



# CITY GUIDE

SUMMER 2016

programs

activities

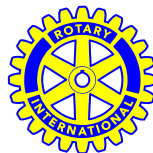
events

services

**Mabel Lake** | *Aqua Fit Participant for 36 years*  
Read Mabel's *Do your Thing* story on pg. 22

CITY OF  
**Leduc**

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



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# DO *your* THING.

**Get your membership NOW for only \$1.45 per day for 1-year!\***

## **LRC Membership has its Benefits**

- Access to **over 100** drop-in fitness, aquatic and recreation programs every week! (*This includes yoga, spin, aqua-fit, shinny, basketball and more!*)
- Early registration for all recreation, fitness and aquatics programs.
- 10% discount on all LRC programs including: swim lessons, recreation programs, fitness classes, and specialized services such as personal training, nutrition assessment and child minding.
- A complimentary fitness centre orientation.
- Exclusive discounts at local businesses and 2-for-1 tickets to cultural performances.
- Access to the Alexandra Outdoor Pool.
- 10% discount on purchases at Apple Fitness (Edmonton).

## **Summer Admission Deals**

Remember these dates so you don't miss out on great, upcoming membership specials. Visit us at Guest Services or visit [Leduc.ca/LRC](http://Leduc.ca/LRC) for more details.

- **Summer Youth Membership:** \$30/month for July & August
- **All Monthly and Annual LRC Members receive 25% off** Alberta Summer Games weekend passes. For more information, visit [2016asg.com](http://2016asg.com)

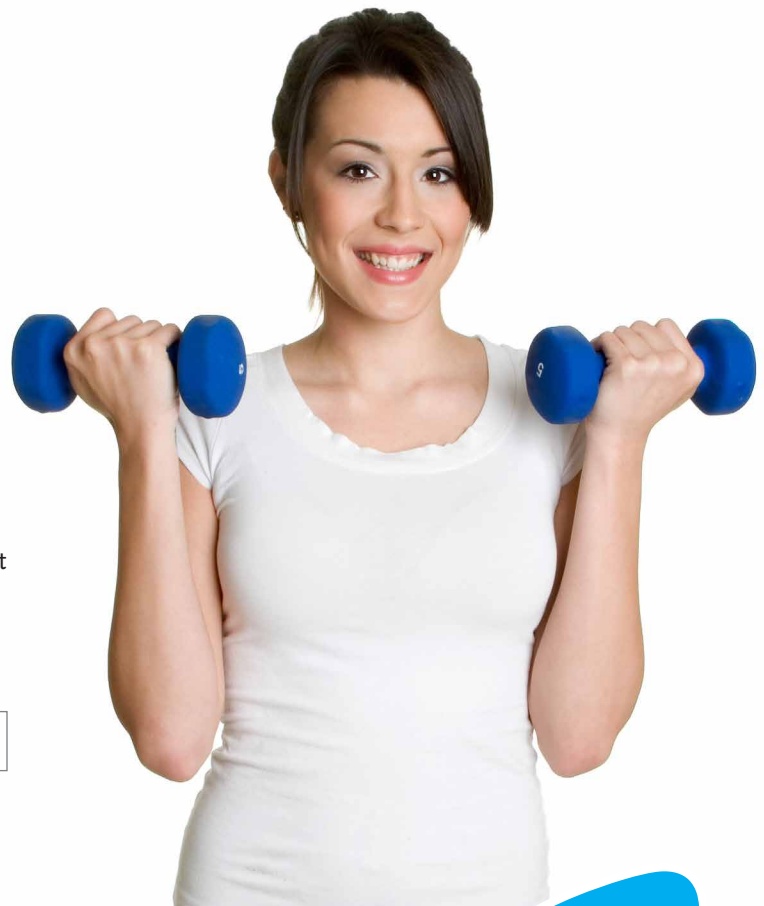
\*Based on an annual adult membership of \$517.50 for 1-year (plus GST).

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

## **Spring Fitness Events & Challenges**

- **Recreation Month:** June 2016
- **Seniors Week:** June 6 – 10, 2016
- **Alberta Summer Games:** July 14 – 17, 2016

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



# Leduc Recreation Centre

 [Leduc.ca/LRC](http://Leduc.ca/LRC)

 780-980-7120

 @leducrcentre

 [facebook.com/leducrcentre](https://facebook.com/leducrcentre)

## General LRC Information

Stop by Guest Services to purchase your wristband for the day. With this wristband you will have unlimited access to paid admission areas including: the fitness centre, track, field house, aquatic centre, and indoor playground. You will also have access to drop-in fitness and aquatics programs, and leisure activities (public skating, swimming, and the multitude of sporting activities in the field house) on a first-come-first-served basis.

### EFT Program (Electronic Funds Transfer)

The EFT Payment Program makes purchasing your annual membership so much easier!

**Some of the benefits of the EFT Program include:**

- » Easy on your wallet and budget making it an affordable option for you!
- » Equal monthly payment plan makes it both convenient and affordable.
- » Payments applied on the 15th of each month to your credit card.  
\* 5% administration fee applied to your first month's installment.

Call 780-980-7120 for more information.

### Build Your Own Membership (package must be paid for from same credit card / bank account)

	Monthly Membership	Annual Membership
<b>First Adult - 18 - 59 years</b>	\$51.75	\$517.50
<b>Second Adult - 18 - 59 years</b>	<b>\$42.25</b>	<b>\$422.50</b>
<b>Youth - 8 - 17 years</b>	\$34.50	\$345.00
<b>Each Youth (when added to an adult pass)</b>	<b>\$18.00</b>	<b>\$180.00</b>
<b>Child - 3 - 7 years</b>	\$24.25	\$242.50
<b>Each Child (when added to an adult pass)</b>	<b>\$14.00</b>	<b>\$140.00</b>
<b>First Senior - 60 - 79 years</b>	\$34.50	\$345.00
<b>Second Senior - 60 - 79 years</b>	<b>\$31.00</b>	<b>\$310.00</b>
<b>Senior Plus - 80 years +</b>	--- FREE ---	

### Single Visit / Flex Pass

	single visit admissions	flex pass (10 admissions)
<b>Adult - 18 - 59 years</b>	\$8.50	\$72.50
<b>Youth - 8 - 17 years</b>	\$5.55	\$48.50
<b>Child - 3 - 7 years</b>	\$4.00	\$33.50
<b>Pre-school - 2 and under</b>	--- FREE ---	
<b>Senior - 60 - 79 years</b>	\$5.55	\$48.50
<b>Senior Plus - 80 years +</b>	--- FREE ---	
<b>Family *</b>	\$19.50	\$175.50

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

## Hours of Operation / Facility Information

	Weekdays		Weekends		Statutory Holidays
<b>Fitness Centre and Track</b> <i>(Closed Friday, July 22)</i>	Monday – Friday	5 a.m. – 10 p.m.	Saturday / Sunday	8 a.m. – 9 p.m.	<b>11 a.m. – 5 p.m.</b> Canada Day (July 1) <b>11 a.m. – 5 p.m.</b> Heritage Day (Aug. 1) <b>11 a.m. – 5 p.m.</b> Labour Day (Sept. 5)
<b>Aquatic Centre</b>	Monday – Thursday Friday	5:30 a.m. – 10 p.m. 5:30 a.m. – 9 p.m.	Saturday / Sunday	8 a.m. – 9 p.m.	
<b>Guest Services</b>	Monday – Friday	8 a.m. – 10 p.m.	Saturday / Sunday	8 a.m. – 9 p.m.	
<b>Field House</b>	Monday – Thursday Friday	8 a.m. – 10 p.m. 8 a.m. – 9 p.m.	Saturday / Sunday	8 a.m. – 9 p.m.	
<b>Kukabunga Jungle</b>	Monday – Friday	11 a.m. – 8 p.m.	Saturday / Sunday	9 a.m. – 8 p.m.	
<b>Ticketmaster</b>	Monday – Friday	9 a.m. – 8:30 p.m.	Saturday / Sunday	9:30 a.m. – 5 p.m.	Closed
<b>Child Minding Centre</b> <i>July 1 – Sept. 11</i> <i>(Closed Friday, July 15)</i>	Monday & Wednesday	8:45 a.m. – noon	Saturday & Sunday	Closed	Closed
	Tuesday & Thursday	8:45 a.m. – 2 p.m.			
	Friday	8:45 a.m. – noon			

\*East Guest Services closed on Sundays from June 12 – Aug. 14

\*West Guest Services & Ticketmaster closed on Sundays from Aug. 21 – Sept. 18

### Wristbands

To assist us in ensuring 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

Patrons shouldn't leave any valuables in change rooms. Please take precautions to secure all items in a locking locker or bring your own lock to place on an available locker. The City of Leduc and LRC are not responsible for lost or stolen articles. Please remember to remove your lock after your visit as any locks left overnight will be removed.

The Leduc Recreation Centre is proud to host the 2016 Alberta Summer Games, July 14 – 17. Please view our program and class schedule changes for this time on page 53.

### 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 on the field house, aquatics centre (child must be within arm's reach of guardian), or on the ice. If the description states an **adult is required**, the active participant needs to 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 year or under from the sidelines of the field house, swimming pool deck, or from the players bench in the arenas.

## Registration

### Registration Dates - Summer Session (July – August)

#### Member\* Registration

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

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



#### 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 registrations one week prior to the program's start date. Register early to avoid disappointment.

Please keep in mind:

- **NSF cheques** are subject to a \$35 administration fee and immediate removal from class list. Re-enrollment must be paid by cash, debit, certified cheque or credit card.
- **An account credit** can be used for registering in an alternative course. Outstanding credits over \$25 may automatically refunded by the end of the year. Unused credits under \$25 will be cleared after 12 months
- **City cancelled programs** 100% refund or pro-rated refund.
- **Patron withdrawal:** If withdrawing more than 7 days before the course start date, a full refund will be issued. If withdrawing within 7 days to the course start date, refunds will be granted and current administrative fee will be applied.
- **Medical withdrawal:** Refund requests due to medical reasons must be accompanied by a Doctor's Certificate. The amount of the refund will be prorated based for the remaining classes on the date indicated in the medical slip. The current administrative fee will be applied to all refunds, full fee, or pro-rated.

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

**Aquatic Registration - May 31, 2016:** All registered swim lessons, aquatic fitness programs and leadership courses.

**General Registration - June 7, 2016:** All registered recreation, fitness and education programs.

#### Open Registration

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

**Aquatic Registration - June 2, 2016:** All registered swim lessons, aquatic fitness programs and leadership courses.

**General Registration - June 9, 2016:** All registered recreation, fitness and education programs.

#### Registration Options

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

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

## Five easy steps to register online with EZrec

#### Step 1:

Call 780-980-7120 to receive your PIN and client number.

#### Step 2:

Visit the City of Leduc website at [app.leduc.ca/ezrec](http://app.leduc.ca/ezrec)

#### Step 3:

Sign in with your assigned PIN and client number.

#### Step 4:

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

#### Step 5:

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



## 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/programs](http://Leduc.ca/LRC/programs) or call **780-980-7120**.

### Program Age and Prerequisite Requirements

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

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

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



### Be Prepared

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

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# PIZZA 73

**Let Pizza 73 cater your party**

*Pizza 73 is the preferred food supplier for LRC Birthday party packages. Place your order in advance by calling 780-473-7373 or visiting the store at 5103 – 50 Ave., Leduc. View the menu at [Pizza73.com](http://Pizza73.com) or pick up a copy at LRC guest services. Delivery and pick-up options are available.*



# KEN'S FURNITURE & APPLIANCES

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Leduc

1-5201 50 Street – 780.986.8202



Wetaskiwin

4904B – 56th Street – 780.352.6183



Camrose

5048 – 50 Street – 780.672.8759

## ■ Birthday Party Packages

Come celebrate your special day with us. Choose from a variety of party packages that include:

- A 1 hour private room rental for cake and gift opening.
- Themed birthday cake with small white plates, utensils, candles, matches, napkins and knife for cake cutting.
- Gift for the birthday child.
- Leisure Host will take care of the set-up and clean-up of the party room.
- Juice boxes can be purchased at time of booking for an additional fee.
- Additional room rental time \$39.80/hour plus GST.

**For detailed package information, or to submit a birthday request, please visit: [Leduc.ca/LRC](http://Leduc.ca/LRC), email [lrcbirthdays@leduc.ca](mailto:lrcbirthdays@leduc.ca) or call 780-980-8406.**

*\*Minimum 14-day booking notice is required. All parties are subject to availability. Payment is due at the time of booking. Additional guests are \$7 each per person.*

### Art-tastic Craft Party

*For the creative crafter in all of us!*

**\$140**

This party package includes staff led crafts for the first hour, two crafts for each child that is theirs to take home. We have a number of crafts to choose from including loom bands! *For ages five years and up to a maximum of 10 children.*

### Cupcake Creations Party

*Let's play in the Kitchen!*

**\$175**

This party package includes fun icing preparation and cupcake decorating for the first hours, as well as a chef's hat and pot holder to take home for the birthday child and guests. *For ages 5 years and up to a maximum of 10 children.*

## Food Allergies?

Did you know that you can order a fruit or vegetable tray in place of a cake?



### Horsin' Around Party

*Fun and games is what it's all about!*

**\$140**

This party package includes staff led games and activities, for the first hour, three games of your choice: (hopscotch, jump rope, indoor baseball, get knotted, snakes and ladders, parachute). *For ages 5 years and up to a maximum of 10 children.*

### Junior Jungle Party

*Monkey around in the Kukabunga Jungle!*

**\$140**

10 guests will receive daily admission wristbands to access the Kukabunga Jungle Indoor Playground and facility. This party package includes 1 hour in a program room for cake and gift opening as well as access to the Kukabunga Jungle Indoor Playground.

*Socks or indoor shoes must be worn in the playground. No food or drinks are permitted in the playground. All children 7 years and under must be accompanied, at all times in the playground, by a supervisor 14 years of age or older. Supervisor to child ratio is 1:6. The public will be accessing the playground during your visit. Please refer to the hours of operations of the Kukabunga Jungle for available times*



### Splash Party

*Take the plunge and splash in the pool!*

**\$140**

10 guests will receive daily admission wristbands to access the pool and LRC (can be used for children and/or supervisors).

**Active Participation** is required which means that children 7 years and under must be accompanied, at all times in the pool, by a supervisor 14 years of age or older. Supervisor to child ratio is 1:4. *The public will be accessing the pool during your visit. Please refer to the public swim schedule for available times.*



### Sport-centric Party

*Athletic fun for everyone!*

**\$175**

This party package includes 1 hour of private time in 1/3 of the Leduc County Field House and equipment for two sports of your choice (basketball, badminton, soccer, volleyball, dodgeball, or floor hockey).

*Indoor shoes must be worn in the field house. No food or drinks are permitted in the field house. **There is no guest maximum for this party.** Supervisor to child ratio is 1:6.*

### Super Skate Party

*Move and groove on blades!*

**\$140**

10 guests will receive daily admission wristbands to access the public skate and LRC (can be used for children and/or supervisors). Please refer to public skate schedule for available times.

*Skates and helmets are not provided. All children 12 years and under are required to wear a CSA approved helmet. **Active Participation** is required for all children ages 7 years and under which means they must be accompanied, by a supervisor 14 years of age or older. Supervisor to child ratio is 1:4. The public will be participating in the public skate during your visit. Please refer to the public skate schedule for available times.*



## Child Minding Centre

We provide babysitting services so that parents have the opportunity to join in one the many recreational opportunities available at the Leduc Recreation Centre knowing that their child, ages 2 months to 7 years, is nearby and receiving quality care.

