Theme	AGES	
			5 - 7*	8 - 12
Th	July 11	Soda Shops & Car Hops	7554	7555
F	July 12	Rock & Roll	7556	7557
M	July 15	Agent Under Cover	7560	7561
T	July 16	Peace & Love	7562	7563
Th	July 18	Yaaba Daaba Doo	7566	7567
F	July 19	Flower Power	7568	7569
M	July 22	Jedi Training	7572	7573
T	July 23	Colour Me Crazy	7574	7575
Th	July 25	Thursday Fever	7578	7579
F	July 26	Dancing Disco	7580	7581
M	July 29	Whip It Good	7584	7585
T	July 30	Ghost Chasers	7586	7587
Th	Aug. 1	In the Game	7590	7591
F	Aug. 2	Playing Retro	7592	7593
T	Aug. 6	Oh, Snap!	7596	7597
Th	Aug. 8	Bead Bonanza	7600	7601
F	Aug. 9	Worldly Wonders	7602	7603
M	Aug. 12	Outback Olympics	7606	7607
T	Aug. 13	Artful Antics	7608	7609
Th	Aug. 15	Record Breakers	7612	7613
F	Aug. 16	Camp's Got Talent	7614	7615
M	Aug. 19	Life in Space	7618	7619
T	Aug. 20	Robots	7620	7621
Th	Aug. 22	Inventors Workshop	7624	7625
F	Aug. 23	Best of the Best	7626	7627

## Register for a Week

**Day Camp Weeks** 8:30 a.m. – 5 p.m.

Date	Theme	AGES		Cost
		5 - 7*	8 - 12	
July 2-5	Blast from the Past	7536	7537	\$160
July 8-12	Nifty 50's	7546	7547	\$200
July 15-19	Swingin' 60's	7558	7559	\$200
July 22-26	Super 70's	7570	7571	\$200
July 29-Aug 2	Totally 80's	7582	7583	\$200
Aug. 6-9	Neon 90's	7594	7595	\$160
Aug. 12-16	Y2K	7604	7605	\$200
Aug. 19-23	Futuristic	7616	7617	\$200

## Register for a Field Trip



**Field Trips** 8:30 a.m. – 5 p.m. \$56.50/day

Date	Theme	AGES	
		5 - 7*	8 - 12
July 3	Leduc Grain Elevator & More	7540	7541
July 10	TBA	7552	7553
July 17	Royal Alberta Museum	7564	7565
July 24	Ellis Bird Farm	7576	7577
July 31	Blackfalds Outdoor Pool	7588	7589
Aug. 7	Edmonton Valley Zoo	7598	7599
Aug. 14	Ukrainian Cultural Village	7610	7611
Aug. 21	TELUS World of Science	7622	7623

## Specialty Camps

### Swim Camp 6 – 12 year olds

*Drop Off: Stageworks (4611 44 St) 8:30 a.m.*  
*Pick Up: LRC (Child Minding) 4 p.m. except Monday pickup at Stageworks*

We have partnered with the Aquatics Team at the LRC to offer a camp that includes a swimming lesson. We will be walking to the LRC Tuesday-Friday for swimming lessons. Monday is a full camp day with no swimming.

Day	Date	AGES 6 - 12	Fee	Hours
Mon. – Fri.	July 2-12	7628	\$375	8:30am - 4pm

### Sports Camp 5 – 12 year olds

*Drop Off: Stageworks (4611 44 St) 8:30 a.m.*  
*Pick Up: Stageworks (4611 44 St) 4 p.m.*

Warm up, stretch and let's play! We will be busy enjoying all sorts of sports this week indoors and outdoors.

Date	Theme	AGES		Fee
		5 - 8*	9 - 12	
July 15-19	Sports Camp	7629	7630	\$210
July 15	Just for Kicks	7631	7632	\$48
July 16	Xtreme Games	7633	7634	\$48
July 17	Old School Rulez	7635	7636	\$48
July 18	Ballzinga	7637	7638	\$48
July 19	Overtime!	7639	7640	\$48

## Artsy Camp 5 – 14 year olds

Drop Off: Stageworks (4611 44 St) 8:30 a.m.

Pick Up: Stageworks (4611 44 St) 4 p.m.

Get ready to use your creative juices! We will be making, creating and designing projects all week.

Date	Theme	Code	Fee
July 22-26	Artsy Camp	7641	\$210
July 22	Abstractful Art	7642	\$48
July 23	Mixed Media Mess	7643	\$48
July 24	Eat My Creation	7644	\$48
July 25	Colour Wars	7645	\$48
July 26	DIY	7646	\$48

## Adventure Camp 8 – 14 year olds

Drop Off: Stageworks (4611 44 St) 8:30 a.m.

Pick Up: Stageworks (4611 44 St) 4 p.m.

We are going to be on a week of adventures with campers ages 8-14. We will be going biking in the middle of the week, along with scavenger hunts, challenges and testing your skills. You will need to bring a bike and helmet to camp on Tuesday & Wednesday.

Date	Theme	Code	Fee
July 29-Aug. 2	Adventure Camp	7647	\$210
July 29	Construction Craze	7648	\$48
July 30	Into the Woods	7649	\$48
July 31	Treasure Hunters	7650	\$48
Aug. 1	Nature Nuts	7651	\$48
Aug. 2	Outside the Box	7652	\$48

## Aquamazing Camp 5 – 12 year olds

Drop Off: Stageworks (4611 44 St) 8:30 a.m.

Pick Up (Wed & Fri): LRC Child Minding 4 p.m.

Pick Up (Tues & Thurs): Outdoor Pool 4 p.m.

Best of both camp and swim world. We will be doing fun camp activities and crafts before walking to the LRC for swimming every afternoon.

Date	Theme	AGES		Fee
		5 - 7*	8 - 12	
Aug. 6-19	Aquamazing Camp	7653	7654	\$170
Aug. 6	Shark Attack	7655	7656	\$48
Aug. 7	Wind & Sea	7657	7658	\$48
Aug. 8	Wet & Wild	7659	7660	\$48
Aug. 9	Super Soakin'	7661	7662	\$48

## Science Camp 5 – 12 year olds

Drop Off: Stageworks (4611 44 St) 8:30 a.m.

Pick Up (Mon, Wed, Fri): Stageworks (4611 44 St) 4 p.m.

Pick Up (Tues & Thurs): Outdoor Pool 4 p.m.

This week we will be diving into the outdoor pool on Tuesday & Thursday afternoon along with learning, experimenting and creating wonders of science.

Date	Theme	AGES		Fee
		5 - 7*	8 - 12	
Aug. 12-16	Science Camp	7663	7664	\$210
Aug. 12	Ooey Goopy & Slimey Too!	7665	7666	\$48
Aug. 13	Mad Scientists	7667	7668	\$48
Aug. 14	Munch My Lunch	7669	7670	\$48
Aug. 15	Mystery Mayhem	7671	7672	\$48
Aug. 16	Radical Rxns	7673	7674	\$48

## Space Camp 5 – 12 year olds

Drop Off: Stageworks (4611 44 St) 8:30 a.m.

Pick Up: Stageworks (4611 44 St) 4 p.m.

Suit up and train for a mission to outer space camp style. It's going to be out of this world!

Date	Theme	Code	Fee
Aug. 19-24	Science Camp	7675	\$170
Aug. 19	Rock Stars	7676	\$48
Aug. 20	Phases of the Cookie	7677	\$48
Aug. 21	Super Hero Day	7678	\$48
Aug. 22	3-2-1 Blast Off!	7679	\$48

## Lego Animation

Create a stop motion animation film that is sure to rival the likes of Hollywood's best. Working in small crews, you will use Lego characters, and/or clay to build characters and backgrounds, and then bring them to life through the film craft of stop motion animation. Crews will add voices, sound effects and titles. All filmmakers will receive their completed film to take home. All participants must pack a nut free lunch, snacks and a water bottle. Note: Admin fee of \$160 will be charged for late withdrawals.

Date	Code	Fee	Hours
July 8-12	7680	\$370	9am-4pm

Note: This program is at the LRC in the Oil Kings Boardroom.

NEW



## Film Making

Join other filmmakers to create a blockbuster of epic proportions. Filmmaking crews will work together with filmmakers to storyboard, script write, location scout and shoot their original film in eye-catching HD. Once complete, campers will edit their movie and create an authentic movie trailer to advertise their film. Family and friends will join campers at our film festival at the end of the week. All filmmakers will receive their completed film to take home. All participants must pack a nut free lunch, snacks and a water bottle. Note: Admin fee of \$160 will be charged for late withdrawals.

Date	Code	Fee	Hours
Aug. 19-23	7681	\$370	9am-4pm

Note: This program is at the LRC in the Oil Kings Boardroom.

## Sylvan Lake Aqua Park Wibit 12 – 17 year olds

Leave Bus Stop 100 at 10 a.m.

Return to Bus Stop 100 at 4 p.m.

The ultimate aquatic playground is waiting to be conquered this summer by you! Come for a trip with hours of fun, challenges and play on the first open water park in Alberta. From the 3 fifteen foot attractions to trampolines, monkey swing bars, launch bag and much more you will be having a splash of a time with your friends.

Date	Code	Fee
July 20	7958	\$20

\* Youth need to dress for the weather, wear walking shoes, pack a lunch and bring a swimsuit & towel.

## Snow Valley Aerial Park 12 – 17 year olds

Leave Bus Stop 100 at 8:45 a.m.

Return to Bus Stop 100 at 2 p.m.

With 100+ games and 3 levels of high rope towers you are sure to test your physical limits on the park. If you make it to the top you can enjoy the view of the river valley while you catch your breath before one of the two 50' free falls.

Date	Code	Fee
Aug. 17	7959	\$20

\*Youth need to wear comfortable clothing, runners and bring a water bottle.



Visit [Leduc.ca/summercamps](http://Leduc.ca/summercamps) for more detailed information

## Playin in the Park

6 – 12 year olds FREE



Playin in the Park is a free program designed to get children outside and participating in games, nature based crafts and activities during the months of July and August. Playin in the Park will take place on Mondays from 1 - 4 p.m. in Alexandra Park (weather permitting) for children aged 6 to 12 years old. Parents of children under 6 are asked to stay at the park due to supervision ratios. Be sure to come by as staff from the Leduc Public Library will be joining us to add some literary fun!

Participants are asked to bring a nut-free snack, sunscreen, hat, a jacket, and a water bottle. Make sure to wear footwear that you can play safely in.

Note: Registration is NOT required. Program may be cancelled due to severe weather.

