

# CITY GUIDE

WINTER 2019

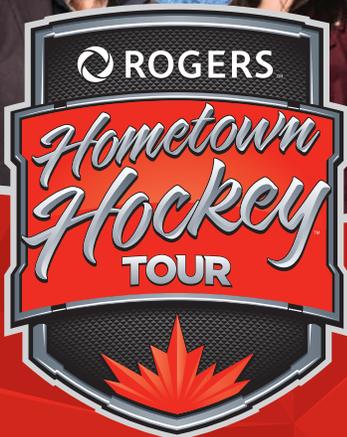
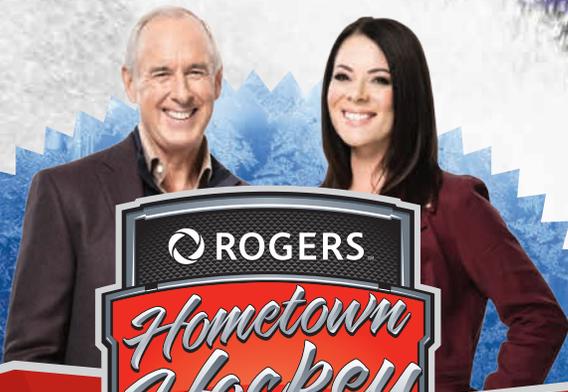
PROGRAMS

ACTIVITIES

SCHEDULES

EVENTS

SERVICES



Ron MacLean and Tara Slone will roll into town for the festival on Feb. 2<sup>nd</sup> - 3<sup>rd</sup>.

Learn more on page 3.



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

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**PETROLEUM**



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## Winter 2019 Events & Deals

- 10% Off Personal Training: Jan 2. to Jan 31, 2019
- Cupid & Chocolate – Yoga for Couples: Feb 14. Come for a special yoga practice with your partner or best friend at the LRC. You will leave feeling Zen and will get to take home a chocolate treat to share. \$10 per person.
- Nutrition Month 2019: Celebrate Nutrition Month at the LRC throughout March. We will have special recipes, nutrition talks, information sessions, prizes and more!
- It is the 10 Year Anniversary since the Leduc Recreation Centre was built and we are celebrating all year long! Keep an eye out for special events, challenges, and more throughout 2019!

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

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

## Major Events at the LRC this Winter

- Adam Myer's Hockey Tournament (Nov 16 – 18, 2018)
- Alberta Boxing Event (Nov 17, 2018)
- Santa's Helper Auction (Dec 1, 2018)
- Christmas Farmer's Market (Dec 1, 2018)
- Festival of Trees (Dec 8 – 9, 2018)
- Wild Thing Ringette Tournament (Jan 10 – 13, 2019)
- Canada Games Torch Relay (Jan 25, 2019)
- Alberta Female Hockey League Elite Showcase (Feb 2 – 3, 2019)
- Rogers Hometown Hockey (Feb. 2 – 3, 2019)
- Gary Tremblay Memorial Hockey Tournament (Feb 17 – 18, 2019)
- Alberta Boxing Provincials (March 9 – 11, 2019)
- Paralympic Sports Sledge (March 29 – 31, 2019)

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

## WHY I TRAIN...

LRC Member: Tammie Nahas

### Tell us about your wellness journey?

I was really active about 4 years ago and then had two kids. After my last child, I wanted to start taking care of me and that meant dedicating time to my health and wellness. I first started by attending some fun group fitness classes at the LRC with a workout buddy and then started to take a bit of control over my diet and eating habits. I did this by eating from a smaller plate, being really conscience about portions and food quality. Afterwards, I started to add more activity to my fitness routine and eventually felt comfortable enough to sign up for personal training. I do personal training once to twice a week and I have added all sorts of other group fitness and other activities to my training as well. When I first started personal training, I was grumpy, out of breathe and unable to do simple movements, but I never gave up. Now, I am in the best shape in my life! I feel strong, happy, and so great both physically and mentally.

### When did you start training at the LRC?

I started training at the LRC in the Fall of 2017. It has been a little over a year now and I love it!

### Why did you choose to get a personal trainer?

I chose to get a personal trainer because I had done so in the past and it was the only form of motivation and loyalty to activity that works for me. I am accountable to myself of course, but for me to



be accountable to someone else and not waste their time is a really important value for me. Taylor is my personal trainer at the LRC and she encourages me to push harder than I ever thought possible, and for that I am really grateful. Seeing small changes over time add up to huge changes is really what it's about.

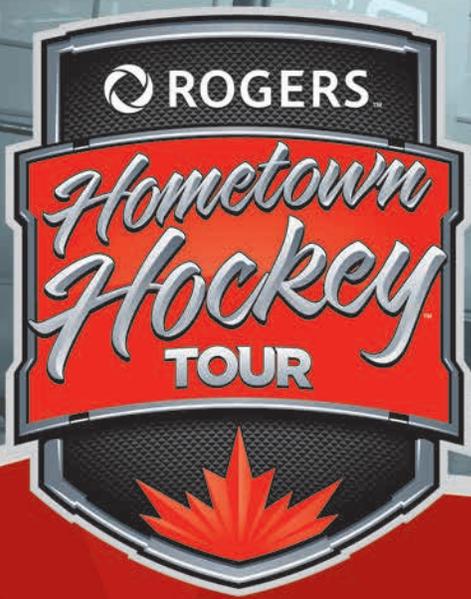
### Favourite Exercise?

Hmmm, I like the treadmill sprint intervals that Taylor has me do. Don't tell Taylor but I also like the Jacobs Ladder torture machine a little bit. I think it's because I never thought I could do it and now I can. I also like anything agility based as I have always enjoyed athletic based training.

### Do you have a Wellness or Fitness goal for 2019?

I would like to try out for a Woman's Competitive Fastball Team and continue to build my strength, agility and endurance.

Thank you Tammie for sharing your story with us and we are excited to see you work towards your wellness goal in 2019. Interested in working with a personal trainer? Visit page in 16 the Winter City Guide for more information.



## CITY OF LEDUC | FEBRUARY 2 – 3, 2019

The Rogers Hometown Hockey Tour rolls into Leduc for February 2nd and 3rd, 2019. Join us at the LRC for a weekend of free outdoor hockey festivities for all ages. The hockey-themed weekend will feature games, prize giveaways, fun activities, and live local entertainment for the whole family.

From a game of ball hockey at the Scotiabank Community Hockey Rink to the hockey-themed obstacle course at the Ram Haul of Fame, there's something for everyone at the festival. Warm up with beverages and snacks courtesy of Tim Hortons and Dr. Oetker. Meet an NHL player in the Rogers Fan Hub or take a picture with one in the Sportsnet Virtual Photo Booth.

Come watch Sportsnet broadcast of the Edmonton Oilers vs. Montreal Canadiens game on Sunday, Feb. 3. Ron MacLean and Tara Slone will host the show live from Leduc. You can be a part of the action and show the country what makes Leduc so special.

### FESTIVAL HOURS:

- Saturday Feb. 2: 12 – 6 p.m.
- Sunday Feb. 3: 9 a.m. – 4 p.m.  
*The broadcast begins at 11:30 a.m.*

Stay tuned on the City of Leduc Facebook page for more details!



## 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 10 years with all of you in 2019.

To celebrate this milestone, we have a ton of exciting events, challenges, activities, goodies, and giveaways planned all year long.

Stay tuned to our website at [Leduc.ca/LRC](http://Leduc.ca/LRC) for all upcoming 10 Year Celebration Details and thank you for your continued support.



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



## ■ Welcome to the LRC

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

Visit Guest Services for our 2019 Admission & Membership Rates

## ■ Hours of Operation

	Weekdays		Weekends		Statutory Holidays
<b>Fitness Centre and Track</b>	Mon. – Fri.	5 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	<b>5 a.m. – 3 p.m.</b> Christmas Eve (Dec. 24)
<b>Aquatic Centre</b>	Mon. – Thurs. Fri.	5:30 a.m. – 10 p.m. 5:30 a.m. – 9 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	<b>CLOSED</b> Christmas Day (Dec. 25)
<b>Guest Services</b>	Mon. – Fri.	8 a.m. – 10 p.m.	Sat. & Sun.	8 a.m. – 9 p.m.	<b>11 a.m. – 5 p.m.</b> Boxing Day (Dec. 26)
<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>5 a.m. – 3 p.m.</b> New Year's Eve (Dec. 31)
<b>Indoor Playground</b>	Mon. – Fri.	9 a.m. – 8 p.m.	Sat. & Sun.	9 a.m. – 8 p.m.	<b>CLOSED</b> New Year's Day (Jan. 1)
<b>Child Minding Centre</b>	* Please see page 8 for Child Minding Hours. Child Minding is closed on Statutory Holidays.				<b>10 a.m. – 8 p.m.</b> Family Day (Feb. 18)
					<b>10 a.m. – 5 p.m.</b> Good Friday (Apr. 19)
					<b>10 a.m. – 8 p.m.</b> Easter Monday (Apr. 22)

## ■ Facility Information

### Wristbands

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

### Personal Belongings

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

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

### Public Drop-In and Outside Training

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

### Active Participation vs. Active Supervision

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



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

## ■ Winter 2019 Registration

### Member\* Registration

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

Online 10 a.m.

In-person / phone 5 p.m.

### Aquatic Registration – Dec. 4, 2018

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

### General Registration – Dec. 11, 2018

All registered recreation, fitness, and education programs.

### Public Registration

Online 10 a.m.

In-person / phone 5 p.m.

### Aquatic Registration – Dec. 6, 2018

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

### General Registration – Dec. 13, 2018

All registered recreation, fitness, and education programs.

### Registration Options

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

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

## Live Leduc Online Portal

### NOW AVAILABLE FOR PROGRAM REGISTRATION!

Visit [Live.Leduc.ca](http://Live.Leduc.ca) to create your account online, register for programs, view drop-in programs, and more! Please call Guest Services at 780-980-7120 to verify your email address as this is your new username to login.

## OH NO...

*We cancelled the program!*



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

## Registration Process

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

### Please keep in mind:

- Program withdrawals must be completed in person or over the phone by calling Guest Services at 780-980-7120.
- **NSF cheques** are subject to a \$35 administration fee and immediate removal from class list. Re-enrollment must be paid by cash, debit, certified cheque or credit card.
- **An account credit** can be used for registering in an alternative course. Outstanding credits over \$25 will be automatically refunded by the end of the year. Unused credits under \$25 will be cleared after 12 months. Account credits cannot be used when registering online. Can be used only in-person or over the phone.
- **City cancelled programs** 100% refund, pro-rated refund or an account credit.
- **Patron withdrawal prior to 7 days:** If withdrawing more than 7 days before the course start date, a full refund will be issued with no administrative fee applied.
- **Patron withdrawal within 7 days:** If withdrawing within 7 days to the course start date, refunds will not be granted, however, a credit will be placed on the account and a \$10 administrative fee will be applied. May transfer to another program within the same session with no penalty where possible. For specialty courses, an applicable admin fee will be applied with the amount indicated in the course description.

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

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

## Registered Program Information

### General Information

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

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

## Program Age and Prerequisite Requirements

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

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

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

## Be Prepared

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



### BUILD YOUR OWN Party

Host your next party at the Leduc Recreation Centre! It could be a birthday, team builder, retirement, family function or anniversary party – the options are endless!

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

- 1. Book a Private Room**

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

Suitable for a range of party types, such as family gathers, anniversary parties, children parties, cooperate gatherings, potlucks, and more.
- 2. Choose your activity or favorite sport. Private or public drop-in, it's your choice!**
  - Private options – the sky is the limit! Choose from a variety of options, not limited to, soccer, dodgeball, skating, hockey, basketball, and pickleball, 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 before your party guests arrive. Party Hosts can also be there to assist you throughout your booking time with games and activities.
- 4. Your Personal Touch**
  - All you need to do is show up and add your personal touch

For rates, questions and booking, please contact us for more information: email [LRCParties@leduc.ca](mailto:LRCParties@leduc.ca), call **780-980-7118** or **780-980-8406**

## ■ Child Minding Centre

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

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

### Hours of Operation (Jan. 2 – Mar. 31)

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

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

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

### Guidelines

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

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

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

### Bookings

Please note that effective January 1, 2019 there will be changes to our Child Minding Punch Passes. See Guest Services or Child Minding for more details.