**Parents MUST remain within the LRC while accessing the child minding services. Book your child's spot by calling 780.980.8451**

Hours of Operation   July 1 – September 11	
Monday	8:45 a.m. – Noon
Tuesday	8:45 a.m. – 2 p.m.
Wednesday	8:45 a.m. – Noon
Thursday	8:45 a.m. – 2 p.m.
Friday	8:45 a.m. – noon
<i>*Notice: July 15 Closed</i>	
Saturday/Sunday/Stat Holidays	Closed

### 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. **NOTE: All snacks must be nut free and all children must have indoor shoes for this program.**

### Bookings

With the purchase of a child minding punch pass, parents can **pre-book** for an individual day with a minimum of 24 hours 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: If demand is sufficient, additional hours may be added to the weekly schedule. As well, if participation numbers are insufficient operating hours may be adjusted.*

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

## Kukabunga Jungle

### General Information

The Kukabunga Jungle is waiting to be conquered, climbed and played on at the Leduc Recreation Centre. This is an indoor play experience for children 8 years-old and under and is included with paid daily admission or membership to the facility.

Hours of Operation	
Monday - Friday	11 a.m. – 8 p.m.
Saturday and Sunday	9 a.m. – 8 p.m.
Statutory Holidays	
Canada Day (July 1)	11 a.m. – 5 p.m.
Heritage Day (Aug. 1)	11 a.m. – 5 p.m.
Labour Day (Sept. 5)	11 a.m. – 5 p.m.

### Guidelines:

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

All children and supervisors must have indoor footwear or 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 Child Minding in the stroller parking lot.

## Education 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 [app.Leduc.ca/ezrec](http://app.Leduc.ca/ezrec) to register.

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

» Saturday/Sunday	9 a.m. – 5 p.m.	June 11 & 12	29562
» Saturday/Sunday	9 a.m. – 5 p.m.	July 23 & 24	29600
» Saturday/Sunday	9 a.m. – 5 p.m.	Sept. 17 & 18	29601
» Thursday/Friday	9 a.m. – 5 p.m.	Nov. 17 & 18	29602

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.

#### Child Care First Aid/CPR/AED - Level C **\$150**

» Saturday/Sunday	9 a.m. – 5 p.m.	Oct. 22 & 23	29598
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Learn CPR skills and focus on emergencies involving infants and children. Child Care First Aid is required by Children's Social Services for all day care and day home workers in Alberta. Call for more information!



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

» Monday	9 a.m. – 5 p.m.	June 20	29570
» Saturday	9 a.m. – 5 p.m.	July 9	29603
» Monday	9 a.m. – 5 p.m.	Aug. 22	29604
» Friday	9 a.m. – 5 p.m.	Oct. 14	29606
» Saturday	9 a.m. – 5 p.m.	Nov. 5	29607
» Sunday	9 a.m. – 5 p.m.	Dec. 4	29608

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

### Red Cross Babysitters Course **\$58**

» Courses coming Fall 2016.

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.

### Babysitter Referral Service **FREE**

Are you a parent looking for a babysitter? To assist 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 or guardians of Red Cross Babysitter Program participants and they will make the decision to follow up with your inquiry.

Looking for  
a certified  
babysitter?

## ■ Recreation Credit Initiatives and 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 will be paid for by the City of Leduc 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 & Community Support Services at 780-980-7109 during regular business hours to speak with a staff member regarding the Recreation Assistance Program.

### ■ Canadian Children's Fitness Tax Credit (Government of Canada initiative)

The Canadian Children's Fitness Tax Credit is a non-refundable tax credit which lets parents claim up to \$500 in eligible fees for enrolling a child under 16 in an eligible program of physical activity. For children with disabilities, an additional amount of \$500 can be claimed if the child is under the age of 18.

To qualify for the Children's Fitness Tax Credit, programs of physical activity must

- be continuous - programs must last at least eight weeks with at least one session a week or, in the case of camps, run for five consecutive days
- be supervised
- be suitable for children
- include a significant amount of physical activity contributing to cardio-respiratory endurance and to at least one of: muscular strength, muscular endurance, flexibility, or balance.

For information check: [bit.ly/ChildrensFitnessTaxCanada](http://bit.ly/ChildrensFitnessTaxCanada)



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



## Outdoor Bookings

The City of Leduc has a variety of parks that include Picnic locations, Playgrounds, and Sports Fields. Having all these amenities being so close and summer being so short book your next event now! Email us at [events\\_bookings@leduc.ca](mailto:events_bookings@leduc.ca) to plan your fun filled summer in the great outdoors.



## LEDUC SPORTS HALL OF FAME

Launching in 2016, the Leduc Sports Hall of Fame honors those athletes, builders, and teams who have excelled at a local, national or international level of competition bringing exceptional fame and honor to the City of Leduc. For more information visit [sports.leduc.ca](http://sports.leduc.ca)

# Recreation Programs

## General Information

The City of Leduc is pleased to provide quality recreational programs for children, youth, adults, 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.

**Late Pick Up Policy:** After the 5 minute grace period, a fee of **\$1 per minute** will be charged per child.

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

## Preschool Programs

### Little Splashers 3 – 5 year olds \$18

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

Date	Day	Theme	Ages 3 – 5	Hours
July 5	Tuesday	Under the Sea	30292	9 a.m. - noon
July 6	Wednesday	Squirt, Squirt!	30293	1 – 4 p.m.
July 7	Thursday	Shark Teeth	30294	9 a.m. - noon
July 19	Tuesday	Sea Dinosaurs	30295	9 a.m. - noon
July 20	Wednesday	Jumpin' Jellyfish	30296	1 – 4 p.m.
July 21	Thursday	Funny Frogs	30297	9 a.m. - noon
July 26	Tuesday	Blue Kazoo	30298	9 a.m. - noon
July 27	Wednesday	Sea Dreams	30299	1 – 4 p.m.
July 28	Thursday	Wacky Waves	30300	9 a.m. - noon
Aug. 2	Tuesday	Sea of Colours	30301	9 a.m. – noon
Aug. 3	Wednesday	Flashy Fish	30302	1 – 4 p.m.
Aug. 4	Thursday	Super Seahorse	30303	9 a.m. – noon
Aug. 16	Tuesday	Sea Aliens	30304	9 a.m. – noon
Aug. 17	Wednesday	Crystal Clear	30305	1 – 4 p.m.
Aug. 18	Thursday	Rain Stick Dance	30306	9 a.m. – noon



### Little Explorers 3 – 5 year olds \$16

*\*Note: This program is located at the Leduc Scout Hall (4612 - 48A Street)*

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

Date	Day	Theme	Ages 3 – 5	Hours
July 5	Tuesday	Creature Feature	30267	1 - 4 p.m.
July 6	Wednesday	Alien Attack	30268	9 a.m. - noon
July 7	Thursday	Love Bugs	30269	1 - 4 p.m.
July 12	Tuesday	Cheep Cheep	30270	1 - 4 p.m.
July 13	Wednesday	On the Farm	30271	1 – 4 p.m.
July 14	Thursday	Green Grass	30272	1 - 4 p.m.
July 19	Tuesday	Happy Hippos	30273	1 - 4 p.m.
July 20	Wednesday	Giant Giraffes	30274	9 a.m. - noon
July 21	Thursday	Enormous Elephants	30275	1 - 4 p.m.
July 26	Tuesday	Sparkly Space	30276	1 – 4 p.m.
July 27	Wednesday	Pasta Painting	30277	9 a.m. - noon
July 28	Thursday	8 Legs... Oh My!	30278	1 - 4 p.m.
Aug. 2	Tuesday	Happy Birthday!	30279	1 – 4 p.m.
Aug. 3	Wednesday	Fancy Feathers	30280	9 a.m. - noon
Aug. 4	Thursday	In the Woods	30281	1 - 4 p.m.
Aug. 9	Tuesday	Hoot! Hoot!	30282	1 – 4 p.m.
Aug. 10	Wednesday	Ice, Ice, Baby!	30283	9 a.m. – noon
Aug. 10	Wednesday	Fishy Fun	30284	1 – 4 p.m.
Aug. 11	Thursday	Under the Big Top	30285	1 – 4 p.m.
Aug. 16	Tuesday	Speckle Gecko	30286	1 – 4 p.m.
Aug. 17	Wednesday	Beautiful Butterfly	30287	9 a.m. – noon
Aug. 18	Thursday	Wacky Winds	30288	1 – 4 p.m.
Aug. 23	Tuesday	Pretty Parrots	30289	1 – 4 p.m.
Aug. 24	Wednesday	Melting Magic	30290	9 a.m. – noon
Aug. 25	Thursday	Up, UP & Away	30291	1 – 4 p.m.

## School Aged Programs

### Leduc Summer Camps 5 - 12 year olds

Every day brings a new adventure at LSC! There are daily activities, crafts, and games reflecting our themes. We offer two age groups for registration: ages 5 - 7 and 8 - 12 (as of July 2016). The same great day awaits all participants, as age groupings are due to supervision requirements in the programs and at the field trip locations. To get the most out of our day camps, check our website to find our detailed calendar including what your child should wear or bring for that day.

### Single Day 5 - 12 year olds \$42/day 8:30 a.m. - 5 p.m.

Day	Date	Theme	Ages 5-7	Ages 8-12
M	July 4	Shooting Stars	30176	30177
T	July 5	Shipwrecked!	30178	30179
Th	July 7	Ooey Gooley Concoctions	30182	30183
F	July 8	Crazy Cranium	30184	30185
M	July 11	Tents, Campfires & Smores	30188	30189
T	July 12	Recycled Masterpieces	30190	30191
Th	July 14	Measure Twice	30194	30195
F	July 15	Hats & Headpieces	30196	30197
M	July 18	Sports Extravaganza	30200	30201
T	July 19	Scoops, Rings & Cones	30202	30203
Th	July 21	Wacky Sports	30206	30207
F	July 22	Bulls Eye Cowboy	30208	30209
M	July 25	Let's Play!	30212	30213
T	July 26	O'Boy!	30214	30215
Th	July 28	Lumberjack Challenge	30218	30219
F	July 29	Nature Gone Wild	30220	30221
T	Aug. 2	Colour Crazy	30224	30225
Th	Aug. 4	Let's Cook & Eat	30228	30229
F	Aug. 5	Double Trouble	30230	30231
M	Aug. 8	Spirit Animals	30234	30235
T	Aug. 9	Off the Page	30236	30237
Th	Aug. 11	Too KooL!	30240	30241
F	Aug. 12	Brushes & Paint	30242	30243
M	Aug. 15	Friends Forever	30246	30247
T	Aug. 16	Camp Throw Down	30248	30249
Th	Aug. 18	Wordy Wonders	30252	30253
F	Aug. 19	Passport to Fun	30254	30255
M	Aug. 22	Hectic Holidays	30258	30259
T	Aug. 23	Up, Up & Away	30260	30261
Th	Aug. 25	Birthday Bash	30264	30265



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

\* Swimming Days: Tuesdays and Thursdays

\* Field Trip Day: Wednesdays

*\*Note: This program is located at the Leduc Scout Hall (4612 - 48A Street)*

### Week Long 5 - 12 year olds 8:30 a.m. - 5 p.m.

Date	Theme	Ages 5-7	Ages 8-12	Fee
July 4-8	Science-a-Palooza	30174	30175	\$185.50
July 11-15	Build-a-Palooza	30186	30187	\$185.50
July 18-22	Sport-a-Palooza	30198	30199	\$185.50
July 25-29	Adventure-a-Palooza	30210	30211	\$185.50
August 2-5	Fun-a-Palooza	30222	30223	\$148.50
August 8-12	Create-a-Palooza	30232	30233	\$185.50
August 15-19	Discovery-a-Palooza	30244	30245	\$185.50
August 22-25	Mish Mash-a-Palooza	30256	30257	\$148.50

### Field Trips 5 - 12 year olds 8:30 a.m. - 5 p.m.

Date	Theme	Ages 5-7	Ages 8-12	Fee
July 6	Ellis Bird Farm	30180	30181	\$48.50
July 13	Devonian Gardens	30192	30193	\$45.50
July 20	Discovery Centre #1	30204	30205	\$48.50
July 27	Edmonton Valley Zoo	30216	30217	\$45.50
August 3	Jungle Farm & Collicut Centre	30226	30227	\$48.50
August 10	Movie Madness	30238	30239	\$45.50
August 17	Ukrainian Village	30250	30251	\$45.50
August 24	Edmonton Art Gallery	30262	30263	\$48.50



■ **Summer Sleep Over**      **5 - 12 year olds**  
**Friday 5 p.m. – Saturday Noon**

Wake up to the sounds of gibbons whooping and kookaburras laughing! This exciting overnight at the zoo will include an evening tour to see which animals are just waking up, behind-the-scenes experiences, and animal encounters. You will help make and deliver animal enrichments, and experience a night to remember. Program can also include an evening campfire (weather permitting) so bring appropriate clothing.

Make sure to eat supper before you come and we will provide snacks and breakfast. Dress for the weather, if it's hot sunny weather (hat, sun screen, bug spray) or if it's cold and wet (jacket, extra layers, raincoat, hat, mittens) and it is mandatory that each camper wears comfortable, closed-toe footwear that attaches to your feet (running shoes recommended). Don't forget your indoor shoes/ slippers, sleeping bag, pillow, foam mat (optional – no folding beds or cots), personal items and a flashlight.



Date	Theme	Ages 5-12	Fee
August 26 & 27	Valley Zoo Sleepover	30266	\$85

■ **Flag Football Sport Camp**      **7 - 13 year olds**  
**9 a.m. – 4 p.m.**

King McCarty camps are based on teaching our athletes all the great skills of football in a fun, safe atmosphere. The camps were created by Calvin McCarty and Ryan King of the **Edmonton Eskimos**. It will have incredible football skills that kids of all ages and experience levels can enjoy. Our goal at the end of the week is to have the kids excited about football, physical activity and life in general. We are going to play flag football games in some capacity every day, but the scrimmages will be controlled so that we can continue to teach while they play. Every day will end with a fun activity where the athletes work together and leave excited to come back. On the last day of camp we will be running some fun skills challenges and have an end of the week tournament that parents are encouraged to come out to and cheer their kids on. Our athletes leave our camp encouraged, exhausted, and excited to tackle life's challenges.

Camp is indoors and outdoors so make sure to bring weather appropriate clothing (hat, sunscreen, bug spray, coat, etc), wear athletic clothing, bagged lunch (no microwave), water bottle and appropriate shoes.

Date	Theme	Ages 5-12	Fee
August 8 – 12	Flag Football	30317	\$250

**July 4 – Aug. 27**  
**Monday – Friday | 8:30 a.m. – 5 p.m.**

**Ages: 5 to 12-year-olds**

Activities include crafts, games, swimming, cooking, outdoor adventures and field trips.

**Leduc Skateboard Camp**

Learn the fundamentals of skateboarding and basic riding skills in a safe and friendly environment. Participants will learn how to properly stand, push, and balance, including rolling down banks, transitions, ollies, and kick turns.

■ **L'il Rippers (novice)**  
**6-17 year-olds**

**\$99**

» July 12 – 14 9 a.m. – noon Leduc Skateboard Park 30173

Designed for participants that want to get to the next level of skateboarding. L'il Rippers will be taught the basics of skateboarding in a safe and structured environment.

Instructors will demonstrate how to cruise around the skatepark as well as teach participants basic freestyle tricks (ollie, 180 ollie, board slide, kick flip, and heel flip). Instruction is based on ability and will become more advanced as the participant becomes more skilled.

Skateboards can be supplied upon request to programs@leduc.ca before July 10, 2016. Safety equipment, skateboards, and water bottles are mandatory for this class.

To register visit [Leduc.ca/LRC](http://Leduc.ca/LRC) or call 780-980-7120.

## Leduc Parks Programs

■ **Playin' in the Park**    6 - 12 year olds    **FREE**

Playin' in the Park is a free program designed to get children outside and participating in games, nature based crafts, and activities during the months of July and August. Playin' in the Park will take place on Mondays from 1 - 4 p.m. in Alexandra Park (weather permitting) for children aged 6 to 12 years old.



Participants are asked to bring a nut-free snack, sunscreen, hat, a jacket, and a water bottle. Playin' in the Park is made possible through the City of Leduc and Everybody Gets to Play. For more information, use the barcode information and registration isn't required.