Date	Theme
July 8	Ahoy There
July 15	Air Filled Fun
July 22	Flowers & Seeds
July 29	Bugs, Bugs, Bugs
Aug. 12	It is Magic
Aug. 19	Rainbow World

## Counsellors in Training (CIT)

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

Youth interest in the program must submit a resume and cover letter to [programs@leduc.ca](mailto:programs@leduc.ca) no later than June 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, attain a current criminal record check, complete all registration forms and sign a behaviour and confidentiality agreement.



# FITNESS CENTRE PROGRAMS & SERVICES

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

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

## Fitness Centre Age Requirements

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

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

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

## ■ Fitness Services

### Individual Personal Training

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

Sessions	Price
1 session	\$60
3 sessions	\$171
5 sessions	\$279
10 sessions	\$545
15 sessions	\$774
20 sessions	\$1025

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.

## FITNESS CENTRE CLOSURE

The Fitness Centre & Track will be CLOSED for cleaning, painting and other maintenance from July 12 - 14, 2019.



### 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 stay motivated and build you a program that fits your fitness goals.

Number of people	Session Packages		
	4 sessions	8 sessions	12 sessions
2	\$142/person	\$264/person	\$363/person
3	\$107/person	\$196/person	\$256/person
4	\$87.50/person	\$154/person	\$198/person
5	\$75/person	\$130/person	\$168/person

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

### July Personal Training Special

- Purchase individual or group personal training sessions between July 1-31, 2019 and receive 20% off the posted package price. Open to new and existing clients, limit of one package per customer. Not valid for 1 or 3 session individual packages.

## 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**.

## Teen Fit Starter Package *\$153* (4 hours, 1 hour orientation, 3 personal training sessions)

Youth ages 14-17 will meet with a certified personal trainer to go through a Teen Fit orientation and get the opportunity to put their newfound knowledge into practice with 3 individual personal training sessions. Teens will receive tailored programming personalized to their own health and wellness goals and get a head start on the right track to a healthy active lifestyle.

## Fitness Assessments (1.5 hours) *\$109*

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 *\$123 – 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.

## 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**.

## Body Composition Assessment (.5 hours) *\$39*

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) *\$258*

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.

NEW

## Introductory Nutritional Counselling \$51

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 \$692

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.

**PERSONAL TRAINING  
JULY SPECIAL  
20% OFF**



PURCHASE 5, 10, 15 OR 20 ONE-ON-ONE SESSIONS	PURCHASE 4, 8, OR 12 GROUP SESSIONS (2+PPL)
<ul style="list-style-type: none"> <li>✔ 5 Sessions for the price of 4 (\$224)</li> <li>✔ 10 Sessions for the price of 8 (\$436)</li> <li>✔ 15 Sessions for the price of 12 (\$618)</li> <li>✔ 20 Sessions for the price of 16 (\$820)</li> </ul>	<ul style="list-style-type: none"> <li>✔ 4 Sessions for the price of 3</li> <li>✔ 8 Sessions for the price of 6</li> <li>✔ 12 Sessions for the price of 10</li> </ul> <p style="font-size: small; margin-top: 5px;">*Pricing depends on total number of participants. Call 780-980-7120 for exact pricing.</p>

Promotion is valid from July 1 - July 31, 2019. New and existing Personal Training Clients are eligible for the 20% off savings. Pricing applies to both LRC Members and non-members. Members do not receive the additional 10% off as discounts cannot be combined. Limit one session package can be purchased per client. Personal training sessions purchased during this promotion expire 2 years after purchase date.



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AGGREGATES

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FROM THE  
GROUND UP**  
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## Registered Fitness Programs

### General Information

<b>Session Dates:</b>	Summer Session I: July 8 – Aug. 2 (4 weeks)
	Summer Session II: Aug. 6 – 30 (4 weeks)

Please note registered programs do not run on Statutory holidays or long weekends; **no classes the following dates: Canada Day (July 1), Civic Holiday (Aug. 5)**

#### Deadline for summer session registration is June 26

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 4 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
July 8 - 31	Mon. & Wed.	6 - 7am	\$96	7712
July 12 - Aug. 2	Friday	6 - 7am	\$50	7805
Aug. 7 - 28	Mon. & Wed.	6 - 7am	\$84	7713
Aug. 9 - 30	Friday	6 - 7am	\$50	7806

\*Friday cost will be discounted 20% if registered in Mon./Wed. class.

### Fired Up 4 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
July 9 - 30	Tues.	9 - 10am	\$53	7709
July 11 – Aug. 1	Thurs.	9 - 10am	\$53	7710
Aug. 6 - 27	Tues.	9 - 10am	\$53	7708
Aug. 8 - 29	Thurs.	9 - 10am	\$53	7711

\*Thursday cost will be discounted 20% if registered in Tuesday class.

## REGISTER EARLY!

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!



### Fit 101 4 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
July 10 - 31	Wed.	6 – 7pm	\$50	7808

### Fitness at the Barre 4 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
Aug. 7 - 28	Wed.	7:15 – 8:15pm	\$55	7716

### Fundamental Fitness Training For Teens

For Ages 14 – 17. Learn the best technique to move safely as you build strength and endurance. This class will build strong foundations for weight training and sports.

Date	Day	Time	Cost	Code
July 2 – Aug. 29	Tues. & Thurs.	11 – 12 pm	FREE	7810



## Mindful Movements 3 or 4 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
July 8 - 29	Mon.	10 – 11 am	\$53	7720
Aug. 12 - 26	Mon.	10 – 11 am	\$39.75	7721

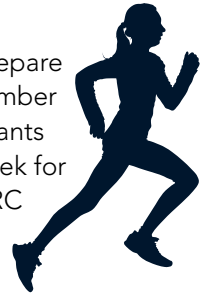
## Titans 4 weeks

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
Aug. 6 - 27	Tues.	6 – 7 pm	\$53	7725

## Train-4-10K

This outdoor running program will help prepare you for the LRC Community Run on September 29th. All abilities are welcome but participants should be able to walk 3km 3-4 times a week for the past 2 months. Program runs on the LRC multi-way trails, rain or shine. *\*Class will meet at the LRC East entry doors.\**



Date	Day	Time	Cost	Code
July 3 – Sept. 25	Mon. & Wed.	7-8am	FREE	7804

## Private Group Fitness Class

If you are a group of 6 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.**

Join us for the first

# LRC COMMUNITY RUN

SUNDAY, SEPTEMBER 29  
LRC MULTI-WAYS

**THIS IS A FAMILY FRIENDLY  
COMMUNITY EVENT,  
ALL LEVELS WELCOME!**

1KM Walk/Run | starting at 9:30 a.m.

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5KM Run | starting at 9:00 a.m.

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10KM Run | starting at 9:15 a.m.

**For more information,  
visit [leduc.ca/lrc/10years](http://leduc.ca/lrc/10years)**

## ■ Drop-in Fitness Programs *Summer Drop-In Session: July 2 - Aug. 30*

Monday	Tuesday	Wednesday	Thursday	Friday
	Ride & Shine 6 - 6:40 a.m. Fieldhouse Court C		Sweat Equity 6 - 6:45 a.m. Court C and then Outdoors 	
Train-4-10k Running Group 7 - 8 a.m.		Train-4-10k Running Group 7 - 8 a.m.		
	Circuit 9 - 9:45 a.m. Group Training Zone	Power Yoga 9 - 9:45 a.m. Aspenleaf Studio	Right to Bare Arms 9 - 9:45 a.m. Group Training Zone	Rock Bottom 9 - 9:45 a.m. HPZ
Power (Stroller friendly) 10 - 10:45 a.m. HPZ	Young Guns Youth Fitness (Age 11 - 13) 10 - 10:45 a.m. Court C Fundamental Fitness Training for Teens** (Age 14 - 17) HPZ 11 a.m. - noon	Active & Ageless 10 - 10:45 a.m. Aspenleaf Studio	Young Guns Youth Fitness (Age 11 - 13) 10 - 10:45 a.m. Court C Fundamental Fitness Training for Teens** (Age 14 - 17) HPZ 11 a.m. - noon	Healing Yoga 9:30 - 10:30 a.m. JULY ONLY Aspenleaf Studio Fundamental Fitness Training OPEN GYM** (Age 14 - 17)
	Quickfit 12:15 - 12:45 p.m. Group Training Zone Matinee Yoga 2 - 2:45 p.m. Aspenleaf Studio	Athletic Performance Mobility 12:15 - 12:45 p.m. Aspenleaf Studio	Barre for Boomers 12 - 12:45 p.m. Quickfit 12:15 - 12:45 p.m. Group Training Zone	
Circuit 6 - 6:45 p.m. Group Training Zone		ABSolutely! 6:20 - 6:50 p.m. Aspenleaf Studio 	Yoga Flow 6 - 6:45 p.m. Aspenleaf Studio	
H.I.I.T It! 7:30 - 8:15 p.m. Outside 		Zumba 7 - 7:45 p.m. Aspenleaf Studio July only	Walk with a Doc 7 - 7:45 p.m.  Fit & Fierce 7 - 7:45 p.m. HPZ	

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: July 1, July 12 - 14, August 5, September 2**

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**

## ■ Drop-in Fitness Programs

### ABSolutely!

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

### Active & Ageless

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

### Athletic Performance Mobility

This mobility class is all about dedicating time to care for your body and soft tissue to promote better movement and improved functional range of motion. This class is for the frequent gym-goer or sports athlete that needs to get the most out of their movements.

## 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.

## 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.

## Fundamental Fitness for Teens (Ages 14-17)

Learn the best technique to move safely as you build strength and endurance. This class will build strong foundations for weight training and sports.

Pre-registration required, see page 19 for details.

## Fundamental Fitness for Teens OPEN GYM (Ages 14-17)

Use what you have learned for your own workout on the High Performance Zone! Must be enrolled in Fundamental Fitness For Teens class. This is a supervised class where teens can choose their own exercises, with an Instructor there to observe and correct form.

## 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. This class moves outside for the summer.

## Matinee Yoga

This is a gentler yoga class where participants can develop greater flexibility, balance, strength, and much more ease in their bodies. Practiced correctly, yoga can help ease the discomfort of arthritis and the general aches and pains of aging.

## Power

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

## Power Yoga

Build strength, endurance and flexibility in this 45 minute power flow yoga class. This is an intermediate to advanced class, previous yoga experience highly recommended.

## Quickfit

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

## Ride & Shine

Start your morning off right with this high intensity 40 minute cycling class. We move to the fieldhouse and open up the doors to give you the benefits of fresh air on top of a great cardiovascular workout.

## 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'.

## Sweat Equity

Join us outdoors for this fitness class that will include cardio and strength exercises.

## Train-4-10k

This outdoor running program (rain or shine) will help prepare you for the **LRC Community Run on Sept. 29**. All abilities are welcome but participants should be able to walk 3km 3-4 times a week for the past 2 months.