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

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

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

NEW Child Minding Fees		
AGE	60 Min Member	60 Min Non-Member
2 – 19 months	\$8.00	\$8.85
20 months – 7 years	\$6.00	\$6.65

\* Time used will be based on 30-min intervals

## ■ Re/Max Indoor Playground

### General Information

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

### Hours of Operation

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

### Guidelines:

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



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

Please respect the enjoyment of others and the equipment. There are children of various ages occupying the space. The indoor playground is not staffed. Children must be actively supervised by a responsible person 14 years of age and older while accessing the playground (one supervisor required for every six children).

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

## ■ Educational Programs

### Canadian Red Cross First Aid Programs

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

#### Standard First Aid / CPR / AED

- Level C \$150

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

Sat. / Sun.	9 a.m. – 5 p.m.	Mar. 2 / 3	6988
Mon. / Tues.	9 a.m. – 5 p.m.	Apr. 29 / 30	7030
Thurs. / Fri.	9 a.m. – 5 p.m.	May 23 / 24	7036
Sat. / Sun.	9 a.m. – 5 p.m.	June 15 / 16	7037
Mon. / Tues.	9 a.m. – 5 p.m.	July 29 / 30	7032
Sat. / Sun.	9 a.m. – 5 p.m.	Sept. 21 / 22	7034
Thurs. / Fri.	9 a.m. – 5 p.m.	Nov. 7 / 8	7039

#### Standard First Aid Re-Certification Course (CPR / AED - Level C) \$90

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

Sun.	9 a.m. – 5 p.m.	Jan. 13	6989
Sat.	9 a.m. – 5 p.m.	Mar. 9	6990
Mon.	9 a.m. – 5 p.m.	Apr. 8	7031
Mon.	9 a.m. – 5 p.m.	May 13	7038
Fri.	9 a.m. – 5 p.m.	Jul. 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.

# RECREATION PROGRAMS

## General Information

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

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

### OH NO... We cancelled the program!

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



### Developmental Domains



Emotional Maturity



Social Competence



Physical Health & Well-being



Language & Thinking



Communication Skills & General Knowledge

More details on the Developmental Domains is on Page 44.



Family Programs



School Aged & Youth Programs



Preschool Dryland Programs



Adult Programs



Preschool Swimming Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Safari Troopers 9 – 11 a.m.	SuperHeroes & Princesses 9 – 11 a.m.	Tiny Scientists 9 – 11 a.m.	Kitchen Monsters 9 – 11 a.m.	Little Splashers 9 a.m. – noon	Youth Trip* Royal Alberta Museum 9 a.m. – 1:45 p.m.
Alphabet Soup 12:30 – 2:30 p.m.	Little Explorers 9 a.m. – noon	Little Einstein's 9 – 11 a.m.	Little Masterpieces 12:30 – 2:30 p.m.	Sportball mornings (times vary)	
Splash n' Play (M&W) 12:30 – 2:30 p.m.	Splash n' Play (T&TH) 12:30 – 2:30 p.m.	Gym & Swim 12:30 – 2:30 p.m.	Sweet Treats 6 – 7:30 p.m.	Star Bounce* 1 – 3 p.m.	
DANCEPL3Y (times vary)	Safari Troopers 12:30 – 2:30 p.m.	Gran & Me* 1 – 2:30 p.m.		Paint the Night* 7 – 9 p.m.	
	Classy Cuisine* 6:30 – 8:30 p.m.				
	Face Painting 101* 6:30 – 8:30 p.m.				
	Broadway Jazz 6:15 – 7:15 p.m.				

\*One time class, not session long.

## Family Programs

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

### Gran & Me 2 – 6 year olds



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

Date	Day	#	Time	Cost	Code
Feb. 6 - Love Craft	Wed.	1	1 - 2:30 p.m.	\$14	6603

### Star Bounce 2 – 6 year olds



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

Date	Day	#	Time	Cost	Code
Jan. 11 - 25	Fri.	3	1 - 3 p.m.	\$20.70	6615
Feb. 15 - Mar. 1	Fri.	3	1 - 3 p.m.	\$20.70	6616

### Sportball – Parent & Child

16 months – 3 year olds



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

Date	Day	#	Time	Cost	Code
Feb. 15 - Mar. 22	Fri.	6	9 - 9:45 a.m.	\$96	6623

### Sportball – Parent & Child

2 – 3.5 year olds



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

Date	Day	#	Time	Cost	Code
Feb. 15 - Mar. 22	Fri.	6	9:45 – 10:30 a.m.	\$96	6622



## Preschool Programs

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

### Safari Troopers 3 – 5 year olds



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

Date	Day	#	Time	Cost	Code
Jan. 7 - Feb. 4	Mon.	5	9 - 11 a.m.	\$72.75	6598
Jan. 8 - Feb. 5	Tues.	5	12:30 - 2:30 p.m.	\$72.75	6599
Feb. 11 - Mar. 11*	Mon.	4	9 - 11 a.m.	\$58.20	6611

\*No class Feb. 18, 2019

## Alphabet Soup 3–5 year olds

Children will learn letter recognition through crafts and activities based on new letters of the alphabet each week. Typical fun includes printing practice, crafts, circle time, and play time. All participants must bring 1 nut free snack, water bottle, wear indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
Feb. 11 - Mar. 11	Mon.	4	12:30 - 2:30 p.m.	\$58.20	6612

\*No class Feb. 18, 2019

## DANCEPL3Y 3–5 year olds

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

Date	Day	#	Time	Cost	Code
Jan. 7 - Feb. 11	Mon.	6	4:45 - 5:30 p.m.	\$96	6661

## Splash n' Play 3–5 year olds

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

Date	Day	#	Time	Cost	Code
Jan. 7 - 30	Mon. & Wed.	8	12:30-2:30 p.m.	\$136	6600
Feb. 12 - Mar. 7	Tues. & Thurs.	8	12:30-2:30 p.m.	\$136	6601

## Little Explorers 3–5 year olds

Bring your preschooler for a fun filled experience in our three hour program. Each class is packed with new experiences, a fun environment for socialization, crafts, games and even songs and stories! All participants must bring 1 nut free snack, water bottle, wear indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
Feb. 12 - Mar. 12	Tues.	5	9 a.m. - noon	\$108.25	6614

## SuperHeroes & Princesses

3–5 year olds

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

Date	Day	#	Time	Cost	Code
Jan. 8 - Feb. 5	Tues.	5	9 - 11 a.m.	\$72.75	6613

## Tiny Scientists 3–5 year olds

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

Date	Day	#	Time	Cost	Code
Jan. 9 - Feb. 6	Wed.	5	9 - 11 a.m.	\$72.75	6606

## Little Einstein's 3–5 year olds

Each week we will learn a number and a colour through crafts and activities. Typical fun includes printing practice, craft, circle time, and play time in the Kukabunga Jungle. All participants must bring 1 nut free snack, water bottle, wear indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
Feb. 13 - Mar. 13	Wed.	5	9 - 11 a.m.	\$72.75	6605

## Gym & Swim 3–5 year olds

Be a part of the splashing good time at the LRC. Our program starts off with a refreshing dip in the pool and then we have some fun planned. All participants must bring 1 nut free snack, water bottle, swim suit & towel, wear indoor shoes and be fully toilet trained.

Date	Day	#	Time	Cost	Code
Feb. 13 - Mar. 13	Wed.	5	12:30 - 2:30 p.m.	\$78.75	6604



### Kitchen Monsters 3–5 year olds



Join our chefs in the kitchen to learn about kitchen safety, how to measure, mix, follow recipes and clean up. Children will bring home a treat each class. All participants must bring 1 snack, water bottle, wear indoor shoes and be fully toilet-trained. *NOTE: This is NOT an allergy free zone!*

Date	Day	#	Time	Cost	Code
Jan. 10 - Feb. 7	Thurs.	5	9 - 11 a.m.	\$76.50	6609
Feb. 14 - Mar. 14	Thurs.	5	9 - 11 a.m.	\$76.50	6610

### Little Masterpieces

3–5 year olds



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

Date	Day	#	Time	Cost	Code
Jan. 10 - Feb. 7	Thurs.	5	12:30 - 2:30 p.m.	\$72.75	6602

### Sportball – Coaches & Children

3.5–5 year olds



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

Date	Day	#	Time	Cost	Code
Feb. 15 - Mar. 22	Fri.	6	10:30 - 11:15 a.m.	\$96	6621

### Little Splashers 3–5 year olds



Be a part of a splashing good time at the LRC! This three hour program starts off with a refreshing dip in the pool and then we have some fun with games and a craft! All participants must bring 1 nut free snack, water bottle, swim suit and towel, wear indoor shoes and be fully toilet-trained.

Date	Day	#	Time	Cost	Code
Jan. 11 - Feb. 8	Fri.	5	9 a.m. - noon	\$114.75	6607
Feb. 15 - Mar. 15	Fri.	5	9 a.m. - noon	\$114.75	6608



## School-Aged & Youth Programs

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

### DANCEPL3Y 6–12 year olds

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

Date	Day	#	Time	Cost	Code
Jan. 7 - Feb. 11	Mon.	6	5:30 - 6:15 p.m.	\$96	6662

### Sweet Treats 10–17 year olds

Sugar, chocolate chips and sprinkles! Oh my, doesn't that sound divine! Learn the skills and techniques needed to make a sweet treats like cookies, cakes, and other types of desserts. Each week we will be baking something new!

*NOTE: This is NOT an allergy free zone!*

Date	Day	#	Time	Cost	Code
Jan. 17 - Feb. 7	Thurs.	4	6 - 7:30 p.m.	\$64	6626

NEW

## Red Cross Stay Safe! Course

9 – 13 year olds

The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations. This program offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities. Students are asked to bring lunch money or a bagged lunch. No cell phone usage during class.

Date	Day	#	Time	Cost	Code
Feb. 7	Thurs.	1	9 a.m. - 3 p.m.	\$45	6625
Mar. 10	Sun.	1	9 a.m. - 3 p.m.	\$45	6624

## Red Cross Babysitters Course 11+ year olds

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

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

Date	Day	#	Time	Cost	Code
Jan. 12	Sat.	1	9 a.m. - 5 p.m.	\$60	6628
Feb. 8	Fri.	1	9 a.m. - 5 p.m.	\$60	6627

### 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.

## Spring Break Day Camps 5 – 12 year olds

8:30 a.m. – 4:00 p.m.

The LRC offers full day programs for children in ages 5-12. These themed day camps are sure to be fun and exciting for everyone! Each day will include games, crafts, and activities that involve the theme of the day. We will be swimming Tuesday & Thursday afternoon. We offer two age groups for all registrants --- ages 5-7\* and ages 8-12. The same great day awaits all participants, as grade groupings are due to supervision requirements in the programs and in the aquatics centre. Clean indoor shoes, swim suit, bagged lunch, water bottle and weather appropriate clothing are required.

Date	Day	Theme	Cost	Code
Mar. 25	Mon.	Odd Olympics*	\$48	6632
Mar. 25	Mon.	Odd Olympics	\$48	6633
Mar. 26	Tues.	Mythical Beasts*	\$48	6634
Mar. 26	Tues.	Mythical Beasts	\$48	6635
Mar. 27	Wed.	It's Getting Hot In Here*	\$48	6636
Mar. 27	Wed.	It's Getting Hot In Here	\$48	6637
Mar. 28	Thurs.	Get in the Game	\$48	6638
Mar. 28	Thurs.	Get in the Game	\$48	6639
Mar. 29	Fri.	The Tribe Has Spoken*	\$48	6640
Mar. 29	Fri.	The Tribe Has Spoken	\$48	6641

Wednesday March 27 Drop Off with be at Leduc Fire House 1. Pick Up MNP room LRC.





## Youth Trip - Royal Alberta Museum 12 – 17 year olds

Unique, interactive and memorable day trips are for youth ages 12-17 offer fun adventures. Registration is required and spots are limited. We have partnered with Leduc Transit to provide specific bus stop pickups and one central drop off location (Bus Stop 100 – 50 Street & 47 Ave) for easy accessible programs in and around Leduc. We will have the map posted online as well as a copy will be emailed with the waiver after registration.