Date	Theme	Barcode
July 4	Beautiful Birds	30310
July 11	Wooden Stories	30311
July 18	Eye Spy	30312
July 25	Nature Wonders	30313
August 8	Tree Magic	30314
August 15	Flower Power	30315
August 22	Pinecone Palooza	30316



## Youth Programs

■ **Counsellors in Training (CITs)**    **\$50**  
12 - 17 year olds

The Counsellors in Training program is a youth development program whereby youth ages 12-17 volunteer their time to learn the skills necessary to become a camp counsellor. All CITs must attend the CIT training and orientation program held June 23 (4 - 6 p.m.), June 24 (4 - 6 p.m.) and June 29 (9 a.m. - 4 p.m.).

Youth interested in the program must submit a resume and cover letter to [programs@leduc.ca](mailto:programs@leduc.ca) no later than June 17, 2016. All applicants will be contacted for an interview and commitment requirements will be discussed. Successful candidates will then register for the CIT program. Registration includes a program fee of \$50, attain a current criminal record check, complete all registration forms and sign a behaviour and confidentiality agreement.

**Counsellors in Training**

Join Us!

Youth Ages 12-17

LEADERSHIP SKILLS

TRAINING

1-ON-1 MENTORING

FUTURE CAMP COUNSELLORS

Check Out the Summer Guide for more details!

Sign up to be a CIT and enjoy these benefits:  
 CIT T-shirt | Training Week | BBQ with our Camp Counsellors | Make New Friends  
 Develop Your Knowledge & Skills to be a Future Camp Counsellor | First Aid Training

# Fitness Centre

Hours of operation	
Monday - Friday	5 a.m. – 10 p.m.
Saturday and Sunday	8 a.m. – 9 p.m.
Statutory Holidays	
Canada Day (July 1)	11 a.m. – 5 p.m.
Heritage Day (Aug. 1)	11 a.m. – 5 p.m.
Labour Day (Sept. 5)	11 a.m. – 5 p.m.

\* The Fitness Centre & Track will be closed on Friday, July 22 for annual cleaning and maintenance.

Facility patrons have unlimited access to the Fitness Centre, which is included through membership or paid daily admission. All customers must check-in at one of the Guest Services counters to receive a wristband, which is required when accessing the fitness centre.

## Morning Fitness Centre Admittance

During the following times patrons must present their membership pass or punch card to the attendant on duty:

» Monday - Friday ..... 5 – 8 a.m.

Fitness Centre staff do not accept cash or cheques for admission. For more information, please call **780-980-7120**.

## Fitness Centre Age Requirements

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

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

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



## Personal Training Services

### Individual Personal Training (prices vary)

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!

» 1 Session.....	\$57
» 3 Sessions.....	\$162
» 5 Sessions.....	\$265
» 10 Sessions.....	\$515
» 20 Sessions.....	\$969

All training packages include a complimentary first session that includes a consultation and goal setting. 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 (prices vary)

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	\$135/person	\$250/person	\$343.50/person
3	\$102/person	\$185/person	\$243/person
4	\$83/person	\$146/person	\$189/person
5	\$71/person	\$124/person	\$159/person

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

**REMINDER:**  
If you have a LRC Membership, you receive 10% off all registered fitness programs!

## Fitness Services

### 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. Our staff can answer any fitness questions you have.

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

### Teen Fit **FREE**

- » July 16 11 a.m. – 2 p.m.
- » August 20 11 a.m. – 2 p.m.

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, anatomy and program design. To register for one of the following three hour orientation dates please contact Guest Services at **780-980-7120**.

### Sports Team Training \$12 per participant per class

We offer dryland training for teams with a focus on cardiovascular exercise, strength training, speed & agility and other sport-specific functional training. The instructor will use a variety of different modalities such as spin bikes, battling ropes and much more to help your team meet their training goals. To book sessions please contact the Fitness Programs Supervisor at **780-980-8466**.

### Summer Sports Training

- » 5 Sessions \$265
- » 10 Sessions \$515

Work with one of our experienced fitness professionals to train for a wide variety of sports & activities. Whether you're a weekend warrior or competitive athlete, our trainers can work with you to improve your speed, strength, power and endurance as well as focusing on sport-specific skills. Let us help you reach your personal best this summer!

### Fitness Assessments (1.5 hours) **\$103**

Meet with a certified 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 **\$130** 2 hours (1 hour assessment, 1 hour program design)

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

## Nutritional Services

Our Certified Fitness Nutrition Specialist will work with you to help you achieve your health and wellness goals. From individual meal plans to weight loss programs, we will provide all the nutritional support and information you need.

### Nutrition Counselling (3 hours) **\$245**

- Calorie management strategies
- Smart food selection and meal planning
- Food timing strategies
- Healthy lifestyle choice selections for meal options

**Follow up: (1 hour) \$82**

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

FALL 2016

## Community Information and Registration Day

Sept. 10, 10 a.m. – 2 p.m. | Leduc Recreation Centre

### What's your Community Passion?

Register for spring and summer programs, and find out what opportunities are available in your community! Learn more about the many sport, recreation, culture, church, social, volunteer and service club opportunities that are available.

For more information, contact Elana at [ehansen@leduc.ca](mailto:ehansen@leduc.ca) or **780-980-7177**.



## Registered Fitness Programs

Session 1: July 4 – 29

Session 2: Aug. 8 – Sept. 2

**REMINDER:**

If you have a LRC Membership, you receive 10% off all registered fitness programs!

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

**Cancellations or combined** programming may occur due to low registration one (1) week prior to the program start date. **Register early to avoid disappointment.** Please visit or stop by the fitness desk for full program descriptions.

*\*Please note: fitness classes do not run on statutory holidays or long weekends.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 – 7 a.m. Bootcamp		6 – 7 a.m. Bootcamp				
		8 – 9 a.m. Yogi Barre	9 – 10 a.m. Fitness at the Barre			
	10 – 11 a.m. Hockey Fit Youth (13 – 17 yrs)	10:15 – 11 a.m. Strollercise	10 – 11 a.m. Hockey Fit Youth (13 – 17 yrs)			
		6 – 7 p.m. CardioKick	5:45 – 6:45 p.m. Fitness at the Barre			
6:30 – 7:30 p.m. Fit Fists	7 – 8:15 p.m. Indoor Cycle & Stretch	7:15 – 8:15 p.m. Fitness at the Barre				

*\*Please Note: If advance notice is given, registration can be used in both months. (eg. If participant is away 2 weeks in July, those 2 weeks can be used in August).*

*\*No Class on Aug. 1*

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

### Bootcamp

**\$94 for 8 classes**

*(Can be used in July or August)*

- » Monday & Wednesday 6 – 7 a.m. July 4 – 27 30335
  - » Monday & Wednesday 6 – 7 a.m. Aug. 8 – Aug. 31 30337
- \*No class Aug. 1 & 3*

Get challenged in our functional training bootcamp with high intensity cardio intervals, agility drills, strength training exercises, and more. The format of this class changes each day, keeping your body challenged and improving your fitness both in and out of the gym. Whether a beginner or seasoned participant, this class will challenge you from the inside out!

*Please note: If advance notice is given, registration can be used in both months. (eg. If participant is away 2 weeks in July, those 2 weeks can be used in August).*



## ■ Barre Fitness

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!

### ■ Fitness at the Barre \$55

*No previous experience necessary*

»	Wednesdays	7:15 – 8:15 p.m.	July 6 – 27	30341
»	Wednesdays	7:15 – 8:15 p.m.	Aug. 10 – 31	30345
»	Thursdays	9 – 10 a.m.	July 7 – 28	30340
»	Thursdays	9 – 10 a.m.	Aug. 11 – Sept. 1	30344
»	Thursdays	5:45 – 6:45 p.m.	July 7 – 28	30342
»	Thursdays	5:45 – 6:45 p.m.	Aug. 11 – Sept. 1	30346

### ■ Yogi Barre \$55

Relevae in your down down split and do an eagle pose at the barre. This dynamic class combines barre fitness with an extra dose of yoga.

»	Wednesdays	8 – 9 a.m.	July 6 – 27	30772
»	Wednesdays	8 – 9 a.m.	Aug. 10 – 31	30773



### ■ CardioKick \$55

»	Wednesdays	6 – 7 p.m.	July 6 – 27	30338
»	Wednesdays	6 – 7 p.m.	Aug. 10 – 31	30339

Are you ready to sweat? This fast paced, empowering cardio class is an intense full-body workout. You will use your entire body; shoulders, arms, abs, butt and legs to throw a punch & kick. Kicks mixed with high intensity cardio for 60 minutes will help release stress and burn fat.

### ■ Fit Fists \$55

»	Mondays	6:30 – 7:30 p.m.	July 4 – 25	30348
»	Mondays	6:30 – 7:30 p.m.	Aug. 8 – 29	30349

Mix up your routine with power and agility-enhancing moves in this mixed martial arts-based class. This cardiovascular workout consists of well-balanced combinations designed to get you on your way to a leaner body and a healthier state of mind.

### ■ Hockey Fit Youth \$88

»	Tuesdays & Thursdays	10 – 11 a.m.	July 5 – 28	30350
»	Tuesdays & Thursdays	10 – 11 a.m.	Aug. 9 – Sept. 1	30351

Work on conditioning for the upcoming hockey season. This class for ages 13 – 17 will have indoor cycling, sprinting, plyometrics and agility drills with the young hockey player in mind.

### ■ Indoor Cycle and Stretch \$55

»	Tuesdays	7 – 8:15 p.m.	July 5 – 26	30352
»	Tuesdays	7 – 8:15 p.m.	Aug. 9 – 30	30353

Rev it up then stretch it out! Cycle for the first half of class and then increase your flexibility and relieve tension in your muscles for last half.

### ■ Strollercise \$42

»	Wednesdays	10:15 – 11 a.m.	July 6 – 27	30354
»	Wednesdays	10:15 – 11 a.m.	Aug. 10 – 31	30355

This is a stroller workout for parents looking to get fit while spending time with their baby. Get the benefits of a great work out while meeting other new parents in a fun and social environment.

*Please note: Children must stay in stroller and be under the age of 4.*



## Drop-in Fitness Programs

July 4 – Sept. 11

\* See drop-in schedule on page 28 for drop-in schedules.

### ABSolutely!

» Wednesdays 6:20 – 6:50 p.m.

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

### Active & Ageless

» Wednesdays 10 – 10:45 a.m.

This class is for the active older adult that is new to fitness. Every week the class will change, you might be on the spin bikes, in the field house or on the track! Join us for this class that focuses on health and wellness.

### Circuit

» Tuesdays 9 – 9:45 a.m.

This class will incorporate 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 work-outs.

### Crank'd

» Wednesdays 12:15 – 12:45 p.m.

This class is for the spinner on the go. It is a quick class that is geared to getting you in, cranking up your energy level, and getting you out within 30 minutes.

### Fit n Fierce

» Thursdays 7 – 7:45 p.m.  
\*No class July 14

Group Exercise... on bikes, track, stairs, core. Be ready for this class to work your cardiovascular system and challenge your core through various drills and exercises.

### Healing Yoga

» Fridays 9:30 – 10:15 a.m.  
\*No class July 15

Please join us for this destressing class. Perfect for beginners and existing Yogi's who are looking for that "aaaaah moment". Props will be provided, but you must bring own mat. Space is limited.

### Indoor Cycling

» Mondays 7 – 7:45 p.m.  
» Tuesdays 5:30 – 6:15 a.m.  
\*No class Monday, Aug. 1

Cycling workouts will include all the components of indoor cycling: speed work, intervals, hill climbs and more!  
See Also Crank'd & Sweat Equity

### Power

» Mondays 10 – 10:45 a.m.  
\*No class Monday, Aug. 1

Finally a drop in class that allows parents the option to bring babies or toddlers in a stroller! Lots of weights and cardio in a circuit format.

### Quickfit

» Thursdays 12:15 – 12:45 p.m.  
\*No class July 14

This class uses Tabata training which is one of the most intense forms of exercise. It can be useful to increase conditioning, lose fat and increase strength and stamina through 20 second intervals of maximum intensity. Can be modified to various fitness levels.

### Ride & Stride

» Thursdays 9 – 9:45 a.m.  
\*No class July 14

This class will take you on and off the spin bike for a cardio work-out with the older adult or beginner in mind. Walking on the track and drills on the spin bike will be easy on the joints yet improve cardiovascular health.

### Sweat Equity

» Thursdays 6 – 6:45 a.m.  
\*No class July 14

This cardio class moves outside for summer! Join us in the fieldhouse where we open the doors up and take it in or outside. Indoor cycling, ropes, running drills and tire flipping are just a few of the things you may experience in this class.

### Zumba

» Wednesdays 7 – 7:45 p.m.  
\*No class July 13

This class incorporates fun Hip Hop dances along with a light dumbbell and core workout. Dance, tighten, tone and enjoy this incredibly fun fitness party!

## Do *your* Thing Spotlight:

Mabel Lake is proof that age is truly just a number and does not define your limitations. At 100 years old (yes, you read that right) Mabel continues to Do Her Thing at the Leduc Recreation Centre by attending drop-in aqua-fit classes twice a week, in the deep end of the pool! We took a few minutes to catch-up with Mabel in hopes to learn her secrets to living a long, healthy, and happy life.

**LRC: How long have you been coming to the Leduc Recreation Centre?**

Mabel: I have been coming ever since the Black Gold Centre opened in 1980 – it has been 36 years!

**LRC: What do you enjoy most about the Leduc Recreation Centre?**

Mabel: The aqua-fit classes! The instructors are great and I have met a lot of wonderful people who also attend the Seniors Aqua-Fit Classes.

**LRC: What is your best advice for others to live a long, happy, and healthy life?**

Mabel: My doctor always told me to keep moving and attending these aqua-fit classes. He told me to continue going into the deep end of the pool to do all the different moves. So that is what I have been doing. I put on my float belt and just keep moving in the deep end of the pool for 50 minutes, twice a week.

Aqua-fit classes are perfect for all levels of fitness (beginners to advance) and for all ages (14 – 100+ years). You will strengthen and tone your muscles without all the wear and tear on your joints, all while getting your heart rate up. Water workouts are also highly recommended for those recovering from injuries. Check out our aqua-fitness class schedule on page 28 and remember, age is no longer an excuse!

Thank-you Mabel for being our Do Your Thing featured member. Want to nominate a member? Send your nominations to [bmiller@leduc.ca](mailto:bmiller@leduc.ca).



Mabel Lake accepting a gift from Mayor Krischke

# Healthy Recipes



## Green Tea Raspberry Smoothie

### Ingredients

- 1 cup ..... Green tea, chilled
- 1/3 cup ..... Plain non-fat Greek yogurt
- 1 cup ..... Raspberries (fresh or frozen)
- 1 medium ..... Frozen banana
- 1 Tbsp. .... Honey (optional)
- 1/2 Tsp. .... Vanilla extract
- 1/2 cup ..... Ice (optional)

### Method

**Estimated Time: 10 Minutes | Makes 2 Servings**

1. Boil water in a kettle. Place green tea bag in a cup and steep with boiling water for 3 – 4 minutes.
2. After tea is finished steeping, place in freezer or fridge for a few minutes to cool down (optional).
3. Place all of the ingredients in a blender and blend until smooth. Enjoy!