\*\* Pre-registration required, see page 20 for details.

## 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.

## 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.\**



## Young Guns Youth Fitness (Ages 11 - 13)

This cross-training fitness class will focus on exposing youth to a variety of movement skills. Expect to try cardiovascular conditioning, speed training, agility and reaction drills designed to enhance power and anaerobic stamina.

## Zumba

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

# MIX FAMILY AQUATIC CENTRE

## General information

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



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

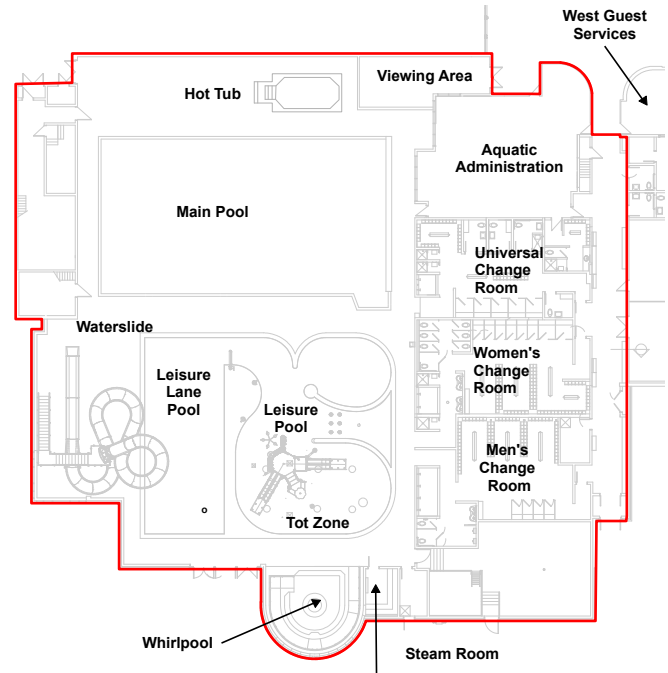
**Morning Lane Swim Admittance** – Weekdays, 5:30 a.m. – 8 a.m., patrons must present their membership pass or punch card to the lifeguard on duty. The aquatic centre staff will not accept cash or cheques for admission. For more information, please ask a Guest Services representative.

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

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

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

Swim diapers are available at Guest Services for 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.

## Entrance Gate at West Guest Services

To help reduce theft and suspicious behavior within the LRC, we have implemented a new entrance gate at the West Guest Services. To gain access to our aquatics centre, child minding centre, indoor playground, and youth programming rooms, patrons will have to stop by our Guest Services desk to gain access.

NEW

# Indoor Aquatic Centre Summer Schedule

June 30 – Aug. 24

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



Indoor Pool Closed for Annual Maintenance **Aug. 25 – Sept. 22**

**mix family**  
aquatic centre

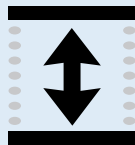
Join us at the **Alexandra Outdoor Pool** until **Sept. 2!**

## Public Swimming Lessons

Session 1: Tues. - Fri. July 2 - 12	9 a.m. - noon, 5 - 6:30 p.m.
Session 2: Tues. - Fri. July 16 - 26	9 a.m. - noon
Session 3: Tues. - Fri. July 30 - Aug. 9	9 a.m. - noon, 5 - 6:30 p.m.
Session 4: Tues. - Fri. Aug. 13 - 23	9 a.m. - noon
Leduc County Bus to Swim July 16 - 26	1 - 2:30 p.m.

## Statutory Holiday Schedule

STAT Holiday Hours	Canada Day (July 1) 11 a.m. – 5 p.m.	Civic Holiday (Aug. 5) 11 a.m. – 5 p.m.	Labour Day (Sept. 2) 11 a.m. – 5 p.m.
<b>Public Swim</b>	11 a.m. – 5 p.m. Shared Use	11 a.m. – 5 p.m. Shared Use	
<b>Lane Swim</b>	Noon – 1 p.m. 6 lanes Main Pool All other times 1 lane available	Noon – 1 p.m. 6 lanes Main Pool All other times 1 lane available	Indoor Aquatic Centre CLOSED



### REMINDER

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



Stay tuned for our giant inflatable obstacle course (WIBIT) to be featured at some special events at the Alexandra Outdoor Pool this summer.

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

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

## Public Swim

Monday	9 a.m. – 8 p.m.	all pools
	8 – 9 p.m.	limited pool use
Tues. – Fri.	9 a.m. – 2:30 p.m.	limited pool use
	2:30 – 4:30 p.m.	all pools
	4:30 – 7 p.m.	limited pool use
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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## Waterslide Hours of Operation

Mon.	9 a.m. – 9 p.m.
Tues. – Fri.	1 – 9 p.m.
Sat. & Sun.	11 a.m. – 9 p.m.

## Lane Swim & Water Running *MP = Main Pool, LP = Leisure Lane Pool*

		Lane Swim	Water Running
Mon. – Fri. <i>*No lane swim 9 – 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.	5 lane 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	
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	

## ■ Mix Family Aquatic Centre Bookings

Is your group looking to make a splash this Summer? 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

## Stingrays Lifeguard Club

Stingrays is an exhilarating, educational swim club for any youth 8 years or older with Swim Kids 4 or higher swimming capability and the desire to have a terrific time in an aquatic setting. The Lifeguard Club works on swimming skills, as well as an introduction to water and dry land fitness. Participants develop team building and first aid skills, improve self-esteem, and participate in seasonal events and competitions (both local and provincial). Summer Camps focus on team building & stroke improvement skills. These are great for swimmers wanting to try our Stingrays Lifeguard Club before the official season begins.

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



### Outdoor Summer Camp July 16 – 26

Tues. – Fri.	10 – 11 a.m.	\$65	7937
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### Indoor Summer Camp July 30 – Aug. 9

Tues. – Fri.	5 – 6 p.m.	\$65	7936
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See pg. 6 for our cancellation & withdrawal policy.

## ■ 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
Pre-school	30 minute lessons	\$52
Swim Kids 1 – 3	30 minute lessons	\$52
Swim Kids 4 – 7	45 minute lessons	\$58
Swim Kids 8 – 10	60 minute lessons	\$64
Adult Learn-to-Swim & Stroke Improvement		\$64



**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.

## 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.

Swim Steps programs are offered during the Winter, Spring and Fall sessions. For information or to discuss the possibility of setting up a Swim Steps lesson in the Fall session, contact our programmer at 780-980-7165.

## Adult and Teen Lessons \$64 Ages 15+

Not as confident in the water as you'd like to be? Register for one of our Adult classes are offering during the Winter, Spring and Fall sessions. See page 26 for available private lessons or contact our programmer for more information at 780-980-7165.

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



### 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.

# Swimming Lessons

## July 2 – Aug. 23

\*Leduc County Bus-to-Swim lessons for Thorsby & Warburg residents, call Leduc County at 780-770-9264 for more details or registration.

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

Session	Session Dates	Memo Day	Parent Day
Indoor Session #1	Tues-Fri July 2-12	July 9	July 10
Outdoor Session #1	Tues-Fri July 2-12	July 9	July 10
Indoor Session #2	Tues-Fri July 16-26	July 23	July 24
Leduc County Bus to Swim	Tues-Fri July 16-26	July 23	July 24
Outdoor Session #2	Tues-Fri July 16-26	July 23	July 24
Indoor Session #3	Tues-Fri July 30-Aug 9	Aug 6	Aug 7
Indoor Session #4	Tues-Fri Aug 13-23	Aug 20	Aug 21

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

**All preschool classes are located at the LRC.**

Outdoor pool lessons will run in all weather circumstances except thunder & lightning. In these instances you'll receive a program credit voucher.

Starfish (4 – 12 months) – 45 min. parented \$58 member / non-member			
Class Date	Days	Time	Code
July 2	July 12	T, W, Th, F 10:45 am C	7731
July 2	July 12	T, W, Th, F 5:30pm C	7732
July 16	July 26	T, W, Th, F 9:15am	7733
July 30	Aug 9	T, W, Th, F 10:45am	7734
July 30	Aug 9	T, W, Th, F 5:00pm C	7735
Aug 13	Aug 23	T, W, Th, F 10:00am	7736

Duck (12 – 24 months) – 45 min. parented \$58 member / non-member			
Class Date	Days	Time	Code
July 2	July 12	T, W, Th, F 10:45 am C	7737
July 2	July 12	T, W, Th, F 5:30pm C	7738
July 16	July 26	T, W, Th, F 11:30am	7739
July 30	Aug 9	T, W, Th, F 9:30am	7740
July 30	Aug 9	T, W, Th, F 5:00pm C	7741
Aug 13	Aug 23	T, W, Th, F 9:30am	7742

Sea Turtle (2 – 3 years) – 45 min. parented \$58 member / non-member			
Class Date	Days	Time	Code
July 2	July 12	T, W, Th, F 9:30am	7743
July 2	July 12	T, W, Th, F 11:15am	7744
July 2	July 12	T, W, Th, F 6:00pm	7745
July 16	July 26	T, W, Th, F 9:30am	7747
July 16	July 26	T, W, Th, F 10:30am	7746
July 16	July 26	T, W, Th, F 11:00am	7748
July 30	Aug 9	T, W, Th, F 9:00am	7749
July 30	Aug 9	T, W, Th, F 10:45am	7750
July 30	Aug 9	T, W, Th, F 5:30pm	7751
Aug 13	Aug 23	T, W, Th, F 10:00am	7752
Aug 13	Aug 23	T, W, Th, F 11:00am	7753

Sea Otter (3 – 5 years) – 30 min. unparented \$46.80 member / \$52 non-member			
Class Date	Days	Time	Code
July 2	July 12	T, W, Th, F 9:00am	7755
July 2	July 12	T, W, Th, F 11:00am	7754
July 2	July 12	T, W, Th, F 5:00pm	7756
July 16	July 26	T, W, Th, F 9:00am	7759
July 16	July 26	T, W, Th, F 10:00am	7757
July 16	July 26	T, W, Th, F 10:30am	7760
July 16	July 26	T, W, Th, F 11:00am	7758
July 30	Aug 9	T, W, Th, F 9:00am	7763
July 30	Aug 9	T, W, Th, F 9:30am	7764
July 30	Aug 9	T, W, Th, F 9:45am	7762
July 30	Aug 9	T, W, Th, F 11:00am	7761
July 30	Aug 9	T, W, Th, F 6:00pm	7765
Aug 13	Aug 23	T, W, Th, F 9:00am	7766