Let's explore the largest museum in western Canada and experience over 2.4 million stories to be told. Engage, see and learn from the wide range of permanent galleries as well as internationally touring features. Let's share in experiencing of Alberta's remarkable stories in meaningful way.

- Leave Bus Stop 100 at 9 a.m.
- Return Bus Stop 100 at 1:45 p.m.

Date	Day	#	Time	Cost	Code
Mar. 9	Sat.	1	9 a.m. - 1:45 p.m.	\$20	7042

## Youth Class - Broadway Jazz 12 – 17 year olds

Register today for these upbeat Broadway jazz classes. Learn some show stopping skills to add to your talents while having theatrical fun. No previous dance experience needed. Registration will be open on General Registration date for Programs.

Date	Day	#	Time	Cost	Code
Jan. 8 - Feb. 12	Tues.	1	6:15 - 7:15 p.m.	FREE	7043

## Adult Programs

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

### Paint the Night 18+ year olds

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

Date	Day	#	Time	Cost	Code
Feb. 15 - Lovely	Fri.	1	7 - 9 p.m.	\$30	6629

### Classy Cuisine

Spice up your kitchen with our Chef in one of our tasty cooking classes. Whether you are a beginner or looking to expand your culinary skills join us for hands on cooking with demonstrations and tastings. You will leave with not only a take home meal but a new discovered appetite for the culinary world.

Date	Day	#	Time	Cost	Code
Feb. 12 - Chocolate Truffles	Tues.	1	6:30 - 8:30 p.m.	\$50	6630

### Face Painting 101 18+ year olds

Find your hidden talents with our beginners guide to face painting. Let our instructor teach you the basics and techniques to turning that clean face into a creative masterpiece. Bring a model with you to the class for practice, no model no worries we will have mirrors so you can practice on yourself!

Date	Day	#	Time	Cost	Code
Mar. 12	Tues.	1	6:30 - 8:30 p.m.	\$50	6631



NEW

# FITNESS CENTRE

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

If you have an active Monthly, Continuous or Annual LRC Membership you can go straight to the LRC Fitness Desk to scan your membership card. No more waiting in line!

*Note: Membership renewals, program registration or day admission pass purchases must be completed at Guest Services.*

Visit page 4 for our hours of operation.

## Fitness Centre Age Requirements

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

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

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

## ■ Fitness Services

### Individual Personal Training

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

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

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



### Group Personal Training

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

Number of people	Session Packages		
	4 sessions	8 sessions	12 sessions
2	\$140/person	\$259/person	\$357/person
3	\$105/person	\$192/person	\$252/person
4	\$86/person	\$151/person	\$195/person
5	\$73/person	\$128/person	\$165/person

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

### Fitness Centre Orientation *FREE*

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

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

### Teen Fit *FREE*

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

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



## Sports Team Training

We offer dryland training for teams with a focus on cardiovascular exercise, strength training, speed & agility and other sport-specific functional training. Our certified and experienced fitness professionals can help your group achieve a wide range of fitness and training goals whether it be supplemental training, offseason conditioning or sport-specific skill development. The instructor will use a variety of different modalities such as spin bikes, battling ropes and much more to help your team meet their training goals.

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

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

## Fitness Assessments (1.5 hours) \$106

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

## Personal Program Design \$121 – 2 hours (1 hour assessment, 1 hour program design)

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

## Body Composition Assessment (0.5 hours) \$38

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

## Nutritional Coaching Program (6 sessions) \$254

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

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

## Introductory Nutritional Counselling \$50

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

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

## Nutritional Coaching & Personal Training Package \$680

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

## Registered Fitness Programs

### General Information

<b>Session Dates:</b>	Winter Session I: Jan. 7 – Feb. 16 (6 weeks)
	Winter Session II: Feb. 19 – Mar. 23 (5 weeks)

Please note registered programs do not run on Statutory Holidays or long weekends; **no classes Family Day Feb. 16 – 18**

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 11 weeks

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

Date	Day	Time	Cost	Code
Jan. 7 - Mar. 20	Mon. & Wed.	6 - 7 a.m.	\$252	6642
Jan. 11 - Mar. 22	Fri.	6 - 7 a.m.	\$137.50*	6643
Jan. 7 - Mar. 20	Mon. & Wed.	6 - 7 p.m.	\$252	6644

\*Cost is \$110 if registered in the Monday & Wednesday class.

### Balanced Yoga 4 or 6 weeks

In this hour, skills will be balanced between physical movements, breath work and mindfulness. No previous yoga experience is required and all levels of fitness will gain strength, flexibility and the tools to bring a practice in to your daily life.

Date	Day	Time	Cost	Code
Jan. 7 - Feb. 11	Mon.	7 - 8 p.m.	\$79.50	6645
Feb. 25 - Mar. 18	Mon.	7 - 8 p.m.	\$53	6646

\*This class is held in the Rotary Room



### Fired Up 11 weeks

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

Date	Day	Time	Cost	Code
Jan. 8 - Mar. 19	Tues.	9 - 10 a.m.	\$145.75	6647
Jan. 10 - Mar. 21	Thurs.	9 - 10 a.m.	\$145.75*	6648

\*Cost is \$116.50 if registered in Tuesday class.

### Fitness at the Barre 5 or 6 weeks

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

Date	Day	Time	Cost	Code
Jan. 9 - Feb. 13	Wed.	9 - 10 a.m.	\$82.50	6649
Jan. 9 - Feb. 13	Wed.	7:15 - 8:15 p.m.	\$82.50	6650
Feb. 20 - Mar. 20	Wed.	9 - 10 a.m.	\$68.75	6651
Feb. 20 - Mar. 20	Wed.	7:15 - 8:15 p.m.	\$68.75	6652

### Lift. Rest. Repeat 11 weeks

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

Date	Day	Time	Cost	Code
Jan. 9 - Mar. 20	Wed.	9 - 10 a.m.	\$145.75	6653

## Mindful Movements 4 or 6 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
Jan. 7 - Feb. 11	Mon.	10 - 11 a.m.	\$70.50	6654
Feb. 25 - Mar. 18	Mon.	10 - 11 a.m.	\$47	6655

## Rears and Gears 4 or 6 weeks

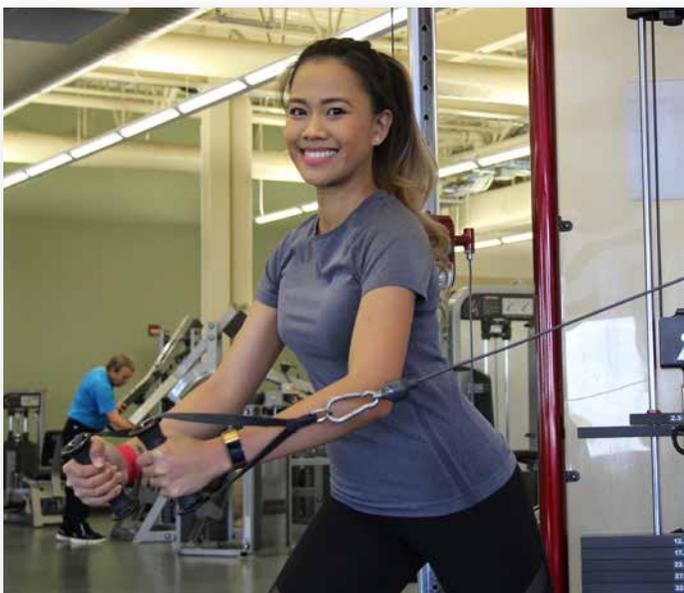
Get ready for a lower body blast! This combination class will incorporate varied indoor cycling drills on our Keiser M3i spin bikes along with barre-inspired movements.

Date	Day	Time	Cost	Code
Jan. 7 - Feb. 11	Mon.	7:30 - 8:30 p.m.	\$82.50	6656
Feb. 25 - Mar. 18	Mon.	7:30 - 8:30 p.m.	\$55	6657

## Titans 11 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
Jan. 8 - Mar. 19	Tues.	6 - 7 p.m.	\$145.75	6658



## Yoga for the Health of it 5 or 6 weeks

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

Date	Day	Time	Cost	Code
Jan. 10 - Feb. 14	Thurs.	11:45 a.m. - 12:30 p.m.	\$75	6659
Feb. 21 - Mar. 21	Thurs.	11:45 a.m. - 12:30 p.m.	\$62.50	6660

\*This class is held at the Leduc Civic Centre

## Private Group Fitness Class

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

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# Drop-in Fitness Programs *Winter Drop-In Session: Jan. 2 - June 28*

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

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

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

*Check at fitness desk if tokens are required for class. Classes may be cancelled due to low participation (less than 4 participants).*

**Classes do not run on Statutory holidays or long weekends; no drop-in classes the following dates: Feb. 16, 17, 18; April 19, 20, 21, 22**

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

## ABSolutely!

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

## Active & Ageless

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

## Active & Ageless Advanced

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

## Circuit

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

## Crank'd

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

## Fit & Fierce

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

## Healing Yoga

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

## H.I.I.T. It!

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

## Hooping for Fitness

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

## Indoor Cycling

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

## Moments to Meditate

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

## Power

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

## Quickfit

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

## Right to Bare Arms

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

## Rock Bottom

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

## Stroller-Fit

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

## Sweat Equity

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

## Watts & Weights

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

## Walk With a Doc

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

## Weekend Warrior

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

## Yin & Restorative Yoga

Wind down from your workout in this calming class. The slower pace of the class paired with longer time spent in each pose will provide a deep and restorative stretch and a better connection with the breath.

## Yoga Flow

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

## Zumba

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

# MIX FAMILY AQUATIC CENTRE

## ■ General information

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

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



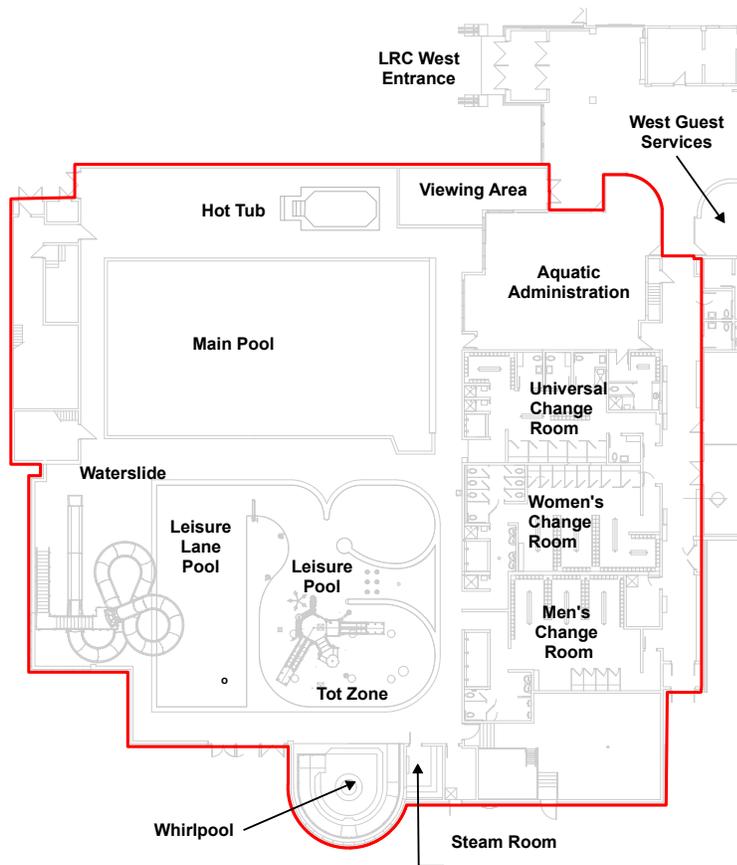
**Morning Lane Swim Admittance** – Weekdays, 5:30 a.m. – 9 a.m., patrons must present their membership pass or punch card to the lifeguard on duty. The aquatic centre staff will not accept cash or cheques for admission. For more information, please ask a Guest Services representative.