### Nutritional Info (per serving)

- Calories ..... 278
- Total Fat ..... 0g
- Sodium ..... 48 mg
- Carbohydrates ..... 58g
- Sugars ..... 39g
- Protein ..... 11g

### Helpful Hint:

*“Add ice or use frozen fruit if you want a thicker smoothie. You could also swap out the Greek yogurt with almond milk if you are lactose intolerant.”*





# 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 the following red icon:



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

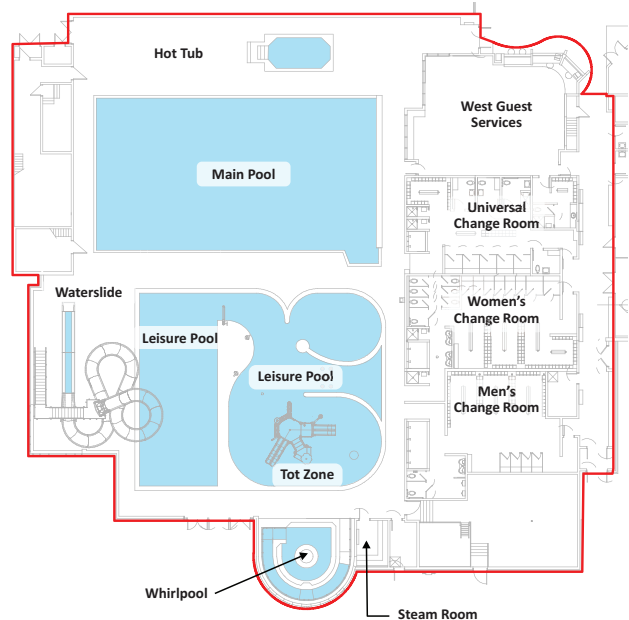
**Pool Deck Requirements for Shoes and Strollers** - For health and safety reasons outdoor footwear and strollers are not permitted on deck or in the change rooms. Shoe racks are provided at the change room entrance and the viewing area entrance on deck. You can take your shoes into the change room to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

**Pool Fouling** - On occasion, pools have to be closed due to pool fouling. Health regulations require our pools be closed anywhere from one to 36 hours for necessary disinfection. Please take precautions and feed your children after their swim or a few hours before. Have them use the washroom before entering the water and during lessons or leisure swimming.

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

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

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



## Aquatic registration

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.

### Open Registration – June 2

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

### Member registration – May 31

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

## Annual Indoor Aquatic Centre Shutdown Information:

**The indoor aquatic centre will be closed Aug. 21 – Sept. 24 for annual maintenance and facility upgrades.**

Please visit us at the Alexandra Outdoor Pool and Spray Park for aquatic opportunities until Sept. 17.

LRC memberships are always valid at the outdoor pool and will also be accepted at the Beaumont S&D Aquafit Centre during this period.

**Join us indoor again on Sept. 25!**



## Indoor Aquatic Centre Summer Schedule | June 26 – Aug. 20

### Public Swim

	9 a.m. – 2:30 p.m.	limited pool use
Monday – Friday	2:30 – 5:30 p.m.	all pools
	5:30 – 9 p.m.	limited pool use
Saturday & Sunday	1 – 9 p.m.	all pools

### Family Swim

*\* a quieter time for families with young children*

Saturday & Sunday	9 a.m. – 1 p.m.	all pools
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### Lane Swim & Fitness Access

*\*Fitness access = use of lane swim area, hot pool and steam room.*

	MP = Main Pool, LP = Leisure Pool	
Monday – Friday <small>*No lane swim 9-10 p.m. Fridays</small>	5:30 – 8 a.m.	6 lanes MP + 4 lanes LP
	8 a.m. – noon	1 lane MP
	Noon – 1 p.m.	6 lanes MP
	1 – 9 p.m.	1 lane MP
	9 – 10 p.m.	6 lanes MP + 4 lanes LP
Saturday	8 – 9 a.m.	6 lane MP + 4 lanes LP
	9 a.m. – 9 p.m.	1 lane MP
Sunday	8 – 9 a.m.	6 lanes MP + 4 lanes LP
	9 a.m. – 9 p.m.	1 lane MP

**Please note** that available public swimming space will vary during each two-week program session during the summer and with the time of day.



### Public Swimming Lessons - Indoor Pool

Session 1: Monday – Thursday, June 27 – July 7	5:30 – 7:45 p.m.
Session 2: Monday – Thursday, July 11 – 21	9:15 – 11:45 a.m.
Session 3: Tuesday – Friday, July 26 – August 5	9:15 – 11:45 a.m. 5:30 – 7:30 p.m.
Session 4: Monday – Thursday, August 8 – 18	9 a.m. – noon 5:30 – 7:30 p.m.

### Statutory Holiday Schedule

STAT Holiday Hours	Canada Day (July 1) 11 a.m. – 5 p.m.	Heritage Day (Aug. 1) 11 a.m. – 5 p.m.	Labour Day (Sept. 5)
Public Swim	11 a.m. – 5 p.m. Shared Use	11 a.m. – 5 p.m. Shared Use	Indoor Aquatic Centre CLOSED  Visit us at the Outdoor Pool! 10 a.m. – 6 p.m.
Lane Swim	Noon – 1 p.m. 6 lanes Main Pool  All other times 1 lane available	Noon – 1 p.m. 6 lanes Main Pool  All other times 1 lane available	

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

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

## Mix Family Aquatic Centre Bookings

Is your group looking to make a splash this summer? Join us at the Mix Family Aquatic Centre for a tropical gateway close to home. If you have a group of 15 or more people that is looking to use the pool, give us a call to book for 25% off regular admission prices. Contact Aquatic Services at 780-980-7198 ext. 6040 or email [aquaticbookings@leduc.ca](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-packages wristbands
- Optional room booking (additional charge, subject to availability)

\*During swim times as shown in the City Guide

## Swimming lessons


June 27 – Aug. 18

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.

**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.

Please note that some of our aquatics programs include **Active Participation** which requires a person 14 years of age or older to participate with the participants seven years of age or under (must be within arms reach of child). If the description states **an Adult is Required**, the **Adult** must be 18 years of age or older and they must participate (within arms reach) with the child in the activity. You will see the following red icon beside **all Active Participation** activities.



		8 lessons
Parented 	45 minute lessons	\$58
Pre-school	30 minute lessons	\$51
Swim Kids 1-3	30 minute lessons	\$51
Swim Kids 4-7	45 minute lessons	\$58
Swim Kids 8-10	60 minute lessons	\$62.30
Adult Learn-to-Swim & Stroke Improvement		\$62.30

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

**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 \$31.50/30min

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	\$71.40
» Swim Kids 1 - 3	\$71.40
» Swim Kids 4 - 5	\$81.20

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

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 \$9.15

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

### Swim Steps \$81.20

» *Swim steps is not offered during summer session. Please check back with the Aquatic Programs Coordinator for fall session availability.*

### Adult and Teen Lessons \$62.30 Ages 15+

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

### Adult Learn-to-Swim

» Tuesday – Friday (session 3) 6:30 – 7:30 p.m. July 26 – Aug. 5 30607

### Adult Stroke Improvement

» Monday – Thursday (session 2) 6:30 – 7:30 a.m. July 11 – 21 30605  
» Monday – Thursday (session 4) 9 – 10 p.m. Aug. 8 – 18 30606

## Stingrays Lifeguard Club

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



Not sure about committing to the Stingrays Lifeguard Club? Why not try one of our camps this summer?

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

<b>Indoor Summer Camp</b>	<b>\$65</b>
» Monday 8:30 a.m. – 4:30 p.m. July 25	30755
*Try out this full day camp for dry-land & pool training!	
» Tuesday – Friday 6:30 – 8:30 p.m. Aug. 9 – 12	30363
<b>Outdoor Summer Camp</b>	<b>\$65</b>
» Tuesday – Friday 10 a.m. – noon Aug. 16 – 19	30364

### Leduc County Bus-to-Swim lessons

Tuesday – Friday, 1 – 2:30 p.m.  
July 19 – 29 & Aug. 2 – 12

Go to [www.booking.ca/bkleduccountypub/](http://www.booking.ca/bkleduccountypub/) to register (Thorsby and Warburg area participants only)

## Scuba & Snorkel

Medical waivers for each participant are required to be completed prior to registration. Any answers "YES" to any medical questions will require the participant to provide a doctor's note to participate.

<b>Discover Snorkel</b>	<b>\$25</b>
» Tuesday July 21 5 – 6:30 p.m.	30366
» Friday Aug. 12 5 – 6:30 p.m.	30365
*Ages 12 & under are required to have an adult (18+) registered and participating with them	
<b>Discover SCUBA (Ages 12+)</b>	<b>\$50</b>
» Tuesday July 21 5 – 6:30 p.m.	30368
» Friday Aug. 12 5 – 6:30 p.m.	30367

\*Ages 12-14 are required to have an adult (18+) registered and participating with them

Not as confident in the water as you'd like to be? Register for one of our Adult **Learn-to-Swim** or **Stroke Improvement** classes running this spring! You'll be amazed at how quickly you improve. Available courses are listed in our swimming lesson grids.



Block Parties are a great way to have fun and meet your neighbours while enjoying the summer weather. 'Rock Your Block' this Summer by hosting a neighbourhood Block Party!

Contact [events\\_bookings@leduc.ca](mailto:events_bookings@leduc.ca) to arrange a Block Party!



# Red Cross Swim Preschool

## Parented

**Adult is required (must be 18 years or older).**  
(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.



## Unparented

(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.

\*Swimmers transition to Swim Kids levels at the age of six.

# Drop-in Schedules


## Drop-in Fitness Programs | Fitness: July 4 – Sept. 11 | Aquatic: Starts June 27

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 passes are required for class. Classes may be cancelled due to low participation.

**\*Please note: There will not be any fitness classes during the Alberta Summer Games, July 14 – 17.**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10 – 10:45 a.m. Power</p> <p>7 – 7:45 p.m. Indoor Cycling</p>	<p>5:30 – 6:15 a.m. Indoor Cycling</p> <p>9 – 9:45 a.m. Circuit</p>	<p>10 – 10:45 a.m. Active &amp; Ageless</p> <p>11 – 11:45 a.m. Stepping Out Walk Outside</p> <p>12:15 – 12:45 p.m. Crank'd</p> <p>6:20 – 6:50 p.m. ABSolutely!</p> <p>7 – 7:45 p.m. Zumba *No class July 13</p>	<p> 6 – 6:45 a.m. Sweat Equity</p> <p>9 – 9:45 a.m. Ride &amp; Stride</p> <p>12:15 – 12:45 p.m. Quickfit</p> <p>7 – 7:45 p.m. Fit N Fierce</p>	<p>9:30 – 10:15 a.m. Healing Yoga</p>

Location	Monday	Tuesday	Wednesday	Thursday	Friday
LRC Aquatic Centre June 27 – Aug. 19	Aqua Fit – Shallow 8 – 8:50 a.m.	Aqua Fit – Seniors 8 – 8:50 a.m.	Aqua Fit – Shallow 8 – 8:50 a.m.	Aqua Fit – Seniors 8 – 8:50 a.m.	Aqua Fit – Shallow 8 – 8:50 a.m.
Alexandra Outdoor Pool June 27 – Sept. 2	Aqua Fit – Shallow 12 – 12:50 p.m.	Aqua Fit – Shallow 12 – 12:50 p.m.	Aqua Fit – Shallow 12 – 12:50 p.m.	Aqua Fit – Shallow 12 – 12:50 p.m.	Aqua Fit – Shallow 12 – 12:50 p.m.
LRC Aquatic Centre June 27 – Aug. 19	Aqua Fit – Shallow 8 – 8:50 p.m.	Aqua Fit – Deep 8 – 8:50 p.m.	Aqua Fit – Shallow 8 – 8:50 p.m.	Aqua Fit – Deep 8 – 8:50 p.m.	

\*A minimum of 4 participants is required to run drop-in programs. \*Please note: fitness classes do not run on statutory holidays or long weekends. For health and safety reasons, drop-in and registered aquatic fitness program participants must be at least 14 years of age unless otherwise noted.

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 a.m. – 9 p.m. Basketball	8 a.m. – 9 p.m. Basketball	8 a.m. – 9 p.m. Basketball	8 a.m. – 9 p.m. Basketball	8 a.m. – 9 p.m. Basketball	8 a.m. – 9 p.m. Basketball	8 a.m. – 9 p.m. Basketball
8 a.m. – 2:30 p.m. Pickleball		8 a.m. – 2:30 p.m. Pickleball		8 a.m. – 2:30 p.m. Pickleball	8 a.m. – 3 p.m. Badminton	8 a.m. – 3 p.m. Badminton
9 – 11 a.m. Preschool Playtime	9 – 11 a.m. Preschool Playtime	8 a.m. – 3 p.m. Badminton	9 – 11 a.m. Preschool Playtime	9 – 11 a.m. Preschool Playtime		
Noon – 6 p.m. Soccer	Noon – 2 p.m. Soccer	9 – 11 a.m. Preschool Playtime	Noon – 2 p.m. Soccer	Noon – 6 p.m. Soccer	1 – 3 p.m. Soccer	1 – 3 p.m. Soccer
3 – 9 p.m. Badminton	12:30 – 9 p.m. Badminton		12:30 – 9 p.m. Badminton			
5 – 9 p.m. Floor Hockey	2:30 – 4 p.m. Flag Football	3:30 – 9 p.m. Volleyball	2:30 – 4 p.m. Flag Football	3 – 9 p.m. Badminton		3:30 – 9 p.m. Pickleball
6:30 – 7:30 p.m. Youth Lacrosse	5 – 6 p.m. Soccer	6 – 9 p.m. Soccer	5 – 6 p.m. Soccer	5 – 9 p.m. Floor Hockey	5 – 7 p.m. Floor Hockey	
	5 – 7 p.m. Floor Hockey	7 – 9 p.m. Pickleball	5 – 7 p.m. Floor Hockey		6 – 9 p.m. Volleyball	6 – 9 p.m. Volleyball
9 – 10 p.m. ADULT HOUR Badminton Basketball Floor Hockey Soccer	9 – 10 p.m. ADULT HOUR Badminton Basketball Soccer	9 – 10 p.m. ADULT HOUR Basketball Pickleball Soccer Volleyball	9 – 10 p.m. ADULT HOUR Badminton Basketball Soccer	9 – 10 p.m. ADULT HOUR Badminton Basketball Floor Hockey Soccer		

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:45 – 11:45 a.m. Adult 18+ Skate		10:45 – 11:45 a.m. Adult 18+ Skate		10:45 – 11:45 a.m. Adult 18+ Skate		10:45 – 11:45 a.m. Family Skate
noon – 1 p.m. Adult 18+ Shinny	noon – 1 p.m. Adult 18+ Shinny	noon – 1 p.m. Adult 18+ Shinny	noon – 1 p.m. Adult 18+ Shinny	noon – 1 p.m. Adult 18+ Shinny	noon – 2:30 p.m. Public Skate	noon – 2:30 p.m. Public Skate
1:15 – 2:30 p.m. Public Skate	1:15 – 2:30 p.m. Public Skate	1:15 – 2:30 p.m. Public Skate	1:15 – 2:30 p.m. Public Skate	1:15 – 2:30 p.m. Public Skate		
	2:45 – 3:45 p.m. Adult/Preschool Stick & Puck		2:45 – 3:45 p.m. Adult/Preschool Stick & Puck		2:45 – 3:45 p.m. Youth Shinny 11-14	2:45 – 3:45 p.m. Youth Shinny 11-14
5:15 – 6:15 p.m. Figure Skating	5:15 – 6:15 p.m. Youth Shinny 11-14	5:15 – 6:15 p.m. Figure Skating	5:15 – 6:15 p.m. Youth Shinny 11-14	5:15 – 6:15 p.m. Figure Skating	4 – 5 p.m. Adult/Child Stick & Puck	4 – 5 p.m. Adult/Child Stick & Puck
6:30 – 7:30 p.m. Adult/Child Stick & Puck	<b>*6 – 7 p.m.* Youth Ball Hockey</b>	6:30 – 7:30 p.m. Adult/Child Stick & Puck	<b>*6 – 7 p.m.* Youth Ball Hockey</b>	6:30 – 7:30 p.m. Adult/Child Stick & Puck	5:15 – 6:15 p.m. Youth Shinny 15-17	5:15 – 6:15 p.m. Youth Shinny 15-17
7:45 – 8:45 p.m. Public Skate	<b>*7 – 8 p.m.* Adult 18+ Ball Hockey</b>	7:45 – 8:45 p.m. Public Skate	<b>*7 – 8 p.m.* Adult 18+ Ball Hockey</b>	7:45 – 8:45 p.m. Public Skate		
	6:30 – 7:30 p.m. Public Skate		6:30 – 7:30 p.m. Public Skate		<b>*July 1 – July 31 at the Alexandra Arena Pad.</b>	
	7:45 – 8:45 p.m. Youth Shinny 15-17	9 – 10 p.m. Adult 18+ Shinny	7:45 – 8:45 p.m. Youth Shinny 15-17			
9 – 10 p.m. Adult 18+ Shinny	9 – 10 p.m. Adult 18+ Shinny		9 – 10 p.m. Adult 18+ Shinny	9 – 10 p.m. Adult 18+ Shinny		

All skaters 12-years-old and under are required to wear a CSA approved helmet while participating in our arena opportunities. Adult opportunities are for 18+.