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

Aug 13	Aug 23	T, W, Th, F	9:30am	7767
Aug 13	Aug 23	T, W, Th, F	11:30am	7768

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

Class Date	Days	Time	Code	
July 2	July 12	T, W, Th, F	9:30am	7771
July 2	July 12	T, W, Th, F	10:45am	7770
July 2	July 12	T, W, Th, F	5:30pm	7772
July 16	July 26	T, W, Th, F	9:15am	7773
July 16	July 26	T, W, Th, F	9:45am	7775
July 16	July 26	T, W, Th, F	11:00am	7774
July 30	Aug 9	T, W, Th, F	10:15am	7777
July 30	Aug 9	T, W, Th, F	10:45am	7776
July 30	Aug 9	T, W, Th, F	11:15am	7778
July 30	Aug 9	T, W, Th, F	5:00pm	7779
Aug 13	Aug 23	T, W, Th, F	9:30am	7782
Aug 13	Aug 23	T, W, Th, F	11:00am	7780
Aug 13	Aug 23	T, W, Th, F	11:30am	7781

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

Class Date	Days	Time	Code	
July 2	July 12	T, W, Th, F	9:00am	7784
July 2	July 12	T, W, Th, F	11:30am	7783
July 2	July 12	T, W, Th, F	6:00pm	7785
July 16	July 26	T, W, Th, F	9:30am	7787
July 16	July 26	T, W, Th, F	11:00am	7786
July 30	Aug 9	T, W, Th, F	10:00am	7789
July 30	Aug 9	T, W, Th, F	11:15am	7788
July 30	Aug 9	T, W, Th, F	5:30pm	7790
Aug 13	Aug 23	T, W, Th, F	9:45am	7791

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

Class Date	Days	Time	Code	
July 2	July 12	T, W, Th, F	10:00am C	7792
July 2	July 12	T, W, Th, F	5:00pm C	7793
July 16	July 26	T, W, Th, F	11:30am	7794

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

July 30	Aug 9	T, W, Th, F	9:00am	7795
July 30	Aug 9	T, W, Th, F	6:00pm C	7796
Aug 13	Aug 23	T, W, Th, F	9:00am	7797

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

Class Date	Days	Time	Code	
July 2	July 12	T, W, Th, F	10:00am C	7798
July 2	July 12	T, W, Th, F	5:00pm C	7799
July 16	July 26	T, W, Th, F	10:00am	7800
July 30	Aug 9	T, W, Th, F	9:30am	7801
July 30	Aug 9	T, W, Th, F	6:00pm C	7802
Aug 13	Aug 23	T, W, Th, F	11:30am	7803

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

Class Date	Days	Time	Code	Location	
July 2	July 12	T, W, Th, F	9:00am	7818	LRC
July 2	July 12	T, W, Th, F	10:00am	7839	LRC
July 2	July 12	T, W, Th, F	11:30am	7838	LRC
July 2	July 12	T, W, Th, F	5:00pm	7840	LRC
July 2	July 12	T, W, Th, F	10:00am	7819	Alex Pool
July 2	July 12	T, W, Th, F	11:00am	7849	Alex Pool
July 16	July 26	T, W, Th, F	9:00am	7841	LRC
July 16	July 26	T, W, Th, F	10:00am	7842	LRC
July 16	July 26	T, W, Th, F	10:30am	7844	LRC
July 16	July 26	T, W, Th, F	11:30am	7843	LRC
July 16	July 26	T, W, Th, F	10:30am	7850	Alex Pool
July 16	July 26	T, W, Th, F	11:30am	7851	Alex Pool
July 30	Aug 9	T, W, Th, F	9:15am	7845	LRC
July 30	Aug 9	T, W, Th, F	9:30am	7846	LRC
July 30	Aug 9	T, W, Th, F	10:30am	7847	LRC
July 30	Aug 9	T, W, Th, F	11:15am	7848	LRC
July 30	Aug 9	T, W, Th, F	6:00pm	7853	LRC
Aug 13	Aug 23	T, W, Th, F	9:00am	7854	LRC
Aug 13	Aug 23	T, W, Th, F	9:30am	7855	LRC
Aug 13	Aug 23	T, W, Th, F	10:45am	7856	LRC

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

Class Date	Days	Time	Code	Location
July 2	July 12	T, W, Th, F	9:30am	7820 LRC
July 2	July 12	T, W, Th, F	10:45am	7857 LRC
July 2	July 12	T, W, Th, F	5:30pm	7858 LRC
July 2	July 12	T, W, Th, F	10:30am	7821 Alex Pool
July 2	July 12	T, W, Th, F	11:30am	7870 Alex Pool
July 16	July 26	T, W, Th, F	9:00am	7862 LRC
July 16	July 26	T, W, Th, F	9:30am	7863 LRC
July 16	July 26	T, W, Th, F	10:15am	7859 LRC
July 16	July 26	T, W, Th, F	10:45am	7860 LRC
July 16	July 26	T, W, Th, F	11:30am	7861 LRC
July 16	July 26	T, W, Th, F	10:00am	7871 Alex Pool
July 16	July 26	T, W, Th, F	11:00am	7872 Alex Pool
July 30	Aug 9	T, W, Th, F	9:00am	7864 LRC
July 30	Aug 9	T, W, Th, F	9:45am	7865 LRC
July 30	Aug 9	T, W, Th, F	10:45am	7866 LRC
July 30	Aug 9	T, W, Th, F	5:00pm	7867 LRC
Aug 13	Aug 23	T, W, Th, F	9:30am	7868 LRC
Aug 13	Aug 23	T, W, Th, F	10:30am	7869 LRC

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

Class Date	Days	Time	Code	Location
July 2	July 12	T, W, Th, F	9:00am	7873 LRC
July 2	July 12	T, W, Th, F	11:15am	7822 LRC
July 2	July 12	T, W, Th, F	6:00pm	7874 LRC
July 2	July 12	T, W, Th, F	10:00am	7823 Alex Pool
July 2	July 12	T, W, Th, F	11:30am	7885 Alex Pool
July 16	July 26	T, W, Th, F	9:00am	7875 LRC
July 16	July 26	T, W, Th, F	10:15am	7876 LRC
July 16	July 26	T, W, Th, F	11:30am	7877 LRC
July 16	July 26	T, W, Th, F	10:45am	7886 Alex Pool
July 16	July 26	T, W, Th, F	11:30am	7887 Alex Pool
July 30	Aug 9	T, W, Th, F	9:15am	7878 LRC
July 30	Aug 9	T, W, Th, F	10:00am	7880 LRC
July 30	Aug 9	T, W, Th, F	11:15am	7879 LRC
July 30	Aug 9	T, W, Th, F	5:30pm	7881 LRC
Aug 13	Aug 23	T, W, Th, F	9:00am	7884 LRC

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

Aug 13	Aug 23	T, W, Th, F	10:00am	7883 LRC
Aug 13	Aug 23	T, W, Th, F	11:30am	7882 LRC

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

Class Date	Days	Time	Code	Location
July 2	July 12	T, W, Th, F	9:30am	7824 LRC
July 2	July 12	T, W, Th, F	11:15am C	7888 LRC
July 2	July 12	T, W, Th, F	5:45pm C	7889 LRC
July 2	July 12	T, W, Th, F	10:45am	7825 Alex Pool
July 16	July 26	T, W, Th, F	9:30am C	7891 LRC
July 16	July 26	T, W, Th, F	10:45am	7890 LRC
July 16	July 26	T, W, Th, F	10:00am	7898 Alex Pool
July 30	Aug 9	T, W, Th, F	9:45am	7892 LRC
July 30	Aug 9	T, W, Th, F	11:15am	7893 LRC
July 30	Aug 9	T, W, Th, F	5:00pm C	7894 LRC
Aug 13	Aug 23	T, W, Th, F	9:00am	7896 LRC
Aug 13	Aug 23	T, W, Th, F	10:45am	7895 LRC

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

Class Date	Days	Time	Code	Location
July 2	July 12	T, W, Th, F	10:00am	7826 LRC
July 2	July 12	T, W, Th, F	11:15am C	7899 LRC
July 2	July 12	T, W, Th, F	5:45pm C	7900 LRC
July 2	July 12	T, W, Th, F	11:00am	7906 Alex Pool
July 2	July 12	T, W, Th, F	11:15am	7827 Alex Pool
July 16	July 26	T, W, Th, F	9:00am	7901 LRC
July 16	July 26	T, W, Th, F	9:15am C	7902 LRC
July 16	July 26	T, W, Th, F	10:00am	7907 Alex Pool
July 30	Aug 9	T, W, Th, F	10:30am	7903 LRC
July 30	Aug 9	T, W, Th, F	5:00pm C	7904 LRC
Aug 13	Aug 23	T, W, Th, F	10:00am	7905 LRC

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

Class Date	Days	Time	Code	Location
July 2	July 12	T, W, Th, F	9:45am	7828 LRC
July 2	July 12	T, W, Th, F	5:00pm C	7908 LRC
July 2	July 12	T, W, Th, F	10:00am	7829 Alex Pool



Swim Kids 6 (6 – 12 years) – 45 min. \$52.20 member / \$58 non-member					
July 16	July 26	T, W, Th, F	9:45am	7910	LRC
July 16	July 26	T, W, Th, F	11:15am C	7909	LRC
July 16	July 26	T, W, Th, F	10:45am	7915	Alex Pool
July 30	Aug 9	T, W, Th, F	9:00am	7911	LRC
July 30	Aug 9	T, W, Th, F	5:45pm C	7912	LRC
Aug 13	Aug 23	T, W, Th, F	10:45am	7913	LRC

Swim Kids 7 (6 – 12 years) – 45 min. \$52.20 member / \$58 non-member					
Class Date	Days	Time	Code	Location	
July 2	July 12	T, W, Th, F	9:00am	7830	LRC
July 2	July 12	T, W, Th, F	5:00pm C	7916	LRC
July 2	July 12	T, W, Th, F	10:30am	7831	Alex Pool
July 16	July 26	T, W, Th, F	10:00am	7918	LRC
July 16	July 26	T, W, Th, F	11:15am C	7917	LRC
July 16	July 26	T, W, Th, F	11:15am	7923	Alex Pool
July 30	Aug 9	T, W, Th, F	11:15am	7919	LRC
July 30	Aug 9	T, W, Th, F	5:45pm C	7920	LRC
Aug 13	Aug 23	T, W, Th, F	10:00am	7921	LRC
Aug 13	Aug 23	T, W, Th, F	11:15am	7922	LRC