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

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

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

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



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

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

### Member Registration *Dec. 4, 2018*

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

### Open Registration *Dec. 6, 2018*

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

*Please note that aquatic registration for the Starfish, Duck, and Sea Turtle programs (for ages 4 months to 36 months) is the same date as Open Registration (Dec. 6, 2018) regardless if you have a membership. There is no member price for these programs.*

# Indoor Aquatic Centre Fall Schedule

Jan. 6 – Mar. 23, 2019



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

## Public Swim

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

## Lane Swim & Water Running

MP = Main Pool, LP = Leisure Lane Pool

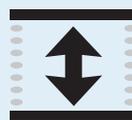
		Lane Swim	Water Running
Mon. – Fri.	5:30 – 9 a.m.	5 lanes MP + 2 lanes LP	1 lane MP + 2 lanes LP
	9 a.m. – noon	1 lane MP	
	*No lane swim 7 – 10 p.m. Fri.	6 lanes MP	
	1 – 9 p.m.	1 lane MP	
	9 – 10 p.m.	5 lanes MP + 2 lanes LP	1 lane MP + 2 lanes LP
Sat.	8 – 9 a.m.	2 lanes MP + 4 lanes LP	
	9 a.m. – 1 p.m.	1 lane MP	
	5 – 9 p.m.	1 lane MP	
Sun.	8 – 9 a.m.	5 lanes MP + 2 lanes LP	1 lane MP + 2 lanes LP
	9 a.m. – 1 p.m.	1 lane MP	
	5 – 9 p.m.	1 lane MP	

## Family Swim - A more quiet time for families with young children

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

## Waterslide Hours of Operation

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



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

## Public Swimming Lessons

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

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

**AquaFit will be taking a break over the Christmas holidays December 23-January 5 and Spring Break March 24-31!**

## Statutory Holiday Schedule

STAT Holiday Hours	Christmas Eve & New Year's Eve (Dec. 24 & 31) 5:30 a.m. – 3 p.m.	Boxing Day (Dec. 26) 11 a.m. – 5 p.m.	Christmas Day & New Year's Day (Dec. 25 & Jan. 1)	Family Day (Feb. 18) 10 a.m. – 8 p.m.	Good Friday (April 19) 11 a.m. – 5 p.m.	Easter Monday (April 22) 10 a.m. – 8 p.m.
<b>Public Swim</b>	9 a.m. – 3 p.m. Shared Use	11 a.m. – 5 p.m. Shared Use		10 a.m. – 8 p.m. Shared Use	11 a.m. – 5 p.m. Shared Use	10 a.m. – 8 p.m. Shared Use
<b>Lane Swim</b>	5:30 – 9 a.m. 6 lanes Main Pool, 4 lanes Leisure Pool  Noon – 1 p.m. 3 lanes Main Pool	Noon – 1 p.m. 3 lanes Main Pool	CLOSED	Noon – 1 p.m. 3 lanes Main Pool	Noon – 1 p.m. 3 lanes Main Pool	Noon – 1 p.m. 3 lanes Main Pool



### Starting January 11...

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



**Ages:** 8+ years

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

*\*Deep water swim test required*

## ■ Mix Family Aquatic Centre Bookings

Is your group looking to make a splash this winter? Join us at the Mix Family Aquatic Centre for a tropical gateway close to home. If you have a group of 15 or more people that is looking to use the pool, give us a call to book for 25% off regular admission prices. Contact Aquatic Services at 780-980-7198 ext. 6040 or email [aquaticbookings@leduc.ca](mailto: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. Stingrays members are encouraged to develop skills based on personal bests in swimming, lifesaving, fitness, knowledge, leadership and team work. This program provides high activity challenges in an energetic club environment both on deck and in the pool. Members may also be introduced to competitive lifesaving activities.

Our **Junior (8-12yrs)** & **Senior (13-17yrs)** Sport clubs will combine practices twice a week and our leadership program will run the opposite 2 days per week.

**Junior Stingrays** will have an opportunity to train alongside their older peers. Workouts & practices will be run together but with junior level activities & senior level activities.

**Lifesaving Sport Club** works on swimming skills, as well as an introduction to water and dry land fitness. Participants develop team building skills, improve self-esteem, and participate in seasonal events and competitions (both local and provincial). Participants are required to have a club T-shirt & swim cap which can be purchased at Guest Services at any time (previous members are not required to purchase new ones if they still have some from previous years). Participants will also be required to purchase a black or blue swimsuit and are encouraged to attend one or more competitions.

*\*Participants can bring their receipt to a coach to claim their caps & shirts.*

**Lifesaving Sport Club (8 - 17 yrs) \$143**

Day	Time	Code
Tues.	4:45 - 6:30 p.m. (pool only)	6991
Thurs.	4:45 - 5:30 p.m. (dry) 5:30 - 6:30 p.m. (pool)	
Sun.	10 - 11 a.m. (pool only DROP-IN)	

\*1 lane will be reserved for Stingrays who'd like some extra pool time on Sunday's. This weekly opportunity will not be coached, rather swimmers can grab a Swim workout from the Aquatic Shift Leader on duty and do a self-directed workout! This opportunity is highly recommended for those Stingrays thinking ahead to competitions.

**Front-Liners (12 - 17 years) \$285**

Front-Liners is a new approach to leadership courses for our Stingrays participants! At the Mix Family Aquatic Centre, we truly believe everyone has leadership potential and we encourage all of our participants and visitors to LEAD FROM THE FRONT! In this program, Front-Liners will work together as a team to have tons of fun while developing leadership & lifeguarding skills from several programs - something regular leadership courses don't build in time for. Front-Liners will have opportunities to

work together in creating activities, solving problems and working through challenges, all while enhancing their swimming & lifesaving skills.

Successful winter session Front-Liners will complete Red Cross Standard First Aid as well as Red Cross Assistant Lifeguard with extra time for fun, practice and development. Successful completion of these courses gives candidates a head-start on the pre-requisites for the Red Cross Lifeguard program as well as the ability to apply on a slide attendant position at the LRC when they turn 15!

Day	Time	Code
Mon.	5:30 - 8 p.m. (pool)	6992
Wed.	5:30 - 8 p.m. (dry)	

\*Swim caps (\$15) & T-shirts (\$25) can be purchased at Guest Services at any time and are only required for Lifesaving Sport participants

Winter Session			
Lifesaving Sport Club		Front-Liners	
Jan. 8 - Mar. 21		Jan. 14 - Mar. 20	
\$143	6991	\$285	6992



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## Swimming Lessons

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



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

**Waiting lists** will be taken for all registered programs. If demand is sufficient and appropriate time, space and instructors are available, classes may be added.

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

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

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

### Semi-private swim lessons:

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

*In the lesson lists, semi-private lessons have SP next to the level.*

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



### Swim Evaluations \$9.50

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

### Swim Steps \$100

#### Adapted aquatics program – Eight (8) Lessons

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



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

### Adult and Teen Lessons \$64

#### Ages 15+

Not as confident in the water as you'd like to be? Register for our Adult Learn-to-Swim or Stroke Improvement classes running this winter! You'll be amazed at how quickly you improve. See pg. 32 for available courses.

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



# Red Cross Swim Preschool

## Parented – Adult is required (18+)



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



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

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



### Duck: 12 - 24 months

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



### Sea Turtle: 24 to 36 months

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



## Un-Parented

(swimmers advance after completion of evaluated criteria)



### Sea Otter: 3 to 5 years

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



### Salamander: 3 to 5 years

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



### Sunfish: 3 to 5 years

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



### Crocodile: 3 to 5 years

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



### Whale: 3 to 5 years

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



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

### **Swim Kids 1**

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

### **Swim Kids 2**

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

### **Swim Kids 3**

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

### **Swim Kids 4**

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

### **Swim Kids 5**

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

### **Swim Kids 6**

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

### **Swim Kids 7**

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

### **Swim Kids 8**

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

### **Swim Kids 9**

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

### **Swim Kids 10**

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

## Swimming Lessons

Jan. 13 – Mar. 23

Session Dates	Session	Memo Day	Parent Day	NO CLASS
Dec 11-21	2-Weeks (Tues-Fri)	Dec 18	Dec 19	--
Jan 15-Feb 7	Tues/Thurs #1	Jan 29	Jan 31	--
Jan 19-Mar 16	Saturday Mornings	Feb 23	Mar 2	Feb 16
Jan 20-Mar 17	Sunday Evenings	Feb 24	Mar 3	Feb 17
Jan 21-Mar 18	Monday Evenings	Feb 25	Mar 4	Feb 18
Jan 22-Mar 12	Tuesday Evenings	Feb 19	Feb 26	--
Jan 23-Mar 13 (afternoons & evenings)	Wednesday	Feb 20	Feb 27	--
Jan 24-Mar 14	Thursday Evenings	Feb 21	Feb 28	--
Jan 25-Mar 15	Friday Evenings	Feb 22	Mar 1	--
Feb 26-Mar 21	Tues/Thurs #2	Mar 12	Mar 14	--

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

Classes with a "SP" behind the class time are Semi-Private. See pg. 26 for Semi-Private pricing information

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

Class Date	Days	Time	Code
Jan 15 Feb 7	T, Th	11:30am C	6703
Jan 19 Mar 16	Sat	9:00am	6710
Jan 20 Mar 17	Sun	5:00pm C	6682
Jan 21 Mar 18	Mon	4:00pm C	6701
Jan 21 Mar 18	Mon	6:00pm C	6702
Jan 22 Mar 12	Tues	6:00pm C	6705
Jan 23 Mar 13	Wed	4:00pm C	6706
Jan 23 Mar 13	Wed	5:30pm C	6707
Jan 24 Mar 14	Thurs	6:00pm	6708
Jan 25 Mar 15	Fri	5:00pm C	6709
Feb 26 Mar 21	T, Th	11:00am C	6704

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

Class Date	Days	Time	Code
Jan 15 Feb 7	T, Th	11:30am C	6712
Jan 19 Mar 16	Sat	11:30am	6719
Jan 20 Mar 17	Sun	5:00pm C	6683
Jan 21 Mar 18	Mon	4:00pm C	6711
Jan 21 Mar 18	Mon	6:00pm C	6721
Jan 22 Mar 12	Tues	6:00pm C	6714
Jan 23 Mar 13	Wed	4:00pm C	6715
Jan 23 Mar 13	Wed	5:30pm C	6716
Jan 24 Mar 14	Thurs	4:00pm	6717
Jan 25 Mar 15	Fri	5:00pm C	6718
Feb 26 Mar 21	T, Th	11:00am C	6713

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

Class Date	Days	Time	Code
Jan 15 Feb 7	T, Th	11:00am	6724
Jan 15 Feb 7	T, Th	11:30am	6739
Jan 19 Mar 16	Sat	9:30am	6734
Jan 19 Mar 16	Sat	10:00am	6735
Jan 19 Mar 16	Sat	11:00am	6736
Jan 20 Mar 17	Sun	5:30pm	6684
Jan 21 Mar 18	Mon	4:30pm	6722
Jan 21 Mar 18	Mon	6:00pm	6723
Jan 22 Mar 12	Tues	5:30pm	6726
Jan 23 Mar 13	Wed	2:00pm	6727
Jan 23 Mar 13	Wed	5:00pm	6728
Jan 23 Mar 13	Wed	6:00pm	6729
Jan 24 Mar 14	Thurs	5:00pm	6730
Jan 24 Mar 14	Thurs	5:30pm	6731
Jan 25 Mar 15	Fri	5:30pm	6732
Jan 25 Mar 15	Fri	6:00pm	6733
Feb 26 Mar 21	T, Th	11:00am	6725
Feb 26 Mar 21	T, Th	11:30am	6740

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

Class Date	Days	Time	Code
Jan 15 Feb 7	T, Th	11:00am	6774
Jan 15 Feb 7	T, Th	11:30am	6793
Jan 19 Mar 16	Sat	9:00am	6789