**\*\*Time subject to change.** Visit us online for more information on leisure, field house, skating opportunities, equipment requirements, up-to-date schedule and supervision requirements. Changes to the schedule will occur due to holidays, special events and other facility bookings.

## Swimming Lessons | Mix Family Aquatic Centre | June 27 – Aug. 18

Summer #1   Mon – Thurs   June 27 – July 7					
Memo day: July 4   Parent day: July 5					
5:30 p.m.	Sea Turtle 30389	Crocodile 30485 Whale 30495		SK 3 30537	SK 1 30504
6 p.m.	SK 6 30569 SK 7 30577	Starfish 30369 Duck 30379	SK 4 30551 SK 5 30560	Salamander 30436	Sea Otter 30403
6:30 p.m.		Private		Sunfish 30468	Salamander 30437
7 p.m.	SK 2 30522		SK 8 30584 SK 9 30591 SK 10 30598	Sea Turtle 30390	Sea Otter 30404
7:30 p.m.					

	June 27	June 28	June 29	June 30	July 4	July 5	July 6	July 7
Private lesson 6:30 – 7 p.m.	30608	30609	30610	30611	30612	30613	30614	30615

Summer #2   Mon – Thurs   July 11 – 21								
Memo day: July 18   Parent day: July 19								
9:15 a.m.	Duck 30380	Sunfish 30469	Salamander 30439	Sea Otter 30405	Sea Turtle 30391	SK 1 SP 30506	SK 3 30540	
9:45 a.m.	SK 1 30505	SK 2 SP 30526	Crocodile 30484	SK 3 SP 30536	Sea Otter 30406	Private	Salamander 30441	SK 4 30554 SK 5 30563
10:15 a.m.	SK 8 30586 SK 9 30593 SK 10 30600	Whale 30494	SK 6 30572 SK 7 30579	Starfish 30371	SK 4 30552	Sea Turtle 30392	Sea Otter 30408	Salamander 30442
10:45 a.m.		Starfish 30370 Duck 30381		Salamander 30440		Sea Otter 30407	SK 2 30523	Sea Turtle 30393
11:15 a.m.	Salamander 30438	SK 1 30507	SK 5 30561	Private	SK 3 30539	Sunfish 30470	Sea Turtle 30394	Sea Otter 30409

	July 11	July 12	July 13	July 14	July 18	July 19	July 20	July 21
Private lesson 9:45 – 10:15 a.m.	30685	30686	30687	30688	30689	30690	30691	30692

	July 11	July 12	July 13	July 14	July 18	July 19	July 20	July 21
Private lesson 11:15 – 11:45 a.m.	30701	30702	30703	30704	30705	30706	30707	30708



**Summer #3 Mornings | Tues – Fri | July 26 – Aug. 5**

Memo day: Aug. 2 | Parent day: Aug. 3

<b>9:15 a.m.</b>		SK 8 30587	Starfish 30372	Salamander 30445	SK 2 30525	Sea Otter 30413	SK 3 30542	Private
	SK 1 30510 SK 2 30524	SK 9 30594 SK 10 30601						
<b>9:45 a.m.</b>			Salamander 30444	SK 1 30511	Sea Otter 30412	SK 3 SP 30545	Sea Turtle 30396	Sunfish 30472
	SK 6 30573 SK 7 30580	Sea Otter 30411	Whale 30496	Sea Turtle 30395	Duck 30383	Salamander 30446	SK 1 SP 30512	SK 3 30543
<b>10:15 a.m.</b>				Crocodile 30486	Private	SK 2 SP 30528		Salamander 30447
	Sea Otter 30410	SK 3 30541	SK 4 30555 SK 5 30564					
<b>10:45 a.m.</b>				Starfish 30373 Duck 30382	SK 1 30513 SK 2 30527			Sea Otter 30414
	Salamander 30443	Sunfish 30471						
<b>11:15 a.m.</b>								

	July 26	July 27	July 28	July 29	August 2	August 3	August 4	August 5
<b>Private lesson 9:15 – 9:45 a.m.</b>	30709	30710	30711	30712	30713	30714	30715	30716

	July 26	July 27	July 28	July 29	August 2	August 3	August 4	August 5
<b>Private lesson 10:45 – 11:15 a.m.</b>	30717	30718	30719	30720	30721	30722	30723	30724

**Summer #3 Evenings | Tues – Fri | July 26 – Aug. 5**

Memo day: Aug. 2 | Parent day: Aug. 3

<b>5:30 p.m.</b>	Duck 30384	Salamander 30448	SK 3 30546	Crocodile 30487	Sea Otter 30416	SK 8 30588 SK 9 30595 SK 10 30602
<b>6 p.m.</b>	SK 6 30574 SK 7 30582	Private	Sunfish 30473	Sea Turtle 30397	SK 2 30529	
<b>6:30 p.m.</b>		Whale 30497	Sea Otter 30415	Adult Learn-to-Swim 30607	Salamander 30449	Starfish 30374
	SK 4 30558 SK 5 30566					
<b>7 p.m.</b>		SK 1 30514	Sunfish 30474		Sea Turtle 30398	Sea Otter 30417

	July 26	July 27	July 28	July 29	August 2	August 3	August 4	August 5
<b>Private lesson 6 – 6:30 p.m.</b>	30731	30732	30733	30734	30735	30736	30737	30738

**Summer #4 Mornings | Mon – Thurs | Aug. 8 – 18**

Memo day: Aug. 15 | Parent day: Aug. 16

<b>9:15 a.m.</b>	Starfish 30375	Sea Otter 30418	SK 3 30547	SK 8 30589 SK 9 30596 SK 10 30603	SK 1 30516 SK 2 30535	Salamander 30453
<b>9:45 a.m.</b>		Sunfish 30475	Sea Turtle 30399		Salamander 30452	Sea Otter 30421
	SK 6 30575					
<b>10:15 a.m.</b>		SK 4 30559 SK 5 30567	Salamander 30450	Crocodile 30488	Sea Otter 30420	Private
	SK 1 30515					
<b>10:45 a.m.</b>			Whale 30498	Sea Turtle 30400	Duck 30385	Salamander 30454
<b>11:15 a.m.</b>	SK 7 30581	Sea Otter 30419	Salamander 30451	SK 2 30530	Sunfish 30476	SK 3 30548

## Summer #4 Mornings | Mon-Thurs | Aug. 8-18

Memo day: Aug. 15 | Parent day: Aug. 16

	August 8	August 9	August 10	August 11	August 15	August 16	August 17	August 18
<b>Private lesson 10:15 – 10:45 a.m.</b>	30739	30740	30741	30742	30743	30744	30745	30746

## Summer #4 Evenings | Mon-Thurs | Aug. 8-18

Memo day: Aug. 15 | Parent day: Aug. 16

<b>5:30 p.m.</b>	Starfish 30376	Salamander 30455	Crocodile 30489	Sea Otter 30423	SK 1 30519	SK 2 SP 30534	SK 3 30550
<b>6 p.m.</b>	SK 8 30590 SK 9 30597 SK 10 30604	SK 4 30556 SK 5 30568	Sea Turtle 30401	Sunfish 30477	Private	Sea Otter 30425	Salamander 30458
<b>6:30 p.m.</b>			Salamander 30456	Whale 30499	Sea Otter 30424	Duck 30388	Sea Otter 30426
<b>7 p.m.</b>	Sea Otter 30422	SK 6 30576 SK 7 30583	SK 3 SP 30549	SK 1 30518 SK 2 30531	Sea Turtle 30402	Salamander 30457	Sunfish 30478

	August 8	August 9	August 10	August 11	August 15	August 16	August 17	August 18
<b>Private lesson 6 – 6:30 p.m.</b>	30747	30748	30749	30750	30751	30752	30753	30754

## Swimming Lessons | Outdoor Pool | July 19-29

\*Outdoor pool lessons will run in all-weather circumstances except thunder & lightning. In these instances your account will be credited for the missed lesson

## Outdoor Pool Mornings | Tues-Fri | July 19-29

Memo day: July 26 | Parent day: July 27

<b>10 a.m.</b>		SK 6 30571 SK 7 30578	SK 4 30557 SK 5 30562	SK 1 30509
<b>10:30 a.m.</b>	SK 1 30508	SK 2 30532	SK 3 30538	SK 3 30544
<b>11 a.m.</b>	SK 8 30585 SK 9 30592 SK 10 30599	SK 4 30553 SK 5 30565		SK 2 30521
<b>11:30 a.m.</b>				Private

	July 19	July 20	July 21	July 22	July 26	July 27	July 28	July 29
<b>Private lesson 11:30 – noon</b>	30677	30678	30679	30680	30681	30682	30683	30684

## Looking to get certified this summer? Here's the drill!

### Swim instructor

**Step 1:** Take one of: Standard First Aid, Assistant Lifeguard or Bronze Cross as pre-requisites

**Step 2:** Register in the Aug. 22–25 classroom component and receive your online materials – then get started on the modules.

**Step 3:** Arrange your teaching experience at any Red Cross swim facility (to be done before starting classroom component).

**Step 4:** Take the Skills Evaluation June 22.

**Step 5:** Take the WSI – classroom component Aug. 22 –25.

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

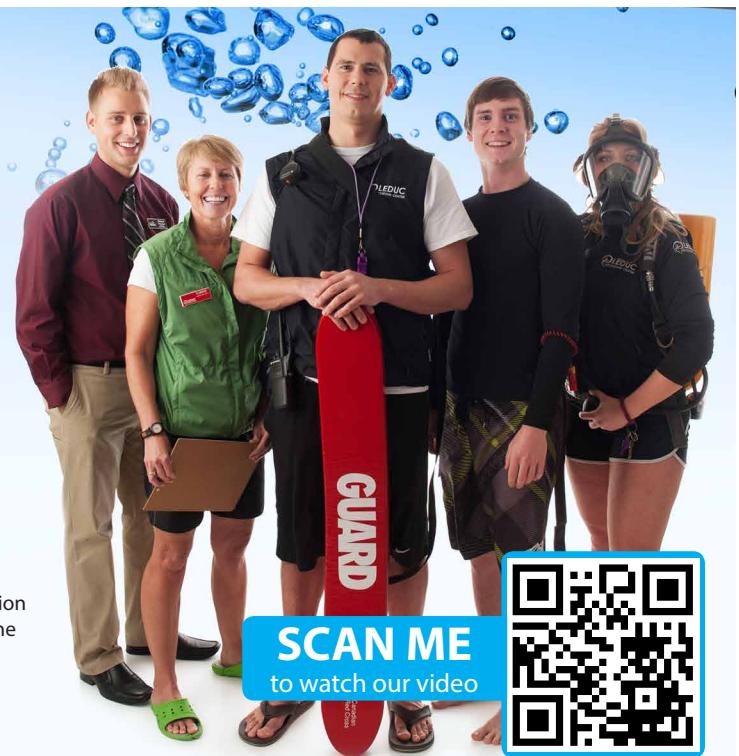
### Lifeguard

**Step 1:** Take the Standard First Aid course June 11 and 12.

**Step 2:** Take the ALG course July 26 – 29 and complete your observation assignment. (If you missed the SFA course in June, you can also take the course July 23 and 24 as well).

**Step 3:** Take the LG course Aug. 8 –12.

**Now you're a Lifeguard!**



## Aquatic Leadership Courses | 2016

**Registration is being accepted for 2016 aquatic leadership courses.**

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

\*100% attendance is mandatory for all leadership courses.

### Red Cross Lifeguard Preparation Course \$60

Transfer from Bronze Cross

» Saturday	9 a.m. – 2 p.m.	June 25	29639
» Friday	4 – 9 p.m.	Nov. 4	29640

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

#### Pre-requisites:

- Must be at least 12-years-old at start of the course
- Have ability to swim to the Red Cross Swim Kids level 10 or equivalent
- Must have completed a Bronze Cross certification

### Red Cross Assistant Lifeguard Certificate (ALG) \$120

» Tuesday – Friday	9 a.m. – 5 p.m.	July 26 – 29	29641
» Monday – Friday	4 – 9 p.m.	Nov. 21 – 25	29642

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

#### Pre-requisites:

- Must be at least 12-years-old at start of the course
- Ability to swim at Swim Kids level 10 or equivalent

### Red Cross Lifeguard Transfer (Transfer from NL) \$90

» Monday/Tuesday	9 – 5 p.m. / 2 – 6 p.m.	July 18 – 19	29646
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## ■ Red Cross Lifeguard Certificate (LG) \$225

» Monday – Friday	8 a.m. – 5 p.m.	Aug. 8 – 12	29644
» Friday	4 – 9 p.m.	Dec. 2 & 9	
Saturday/Sunday	8 a.m. – 5 p.m.	Dec. 3, 4, 10 & 11	29645

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

### Pre-requisites:

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

## ■ Red Cross Lifeguard Recertification \$50

» Tuesday	1 – 6 p.m.	July 19	29650
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## ■ Lifesaving Society Bronze Medallion and Cross \$200

» Tuesday – Friday	9 a.m. – 5 p.m.	July 5 – 8	29653
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**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 (NL) \$225

» Sundays	8 a.m. – 5 p.m.	Oct. 30 – Nov. 27	29656
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NL is designed to develop an understanding of lifeguard principles, good judgment and a mature responsible attitude towards the role of a lifeguard.

### Pre-requisites:

- Must be at least 16-years-old by the end of the course
- Must have successfully completed the Bronze Cross certificate
- Must have a current Standard First Aid or Aquatic Emergency Care

## ■ Lifesaving Society National Lifeguard (NL) Recertification \$50

» Friday	Noon – 5 p.m.	Aug. 5	29658
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## ■ 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 \$50

This initial skills assessment can be completed before, during or after candidates complete the online modules but must be completed prior to beginning 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.

» Wednesday	4 – 10 p.m.	June 22	29668
» Friday	Noon – 6 p.m.	Aug. 19	29669
» Tuesday	4 – 10 p.m.	Oct. 4	29671

### PART 2: Online Professional Development Modules

*\*Cost included with classroom registration*

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

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

It's the responsibility of each participant to 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 Supervisor at 780-980-7165 to talk about setting yours up.*

**PART 4: Classroom & Pool Component \$350**

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.

- » Monday – Thursday 9 a.m. – 4 p.m. Aug. 22 - 25 29663
- » Saturdays 9 a.m. – 4 p.m. Nov. 5, 12, 19, 26 29664

**Pre-requisites:**

- Must be at least 15-years of age to begin WSI – Online
- One of: Red Cross Assistant Lifeguard, Emergency First Aid or equivalent (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 **Adult Stroke Improvement** classes to brush up! (Ages 15+) This sessions available courses are listed in our swimming lesson grids.