Swim Kids 8 (6 – 12 years) – 60 min. \$57.60 member / \$64 non-member					
Class Date	Days	Time	Code	Location	
July 2	July 12	T, W, Th, F	10:30am C	7832	LRC
July 2	July 12	T, W, Th, F	10:00am C	7833	Alex Pool
July 16	July 26	T, W, Th, F	9:00am C	7924	LRC
July 16	July 26	T, W, Th, F	11:00am C	7927	Alex Pool
July 30	Aug 9	T, W, Th, F	10:15am C	7925	LRC
Aug 13	Aug 23	T, W, Th, F	11:00am C	7926	LRC

Swim Kids 9 (6 – 12 years) – 60 min. \$57.60 member / \$64 non-member					
Class Date	Days	Time	Code	Location	
July 2	July 12	T, W, Th, F	10:30am C	7834	LRC
July 2	July 12	T, W, Th, F	10:00am C	7835	Alex Pool
July 16	July 26	T, W, Th, F	9:00am C	7928	LRC
July 16	July 26	T, W, Th, F	11:00am C	7931	Alex Pool
July 30	Aug 9	T, W, Th, F	10:15am C	7929	LRC
Aug 13	Aug 23	T, W, Th, F	11:00am C	7930	LRC

Swim Kids 10 (6 – 12 years) – 60 min. \$57.60 member / \$64 non-member					
Class Date	Days	Time	Code	Location	
July 2	July 12	T, W, Th, F	10:30am C	7836	LRC
July 2	July 12	T, W, Th, F	10:00am C	7837	Alex Pool
July 16	July 26	T, W, Th, F	9:00am C	7932	LRC
July 16	July 26	T, W, Th, F	11:00am C	7935	Alex Pool
July 30	Aug 9	T, W, Th, F	10:15am C	7933	LRC
Aug 13	Aug 23	T, W, Th, F	11:00am C	7934	LRC

Private Lessons (6+ years) – 30 min. \$28.35 member / \$31.50 non-member					
Class Date	Days	Time	Code	Location	
Jun 1	Sat	9:30am	7456	LRC	
Jun 8	Sat	9:30am	7457	LRC	
Jun 15	Sat	9:30am	7458	LRC	
Jun 22	Sat	9:30am	7459	LRC	
July 16	Tues	9:45am	7938	LRC	
July 17	Wed	9:45am	7939	LRC	
July 18	Thurs	9:45am	7940	LRC	
July 19	Fri	9:45am	7941	LRC	
July 23	Tues	9:45am	7942	LRC	
July 24	Wed	9:45am	7945	LRC	
July 25	Thurs	9:45am	7948	LRC	
July 26	Fri	9:45am	7951	LRC	
July 30	Tues	11:30am	7943	LRC	
July 31	Wed	11:30am	7946	LRC	
Aug 1	Thurs	11:30am	7949	LRC	
Aug 2	Fri	11:30am	7952	LRC	
Aug 6	Tues	11:30am	7944	LRC	
Aug 7	Wed	11:30am	7947	LRC	
Aug 8	Thurs	11:30am	7950	LRC	
Aug 9	Fri	11:30am	7953	LRC	

## ■ Aquatic Leadership Courses 2019

Registration for all 2019 leadership courses is available all year and registration will 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 Recertification \$53

Date	Day	Time	Code
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
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 pages 30 - 33.*

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

Date	Day	Time	Code
Aug. 26	Mon.	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 summer? *Here's the drill!*

### Lifeguard

- **Step 1:** Take a Standard First Aid course (June 15/16 or July 29/30).
- **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 (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 Standard First Aid (June 15/16) as a pre-requisite
- **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. (If you've missed the April briefing, contact 780-980-7165 to discuss other options.)
- **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 (If you've missed the April briefing, contact 780-980-7165 to discuss other options.)
- **Step 4:** Take the WSI - Classroom component + Skills Evaluation Jul 22-25.

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

## ■ Indoor Aquatic Fitness Programs June 30 – Aug. 24

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Main Pool	AquaFit - Shallow 8 – 8:50 a.m.	AquaFit - <b>Seniors</b> 8 – 8:50 a.m.	AquaFit - Shallow 8 – 8:50 a.m.	AquaFit - <b>Seniors</b> 8 – 8:50 a.m.	AquaFit - Shallow 8 – 8:50 a.m.
Main Pool	AquaFit - Shallow 8 – 8:50 p.m.	AquaFit - Deep 8 – 8:50 p.m.	AquaFit - Shallow 8 – 8:50 p.m.	AquaFit - Deep 8 – 8:50 p.m.	

### Drop-in program

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

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

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

### AquaFit – Shallow water Drop-in

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

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

### AquaFit – Deep water Drop-in

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

*\*Maximum of 16 participants*

### AquaFit – Seniors Drop-in

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

*\*Maximum of 45 participants*



### 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 – 8 a.m. & 9 – 10 p.m.
- Sundays: 8 – 9 a.m.

# 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.

*Celebrating*  
**50 YEARS**



### Alexandra Outdoor Pool Admission Rates

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

*June 30 – Sept. 2*

Spray Park	June 30 – Sept. 2	Statutory Holidays
Daily	10 a.m. – 8 p.m.	9 a.m. – 9 p.m.

### Tips Before you Play

#### Check the weather

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

#### Toilet-training?

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

#### Change Facility

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

#### Food Options

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

#### Don't Forget!

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



**Active Eights and Nine's Receive a FREE All Access Summer Pass | July 2 – August 31, 2019**

Were you and are you going to be in Grade 8 or Grade 9 in 2019 in Leduc or Leduc County?

Enjoy all that the LRC has to offer throughout the summer for free PLUS access to the Alexandra Outdoor Pool and Leduc Transit within the City of Leduc

## Outdoor Pool Summer Schedule

June 30 – Aug. 3						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim 10 - 11 a.m.	Rental 10 a.m. - noon	Morning Lessons 10 - noon	Morning Lessons 10 - noon	Morning Lessons 10 - noon	Morning Lessons 10 - 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.
	Public Swim 1 - 9 p.m.	Public Swim 1 - 9 p.m.	Public Swim 1 - 9 p.m.	Public Swim 1 - 9 p.m.	Public Swim 1 - 9 p.m.	
Rental 5 - 7 p.m.						Rental 5 - 7 p.m.
Public Swim 7 - 9 p.m.			Rental 8 - 9 p.m.		Rental 8 - 9 p.m.	Public Swim 7 - 9 p.m.

July 1: Stat Holiday Hours \$2 Public Swim 10 a.m. - 6 p.m.

July 12: Grand Re-Opening FREE Public Swim 1 - 5 p.m.

July 31: Public Swim ends at 6 p.m. for a special youth event

\*Flashback Fridays: Swim for 1969 admission prices!

Aug. 4 – Sept. 2						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim 10 - 11 a.m.	Rental 10 a.m. - noon	Rental 10 a.m. - noon	Rental 10 a.m. - noon	Rental 10 a.m. - noon	Rental 10 a.m. - noon	Lane Swim 10 - 11 a.m.
Public Swim 11 a.m. - 6 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. - 6 p.m.
	Public Swim 1 - 8 p.m.	Public Swim 1 - 8 p.m.	Public Swim 1 - 8 p.m.	Public Swim 1 - 8 p.m.	*Public Swim 1 - 8 p.m.	
Rental 6 - 8 p.m.						Rental 6 - 8 p.m.

Aug. 5: Stat Holiday Hours Public Swim 10 a.m. - 6 p.m.

Aug. 12: Public Swim ends at 6 p.m. for a special youth event

Sept. 2: Stat Holiday Hours Public Swim 11 a.m. - 4 p.m.

\*Flashback Fridays: Swim for 1969 admission prices!

## ■ Booking Rates

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

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

*\*Refer to schedule on page 39 for rental times*

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

### What does this package get you?

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

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

### Outdoor Pool AquaFit Cancellation Policy

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

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

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

## ■ Outdoor Aquatic Fitness

### AquaFit – Shallow Water *Drop-in*

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

*\*Maximum of 30 participants*

**The Decade Dash AquaFit Experience!**

Join us for a journey through the decades, each day from Noon - 1 p.m.

June 24	1960's
June 25	1970's
June 26	1980's
June 27	1990's
June 28	2000's

**Don't miss out on some cool props, music from the time to get you moving and lots of fun each day!**

**For more information, please visit [leduc.ca/LRC/AlexPool](http://leduc.ca/LRC/AlexPool).**

### Outdoor Pool: June 30 – Aug. 30

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





# Summer ..... OF ..... 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. 40 for our rental timeframes and contact Aquatic Services at 780-980-7198 ext. 6040 or email aquaticbookings@leduc.ca to book today.



Please note that for safety reasons, children must be at least 8 years old to use the Wibit. Life Jackets are advised for smaller users or those with limited swimming experience.

## Outdoor Pool Special Event Days

*Join us these days for special rates and extra fun in the sun!*

- **June 28 – Kick Off to Summer 1 – 4 p.m.** Celebrate the first day of summer and enjoy fun for the whole family in and out of the pool with a public swim and WIBIT obstacle course, activities and DJ. Happy Chappy will be on site with cold treats. The first 100 people to the truck will receive a FREE single ice cream.
  - SPONSORED BY 
  - 
- **July 1 – Canada Day 10 a.m. – 6 p.m.** Celebrate Canada's birthday with our Annual Canada Day Toonie Swim for all ages, all day!
  - 
  - 
- **July 12 – 50th Anniversary 1 – 5 p.m.** Celebrate this milestone with us, Mayor and Council. Enjoy some good old BBQ'd hot dogs, hamburgers, birthday cake and cold treats while quantities last. There will be games and family activities planned all day for everyone to take part in. Plus the first 50 people to the Happy Chappy truck will receive a FREE single ice cream.
  - 
- **July 24 – Water Wars 2 – 4 p.m.** Lock and load your water guns and bring them to the Outdoor Pool for our annual Water War showdown between the Lifeguards and the public - it is an epic battle!
  - 
- **July 31 – Dive-in Movie presented by Leduc's Teen Advisory Club (TAC) 7 – 9 p.m.** Join us 7 – 9 p.m. for a float in the pool while enjoying "Jaws."
  - 
- **August 12 – Youth Swim 6 - 8 p.m.** Join us at the pool for a special youth only FREE swim (ages 12 - 17). There will be a DJ to rock out to and the first 100 youth will receive a pair of cool shades on us!
  - 
- **September 2 – Food Bank Swim 11 a.m. – 4 p.m.** Help us give back to the community and your admission to the pool is on us. Bring a food item to support our local 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 5 regarding Active Supervision & Active Participation. View our drop-in schedules on page 44 or at [Leduc.ca/LRC](http://Leduc.ca/LRC)

### Fair Play

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

## ■ Field House Opportunities

*July 1 – Aug. 31, 2019*

### Equipment Sign Out

We have a wide variety of court and field equipment that you can use during your visit. From basketballs, tabletop game 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 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.