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

Jan 19	Mar 16	Sat	9:45am	6790
Jan 19	Mar 16	Sat	10:30am	6791
Jan 19	Mar 16	Sat	11:30am	6792
Jan 20	Mar 17	Sun	5:00pm	6685
Jan 20	Mar 17	Sun	6:00pm	6769
Jan 21	Mar 18	Mon	4:00pm	6770
Jan 21	Mar 18	Mon	5:00pm	6771
Jan 21	Mar 18	Mon	5:30pm	6772
Jan 21	Mar 18	Mon	6:00pm	6773
Jan 22	Mar 12	Tues	4:00pm	6776
Jan 22	Mar 12	Tues	4:30pm	6777
Jan 22	Mar 12	Tues	5:15pm	6778
Jan 22	Mar 12	Tues	6:00pm	6779
Jan 23	Mar 13	Wed	1:00pm	6780
Jan 23	Mar 13	Wed	4:00pm	6781
Jan 23	Mar 13	Wed	5:30pm	6782
Jan 23	Mar 13	Wed	6:00pm	6783
Jan 24	Mar 14	Thurs	5:00pm	6784
Jan 24	Mar 14	Thurs	5:30pm	6785
Jan 24	Mar 14	Thurs	6:00pm	6786
Jan 25	Mar 15	Fri	5:00pm	6787
Jan 25	Mar 15	Fri	5:30pm	6788
Feb 26	Mar 21	T, Th	11:00am	6775
Feb 26	Mar 21	T, Th	11:30am	6794

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

Class Date	Days	Time	Code	
Jan 15	Feb 7	T, Th	11:00am	6798
Jan 15	Feb 7	T, Th	11:30am	6799
Jan 19	Mar 16	Sat	9:30am	6814
Jan 19	Mar 16	Sat	10:30am	6815
Jan 19	Mar 16	Sat	11:30am	6816
Jan 20	Mar 17	Sun	5:30pm	6686
Jan 20	Mar 17	Sun	6:30pm	6795
Jan 21	Mar 18	Mon	4:30pm	6796
Jan 21	Mar 18	Mon	6:00pm	6797
Jan 22	Mar 12	Tues	4:00pm	6802
Jan 22	Mar 12	Tues	5:00pm	6803
Jan 22	Mar 12	Tues	5:30pm	6804

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

Jan 23	Mar 13	Wed	2:00pm	6805
Jan 23	Mar 13	Wed	5:00pm	6806
Jan 23	Mar 13	Wed	5:30pm	6807
Jan 23	Mar 13	Wed	6:00pm	6808
Jan 24	Mar 14	Thurs	4:30pm	6809
Jan 24	Mar 14	Thurs	5:00pm	6810
Jan 24	Mar 14	Thurs	5:30pm	6811
Jan 25	Mar 15	Fri	5:30pm	6812
Jan 25	Mar 15	Fri	6:00pm	6813
Feb 26	Mar 21	T, Th	11:00am	6800
Feb 26	Mar 21	T, Th	11:30am	6801

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

Class Date	Days	Time	Code	
Jan 15	Feb 7	T, Th	11:00am	6747
Jan 19	Mar 16	Sat	9:30am	6755
Jan 19	Mar 16	Sat	10:30am	6756
Jan 20	Mar 17	Sun	5:00pm	6688
Jan 20	Mar 17	Sun	6:00pm	6745
Jan 21	Mar 18	Mon	5:30pm	6746
Jan 22	Mar 12	Tues	6:00pm	6749
Jan 23	Mar 13	Wed	2:00pm	6750
Jan 23	Mar 13	Wed	5:30pm	6751
Jan 24	Mar 14	Thurs	4:30pm	6752
Jan 24	Mar 14	Thurs	5:30pm	6753
Jan 25	Mar 15	Fri	5:00pm	6754
Feb 26	Mar 21	T, Th	11:30am	6748

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

Class Date	Days	Time	Code	
Jan 19	Mar 16	Sat	10:00am C	6821
Jan 19	Mar 16	Sat	10:45am C	6822
Jan 20	Mar 17	Sun	6:30pm C	6689
Jan 21	Mar 18	Mon	5:00pm C	6817
Jan 22	Mar 12	Tues	4:30pm C	6818
Jan 23	Mar 13	Wed	4:30pm C	6819
Jan 24	Mar 14	Thurs	5:00pm	6823
Jan 25	Mar 15	Fri	6:00pm C	6820

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

Class Date		Days	Time	Code
Jan 19	Mar 16	Sat	10:00am C	6829
Jan 19	Mar 16	Sat	10:45am C	6830
Jan 20	Mar 17	Sun	6:30pm C	6690
Jan 21	Mar 18	Mon	5:00pm C	6824
Jan 22	Mar 12	Tues	4:30pm C	6825
Jan 23	Mar 13	Wed	4:30pm C	6826
Jan 24	Mar 14	Thurs	4:00pm	6827
Jan 25	Mar 15	Fri	6:00pm C	6828

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

Class Date		Days	Time	Code
Jan 19	Mar 16	Sat	9:00am	6840
Jan 19	Mar 16	Sat	10:00am	6841
Jan 19	Mar 16	Sat	11:00am	6842
Jan 20	Mar 17	Sun	5:30pm	6691
Jan 20	Mar 17	Sun	6:30pm	6831
Jan 21	Mar 18	Mon	4:30pm	6832
Jan 22	Mar 12	Tues	4:00pm	6833
Jan 22	Mar 12	Tues	5:45pm SP	6834
Jan 23	Mar 13	Wed	1:30pm C	6835
Jan 23	Mar 13	Wed	4:00pm	6836
Jan 23	Mar 13	Wed	5:00pm SP	6837
Jan 24	Mar 14	Thurs	4:00pm	6838
Jan 25	Mar 15	Fri	5:00pm	6839

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

Class Date		Days	Time	Code
Jan 19	Mar 16	Sat	9:30am	6851
Jan 19	Mar 16	Sat	10:30am	6852
Jan 20	Mar 17	Sun	5:00pm	6692
Jan 21	Mar 18	Mon	4:00pm	6844
Jan 22	Mar 12	Tues	4:00pm SP	6845
Jan 22	Mar 12	Tues	5:00pm	6846
Jan 23	Mar 13	Wed	1:30pm C	6847
Jan 23	Mar 13	Wed	4:30pm	6848
Jan 24	Mar 14	Thurs	4:00pm	6849
Jan 25	Mar 15	Fri	5:30pm	6850

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

Class Date		Days	Time	Code
Jan 19	Mar 16	Sat	9:00am	6860
Jan 19	Mar 16	Sat	11:00am	6861
Jan 20	Mar 17	Sun	5:30pm	6693
Jan 20	Mar 17	Sun	6:00pm	6853
Jan 22	Mar 12	Tues	4:30pm	6854
Jan 23	Mar 13	Wed	1:00pm	6855
Jan 23	Mar 13	Wed	4:30pm SP	6856
Jan 23	Mar 13	Wed	5:00pm	6857
Jan 24	Mar 14	Thurs	4:30pm	6858
Jan 25	Mar 15	Fri	6:00pm	6859

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

Class Date		Days	Time	Code
Jan 19	Mar 16	Sat	9:00am	6867
Jan 20	Mar 17	Sun	6:30pm C	6694
Jan 21	Mar 18	Mon	4:45pm	6862
Jan 22	Mar 12	Tues	5:15pm C	6863
Jan 23	Mar 13	Wed	1:15pm C	6864
Jan 23	Mar 13	Wed	6:00pm C	6865
Jan 24	Mar 14	Thurs	4:30pm C	6866

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

Class Date		Days	Time	Code
Jan 19	Mar 16	Sat	10:15am	6873
Jan 20	Mar 17	Sun	6:30pm C	6695
Jan 21	Mar 18	Mon	5:00pm	6868
Jan 22	Mar 12	Tues	5:15pm C	6869
Jan 23	Mar 13	Wed	1:15pm C	6870
Jan 23	Mar 13	Wed	6:00pm C	6871
Jan 24	Mar 14	Thurs	4:30pm C	6872

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

Class Date		Days	Time	Code
Jan 19	Mar 16	Sat	9:30am	6877
Jan 21	Mar 18	Mon	4:00pm C	6696
Jan 22	Mar 12	Tues	4:30pm C	6874
Jan 23	Mar 13	Wed	1:15pm C	6875

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

Jan 24	Mar 14	Thurs	5:45pm C	6876
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**Swim Kids 7 (6 – 12 years) – 45 min.  
\$52.20 member / \$58 non-member**

Class Date	Days	Time	Code	
Jan 19	Mar 16	Sat	11:15am	6881
Jan 21	Mar 18	Mon	4:00pm C	6697
Jan 22	Mar 12	Tues	4:30pm C	6878
Jan 23	Mar 13	Wed	1:15pm C	6879
Jan 24	Mar 14	Thurs	5:45pm C	6880

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

Class Date	Days	Time	Code	
Jan 19	Mar 16	Sat	11:00am C	6884
Jan 22	Mar 12	Tues	5:30pm C	6698
Jan 23	Mar 13	Wed	1:30pm C	6882
Jan 23	Mar 13	Wed	4:00pm C	6883

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

Class Date	Days	Time	Code	
Jan 19	Mar 16	Sat	11:00am C	6887
Jan 22	Mar 12	Tues	5:30pm C	6699
Jan 23	Mar 13	Wed	1:30pm C	6885
Jan 23	Mar 13	Wed	4:00pm C	6886

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

Class Date	Days	Time	Code	
Jan 19	Mar 16	Sat	11:00am C	6890
Jan 22	Mar 12	Tues	5:30pm C	6700
Jan 23	Mar 13	Wed	1:30pm C	6888
Jan 23	Mar 13	Wed	4:00pm C	6889

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

Class Date	Days	Time	Code	
Jan 22	Mar 12	Tues	9:00pm	6891

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

Class Date	Days	Time	Code	
Jan 24	Mar 14	Thurs	6:00pm	6892

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

Class Date	Days	Time	Code
Jan 20	Sun	6:00pm	6925
Jan 27	Sun	6:00pm	6957
Feb 3	Sun	6:00pm	6958
Feb 10	Sun	6:00pm	6959
Feb 24	Sun	6:00pm	6960
Mar 3	Sun	6:00pm	6961
Mar 10	Sun	6:00pm	6962
Mar 17	Sun	6:00pm	6963
Jan 21	Mon	5:30pm	6964
Jan 28	Mon	5:30pm	6965
Feb 4	Mon	5:30pm	6966
Feb 11	Mon	5:30pm	6967
Feb 25	Mon	5:30pm	6968
Mar 4	Mon	5:30pm	6969
Mar 11	Mon	5:30pm	6970
Mar 18	Mon	5:30pm	6971
Jan 22	Tues	5:00pm	6972
Jan 29	Tues	5:00pm	6973
Feb 5	Tues	5:00pm	6974
Feb 12	Tues	5:00pm	6975
Feb 19	Tues	5:00pm	6976
Feb 26	Tues	5:00pm	6977
Mar 5	Tues	5:00pm	6978
Mar 12	Tues	5:00pm	6979
Jan 24	Thurs	5:15pm	6980
Jan 31	Thurs	5:15pm	6981
Feb 7	Thurs	5:15pm	6982
Feb 14	Thurs	5:15pm	6983
Feb 21	Thurs	5:15pm	6984
Feb 28	Thurs	5:15pm	6985
Mar 7	Thurs	5:15pm	6986
Mar 14	Thurs	5:15pm	6987

## ■ Aquatic Leadership Courses 2019

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

100% attendance is mandatory for all leadership courses.

### Red Cross Assistant Lifeguard certificate (ALG) \$200



Date	Day	Time	Code
Mar. 9, 10 & 16, 17	Sat. / Sun.	9 a.m. - 5 p.m.	6993
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 Assistant Lifeguard Recertification *FREE*



Date	Day	Time	Code
Mar. 21	Thurs.	4 - 10 p.m.	7010

Recertification course for the Red Cross Assistant Lifeguard course.