**Red Cross Water Safety Instructor Recertification (WSI)**

**\$75**

- » Thursday 5 – 10 p.m. June 23 29774

**NEW**

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



**Aquatic Fitness Programs**

| Starts on June 27

Location	Monday	Tuesday	Wednesday	Thursday	Friday
LRC Aquatic Centre June 27 – Aug. 19	Aqua Fit – <b>Shallow</b> 8 – 8:50 a.m.	Aqua Fit – <b>Seniors</b> 8 – 8:50 a.m.	Aqua Fit – <b>Shallow</b> 8 – 8:50 a.m.	Aqua Fit – <b>Seniors</b> 8 – 8:50 a.m.	Aqua Fit – <b>Shallow</b> 8 – 8:50 a.m.
Alexandra Outdoor Pool June 27 – Sept. 2	Aqua Fit – <b>Shallow</b> 12 – 12:50 p.m.	Aqua Fit – <b>Shallow</b> 12 – 12:50 p.m.	Aqua Fit – <b>Shallow</b> 12 – 12:50 p.m.	Aqua Fit – <b>Shallow</b> 12 – 12:50 p.m.	Aqua Fit – <b>Shallow</b> 12 – 12:50 p.m.
LRC Aquatic Centre June 27 – Aug. 19	Aqua Fit – <b>Shallow</b> 8 – 8:50 p.m.	Aqua Fit – <b>Deep</b> 8 – 8:50 p.m.	Aqua Fit – <b>Shallow</b> 8 – 8:50 p.m.	Aqua Fit – <b>Deep</b> 8 – 8:50 p.m.	

**Drop-in program Registered program**

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

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

**\* See all of the drop-in fitness & aquatics programs on page 28**

**Aqua Fit – 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)

**Aqua Fit – 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

**Aqua Fit – 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



## Alexandra Outdoor Pool and Spray Park



[Alexpool.ca](http://Alexpool.ca)



780-980-7120 (until June 6)



780-980-7119 (June 6 – Sept. 7)

### General information

The Alexandra Outdoor Pool and spray park are the perfect retreat on a hot summer day. Located in the beautiful Alexandra Park and steps away from the new Leduc Public Library, this is the perfect spot for families and people of all ages.

Parking for the Alexandra Outdoor Pool and Spray Park is available along the south side of the Alexandra Arena, Library parking lot, south of the outdoor pool and a short walk away at Linsford Park School.

Purchase your summer pass before May 31 and save!

#### Alexandra Outdoor Pool Admission Rates

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

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

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

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

Are you a sport group or organization looking to rent a lane or the dive tank? Give us a call for pricing and details.

### Outdoor Pool & Spray Park Schedule

Although we plan to dive into summer on Saturday, June 4th, the opening of the Outdoor Pool & Spray Park is dependent on weather conditions in early spring and therefore a specific date cannot be guaranteed.

Public Swim	June 26 – Sept. 4	Sept. 6 – 17	July 1, Aug. 1, Sept. 5
Monday - Friday	1 – 8 p.m.	4 – 6:30 p.m.	10 a.m. – 6 p.m.
Saturdays	10 a.m. – 6 p.m.	10 a.m. – 6 p.m.	
Sundays	11 a.m. – 8 p.m.	1 – 6 p.m.	

Lane Swim (1 Lane)	June 26 – Sept. 16		
Monday – Friday	Noon – 1 p.m.		
Spray Park	June 26 – Sept. 17	July 1 & Aug. 1	Sept. 5
Daily	10 a.m. – 8 p.m.	9 a.m. – 9 p.m.	9 a.m. – 8 p.m.

## Booking Rates

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

	Hourly Rate
1 - 40 swimmers	\$80
41 - 75 swimmers	\$110
76 - 150 swimmers	\$140
151 - 200 swimmers	\$170
201 - 240 swimmers	\$200

Pool Rental Times	June 26 – Sept. 4	Sept. 6 – 17
Monday - Friday	9 a.m. – noon	10 a.m. – noon 1 – 4 p.m.
Saturdays	6 – 8 p.m.	
Sundays	9 – 11 a.m.	10 a.m. – 1 p.m.

\*\* Booking includes exclusive access to the entire outdoor pool facility but does not provide exclusive use of the Spray Park.

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

What does this package get you?

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

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

## Fitness

**Aqua Fit – shallow water**  
Noon – 12:50 p.m.

Drop-in

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

\*Maximum of 25 participants

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



NEW

## Special Events

Legendary special events are no stranger to Leduc's outdoor pool! Follow us on [www.alexpool.ca](http://www.alexpool.ca) and on social media (Facebook, Twitter, Instagram) to learn about what events are happening and when. Of course, Water Wars will be returning this year, bigger and better than ever!

[@LeducAlexPool](https://twitter.com/LeducAlexPool) [/LeducAlexPool](https://www.facebook.com/LeducAlexPool) [LeducAlexPool](https://www.instagram.com/LeducAlexPool)

## Swimming Lessons – July 19 – 29

Outdoor lessons will run in all-weather circumstances except thunder and lightning. In these instances your account will be credited for the missed lesson. See page 32 for outdoor pool lesson opportunities.

## Pool closure information

In the event of:		Mix Family Aquatic Centre	Alexandra Outdoor Pool
<b>Fouling incident</b>	Public swim, bookings and rentals Lessons/Programs	Pool cleared to another pool/deck. Re-open as soon as safe. Lessons move pools or continue on deck.	Pool cleared to deck. Re-open as soon as safe. Lessons continue on deck.
<b>Medical emergency</b>	Public swim, bookings, rentals, and lessons/programs	Entire pool area cleared to change rooms until incident is over and it is safe to resume swim.	Entire pool area cleared to change rooms until incident is over and it is safe to resume swim.
<b>Mechanical failure</b>	Public swim lessons/programs bookings/rentals	Pool cleared to another pool/deck. Re-open as soon as safe.	Pool cleared to deck. Re-open as soon as safe.
<b>Thunder/lightning</b>	Public swim lessons/programs bookings/rentals	N/A	Facility closes and opens 30 minutes after the last sign of lightning or thunder.
<b>Cold weather/rain</b>	Public swim lessons/programs bookings/rentals	N/A	Public swim is cancelled if temperature <18 °C or if rain compromises lifeguarding

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

# Leisure Opportunities

Please take note with the Alberta Summer Games taking place in the month of July. We are proud to be hosting the Games at the Leduc Recreation Centre. Please note that we will have major interruptions with our Leisure Drop in Opportunities during the Games (July 14 – 17, 2016).

Included with your membership or daily paid admission is access to the many leisure opportunities available throughout the Leduc Recreation Centre:

- Wristbands provide proof of payment and must be worn at all times while participating in all drop-in leisure opportunities
- View drop-in schedules at [Leduc.ca/LRC](http://Leduc.ca/LRC), including specific activities catering specific skill levels or ages
- Children seven and under must be actively supervised by an individual 14 years or older, while participating in drop-in leisure activities unless otherwise noted in the activity details.

## ■ 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 on the field house, aquatics centre (child must be within arms reach of guardian), or on the ice. If the description states an **Adult is required** the active participant needs to 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 year or under from the sidelines of the field house, swimming pool deck, or from the players bench in the arenas.

## ■ 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.

## ■ Activities Identified by Age

Unique activities are provided to allow opportunities for individuals to participate in activities with peers.

- **Preschool & Child (7 & under):** Pre-school activities are typically targeted for children who have not entered the school system.)
- **Youth:** 8 -17 years - Unless otherwise stated, such as Youth Shiny 11 – 14 years.
- **Adult:** 18 years of age or older.

## ■ Arena Opportunities

Aug. 1 – 31, 2016

Arena Opportunities are very limited in the month of July. All Ice surfaces will be removed July 1, and will be ready for August 1.

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 approved helmet while participating in our skating opportunities. Details on equipment, supervision and other participant requirements can be viewed online at [Leduc.ca/LRC/Programs/Public\\_Skating](http://Leduc.ca/LRC/Programs/Public_Skating) and by clicking on the 'Skating Guidelines' link.

### Everybody Gets to Play

Join in on this **FREE** public skating on Sundays from 1– 3 p.m. at the Alexandra Arena. This free event has been made possible through funding provided by Everybody gets to play™ Leduc.

### July Ball Hockey (July 1 – 31 at Alexandra Arena Pad)

Take part in our ball hockey scrimmage at the Alexandra Arena Pad on Tuesdays and Thursdays for the month of July. Ball hockey is available on a first-come-first-serve basis for anyone who has an LRC Membership or a daily admission pass purchased at the Leduc Recreation Centre. Participants are permitted to check-in 30 minutes prior to the scheduled time with the Leisure Host at the Alexandra Arena. Maximum of 20 players plus 2 goalies. Equipment Requirements: Helmet, hand gloves & shin guards, (not necessarily hockey gloves or hockey shin pads), running shoes, and a hockey stick.

### Figure Skating

We are now offering Figure Skating as a drop-in opportunity for skaters to practice their various jumps, spins, and dance movements at their own pace. The opportunity is available for all levels from beginners to experienced skaters.

### Family Skate

Designated for families to have fun and exercise together. Children and youth must be accompanied by adults on the ice and vice versa.



### Parents with Tots / Pre-Schoolers

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.



### Public Skate

Public skating provides an enjoyable indoor skating experience for all ages. Parents can actively supervise from the player's bench/penalty box. Children seven years of age and under must be actively supervised by an adult or responsible person 14 years of age or older. Sticks are not allowed on the ice during Public Skate.



NEW



### Shinny

Pick-up Hockey on a first-come, first-serve basis. Participants are permitted to check-in one hour prior to scheduled time at East Guest Services. Maximum of 20 players plus two goalies (first two goalies play for FREE). Full equipment including CSA-approved, full caged helmets are mandatory.

### Adult/Child Stick & Puck

Designed to enable young skaters 10 years of age and under the opportunity to work on passing, puck control, and skating drills.



### Adult/Preschool Stick & Puck

Designed for children 4 years of age and under along side an adult (must be at least 18 years) the opportunity to work on skating, puck control, and to have fun!



*Active Participation requires that an adult be on the ice alongside their child. Full hockey equipment is mandatory for all children. Adults are required to wear a CSA-approved helmet, skates, and gloves. This is a family program and is not intended for teams. Maximum of 40 participants, with the Adult to Child ratio 1:2.*

### Friday Fun Skates

Friday Fun Skates are fun for the whole family! Come join us for our last Fun Skate of the Season. Our fun skates will engage all ages with music, activities, prizes, games and fun! Friday Fun Skates will start back up in October. Keep an eye out in our Fall City Guide.

- **June 17 –Kick Off to Summer** | 7 – 8:30 p.m.

School's out for summer, not quite but close. Come for a relaxing skate before you have to crunch down on those final exams.

*\* See drop-in schedule on page 29 for arena opportunity times.*

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

## Field House Opportunities | July 1 – Aug. 31, 2016

### Equipment Rentals

No equipment? No problem! We have a wide variety of court and field equipment you can borrow to get out there and have some fun. From basketballs, 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

Work hard, play hard! Blow off some steam and play with others your age (18+) during Adult Hour Monday to Thursday, 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.

### Flag Football

Join us out on the field for some family friendly Flag Football.

### Floor Hockey

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

### MNP Kick for Kids

Sponsored by MNP, youth can participate in specific field house activities. A unique wristband provided by Guest Services is used to identify use only during this period. Though this opportunity is geared towards our youth to get them active, all ages are permitted to participate.

### Pickleball

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

### Pre-school Playtime

This is an opportunity for casual playtime between parents and children under six. The LRC has a variety of toys are provided during this parent supervised activity.



### Soccer

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

### Volleyball

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

### Youth Lacrosse

This drop in opportunity allows participants to work on their lacrosse skills. Full equipment is required to participate in this drop-in opportunity, and must be provided by the participants.

*\* See drop-in schedule on page 29 for field house opportunity times.*



## ..... Family and Community Support Services .....



[Leduc.ca/family](http://Leduc.ca/family)



780-980-7109



[fcss3@leduc.ca](mailto:fcss3@leduc.ca)

*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 with social well-being.*

### Information & Referral

FCSS Information & Referral (I&R) brings people and services together. If you do not know where to turn, I&R is here to help. Our goal is to provide a link between essential community services and the people who need them. FCSS Information & Referral will assess the situation and find the organization and service that is best suited to provide the help you need.

Support and initiatives may include;

- Everybody Gets to Play Program intakes and endorsements (e.g. Recreation Assistance Program, Creative Culture Connections and Jumpstart)
- Assistance with completion of forms (i.e. AISH, CPP-D, etc.)
- Volunteer Income Tax Program
- General information and referral on various social programs

**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 a subsidy towards facility membership and/or programs at the Leduc Recreation Centre for low-income residents.
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 that helps youth aged 4-18 participate in organized sports and recreation, so that they can develop important life skills, self-esteem and confidence.

### Family Day Unplugged

The 2016 Family Day Unplugged initiative was a huge success. City of Leduc residents logged 46,575 hours, which was an increase of 20,661 hours from the previous year. Way to go, Leduc!

**Why Unplug?** A study published in JAMA Pediatrics found children get more sleep, do better in school, and behave better overall when parents limit computer and TV time.

Electronic devices are a part of the society we live in, so we challenge you to find a healthy balance and enjoy time with your most valuable social network: your family and friends.



## Family Support

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

- **One-on-One Support:** We work directly with clients in the FCSS office, or at a designated public space to help families and individuals access resources and develop skills and strategies in response to life struggles. We will often partner with other supporting agencies to assist individuals and families in accessing necessary services.
- **Community Education:** We offer educational opportunities to children, parents of younger children, community agencies, schools, and local businesses to build their skills and potential.
- **Community Development:** We often work together with schools and other organizations in the community to provide quality events and programming to support families in leading healthy and happy lives, including Children in Change, Managing Job Loss and Bringing Baby Home.

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

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

## Family Violence

With the challenges in our economy the incidents of family violence will increase. If you suspect that someone is being abused make it your business and report the information to your local authorities.

Please refer to the following numbers for more information on how and when to report:

- Leduc Child and Family Services at 780-986-7869
- Alberta Child Abuse Hotline at 1 800 387 5437 (KIDS)
- Family Violence Information Hotline: toll-free to get advice or information 24 hours a day at 310-1818
- Leduc Family and Community Support Services 780-980-7109

Free **Family Violence in Your Workplace** presentations are available for businesses in Leduc and area. They can be for all employees or can be modified to meet the needs of an OH&S meeting or for Human Resources staff. Learn what the employers responsibility is if an employee is a victim or a perpetrator of abuse. For more information contact Amanda at 780-980-8429.

## Youth Development

The Youth Development program supports City of Leduc residents, schools, agencies and businesses in building assets in our City. Asset building is based on the research and philosophies of the Search Institute © 40 Developmental Assets. The youth development coordinator encourages asset development by:

**One-On-One Family Support:** The Youth Development Coordinator works with parents/guardians of youth (age 12-19) to support them in dealing with the challenges that the teenage years can bring. We work with you to build skills, create parenting plans, and provide advocacy, support and referrals.

**Community Education:** We offer educational opportunities to parents, community agencies, schools and businesses to build their skills when working with youth and support the creation of youth friendly environments.

**School Programming:** We partner with schools and other agencies to support the youth in building assets, developing a healthy lifestyle and building personal life skills. The Youth Development Coordinator is responsible for the delivery of in-school programs such as Heroes.

### Understanding Your T(w)een Workshop Series

Want to know more about your t(w)een? Need someone to talk to about difficult topics? What can you do next? Join the City of Leduc FCSS, CAP Team and Leduc Public Library as we sit down and discuss recurring problems and possible solutions. Understanding Your T(w)een is a free workshop offered throughout the school year. To learn more about upcoming sessions, call 780-980-7109.

### Substance Abuse Prevention Workshops

The Leduc Community Drug Action Committee in partnership with Alberta Health Services will be hosting two free training sessions for service providers, teachers and community partners, and two free workshops for parents/caregivers.

### Positive Ticketing Campaign

The RCMP, Community Peace Officers, Nighthawks Citizens on Patrol, and the Leduc Community Drug Action Committee (LCDAC) will be out 'ticketing' the youth of our community from May until October. Children and youth caught setting a positive example or engaging in a random act of kindness will be rewarded with a positive ticket and treat donated by a local business.