### 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.

## ■ Arena Pad Opportunities

July 1 - Aug. 31, 2019

All rollerbladers 12-years-old and under are required to wear a CSA certified helmet while participating in our rollerblading opportunities. Details on equipment, supervision and other participant requirements can be viewed online at [Leduc.ca/LRC/Arena](http://Leduc.ca/LRC/Arena). Specific requirements are detailed in each description.

### Ball Hockey

Take part in our ball hockey scrimmage on our Arena Pad on Tuesdays and Thursdays. Ball hockey is available on a first-come, first-serve basis, for patrons 8 – 17 years of age. Participants are permitted to check-in 30 minutes prior to scheduled time. Maximum 20 players plus two goalies.

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

### Rollerblading

This year we are offering indoor roller-blading! Bring your roller blades or roller skates Friday nights at the Alex Pad!

*Equipment requirements: Roller blades or roller skates for all participants, CSA approved helmets are recommended for all patrons, and mandatory for children twelve years of age and younger. Elbow/knee pads strongly recommended.*

## ■ Arena Opportunities

July 1 – Aug. 31, 2019

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

### Adult 18+ Skate

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

### Adult 18+ Stick & Puck

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

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

### 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.*



### 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 20 players plus two goalies (first two goalies play for FREE).

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

## Friday Fun Skates

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

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

- **June 21 – 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.
- **July 19 – Flashback Friday Fun Roller-skate** – Bring your roller blades or roller skates to the LRC for a unique skate on our arena pad! All the festivities of Fun Skates, including treats, prizes, and music - without the ice.  
*Equipment requirements: Roller blades or roller skates for all participants, CSA approved helmets are recommended for all patrons, and mandatory for children twelve years of age and younger. Elbow/knee pads strongly recommended.*
- **Aug. 16 – I Scream for Ice Cream!** – Cool down on the ice with an ice cream treat for this Fun Skate! There will be music, prizes, and lots of fun to be had!

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

### Field House Drop-in Opportunities | July 1 – Aug. 31, 2019

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Badminton**		8 am - 4:30 pm	3 - 6:30 pm	8 am - 4:30 pm	3 - 8 pm	8 am - 1 pm	10 am - 3 pm
Basketball	noon - 9 pm 9 - 10 pm*	8 am - 9 pm 9 - 10 pm*	noon - 9 pm 9 - 10 pm*	8 am - 9 pm 9 - 10 pm*	noon - 9 pm 9 - 10 pm*	8 am - 9 pm	8 am - 9 pm
Floor Hockey		5 - 9 pm		5 - 9 pm 9 - 10 pm*		4 - 6 pm	
Football						7 - 9 pm	4 - 6 pm
Pickleball**	8 am - 2:30 pm		8 am - 2:30 pm 9 - 10 pm*		8 am - 2:30 pm		3:30 - 9 pm
Pickleball for Beginners**			7 - 9 pm			6 - 9 pm	
Preschool Playtime		9 am - noon		9 am - noon			
Soccer	noon - 1 pm 3 - 4:30 pm 7 - 9 pm 9 - 10 pm*	noon - 1 pm 3 - 4:30 pm 9 - 10 pm*	noon - 1 pm 3 - 4:30 pm 9 - 10 pm*	noon - 1 pm 3 - 4:30 pm 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**		noon - 4 pm		noon - 4 pm		1 - 4 pm	
Volleyball	3 - 5:30 pm	5:30 - 9 pm		5:30 - 9 pm 9 - 10 pm*		1 - 3:30 pm	6 - 9 pm

\*Adult Hour (18+ only)

\*\*Indicates activities perfect for active older adults

### Arena Drop-in Opportunities | July 1 – Aug. 31, 2019

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Skate (18+)	11:45 a.m. - 1 pm 9 - 10 pm	11:45 a.m. - 1 pm 9 - 10 pm	11:45 a.m. - 1 pm	11:45 a.m. - 1 pm 9 - 10 pm	11:45 a.m. - 1 pm 9 - 10 pm		
Adult 18+ Shinny	10:30 - 11:30 am		10:30 - 11:30 am		10:30 - 11:30 am		
Adult / Child Stick & Puck						4 - 5 pm	4 - 5 pm
Family Skate							10:45 - 11:45 am
Family Stick & Puck		3 - 4 pm		3 - 4 pm			2:45 - 3:45 pm
Preschool Skate		10:30 - 11:30 am		10:30 - 11:30 am			
Public Skate	1:15 - 2:45 pm 7:15 - 8:45 pm	1:15 - 2:45 pm 7:15 - 8:45 pm	1:15 - 2:45 pm 7:15 - 8:45 pm	1:15 - 2:45 pm 7:15 - 8:45 pm	1:15 - 2:45 pm 7:15 - 8:45 pm	noon - 2:30 pm	noon - 2:30 pm
Youth Ball Hockey (Alex Arena)	6 - 7 pm		6 - 7 pm				
Rollerblading (Alex Arena Pad)					6 - 7 pm		

### Additional Arena Drop-in Opportunities | Aug. 1 – 31, 2019

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth Shinny 10-12 years			5:15 - 6:15 pm	5:45 - 6:45 pm		2:45 - 3:45 pm	
Youth Shinny 13-14 years		5:15 - 6:15 pm			5:15 - 6:15 pm		5:15 - 6:15 pm
Youth Shinny 15-17 years		7:45 - 8:45 pm		7:30 - 8:30 pm		5:15 - 6:15 pm	

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

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

# What's new for the Youth at the LRC and Alexandra Outdoor Pool!



## Active Eights and Nine's

Receive a **FREE All Access Summer Pass**  
July 2 – Aug. 31, 2019

Were you and are you going to be in Grade 8 or Grade 9 in 2019 in Leduc or Leduc County?

Enjoy all that the LRC has to offer throughout the summer for free PLUS access the Alexandra Outdoor Pool and Leduc Transit within the City of Leduc!

*Register for your pass with the LRC Guest Services Team starting June 1.*

## Youth Summer Membership

**Just \$25 per month\*** for youth aged 8 - 17  
valid during all hours of operation  
July 2 – Aug. 31, 2019

PLUS access to the Alexandra Outdoor Pool

Purchase your membership with the LRC Guest Services Team starting June 1 and get ready for a fun and unreal summer. Don't miss out!

*\*Please note the Indoor Pool will be closed from August 25 – September 22, no membership extensions will be issued.*

## ALEXANDRA OUTDOOR POOL

### FREE Access on the weekends

7 – 9 p.m. | July 2 – Aug. 3, 2019

17 years old and under are eligible.

### FREE Spray Park

10 a.m. – 8 p.m. | June 30 – Sept. 2, 2019

All ages and weather permitting.

### Flashback Friday's

Pay only what you would have back in 1969

3 – 8 p.m. | June 30 – Sept. 2, 2019

- Age 0-12 \$0.25 per person
- Age 12-18 \$0.35 per person
- Age 18+ \$0.50 per person

### Special Events

Planned throughout the summer in celebration of our 50 years!

Special rates and extra fun in the sun.

# A Real Focus on Our Youth

## ■ Youth Fitness Programs

### 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**.

### Teen Fit Starter Package *\$153* (4 hours, 1 hour orientation, 3 personal training sessions)

Youth ages 14-17 will meet with a certified personal trainer to go through a Teen Fit orientation and get the opportunity to put their newfound knowledge into practice with 3 individual personal training sessions. Teens will receive tailored programming personalized to their own health and wellness goals and get a head start on the right track to a healthy active lifestyle.



## ■ Youth Drop-in

### Fundamental Fitness for Teens (Ages 14-17)

Learn the best technique to move safely as you build strength and endurance. This class will build strong foundations for weight training and sports. \*\* Pre-registration required, see page 19 for details

### Fundamental Fitness for Teens OPEN GYM (Ages 14-17)

Use what you have learned for your own workout on the High Performance Zone! Must be enrolled in Fundamental Fitness For Teens class. This is a supervised class where teens can choose their own exercises, an Instructor there to observe and correct form.

### Young Guns Youth Fitness (Ages 11 – 13)

This cross-training fitness class will focus on exposing youth to a variety of movement skills. Expect to try cardiovascular conditioning, speed training, agility and reaction drills designed to enhance power and anaerobic stamina.

**Check out all of the cool and unique programs, Summer Camps and drop-in leisure opportunities also available through our Aquatics and Recreation Programs as well as our Arena/Leisure areas!**

# SENIOR'S *Active* AFTERNOONS

**Make sure you visit Guest Services at the LRC to register for your membership today!**

Coming this Fall - watch for new and fun activities being introduced at the LRC!



## 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.

We invite all of our City of Leduc residents and LRC Members to keep an eye out on our website at [Leduc.ca/LRC](http://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.

## SUMMER EVENTS

### Black Gold Pro Rodeo & Trade Fair

- May 31 – June 2, 2019  
Leduc Recreation Centre (4330 Black Gold Drive)

### Alexandra Outdoor Pool 50th Anniversary Celebrations

Celebrations and special pricing with Flashback Friday's: Visit [Leduc.ca/alexpool](http://Leduc.ca/alexpool) or follow us on Facebook @ LeducAlexPool for all of the latest information and upcoming events.

### Alberta Dairy Congress

- June 4 – 9, 2019  
Leduc Recreation Centre (4330 Black Gold Drive)

### June is Recreation and Parks Month

Join us as we celebrate the amazing parks, green spaces and recreational activities offered in our community.

### 5K Foam Fest Leduc

- July 6, 2019  
William F. Lede Park

### Personal and Group Training July Special 20% Off at the LRC

Take advantage of this incredible deal and SAVE between July 1 – July 31, 2019. Each of our certified trainers are passionate about what they do. Let us help you reach your fitness goals!

### Fragapalooza

- Aug. 6 – 11, 2019  
Leduc Recreation Centre (4330 Black Gold Drive)





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



Join us as we proclaim Pride Week 2019 and raise the Rainbow Flag to show our support for the LGBTQ2S+ community!

June 7, 2019 - 12:15 to 1 p.m.  
Leduc Civic Centre



**Raising Confident and Competent Children  
A Triple P Workshop**



JUNE 27 - 6 TO 8 P.M.  
MNP ROOM AT THE LRC



PRE-REGISTRATION WILL BE AVAILABLE IN JUNE

Teen Advisory Club Outdoor Movie &

# POOL PARTY

When: July 31 from 7 to 9 p.m.  
Where: Alexandra Outdoor Pool  
Who: Youth ages 13 - 18 years  
How much: FREE!