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



### Red Cross Lifeguard Preparation Course \$75



Transfer from Bronze Cross

Date	Day	Time	Code
Mar. 20	Wed.	4 - 9:30 p.m.	6999
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
Mar. 25 - 29	Mon. - Fri. (Spring Break)	8 a.m. - 5 p.m.	6996
Aug. 19 - 23	Mon. - Fri.	8 a.m. - 5 p.m.	7011
Dec. 6 & 13	Fri.	5 - 9 p.m.	7012
Dec. 7, 8 & 14, 15	Sat. / Sun.	8 a.m. - 5 p.m.	7012

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

#### Pre-requisites:

- Must be at least 15-years-old at start of the course
- Must have current Standard First Aid (SFA)
- ALG/Prep course

## Red Cross Lifeguard Transfer *FREE*



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

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

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

## Red Cross Lifeguard Recertification \$53

Date	Day	Time	Code
Jan. 4	Fri.	9 a.m. - 3 p.m.	6994
Apr. 7	Sun.	9 a.m. - 3 p.m.	7014
Jun. 22	Sat.	9 a.m. - 3 p.m.	7015
Jul. 29	Mon.	9 a.m. - 3 p.m.	7016
Sept. 26	Thurs.	4 - 10 p.m.	7017

## Red Cross Water Safety Instructor Development Program (WSI)



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

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

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



### PART 2: Online Professional Development Modules

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

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

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

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

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

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

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



### PART 4: Classroom & Pool Component \$420

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

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

#### Pre-requisites:

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

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

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

Date	Day	Time	Code
Feb. 10	Sun.	9 a.m. - 3 p.m.	6997
Apr. 6	Sat.	9 a.m. - 3 p.m.	7020
Aug. 26	Mon.	9 a.m. - 3 p.m.	7021
Nov. 3	Sun.	9 a.m. - 3 p.m.	7022

### 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

### Lifesaving Society National Lifeguard Recert \$53



Date	Day	Time	Code
Feb. 22	Fri.	4:30 - 9:30 p.m.	6995
Jul. 8	Mon.	9 a.m. - 3 p.m.	7027
Oct. 5	Sat.	9 a.m. - 3 p.m.	7028

## ■ Indoor Aquatic Fitness Programs Jan. 7 – Mar. 22

AquaFit will be taking a break from Dec. 23 - Jan. 5 and March 24 - 31.

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

Drop-in program

Registered program

\*Drop-in schedules may change without notice due to instructor availability. Please visit [Live.Leduc.ca](http://Live.Leduc.ca) for the latest schedule\*

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

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



### AquaFit – Shallow water *Drop-in*

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

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

### AquaFit – Deep water *Drop-in*

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

\*Maximum of 16 participants

### AquaFit – Seniors *Drop-in*

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

\*Maximum of 45 participants

### Gentle AquaFit *Drop-in FREE!*

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

\*Maximum of 25 participants

### Water Running *1 Lane Drop-in*

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

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

## Paddle Board (SUP) Fitness

Registered \$131.25

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

Date	Day	Time	Code
Jan. 29 - Mar. 12	Tues.	8 - 8:45 p.m.	7000
		9 - 9:45 p.m.	7001

\*Maximum of 6 participants

## Pre-Natal \$60

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

A minimum of 6 participants is required to run this program

Date	Day	Time	Code
Jan. 20 - Mar. 3	Sun.	9 - 9:45 a.m.	7002

\*No class Feb 17



## Baby Weights \$60

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

A minimum of 6 participants is required to run this program.  
A limit of one child per participant.

Date	Day	Time	Code
Jan. 20 - Mar. 3	Sun.	10 - 10:45 a.m.	7003

\*No class Feb 17

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

### Lifeguard

- **Step 1:** Take the Standard First Aid course March 2/3
- **Step 2:** Take the ALG course Mar 9, 10 & 16, 17 and complete your observation assignment. **OR**, if you already have your Bronze Cross, take the Lifeguard Preparation course on Mar 20.
- **Step 3:** Take the LG course during Spring Break (Mar 25-29) and complete your observation assignment.

**Now you're a Lifeguard!**

### Swim Instructor

- **Step 1:** Take one of: Assistant Lifeguard (Mar. 9, 10 & 16, 17) or Standard First Aid (Mar. 2 / 3) as pre-requisites
- **Step 2:** Register in the spring (May 4, 5 & 11, 12) Classroom component & attend the Jan. 14 briefing (be sure to plan ahead!) to receive your online materials – then get started on the online modules.
- **Step 3:** Arrange your teaching experience at any Red Cross Swim facility (to be done after your online modules & before starting classroom component – City of Leduc co-teaches will be assigned at the Jan. 14 briefing
- **Step 4:** Take the WSI - Classroom component + Skills Evaluation on May 4, 5 & 11, 12

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

## 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 41 - 42 or at [Live.Leduc.ca](http://Live.Leduc.ca)

### Fair Play

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

## ■ Field House Opportunities

Jan. 1 – Mar. 31, 2019

### Equipment Rentals

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

### Adult Hour

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

### Badminton

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

### Basketball

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

### Floor Hockey

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

Did you know that the LRC offers extra drop-in opportunities on the ice and courts during PD Days and early dismissals? Visit [Live.Leduc.ca](http://Live.Leduc.ca) and click on "Drop-In" to view our drop-in activities available on those days.

### Christmas Week Dec 20 – 26

We have added extra drop-in opportunities during the week of Christmas. Visit [live.leduc.ca](http://live.leduc.ca) for our holiday drop-in opportunities.



### 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.

NEW

### 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.

NEW

### Volleyball

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

## ■ Ice Arena Opportunities

Jan. 1 – Mar. 31, 2019

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

### Adult and Child Stick & Puck



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

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

### Adult 18+ Skate

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

### Adult 18+ Stick & Puck

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

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

### Family Skate

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



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



### Family Stick & Puck

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

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

### Pre-school Skate

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

*Equipment requirements for children: CSA certified helmet*

### Public Skate

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

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

### Shinny

Pick-up hockey on a first-come, first-serve basis. Participants are permitted to check-in one hour prior to scheduled time at East Guest Services. Maximum of 24 players plus two goalies (first two goalies play for FREE).

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

## Friday Fun Skates

Bring the whole family for arena fun with lots of treats and prizes to be won! Friday Fun Skates are every 3rd Friday from 7:00 – 8:30 p.m. FREE for LRC Members or just a Day Admission pass to attend.

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

- **November 16 – Jersey Day Fun Skate**  
Show off your favorite team while you breeze around the arena. There will be game day style refreshments and goodies to take home.
- **December 21 – Christmas Fun Skate**  
Begin a new tradition or carry on an old one by joining us for our holly jolly Christmas party on the ice. Write letters to Santa, enjoy traditional holiday snacks, and most importantly, be surrounded by the ones you care most about.
- **January 18 – Beach Vacation Fun Skate**  
Brrrrr it's cold out there! Join us at the Leduc Recreation Centre for an indoor skate featuring summer tunes and treats that are sure warm you up.

- **February 15 – Winter Wonderland Fun Skate**  
It's the home stretch of our Alberta winter, come celebrate the beauty of the season with us on the ice. Bring your loved ones for an extra Valentine's Day Celebration too! We will have plenty of hot chocolate and goodies to go around.
- **March 15 – St. Patrick's Day Fun Skate**  
Dig out your green clothes a couple days early because we're ready to indulge in the fun of St. Patrick's Day here at the LRC! You'll be sure to find the LRC pot of gold here with lots of treats and prizes for all who attend.

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

*Adult opportunities are for 18+.*

\*See drop-in schedules on pages 41 - 42 for all arena and field house drop-in opportunity times.

# Residential Snow Clearing



## What can I do to help?

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



# DROP-IN SCHEDULES

## ■ Field House Drop-in Opportunities Jan. 1 – Mar. 31, 2019

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Badminton		8 am - 5:30 pm		8 am - 5:30 pm		12:30 - 4:30 pm	8 am - 3 pm
Basketball	noon - 9 pm 9 - 10 pm*	8 am - 9 pm 9 - 10 pm*	8 am - 9 pm 9 - 10 pm*	8 am - 9 pm 9 - 10 pm*	noon - 5:30 pm	8 am - 9 pm	8 am - 9 pm
Dodgeball	3 - 4:30 pm						
Floor Hockey	3 - 4 pm 9 - 10 pm*		3 - 4:30 pm		3 - 4:30 p.m.	10 am - 2 pm	
Futsal						3:30 - 9 pm	
MNP Kicks for Kids***		<b>MNP</b> 3 - 4:30 pm		<b>MNP</b> 3 - 4:30 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			5 - 9 pm	
Soccer	noon - 1 pm 3 - 5 pm 9 - 10 pm*	noon - 1 pm	noon - 1 pm 3 - 5 pm	noon - 1 pm 9 - 10 pm*	noon - 1 pm 3 - 5 pm 9 - 10 pm*	1 - 3:30 pm	
touchtennis		8 - 11:30 am		8 - 11:30 am			
Volleyball		12:30 - 3 pm		12:30 - 3 pm		8 am - noon	6 - 9 pm

\*Adult Hour (18+ only)

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

# DROP-IN SCHEDULES

## ■ Arena Drop-In Opportunities Jan. 1 – Mar. 31, 2019

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Skate (18+)	10:30 - 11:30 am		10:30 - 11:30 am		10:30 - 11:30 am		
Adult 18+ Shinny	11:45 am - 1:15 pm 9 - 10 pm	11:45 am - 1:15 pm	11:45 am - 1:15 pm	11:45 am - 1:15 pm	6 - 7:15 am 11:45 am - 1:15 pm 9 - 10 pm		
Adult / Child Stick & Puck						4 - 5 pm	
Adult 18+ Stick & Puck						9 - 10 pm	
Family Skate							3 - 4:30 pm
Family Stick & Puck				3:30 - 4:30 p.m.			4 - 5 pm
Preschool Skate		10:30 - 11:30 am		10:30 - 11:30 am			
Public Skate	1:30 - 3:30 pm	1:30 - 3:30 pm	1:30 - 3:30 pm 7 - 8:30 pm	1:30 - 3:30 pm	1:30 - 3:30 pm 7 - 8:30 pm	1:45 - 3:45 pm	 FREE skate at Alexandra Arena 1 - 3 pm

All skaters 12 - years - old and under are required to wear a CSA approved helmet while participating in our arena opportunities, please see pages \_\_\_\_ 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.

## HERE TO HELP

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

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

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

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

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

### EDUCATION FORUMS:

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

### CITIZENS RECOGNITION PROGRAM:

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

1. Leduc Achievement Awards: recognize citizens, group, organization or business that benefits the citizens of Leduc. Award presented at a City Council meeting.
2. Citizens of Distinction Awards: recognize six outstanding citizens, groups or businesses from the City of Leduc that have made a tremendous contribution to our community. Categories include: Community Spirit Award, Art Culture and Heritage Recognition Award, Youth Award of Merit, Athletic Achievement Award, Mayor's Special Award, Environmental Achievement Award . Nominations begin Jan.2, 2019

Visit [Leduc.ca/citizen-recognition-program](http://Leduc.ca/citizen-recognition-program) to learn more about the recognition program, or contact Volunteer Leduc.

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



**Volunteer  
Leduc**



## 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.

### ■ Family and Individual Supports

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

#### One-on-One Support

We work directly with clients in the FCSS office, or at a designated public space to help families and individuals access resources and develop skills and strategies in response to life struggles. We will often partner with other supporting agencies to assist individuals and families in accessing necessary services.

Some reasons you may call Family and Community Support Services for one-on-one supports include:

- You're interested in finding more information on affordable counseling and recreation subsidy
- You have a child between the ages of 6-18 and you're looking for support or resources on parenting and/or direct supports for your child
- You're an adult of 18 years or older and you're looking for support and/or resources; or
- You or someone you know is experiencing family violence.

## Early Development Instrument

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

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

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

### Developmental Domains:



#### Physical Health & Well-being

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



#### Social Competence

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



#### Emotional Maturity

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



#### Language & Thinking

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



#### Communication Skills & General Knowledge

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



## ■ Youth Outreach Worker

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

## ■ Older Adult Services

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

### Older Adult programs and initiatives may include:

- Community Volunteer Income Tax Program
- Homemaking services
- Meals on Wheels

## Homemaking

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

## Meals on Wheels

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

## Elder Abuse

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

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

## ■ Social Development

### Leduc Interagency Session

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

All sessions take place at the Civic Centre, Lede Room B, from 11:45 am to 12:45 pm unless noted otherwise. Contact FCSS to register.