## 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 include:

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

### Elder Abuse Training

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

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

### Homemaking

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

### Meals on Wheels

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

### Seniors' Week 2016 — June 6-12

Seniors make a difference in our communities every day. From supporting family members and friends to assisting charities and volunteering, seniors are deeply involved in our communities and their contributions benefit Albertans of all ages.

For information about events during Seniors Week, visit [Leduc.ca](http://Leduc.ca) or call FCSS at 780-980-7115.

## Research and Social Development

### Good Neighbour Awards

Good neighbours are individuals, couples or families who make neighbourhoods great. Through their selfless efforts, they help create connected, friendly and safe communities. Nominate someone in your neighbourhood who makes that neighbourhood a great place. Someone who:

- Models community spirit
- Helps in times of need
- Improves feelings of safety and security
- Encourages time for neighbours to get together and connect

Nominations are accepted from mid-May to October 3, 2016. Please contact FCSS or visit the City of Leduc website for information on how you can nominate that special neighbour.

The Good Neighbour Awards are sponsored by **Coldwell Banker Haida Realty**.

### 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 a.m. to 12:45 p.m.

- May 10 - Emergency Social Services
- October 27 - Leduc County FCSS and Money Mentors
- December 8 - TBD

To register, please contact Tabitha at [twhite@leduc.ca](mailto:twhite@leduc.ca).

# Environment

[Leduc.ca/environment](http://Leduc.ca/environment)

Eco-smart Hotline: 780-980-7107

[ecosmart@leduc.ca](mailto:ecosmart@leduc.ca)



## ORGANICS, RECYCLING & WASTE COLLECTION

### Monday

#### July

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#### August

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#### September

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#### October

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COMPOSTABLE  
Biodegradable | US COMPOSTING  
Product Institute



COMPOSTABLE  
www.compostable.info

#### To bag or not to bag?

- Organics.**
- ✓ Loose in green cart
  - ✓ Paper bags
  - ✓ 100% compostable bags marked with the U.S. and Canadian logos
  - ✓ Pet waste must be bagged

**Waste.** Waste items must be bagged, then placed in the black cart.

#### LEGEND:

- Black waste cart** All household waste including diapers & wipes, plastic bags & Styrofoam
- Green organics cart** All food & yard waste
- Blue recyclables** Paper, cardboard, plastic containers & metal

*\*Please! No plastic bags in the organics cart.*

## Tuesday

### July

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### August

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### September

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### October

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## Wednesday

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### August

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### September

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### October

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Black waste cart
  Black waste cart
  Blue recyclables

## Thursday

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### August

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### September

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### October

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## Friday

### July

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### August

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### September

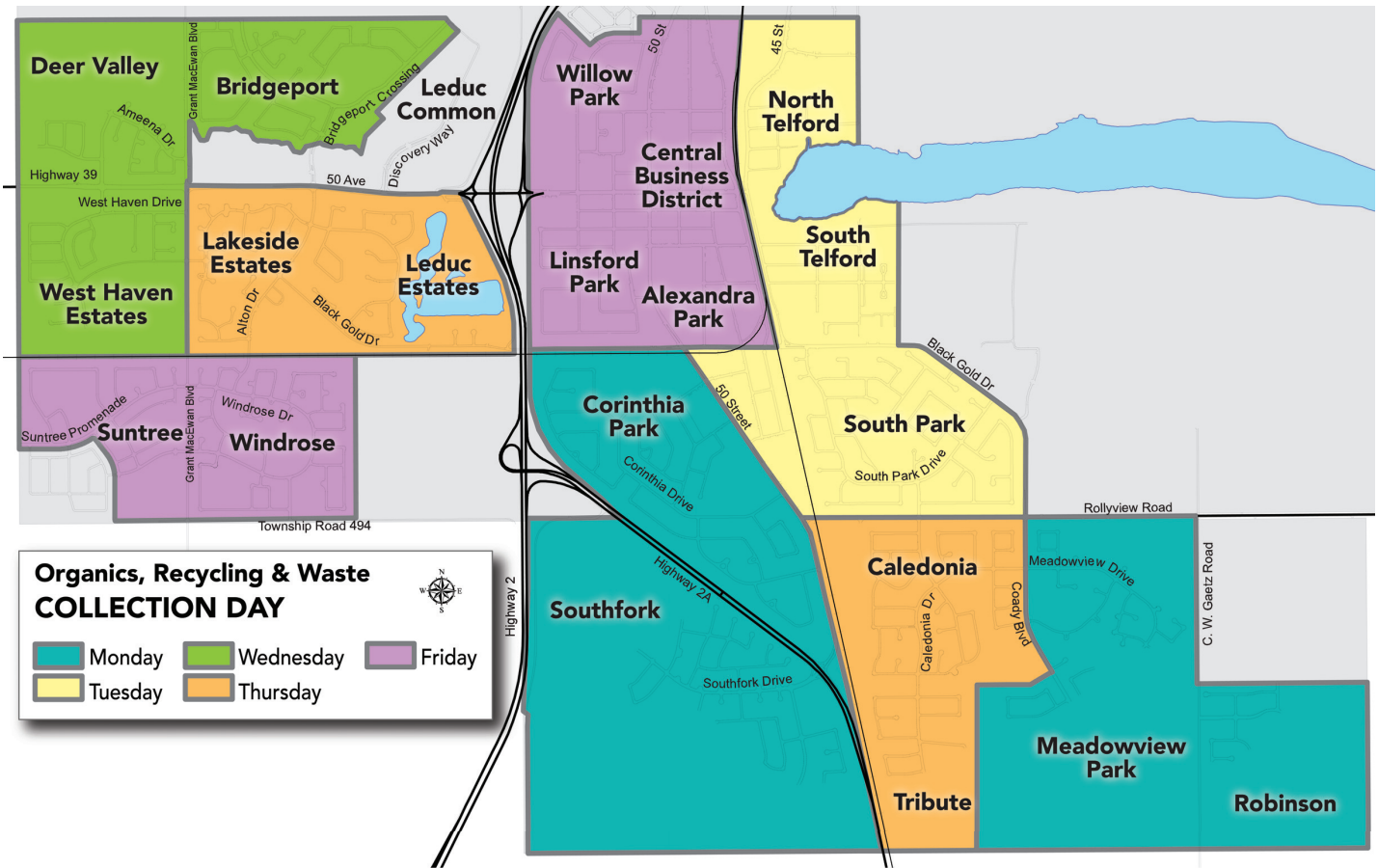
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### October

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Black waste cart
  Black waste cart
  Blue recyclables

## Collection Day Map



## SORT SMARTer

Sort the following materials into your **green organics** cart:

- All food scraps
- Soiled paper and cardboard
- Soiled tissues
- Garden waste

Please do not sort any plastic bags into your organics cart.

Sort the following clean, dry materials into your **blue bag**:

- Cardboard
- Paper
- Plastics with recycling number
- Tin cans and metal lids

Please do not sort glass into your blue bag. Glass is considered waste because Leduc has no market that will buy our glass.

The following material is considered waste and should be sorted into your black waste cart:

- Glass
- Diapers
- Plastic bags
- Standard light bulbs





...at the Alberta Summer Games

## ■ Leduc, here's your chance to show Alberta your Eco Smarts – and WIN!

Participate in the **Eco Champ** program during the Alberta Summer Games, July 14 – 17 in Leduc by:

- sorting smart,
- using a reusable water bottle,
- reducing your waste,
- keeping Leduc tidy, and
- taking any other action that shows your support for our environment.

Pick up your easy-wear Eco Champ medal from Games sustainability volunteers or wherever you see this sorting station flag flying.



## ■ Show us your Eco Smarts and you're entered into the Eco Smarts draw!

Take a group shot or a selfie of your Eco Smart action and share it on Facebook, Twitter or Instagram with the hashtag #LeducEcoChamp — and you will be entered into a random draw to win BIG! The winner gets a choice of a Leduc Recreation Centre (LRC) gift card of \$500 or a \$250 gift card to any Canadian Tire store.

## ■ Eco-Friendly Summer Tips

Want to be green this summer? And save work? And money? Here are two easy ways to work with nature for better lawns and gardens.

### Grasscycling:

How do you grasscycle? Leave the short clippings on the lawn when you mow. That's it! Grasscycling:

- keeps your lawn healthier because the clippings return nutrients to the lawn,
- saves you the time spent raking, bagging and hauling the bags,
- saves you money because your lawn doesn't need as much watering,
- helps the environment because you won't need chemical fertilizers, and
- keeps more material out of the landfill.

### Backyard composting:

Your green organics cart offers a great option for sorting organics material — but why not also try backyard composting to:

- give your lawn and garden nutrient-rich material that improves your soil quality,
- reduce the amount of organic material that needs to be trucked and processed,
- reduce greenhouse gas emissions, and
- saves the city the expense of processing the material.

For more information on grasscycling and backyard composting, check out [Leduc.ca/Environmental Services](http://Leduc.ca/Environmental Services), call the Eco-Smart Hotline at 780-980-7107 or email [ecosmart@leduc.ca](mailto:ecosmart@leduc.ca).

## ■ Environmental Progress Report 2015

Get the latest stats and facts on Leduc's progress in meeting a wide range of environmental goals. The 2015 Environmental Progress Report is available online at [Leduc.ca](http://Leduc.ca) and at city facilities.

### Highlights (as of Dec. 31, 2015):

- Leduc achieved 52% residential curbside waste diversion. The goal is to achieve 65% by 2021.
- The curbside organics program collected 2,375 tonnes in 2015, which means each household with the service diverted 294 kilograms (kg).
- The curbside blue bag program collected 1,328 tonnes, with each participating household diverting 165 kg.
- The curbside waste collection program collected 3,395 tonnes, with each participating household diverting 421 kg.
- Eco Station visits increased 26% in 2015 over 2014, with a total of almost 25,800 visits last year.
- The amount of compacted cardboard, electronic waste and household hazardous waste all increased in 2015 over 2014, with the amount of blue bag recyclables decreasing slightly.
- The amount of electronic waste and household hazardous waste collected at the Toxic & E-Waste Roundup in October 2015 increased significantly over the amount collected in 2014.



## Events

### ■ Go Skateboarding Day

— June 21, 2016, 4 – 6 p.m.

*Leduc Skateboard Park*

Join us for a skateboarding scavenger hunt and ice cream. Pre-registration and helmets are required. **Please note that helmets will not be provided this year.**

### ■ FREE Canada Day Celebrations

— July 1, 2016 (All activities are FREE)

Celebrate the nation's birthday with a pancake breakfast, parade, family activities, outdoor concert and spectacular fireworks display.

### ■ Dog Appreciation Day (FREE)

— Aug. 9, 2016, 6 – 8 p.m.

*K-9 Off Leash Dog Park*

Woof, woof! Calling all dogs! Bring your owners down to the off-leash park for some agility demos, free treats and meet others in the community. There will be info tables for your owners as well.

### ■ Rock the Rails (FREE)

— Aug. 22, 2016, 11 a.m. – 6 p.m.

*Leduc Skateboard Park*

This is a FREE youth festival featuring BMX, Skateboard, and Scooter competitions as well as a live DJ, graffiti art camp, climbing wall, laser tag, and other extreme activities (New this year! Canadian Stunt Team and CrazE Crew). Visit [RockTheRails.ca](http://RockTheRails.ca) for complete details. **Please note that helmets will not be provided this year.**

### ■ Party in Alexandra Park (FREE)

— Sept. 3, 2016, 11 a.m. – 10 p.m.

*Alexandra Park*

Join the City of Leduc for a farewell to summer celebration. Enjoy a day filled with family friendly activities, street performers, a double header movie inside the Alexandra Arena, and food trucks. It's sure to be a blast!

### ■ Fall Community Information and Registration Day (CIRD)

— Sept. 10, 2016, 10 a.m. – 2 p.m.

*Leduc Recreation Centre (4330 Black Gold Drive, Leduc, AB)*

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

### ■ Leduc Culture Days

— Sept. 30 – Oct. 2, 2016

*Various locations around Leduc*

Leduc Culture Days is a part of the province-wide Culture Days celebration of arts and culture. Visit [Leduc.ca](http://Leduc.ca) for more information on all of the great activities taking place throughout the weekend.

# Welcome to the 2016 Alberta Summer Games!

We would like to officially invite you to the 2016 Alberta Summer Games in Leduc! This four-day sporting event will see over 8,000 participants and spectators from across Alberta compete, learn and share experiences of a lifetime.

THE 2016 GAMES ARE HELD OVER

# 4 DAYS

FROM JULY 14 TO THE 17TH



# 2900

ATHLETES, COACHES & OFFICIALS



# 14 SPORTS



ATHLETES RANGE BETWEEN

# 11 & 17

REPRESENTING 8 ZONES  
AROUND ALBERTA

[2016ASG.COM](http://2016ASG.COM)



[@2016ASG](https://www.instagram.com/2016ASG)



[FACEBOOK.COM/2016ASG](https://www.facebook.com/2016ASG)

# ARE YOU READY

## Admissions

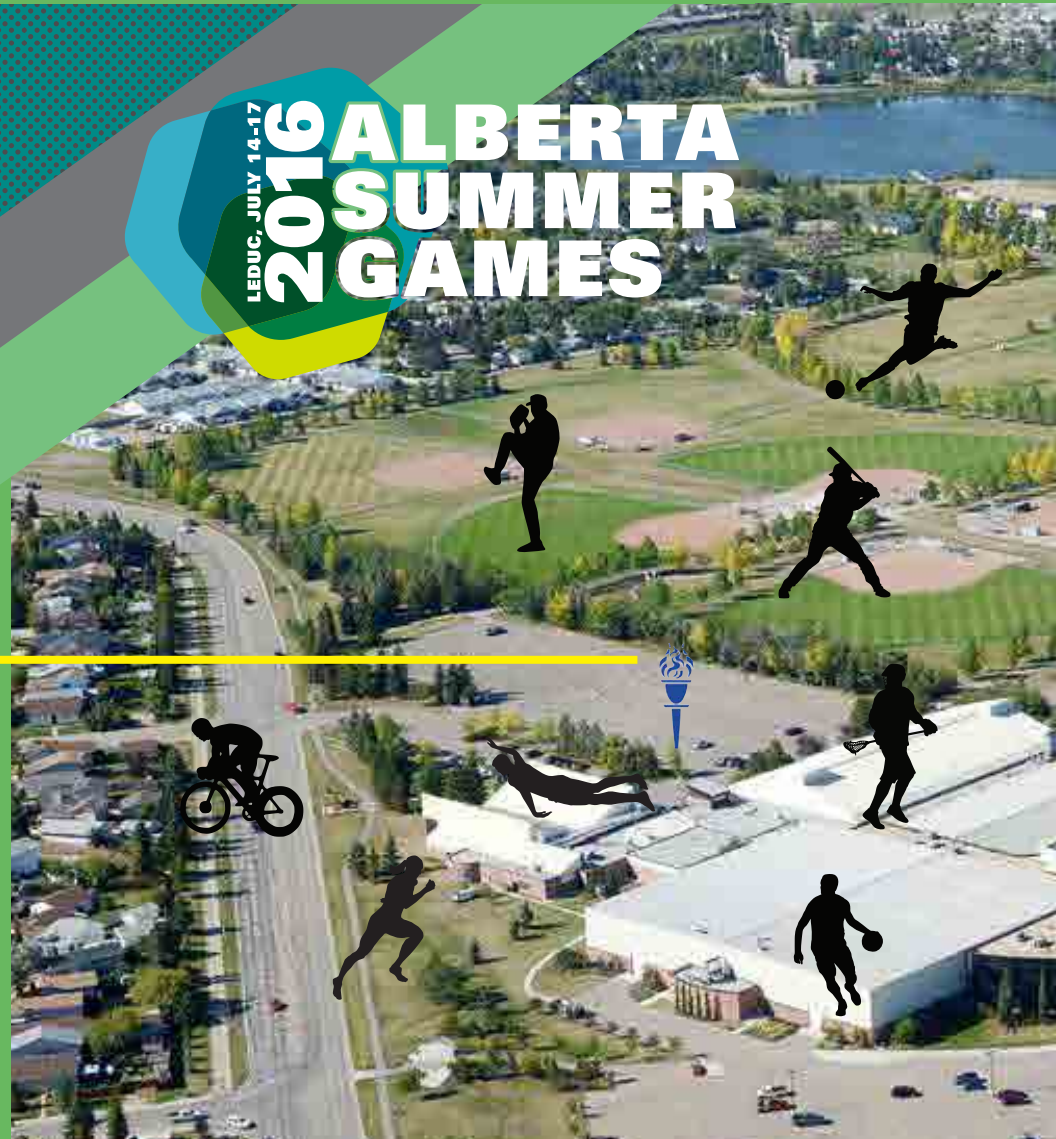
Tickets for the 2016 Alberta Summer Games can be purchased on our website (2016ASG.COM), or at any of the 11 Games Admission booths. One Games ticket will allow you to watch all the action.