THE MAYOR PRESENTS

# #influencers

EMERGING LEADERS OF LEDUC

Help us to reward the outstanding young leaders in Leduc by nominating them as an #influencer! Nominations will be accepted until June 30. All nominees will be recognized at a red carpet movie event hosted by Mayor Bob Young in September.

## [LEDUC.CA/INFLUENCERS](http://LEDUC.CA/INFLUENCERS)

The City of Leduc logo, featuring a stylized red and white 'L' and the text 'CITY OF Leduc'.

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](http://Leduc.ca/FCSS).



## SAVE THE DATE!



**Seniors Conference**  
**Aug. 30, 2019**



GRAB YOUR NEIGHBOUR AND JOIN US FOR  
**GOOD NEIGHBOUR DAY!**

**SATURDAY, JUNE 15**  
**11 A.M. TO 2 P.M.**

**FRED JOHNS PARK - WEST**

Come out for some free food, fun and other festivities while we celebrate all the outstanding neighbours in our community and unveil the new playground in Fred Johns Park (West)!

Sponsored by:



**positive**  
**TICKET**



Great news! Our Positive Ticket campaign is back again from May 22 to October 31!

We look forward to spending another summer promoting and rewarding positive behaviours and healthy choices for the young people in Leduc.

## GOOD NEIGHBOURS

Make your neighbourhood a YAYbourhood by joining our Neighbour Connector initiative!

Join us for a Neighbour Connector Orientation Session on June 8 from 10 to 11:30 a.m. in the Oil Kings Boardroom at the LRC to learn more!

For info or to register, visit [leduc.ca/goodneighbour](http://leduc.ca/goodneighbour)



Sponsored by:



## 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.



Nature's Nutrients  
**FEED YOUR YARD!**

### GRASSCYCLING

Leave your grass clippings on the lawn when you mow.

It's that simple!

#### Good for your lawn:

- Nutrients stay on your lawn.
- The clippings help retain moisture.
- Your lawn won't need chemical fertilizers.

#### Good for you:

- Your lawn needs less water.
- You save time and energy.
- You are reducing the amount of organic material the city needs to process.

✓ 2.5-3" = perfect!

PARTNERING with nature

E-mail: [ecosmart@Leduc.ca](mailto:ecosmart@Leduc.ca)

Eco-smart Hotline: 780-980-7107

## YARD WASTE TRANSFER STATION

3719 - 48 Avenue  
(north of the Leduc Recreation Centre)



**FREE** – Drop off the yard and garden waste that **won't fit** in your organics cart  
...*your spring yard cleanup solution.*

#### Materials accepted:

- Garden waste
- Flowerbed cleanup
- Leaves
- Grass clippings ✓
- Twigs (small pieces)
- Tree branches

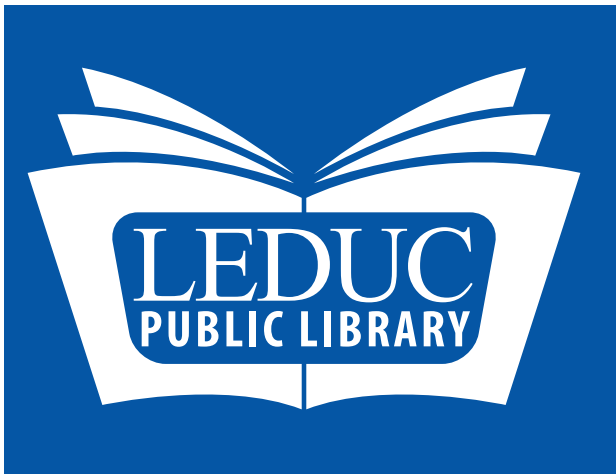
## Drop-off TIPS

1. If you bag your materials in a *brown paper yard waste bag* – simply leave your bags on the appropriate piles according to the signs.
2. If you bag your materials in *plastic bags* – empty your bags onto the appropriate piles. Take the bags home to reuse or put them into the waste bin on site.
3. Place tree branches and twigs onto the tree branch pile.
4. Place diseased branches in the separate area shown on the map at the entrance gate.

PARTNERING with nature

Eco-smart Hotline: 780.980.7107

E-mail: [ecosmart@Leduc.ca](mailto:ecosmart@Leduc.ca)



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

780-986-2637

#2 Alexandra Park

## ■ Summer Learning Challenge – Free Events

### Around the World in 30 Days – Drop-in Ages 3 – 12

Does the idea of taking a trip around the world seem out of reach? To this I say, Fiddlesticks! Baloney! Malarkey! Balderdash! Come with us this summer and explore this great world we live in!

Each week our program room will be transformed into a different continent where you'll learn about the culture, nature and traditions through science experiments, literacy, math, art, and more!

Drop-in each of the 6 weeks during our flexible times between July 8 – August 15.

Check our website or drop into the library starting June 3 for more details.

### Monty the Python Ages 3 – 12

Monty the Python will be visiting from the tropical Amazon rainforest. He is a Burmese Python puppet. These majestic snakes can grow up to 20 feet, weigh in at 200 lbs. and live for 20-25 years. Monty is non-venomous and therefore does not have fangs as he is a constrictor. They live in Africa & Asia, not in the wilds of Canada

Monty will be hiding around our library between July 2 – August 15. Find him in a different location each week, read him a story and enter to win prizes!

More information about our Summer Learning Challenge will come out on June 3. The Summer Learning Challenge Registration will begin on June 17.



### Special Events All Ages

Special Events will be happening each Thursday! All events are free and drop-in unless otherwise stated.

Date	Theme	Time
July 4	Choo Choo the clown	10:30 a.m. - noon
July 11	Movie TBA	10:30 a.m. - noon
July 18	Zoo 2 U*	10:30 - 11:30 a.m.
July 25	Zoo 2 U*	10:30 - 11:30 a.m.
Aug. 1	Princess, Spiderman, Face Painting and Scavenger Hunt	10 a.m. - noon
Aug. 8	Movie TBA	10:30 a.m. - noon
Aug. 15	Mullen the Magician	10:30 - 11:30 a.m.

\*Free tickets. Watch [www.LeducLibrary.ca](http://www.LeducLibrary.ca) for details.

Registration for the following Children, Teen and Adult programs will begin on Tuesday, May 21 at 10 am.



## ■ Preschool Programs

Siblings always welcome.

### 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
Friday, June 14, July 5, Aug. 9	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
Friday, June 14, July 5, Aug. 9	0 - 5	11 - 11:30 a.m.

### Patio Family Storytime – Drop-in

Pop out to our patio (or the children's area if the weather is uncooperative) for interactive stories followed by a related craft or art. Nature themed for *Leduc's Parks and Recreation* month of June!

Date	Age	Time
Tuesdays, June 4 - Aug. 20	All Ages	1:30 - 2:15 p.m.

### Evening Family Storytime – Drop-in

Join Miss Rhonda and help foster a love of literacy. We'll read and discuss engaging picture books chosen purely for laughs and giggles!

Date	Age	Time
Tuesdays, July 9 - Aug. 13	All Ages	6 - 6:30 p.m.

## ■ Children's Programs

### Visit Leduc's History – Registered

Meet us at the Library and stroll with us to the Dr. Woods House Museum. Once there we will have an old fashioned storytime and crafts, along with amazing facts from our guided tour of the museum.

Date	Age	Time
Tuesday, Aug. 20	8 - 12	10 a.m. - noon
Wednesday, Aug. 21	8 - 12	1 - 3 p.m.

## ■ Family Programs

### Celebrate Indigenous Month! – Registered

Join Crystal in decorating your very own Metis musical spoons. Then stay and enjoy some homemade bannock while watching the movie *Brother Bear*.

Date	Time
Wednesday, June 19	6:15 - 8:30 p.m.

### Games Night – Drop-in

Spend an evening playing board games while laughing, strategizing, and having tons of fun. This is the perfect place to make new friends, find game enthusiasts, and explore the wide variety of games available today.

Date	Time
Wednesday, June 26 & July 24	6 - 8 p.m.

## ■ Teen Programs

### Teen Movie Night 'Ghostbusters'! – Drop-in

Get ready for the library's Summer Escape Room by watching the classic movie, *Ghostbusters!* Snacks and drinks will be provided.

Date	Age	Time
Wednesday, July 3	13 - 17	6:30 - 8:30 p.m.

### Teen Art with Kelly – Registered

"Imagination is more important than knowledge" – Albert Einstein. Let your imagination soar and create beautiful artwork with local artist Kelly Holowachuk.

Date	Age	Time
Thursday, July 11 & Aug. 8	13 - 17	6 - 8 p.m.

### Visit Leduc's History – Registered

Come with us on a walk through local Leduc history. Meet at the Library and walk to the Dr. Woods House Museum. Once there we will have an old fashioned storytime and crafts, along with amazing facts from our guided tour of the museum.

Date	Age	Time
Tuesday, Aug. 27	13 - 17	1 - 3 p.m.

## Teen and Adult Summer Escape Room – Registered

Step into the shoes of a Ghostbuster and solve the riddles, games and tricks in order to escape the ghostly lab! Hurry, you only have 30 minutes!!

*This program is for ages 13+. Watch [www.LeducLibrary.ca](http://www.LeducLibrary.ca) for program schedule!*

Date	Age
July 13 - 25	13+



## Adult Programs

### Knitting – Drop-in

Come work on your yarn crafts in a nice relaxing atmosphere and meet new people. All ages and skill levels welcomed.

Date	Time
Tuesdays	7 – 8 p.m.

### Adult Book Club – Drop-in

Wonderful, lively discussions inspired by thought provoking books.

Date	Theme	Time
Thursday, June 20	In the Woods by Tana French	7 p.m.
Thursday, July 18	Beartown by Fredrik Backman	7 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@leducadullearning.ca](mailto:learn@leducadullearning.ca)
- **Call/Text:** 780-915-9835
- **Website:** [www.leducadullearning.ca](http://www.leducadullearning.ca)

*Note: Courses requiring payment require a pre-booked appointment*

### 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: BYOD and user email with 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
Tuesdays until June 25	6:30 - 7:30 p.m.

### Read / Write English - ELL – Drop-In

Work on building vocabulary, increasing a working knowledge of grammar, enhancing reading comprehension and improving your overall writing skills.

Date	Time
Thursdays until June 27	6:30 - 8:30 p.m.

*For beginner – intermediate*

### Spanish Conversation Circle - Drop-in

Let's Talk Spanish: Drop-In 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
Tuesdays, July 2 - Aug. 27	1:30 - 3:30 p.m.

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## OUTDOOR PARKS AND OPEN SPACES

Thinking of having an event or booking an outdoor space this summer in the City of Leduc?