Date	Time	Location
Feb. 21 - Leduc Regional Opioid Framework Update	11:45 am - 12:45 pm	LRC Rotary Room
May 16, 2019 - TBD		
Oct. 17, 2019 - TBD		



## Meet Your Neighbours

Would you like to meet some of your neighbours in a fun relaxed atmosphere? This new pilot project is an opportunity to gather and meet your neighbours without any fuss. We provide the opportunity, you show up and meet local residents. To make it easy, we will be partnering with local charities who need some help with an upcoming event. Come out for coffee, chat and give back to the community all in one hour. Interested in planning one for your neighbourhood? Contact FCSS for information.

## Good Neighbour Soup Night

Looking for a way to gather with your neighbours during the cold winter months? Look for Good Neighbour Soup Demos in your community! Try some soup and learn tips on how you can host your very own Neighbourhood Soup Night. Interested in hosting one? Contact FCSS for information.

Date and location to be determined. For more information on Good Neighbours, visit [Leduc.ca/goodneighbour](http://Leduc.ca/goodneighbour)

## Disconnect to Connect/Unplugged

While technology provides us with instant communication with others, it's not a replacement for real human interaction. By disconnecting from technology, more time is available to enjoy quality experiences with family and friends which has the potential to strengthen relationships and increase engagement in meaningful activities. More simply put, we can focus on what we're doing and get closer to our friends and family! Connecting with your family and friends all year provides benefits. Again for the month of **November** we are encouraging residents to **Disconnect to Connect!** Draw boxes will be set up at the LRC, Leduc Public Library and Civic Centre and will also be available at city events - drop by any of these boxes and submit an entry telling us how you unplug in Leduc, and you'll be entered to win an Unplugged prize basket.



## New Canadians

Are you new to Canada and the City of Leduc? Would you like some assistance settling into the community? FCSS is here to help – please call us at 780-980-7109.

### Some of the ways we can help:

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

## Everybody Gets to Play

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

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

## 211 Leduc

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

## ■ Winter Tips to Ensure Collection

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



## ■ Recharge your Organic Sorting

Last year the average Leduc household diverted 323 kilograms of organics from the landfill. That is great news but we know we can divert even more!

A few minutes of sorting is all it takes. From turkey bones to tea bags, **all food scraps** and **lots of other organic materials** like soiled tissues, pizza boxes and paper towels can go in your green cart.

Keep our compost clean and green and **use your black cart for all plastic bags and general waste** such as **diapers**.

Still have questions? Check your sorting wheel or Leduc.ca for sorting tips.

## ■ Seriously Need More Cart Capacity?

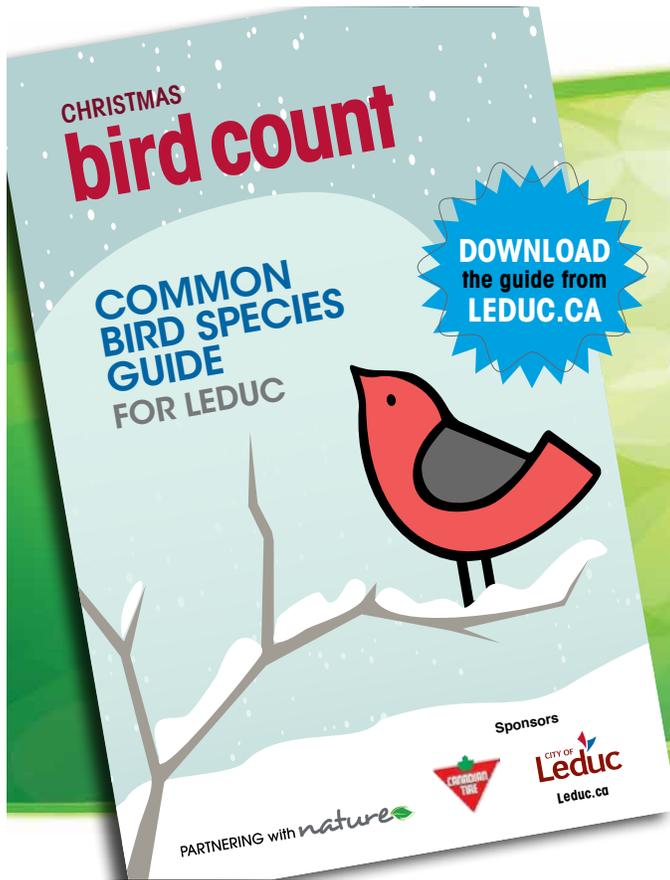
If your household waste and/or organics routinely won't fit in your black or green cart, you can arrange for additional carts for an extra fee charged to your utility bill. Black carts are \$12/month and green carts are \$8/month. Call the Eco-smart Hotline for details and conditions.

For those occasional times when you have extra waste, remember, you can drop it off at the Eco Station – 6102 46 Street. Your first bag is FREE.



## COMING SOON

Watch for the February 2019 to January 2020 Collection Calendar - available late December 2018 at Leduc.ca and in major civic buildings in January 2019.



## Leduc Christmas BIRD COUNT

Sunday, Dec. 16

Plan to participate in the 2018 Christmas Bird Count — and enjoy nature at its best!

1. Call the Eco-smart Hotline for a tally sheet or download the tally sheet from Leduc.ca.
2. Participate on Sunday, Dec. 16 for at least 30 minutes, recording all the bird sightings you observe.
3. Return your completed tally sheets no later than Friday, Dec. 28 to [ecosmart@leduc.ca](mailto:ecosmart@leduc.ca) and enter to win great prizes!



Eco-smart Hotline: 780.980.7107  
PARTNERING with nature



## Dark Skies mean a good sleep for our feathered friends!

Just as the dark helps us get a good night's sleep, birds and other animals also need Dark Skies to find protection from predators, rest properly and renew their energy. Nocturnal and some migratory birds travel and thrive in darkness. Too much light can confuse, disorientate and exhaust them.

All nature needs rejuvenation, and darkness offers every living creature a healthy, natural environment.

The City of Leduc and LEAB support the value of light efficiency and Dark Skies. LEAB is promoting the benefit of Dark Skies on behalf of the many birds in our area.

### What can you do to help make our light use more efficient?

- **Turn off all lights** – especially exterior lights – not needed for security and safety.
- For needed outdoor lights, shield the fixture to prevent light shining upward and into neighbouring properties, especially into natural areas.

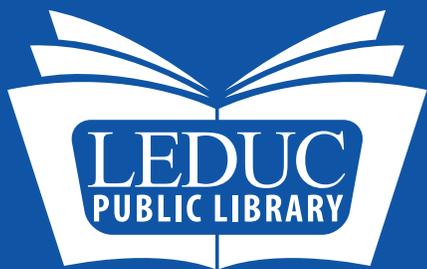
When the lights are off, not only can you save money on your utility bill, you can enjoy nature as you've rarely seen it. Marvel at the stars, the silhouettes and the quiet of nature at rest.

proud  
supporter  
of sports in  
Leduc & area

**Sobeys**

proud sponsor  
of the

**Sobeys**  
PERFORMANCE ARENA



### Holiday Hours:

Dec. 24: 10 a.m. – 1 p.m.  
 Dec. 25 & 26: CLOSED  
 Dec. 31: 10 a.m. – 1 p.m.  
 Jan. 1: CLOSED  
 Feb. 18: CLOSED



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

780-986-2637

#2 Alexandra Park

## Preschool Programs

Sessions run from Jan 14 to Feb 14 and Feb 25 to March 21. Siblings always welcome.

### Baby Laptime – Drop-in

Ages up to 12 months

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



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

### 1 Year Olds – Drop-in

Ages 12 – 24 months

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



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

### Toddler Time – Drop-in

Ages 1 – 5 years

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



Day	Time
Monday, Tuesday, and Wednesdays	10:15 - 10:45 a.m.
Monday	11 - 11:30 a.m.

### Family Storytime – Drop-in

Ages 0 – 5 years

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



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

Registration for Library programs begins Nov. 20 at 10 a.m. on our website at [www.leduclibrary.ca](http://www.leduclibrary.ca).

### St. Valentines Themed Preschool Fun – Drop-in

Feb. 11 – 14

Drop-in during this week for any of our preschool programs and enjoy extra special St. Valentines themed programming.

### Play, Learn, Grow – Drop-in

Ages 0 – 5 years

Play with your child at our play-based and inspiring stations as their curious minds lead the way! In partnership with Leduc Parent Link



Date	Time
Monday, Dec. 10, Jan. 21, & Feb. 11	10 a.m. - noon

### Preschool Storytime – Drop-in

Ages 0 – 5 years  
 Join us for fun stories on Play, Learn, Grow dates at 11:00 am in the children's area.



### Fun for 4's – Registered

Ages 4 years

Registered session runs from Jan. 10 to Feb. 14

A 6-week, play-based program designed like a classroom environment with an emphasis on having fun!

Date	Time
Thursdays	1 - 2 p.m.

*This is a non-parented program, but a caregiver must be present in the library. Please note: Each child may only sign up for one session as each session is repetitive.*

### How the Grinch Stole Christmas – Registered

Ages 1 – 6 years

Join us for a couple of fun Christmas stories, watch the Christmas classic cartoon with snacks and wrap up the holiday fun with a Christmas crafty creation of your own. Younger siblings are welcome.

Date	Time
Monday, Dec. 3	10:15 - 11:30 a.m. 12:30 - 1:45 p.m.

*The afternoon session is a repeat of the morning program.*

## Happy Birthday Dr. Seuss! – Registered

Ages 1 – 5 years

Help us celebrate the upcoming birthday (March 2) of the great Dr. Seuss with stories, songs, crafts and snacks. Oh, the things you can think!

Date	Time
Wednesday, Feb. 20	10:15 - 11:15 a.m. 1 - 2 p.m.

The afternoon session is a repeat of the morning program.

## Children's Programs

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

Hang out with other Pokémon collectors, play some activities, enter a draw for free cards and trade fairly.

Date	Time
Thursday, Dec. 13, Jan. 17 & Feb. 21	6:30 – 7:30 p.m.

### Early Dismissal LEGO & Fun – Drop-in

School ages

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

Date	Time
Wednesday, Dec. 5, Jan. 9 & Feb. 6	3 - 4 p.m.

### Book Chat Club – Registered Ages 9 – 12 years

Let's talk about our favorite books. Get some awesome reading ideas and share your favorites. Your ideas will be displayed in the library to inspire others.

Date	Time
Tuesday, Jan. 15 & Feb. 12	4 - 5 p.m.

### Cartoon Fun – Registered Ages 6 – 8 years

Learn about comics, get tips on drawing them and create your own.

Date	Time
Tuesday, Jan. 29 & Feb. 26	4 - 5 p.m.

### Bad Art PD Day – Registered

They always say, "do your best", well not today! You can actually do your worst to win first place! Use a pile of wacky art supplies to create the worst piece of art imaginable and have fun laughing about it with new friends. Snacks provided.

Ages	Date	Time
Ages 6 - 8	Friday, Feb. 8	10 - 11 a.m.
Ages 9 - 12	Friday, Feb. 8	11:30 a.m. - 12:30 p.m.

## Family Programs

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

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

Date	Theme	Time
Monday, Jan. 14	Princess & Dragons	10 a.m. - 4:30 p.m.
Monday, Feb. 25	Jungle Animals	10 a.m. - 4:30 p.m.

### Family Literacy Day Activities

In the morning go to the Maclab Centre to sing along with Michelle and Friends and make a craft in the lobby. In the afternoon come to the library for drop-in crafts, storytimes and treats. Please note that the morning concert is a free ticketed event with tickets available through the Maclab Centre starting January 2, 2019.

Date	Theme	Time
Friday, Feb. 1	Michelle and Friends	10:30 a.m.
	Library Activities	2 - 4 p.m.

### Exploratory Saturdays – Drop-in Ages 8+

Come explore and create through our interactive stations!

Date	Time
Every Saturday in February	2:30 - 4 p.m.

## Teen Programs

### Teen Winter Learning Challenge Ages 12 – 17 years

Jan. 7 – Mar. 1

Stuck in a reading slump? Skip the winter blues and challenge yourself to a new genre, author, or activity. We give you the challenges and you set your goal as to how far you would like to go. Remember, the more challenges you finish the more chances to win a fabulous prize!

### Bad Art PD Day – Registered Ages 13 – 17 years

They always say, "Do Your best", well not today! You can actually do your worst to win first place! Use a pile of wacky art supplies to create the worst piece of art imaginable and have fun laughing about it with new friends. Snacks provided.

Date	Time
Friday, Feb. 8	2:30 - 4 p.m.

### Teen Takeover – Registered Ages 12 – 17 years

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

Date	Time
Friday, Feb. 22	6 - 9 p.m.

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

## Teen Pop-up Art – Registered

Ages 12 – 17 years

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

Date	Time
Thursday, Jan. 31	6 - 7:30 p.m.

## Teen Advisory Club – Registered *Grades 8 – 12*

Be part of a team to suggest and plan creative ways to make your city and library a great place for teens. Become a member and gain volunteer hours. New members are always welcome.

Date	Time
Wednesday, Dec. 19, Jan. 16, & Feb. 20	4 - 5 p.m.

### Children, Teen and Adult Contest!

**Book-in-a-Jar | Jan. 7 – 18 & Feb. 4 – 15**

Drop by to check-out your next read and take a guess at the book we have shredded up and fit in a jar. Don't fret...it was well used and ready for recycling anyway. Prizes will be drawn from correct guesses.



## Art with Kelly – Registered

*\$10 non-refundable registration fee. Register in person at the library.*

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

Date	Time
Saturday, Jan. 26	1 - 3 p.m.

## Armchair Travel – Drop-in

Travel the world without leaving your chair! Holly Lim-Lovatt will tell of her adventures as an Assistant Language Teacher in Japan and Kathleen Salt will share the tales of her family's journey to Egypt. If you are interested in travel, but unable to go yourself, make sure to join us on our journey!

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

## Black History Month – Drop-in

Join Alan Goddard, from the Breton Museum, as he presents "the story of African American migration from Oklahoma to Alberta in the early 20th century." This program is run in joint partnership with the Dr. Woods Museum.

Date	Time
Thursday, Feb. 7	7 - 8:30 p.m.

## Nutrition and Exercise Reality Check – Registered

Are you confused by all the dieting and exercising messaging? Join Leduc Beaumont Devon Primary Care Network Registered Dietitian, Ginette Markham and Exercise Specialist, Corinne Cutler as they bust some myths on current nutrition and exercise trends and give you the hard, cold facts!

Date	Time
Wednesday, Feb. 13	7 - 8 p.m.

## ■ Adult Programs

### Knitting Circle – Drop-in

Meet new people in a relaxed atmosphere and knit!

Date	Time
Tuesdays	7 – 8 p.m.

### A Bookish Christmas – Registered

Create 4 fabulous bookish Christmas decorations all while staying warm with a cup of coffee or tea and listening to your favourite Christmas tunes!

Date	Time
Saturday, Dec. 8	1 – 3 p.m.

### Christmas Tea – Drop-in

Feel the warmth, smell the goodies, and enjoy some old-fashioned Christmas cheer. Everyone is welcome!

Date	Time
Wednesday, Dec. 19	2 – 4 p.m.

### Adult Winter Learning Challenge *Jan. 7 – Mar. 1*

Stuck in a reading slump? Skip the winter blues and challenge yourself to a new genre, author, or activity. We give you the challenges and you set your goal as to how far you would like to go. Remember, the more challenges you finish the more chances to win a fabulous prize!

## Readers Advisory

Did you know a Librarian can create your very own recommended reading list? The Leduc Public Library offers Readers Advisory under the 'Services' tab on the library's website. Provide your contact information, answer the detailed questions so we know your reading preferences and a staff member will create a personal reading list just for you! We also provide paper copies of our Readers Advisory form at the Information Desk which will be given to the appropriate staff when you are finished. What an excellent way to find a great new author or genre!!

## Leduc Adult Learning

Did you know Leduc Adult Learning offers tutoring in Adult Literacy and Support Services? Contact us to learn more.

## Are you interested in Adult Learning?

Leduc Adult Learning offers learning opportunities in the following areas:

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

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

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

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

Classes held at Leduc Public Library unless otherwise stated.



## Windows 10 – Registered

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

Date	Time	Cost
Wednesday, Jan. 9 & 16	6:30 - 8:30 p.m.	\$20

*Participant pre-requisites: none*

## Intro to Word – Registered

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

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

*Participant pre-requisites: basic understanding of computer use*

## Intermediate Word – Registered

Have you completed the Introduction to Word workshop and are looking for more? This workshop takes learners to the intermediate level.

Date	Time	Cost
Wednesday, Feb. 6 & 13	6:30 - 8:30 p.m.	\$20

*Participant pre-requisites: basic understanding of basic word 2016*

## Intro to Excel – Registered

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

Date	Time	Cost
Wednesday, Feb. 20 & 27	6:30 - 8:30 p.m.	\$20

*Participant pre-requisites: basic understanding of computer use*

## Intermediate Excel – Registered

Are you ready to move beyond the basics of the excel spreadsheet and explore further?

This workshop takes the basic user to the intermediate level.

Date	Time	Cost
Wednesday, Mar. 6 & 13	6:30 - 8:30 p.m.	\$20

Participant pre-requisites: basic understanding of excel

## GED Preparation Classes

3 times per week for 11 weeks (Jan. 16 - Mar. 30)

Sessions held at the Leduc Recreation Centre

	Time	Cost
Mon. / Wed.	6 - 9 p.m.	\$200
Sat.	9 a.m. - noon	plus class supplies

Space is Limited – Registered Program

## 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, Jan. 8 - June 18	6:30 - 7:30 p.m.

### English Language Learning – Drop-In

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

Date	Time
Thursdays, Jan. 10 - June 20	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, Jan. 8 - June 18	1:30 - 3 p.m.



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# CITY GUIDE

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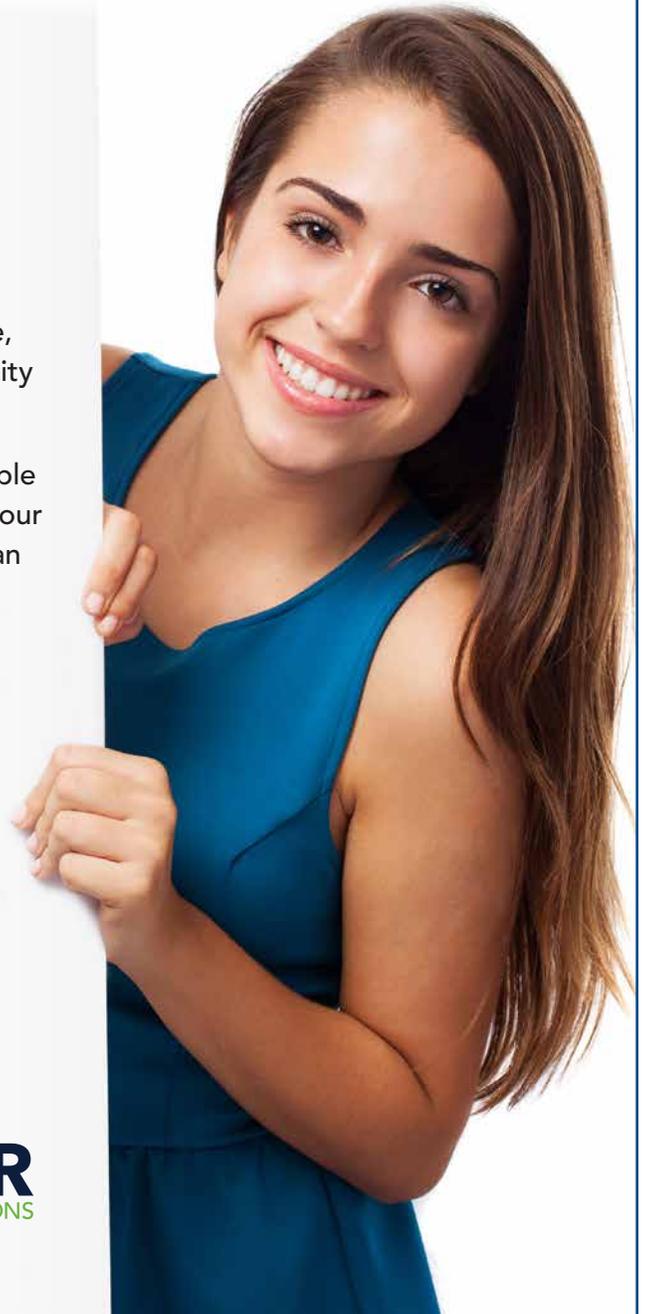
In partnership with the Leduc Chamber of Commerce, the City of Leduc is offering businesses the opportunity to advertise in the City Guide.

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

## Book Your Ad Today!

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

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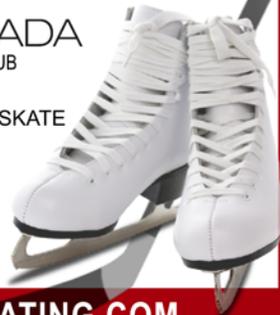
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## Leduc Art Club

### Art Classes

Learn to Paint with Oils: Beginners to Advanced  
 Any Subject Matter (Adult) with Cindy Revell  
 Monday 12:30pm-3pm

Oil-Acrylic-Pastels Beginners to Advanced  
 Landscape (Adult) with David Shkolny  
 Thursday 7pm-9:30pm

Youth Art Program with David Shkolny  
 Ages 8-12 & 13-17 (starts in January)  
 TBA

Up Unique Perspective  
 UP is a program that consists of art classes for  
 adults with developmental disabilities  
 3rd Wednesday of the month 2pm-3:30pm

Figurative Drawing (Nude) with model Andrea Lewis  
 3rd Monday of the month 6:30pm-8:30pm

Drop-in Painting for members (Non-instructional)  
 Tuesday 9am-3pm

To Register Please visit our Website  
[www.leducartclub.com](http://www.leducartclub.com)



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Matt Johnson | Jan. 18, 2019



California Guitar Trio & Montreal Guitar Trio | Jan. 19, 2019



Trent Arterberry | Jan. 27, 2019



Michelle & Friends | Feb. 1, 2019



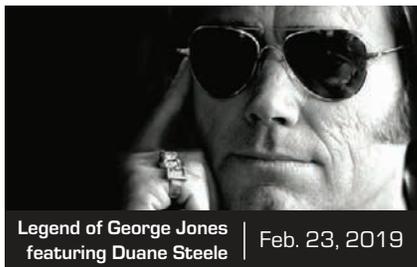
Matt Dusk | Feb. 12, 2019



Indigo Circus | Feb. 17, 2019



Avan Yu | Feb. 21, 2019



Legend of George Jones featuring Duane Steele | Feb. 23, 2019



RupLoops: The Human Radio | Mar. 17, 2019



Hotel California The Original Eagles Tribute | Mar. 23, 2019



Brent Butt | Mar. 28, 2019



Twin Flames | April 5, 2019



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

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

### HOUSING FOR SENIORS

#### Independent Living - Seniors' Apartments

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

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

#### Supportive Living Program - Lodge Accommodations

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

### FOR INFORMATION & APPLICATION CONTACT

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

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Phone: 780.986.2814 Fax: 780.986.4881

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

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		10:15 AM <b>Legs for Days and Glutes!</b>			10:15 AM <b>STRETCH and RELEASE</b>	
6 PM	<b>TOTAL BODY TONE</b>	6 PM <b>CORE CONTROL</b>	5:30 PM <b>STRONG</b> -ZUMBA	6 PM <b>STRONG</b> -ZUMBA	<b>Prices for Drop In</b> 1 Time Drop In - \$12.00 5 Punch Card - \$55.00 10 Punch Card - \$100.00 Unlimited Monthly (Plus GST) Punch Card - \$120 <b>*Registered Classes</b> <b>Belly Dancing</b> Full session - \$150	
		7:15 PM <b>Belly Dancing*</b> Sept 11 - Nov 13		7:15 PM <b>Legs for Days and Glutes!</b>		

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