Contact Events and Bookings at [events\\_bookings@leduc.ca](mailto:events_bookings@leduc.ca) to see which spaces we have available for you!



## dreamESCAPE

**ESCAPE ROOM + BOARD GAME SHOP**  
780.986.2882 | [DREAMESCAPEGAMING.COM](http://DREAMESCAPEGAMING.COM)



**SKATE CANADA**  
LEDUC FIGURE SKATING CLUB

Day PrePowerSKATE & Evening PowerSKATE

PreCAN/CanSKATE

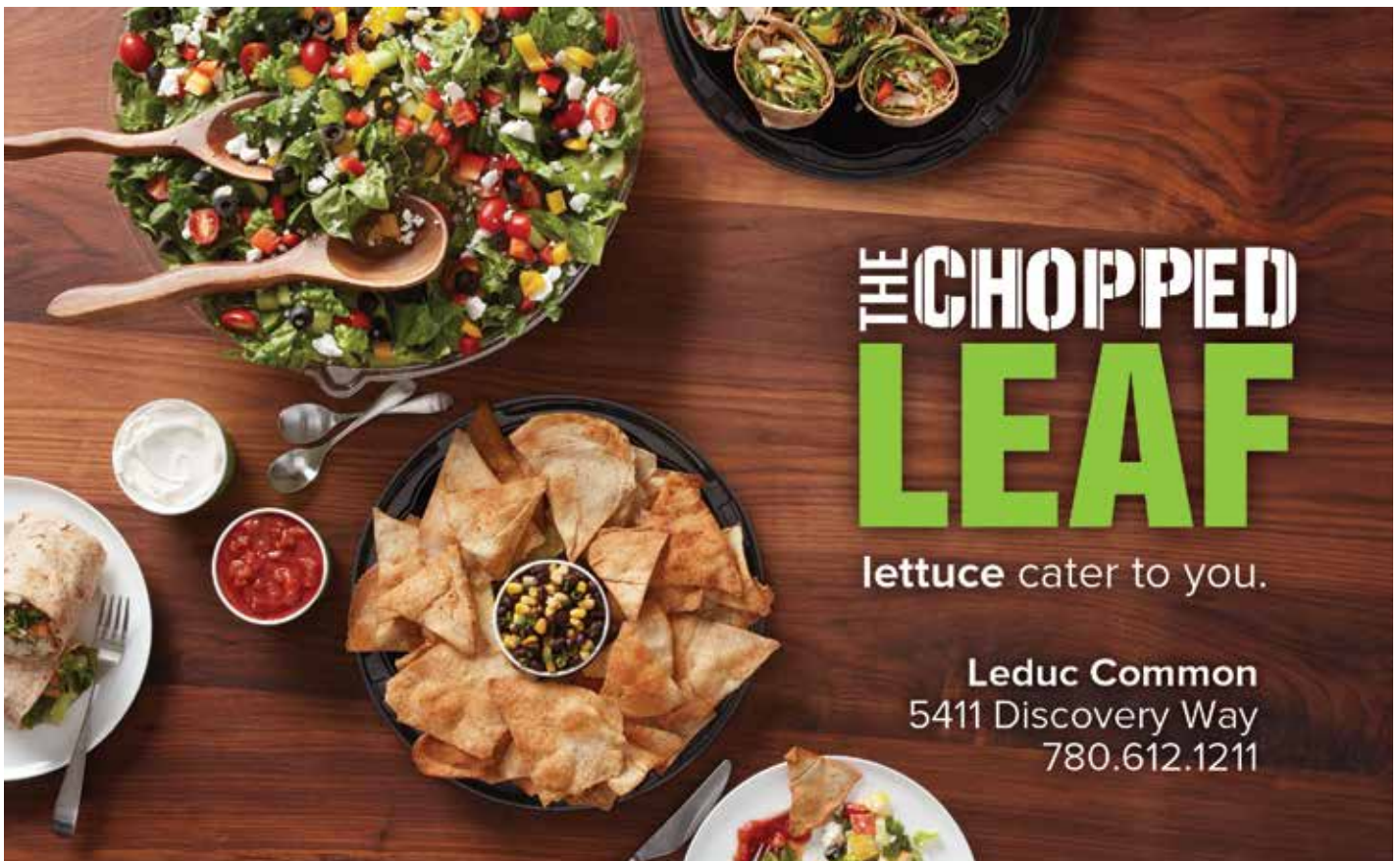
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*Workouts Change Daily - Never Get Bored*
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## Housing for Seniors, Individuals and Families

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

### HOUSING FOR INDIVIDUALS & FAMILIES

#### Affordable Housing

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

#### Subsidized Housing

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

#### Private Landlord & Direct to Tenant Rent Supplement Programs

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

### HOUSING FOR SENIORS

#### Independent Living - Seniors' Apartments

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

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

#### Supportive Living Program - Lodge Accommodations

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

### FOR INFORMATION & APPLICATION CONTACT

#### **Leduc Regional Housing Foundation**

5118 - 50 Avenue, Leduc, Alberta T9E 6V4

Phone: 780.986.2814 Fax: 780.986.4881

Email: [info@leducregionalhousing.ca](mailto:info@leducregionalhousing.ca) Website: [www.leducregionalhousing.ca](http://www.leducregionalhousing.ca)

# SUMMER CAMPS

AGES 4 - 12 YEARS (\*\*MUST BE FULLY TOILET TRAINED\*\*)  
REGISTRATION ONLINE @ [www.leducgymnastics.com](http://www.leducgymnastics.com)

BEFORE AND AFTER CARE | HALF OR FULL DAY OPTIONS  
WEEKLY THEMES | 10% DISCOUNT FOR 2 WEEKS OR MORE

**LEDUC KANATA GYMNASTICS CLUB**

**FULL DAY - 9:00am to 4:30pm**

**\$230.00 (5 DAYS)**

FULL DAY REGISTRATIONS WILL ENJOY A MOVIE DAY, SPRAY PARK, PLAYGROUND AND MORE!!  
(INCLUDING EVERYTHING OFFERED ON HALF DAYS)

**HALF DAY - 9:00am to 12:00pm**

**\$130.00 (5 DAYS)**

HALF DAY REGISTRATIONS WILL ENJOY GYMNASTICS, STRETCHING, GAMES AND CRAFTS

CAMP DATE	THEME
JULY 8 - 12, 2019	ZOO
JULY 15 - 19, 2019	SUPERHEROES
JULY 22 - 26, 2019	OLYMPICS
AUGUST 12 - 16, 2019	DISNEY
AUGUST 19 - 23, 2019	ROCKSTAR
AUGUST 26 - 30, 2019	UNDER THE SEA

**\$\$\$ ADDITIONAL FEES \$\$\$**

BEFORE AND/OR AFTER CARE	AGF MEMBERSHIP
BEFORE CARE: 7:30am to 9:00am -- \$5.00 AFTER CARE: 4:30pm to 6:00pm -- \$5.00 BEFORE AND/OR AFTER CARE FEES ARE DUE AT TIME OF PICK UP - CASH OR CREDIT AVAILABLE	EVERY REGISTRATION MUST BE ACCOMPANIED BY A \$40.00 ONE TIME ALBERTA GYMNASTICS FEDERATION FEE WHICH IS VALID FROM JULY 2019 to JUNE 2020

AGF FEE SUBJECT TO INCREASE DUE TO RISE OF INSURANCE PREMIUMS  
**CERTIFIED CPR & FIRST AID COACHES ON SITE DAILY**  
WEEKLY CAPACITY OF 10 HALF DAY & 20 FULL DAY PARTICIPANTS. LUNCH & SNACKS NOT INCLUDED

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**\$219 Tune-Up** **Includes:** Complete Tune-Up as above, plus new top and side weatherstrip, and new bottom U-Rubber\*

\* Terms apply. See store for details

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April 2 - June 21, 2019  
No class on holidays

**PRICES** Plus GST

- 1 Time Drop In.....\$12
- 5 Punch Card.....\$55
- 10 Punch Card.....\$100
- Unlimited Monthly Punch Card.....\$120

**REGISTERED CLASSES** Plus GST

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**SPECIALTY REGISTERED CLASSES**

- Belly Dancing Full Session.....\$150

**DROP IN FITNESS CLASSES**

	Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Registered 8 AM</b> BLOCK 50 BOOTCAMP <small>Starts every 2nd Wed</small>		
9 AM	TOTAL BODY TONE	9 AM STRONG <small>NO CLASS MAY 28</small>	9 AM TOTAL BODY TONE	9 AM Mommy FITNESS	9 AM TOTAL BODY TONE
					10:15 AM STRETCH and RELEASE
12 PM	MODIFIED PILATES				
6 PM	TOTAL BODY TONE	6 PM CORE CONTROL	6 PM MAT & STANDING PILATES	6 PM ZUMBA & Core <small>NO CLASS APR. 11</small>	
		<b>Registered</b> Belly Dancing 7:15 PM Apr 9 - June 11		7:15 PM Legs for Days and Glutes!	

[truetouchmtf.com](http://truetouchmtf.com) 105, 4911 - 50th Avenue, Leduc, AB T9E 6W7 Ph: 780.739.1729 e: [info@truetouchmtf.com](mailto:info@truetouchmtf.com)



TRUE TOUCH MASSAGE  
THERAPY & FITNESS

July 2 - August 30, 2019  
No class on holidays

**PRICES**

- 1 Time Drop In.....\$12
- 5 Punch Card.....\$55
- 10 Punch Card.....\$100
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**DROP IN FITNESS CLASSES**

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		9 AM STRONG	9 AM TOTAL BODY TONE	9 AM Mommy FITNESS
6 PM	TOTAL BODY TONE	6 PM CORE CONTROL	6 PM MAT & STANDING PILATES	6 PM ZUMBA & Core

Massage Therapy

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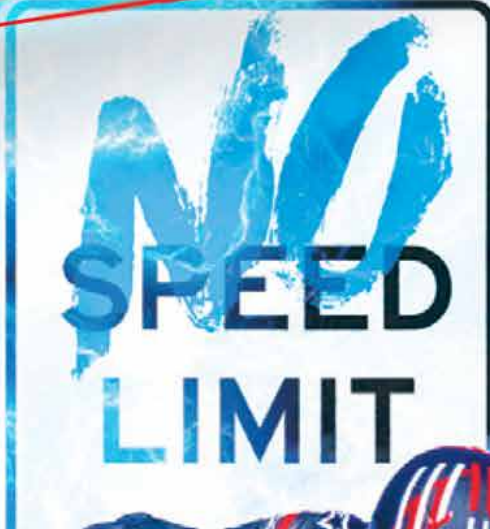
AUGUST 23, 24, & 25



AUGUST 14



AUGUST 17



# 2019

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