## Opening Ceremonies

On Thursday, July 14 at 6:30 p.m., Leduc and the 2016 Alberta Summer Games will officially welcome athletes and spectators at the Opening Ceremonies in the Leduc Recreation Centre west parking lot. Help us light the cauldron and welcome everyone to our great city!

## Other Venues

- The BMX sporting event will be held in Edmonton at the Edmonton BMX Park located at 6850 88 St NW.
- The John Bole Athletic Park will see fierce athletic competition west of the Games Hub.
- The Mountain Biking event will be hosted by Devon at the Riverview Bike Park found at the south end of Devon Voyageur Park.



Edmonton BMX Association



John Bole Athletic Park



BLACK GOLD  
REGIONAL  
DIVISION NO. 18



# TO UNLEASH?



## Games Square

The Games Square will be a lively area during the Games, offering activities for all visitors. Food trucks, face painters, live events and local artists will be set-up here.

## Games Hub

The Games Hub will be the core of the 2016 Alberta Summer Games. The Leduc Recreation Centre, William F. Lede Park and Telford Lake will be the heart of the Games hosting 11 of the 14 sports.

## Leduc Recreation Centre

This premier sporting facility will be home to four different sports during the Games. It will also feature the Food Centre and athlete entertainment.



## Torch Relay

Let's kickoff the Games the right way! Watch local athletes carry the torch 12kms around Leduc on July 14. The Torch Relay starts at 9:30 a.m. and ends at 1:00 p.m. in the southeast parking lot of the LRC. Visit our website ([2016ASG.COM](http://2016ASG.COM)) for a map of the route.



LEDUC, JULY 14-17

# 2016 ALBERTA SUMMER GAMES



## Message from the 2016 Alberta Summer Games Chairman

In a few short weeks, the much anticipated 2016 Alberta Summer Games will be underway in our community. Our goal is to host the “Best Ever” Games. Thanks to the commitment of our directors, chair people, office staff and other volunteers, we are well prepared. We have been so fortunate to receive significant financial support from the Province, the City and the County of Leduc. As well, both of our local school boards have made their respective facilities available to house over two thousand athletes. With an operating budget of almost \$2,000,000, we needed to ask our local businesses and organizations to provide additional financial assistance, and they have responded magnificently.



Over the next several weeks we will be making the final adjustments to all the details that need to be addressed when hosting such a phenomenal sporting event. Leduc has a proud history when it comes to hosting such events, and thanks to the “Can Do” attitude of all our volunteers, I know the athletes who attend the Games and the spectators who witness the competitions will leave with a very positive feeling and fond memories of the “Best Ever” Alberta Summer Games in Leduc 2016.

- John Bole, Games Chairman

## UNLEASH YOUR VOLUNTEER SPIRIT!

## REGISTER ONLINE

## 2016ASG.COM

UNLEASH  
YOUR SUPPORT



@2016ASG



FACEBOOK.COM/2016ASG

## LRC Schedule Changes during the Alberta Summer Games

The Leduc Recreation Centre is proud to host the **2016 Alberta Summer Games** July 14 - 17. Over 3,000 athletes, coaches, and officials will be in Leduc for the event. To accommodate all of the athletes and fans there will be some changes to our typical fitness, aquatics, and recreation programs and schedules. Please be aware of the following:

- **Mix Family Aquatics Centre: CLOSED** – All programs/classes will be **cancelled** July 14 – 17
- **Child Minding: CLOSED** July 14 – 17
- **Fitness Centre: OPEN** – Please note drop-in classes located on the indoor track or on the spin bikes will be **cancelled** July 14 – 17
- **Indoor Track: CLOSED** July 14 – 17
- **County & Co-op Field House: CLOSED** All drop-in programs are cancelled July 12 – 18
- **Ice Arenas: CLOSED** All arena drop-in programs and activities will be cancelled July 1 – 31

### Want to watch the games?

Come out to cheer on these young athletes! Daily and weekend passes are available for purchase at **2016asg.com** or at any games admission booths. If you're a LRC member, you receive 25% off your weekend pass!



Please be aware that parking spaces will be limited during the games.  
For more information visit **2016asg.com**, **Leduc.ca/LRC**, or call **780-980-7120**.

# Volunteer Leduc

📍 [Leduc.ca/volunteers](http://Leduc.ca/volunteers) 📞 780-980-7177 📧 [volunteer@leduc.ca](mailto:volunteer@leduc.ca)



Willow Park School – Environmental Achievement Award



Harold & Marlene Schoonmaker – Culture & Heritage Recognition Award

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

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

**Share your time and skills to grow our community. Join Volunteer Leduc today!**

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



## Coming this Summer...

Our very popular summer reading club is back!

Children, families, teens, and adults will each have their own special game with awesome prizes to be won.

The children's program is designed to inspire kids to explore the fun of reading their way – the key to building a lifelong love of reading. This summer's theme is WILD. Kids are encouraged to escape the everyday, step outside of the ordinary, and seek the unknown and untamed through reading.

The adult and teen games encourage reading, exercise and, new for this year: writing. Keep a journal of the amount of time spent reading (including: newspapers, magazines, graphic novels and audio books), the number of steps taken each day, and creating book reviews that can be shared with fellow readers.

Don't forget, the Leduc Public Library's summer hours of operation are:

**Monday – Thursday:** ..... 10 a.m. – 9 p.m.  
**Friday – Saturday:** ..... 10 a.m. – 5 p.m.  
**Sunday:** ..... CLOSED

## Children's Programs

### Father's Day Craft

Children of all ages

**June 11, 2016, 10 a.m. – 5 p.m.**

Drop in anytime throughout the day and create a gift for Dad with a personal touch. Supplies will be set out and ideas to follow or design your own. Don't forget to pick up some great books to curl up and read with dad.

### Little Gardeners

Ages 4 – 8

**June 16, 2016, 3:30 – 4:30 p.m.**

Let's jump into the summer season by discovering how gardens grow as we do some reading, activities and plant some seeds of our own to take home and watch them grow. *Please note this is a registered program.*

### Pete the Cat Fun Night

Ages 4 – 8

**June 20, 2016, 6 – 7:30 p.m.**

Do you love Pete the Cat as much as we do? Join us for a groovy night of reading activities and crafts centered on this cool dude. *Please note this is a registered program.*



## Tween/Teen Programs

### Teen Noon Games

Every Wednesday from September to June we will be playing video and board games in the program room at school lunch time. Join in on the fun!

### Spray Paint T-Shirts

June 1, 2016, 3 – 4:30 p.m.

Ages 9 – 15

Add your own unique creations to your wardrobe! Bring your own t-shirts and we'll supply ideas, different techniques, materials and the paint. You don't have to stop at just one. *Please note this is a registered program.*

### Crayon Meltdown Artwork

June 6, 2016, 6:30 – 8 p.m.

Ages 10 – 16

This is an easy, straightforward project that delivers a lot of graphic impact for not very much effort. We will supply the materials and give you tons of ideas for an art piece you will be proud to display on your wall. *Please note this is a registered program.*

## Adult programs

### ESL Conversation English

Each Tuesday until June 28, 2016, 6:30 – 8 p.m.

Come to the library and join our new ESL conversation group. You will meet and practice speaking along with other English learners in a welcoming and fun environment. The ESL program is run in joint partnership with Leduc Adult Learning ([www.leducadultlearning.ca](http://www.leducadultlearning.ca)).

### Home Monitoring Systems

June 8, 2016, 6:30 – 7:30 p.m.

Presented by Good Samaritan TeleCare, this informational session will present on home monitoring, support and response services for individuals of all ages and situations, from lone-workers to seniors at home. From fall and flood detection to temperature monitoring, medication and appointment reminders, this presentation will provide a wide display of monitoring systems and have examples of each on display. Come and learn at this no pressure informational presentation!

### Adult Board Game Show Down

June 10, 2016, 6:30 – 9 p.m.

Need a place to have a fun evening out with friends? Game cafes are growing in popularity as places to hang out, laugh and eat. The library will be closed, games a plenty. This is the PERFECT night to have fun and learn new games with friends. *Please note this is a registered program.*

### Rules of the Road: A Common Sense Guide to Investing

June 15, 2016, 7 – 8 p.m.

This program is designed to help you learn solid investment strategies that can enable you to achieve your financial goals. This seminar introduces 10 principles of sound investments and discusses how to identify and avoid the most common investment mistakes.

*Please note this is a registered program.*

Registration for programs can be completed online at [www.leduclibrary.ca](http://www.leduclibrary.ca)

## Be in the “Know” about Leduc Public Library

Are you a local author that has written a book or do you know of any local authors? The Leduc Public Library is always happy to support local writers and to purchase a copy of the author's work to add to the library's collection. Contact the library for more information!

Don't forget that if you are interested in writing, you are always welcome to join our Writer's Group. We meet the second Monday of the month at 7:00 p.m.



# Community Development Listings

## Arts and culture

Alberta Dairy Congress	780-986-9562	www.albertadairycongress.ca
Alberta Legacy Development Society (Leduc Grain Elevator)	780-980-2679	www.LeducElevator.com
Alberta Zirka Ukrainian Performers	780-985-4000	www.Zirka.ca
Black Gold Community Band	780-974-2346	
Black Gold Rodeo	780-887-3235	www.blackgoldrodeo.com
Connectivity Dance	780-739-1142	www.connectivitydance.com
Communities in Bloom	780-980-7177	
Homesteaders Square Dancers	780-986-8378	
Leduc #1 Energy Discovery Centre	780-987-4323	www.LeducNumber1.com
Leduc Art Club	780-986-9773	www.LeducArtClub.com
Leduc and District Historical Society (Dr. Woods House Museum)	780-986-1517	www.WoodsMuseum.com
Leduc Drama Society	780-986-9501	www.LeducDramaSociety.ca
Leduc Genealogy Society	780-986-8027	
Leduc Music Festival Association	780-955-7236	
Leduc Pottery Club	780-436-0824	
Leduc Public Library	780-986-2637	www.LeducLibrary.ca
Leduc Rotary Music Festival	780-955-7236	
Leduc West Antique Society	780-986-5912	www.LeducWestAntique.ca
Maclab Centre for the Performing Arts	780-980-1866	www.MaclabCentre.com
Piatta Forma Choir	780-986-0915	
Stageworks Academy of the Performing Arts	780-986-2884	www.stageworkstheatre.com
The Telford Singers	780-980-5335	

## Crime prevention

Black Gold Community Patrol – Nighthawks	780-263-4858	
Crime Stoppers Alberta	1-800-222-8477 (TIPS)	www.crimestoppers.ab.ca
Leduc and District Victim Services	780-980-7232	www.LeducVictimServices.ca
Leduc Enforcement Services	780-980-7200 option 5	
Leduc RCMP	780-980-7200 or 780-980-RCMP	

## Family and Community Support Services

– Phone: 780-980-7109

Counselling	780-980-7109	
Family support program	780-980-8429	
Leduc Community Drug Action Committee	780-980-7184	
Meals on Wheels	780-980-7109	
Research and social development	780-980-7174	
Seniors Outreach program	780-980-7115	
Youth development program	780-980-7184	

## Family and parenting resources

Bullying Helpline	1-888-456-2323	www.BullyFreeAlberta.ca
Early Childhood Resource Program	780-955-4598	
Family Connections Home		
Visitation Program	780-955-6423	
Health for Two	780-980-4644	
Leduc Rainbows Program	780-980-8429	
Leduc Regional Parent Link Centre	780-979-2386	www.ParentLinkAlberta.ca
Outreach for Pregnant and Parenting Teens	780-986-9466	
Parenting After Separation	780-413-9805	

## Family violence

Emergency Protection Order Program	780-422-9222	
Family Support and Intervention Program	780-980-7232	
Family Violence Information Line	780-310-1818	
Leduc and District Victim Services	780-980-7232	LeducVictimServices.ca
Riseup House	780-739-7473	www.Riseuphouse.ca
The Today Center	780-455-6880	www.EdmontonFamilyViolence.ca

## Government agencies

Alberta Employment and Immigration	780-980-0557	www.HumanServices.Alberta.ca
Alberta Justice, Provincial Court, Leduc	780-986-6911	www.AlbertaCourts.ab.ca
Child and Family Services Authority	780-986-7869	
City of Leduc	780-980-7177	www.Leduc.ca
Correctional Services (Probation)	780-986-7979	
MLA Constituency Office (Leduc-Beaumont)	780-986-4652	rogers.mypcmla.ca
MP Constituency Office (Edmonton-Leduc)	780-495-4351	www.JamesRajotteMP.ca
Maintenance Enforcement Program	780-422-5555	

## Health

Health Link (24 hour)	1-866-408-5465	780-408-5465
Black Gold Health Foundation	780-980-4536	www.BlackGoldHealthFoundation.com
Extendicare	780-986-2245	www.extendicarecanada.com
Leduc Beaumont Devon		
Primary Care Network	780-986-6624	www.LBDPCN.com
Leduc Community Health Centre	780-980-4644	
Leduc Community Hospital	780-986-7711	
Leduc Mental Health Clinic	780-986-2660	

## Housing

Leduc Foundation	780-986-2814	www.LeducFoundation.ca
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## Recreation

Archery Club	780-980-7411	
Battle River Lightning Soccer Association	780-586-2783	www.BattleRiverSoccer.com
Friends of the Alexandra Pool Society	780-986-6143	
Leduc Ball Diamonds	780-980-7177	
Leduc Boat Club	780-902-4211	www.LeducBoatClub.com
Leduc Competitive Mixed Slo-Pitch League	780-980-3250	www.LCMSP.com
Leduc and County Basketball	780-980-4089	www.LeducLightning.com
Leduc Curling Club	780-986-3553	www.LeducCurling.com
Leduc and District Football	780-504-5397	LeducCats.Tripod.com
Leduc Figure Skating Club	780-966-2451	www.LeducFigureskating.com
Leduc Golf and Country Club	780-986-8009	www.LeducGolf.com
Leduc Indoor Slo-Pitch Association	780-720-0909	
Leduc Junior Athletic Club	780-986-0039	www.LJAC.ca
Leduc Kanata Gymnastics Club	780-986-2627	www.LeducGymnastics.com
Leduc Lacrosse Club	780-986-8481	www.LeducLacrosse.com
Leduc Legion Horseshoe Club	780-986-3609	
Leduc Minor Baseball		www.LeducBaseball.ca
Leduc Minor Hockey Association	780-394-0722	www.Imha.ab.ca
Leduc Soccer Association	780-916-5838	www.LeducSoccer.ca
Leduc Minor Softball	780-986-8330	www.LeducMinorSoftball.ca
Leduc Recreation Centre	780-980-7120	www.Leduc.ca/LRC
Leduc Recreational Badminton Club	780-985-3836	
Leduc Synchro Swim	780-986-7262	www.LeducSynchroExcel.com
Leduc Special Olympics	780-986-3251	www.SpecialOlympics.ab.ca
Leduc Track Club	780-929-5098	www.LeducTrack.com
Rugby, (LA Crude Sports Club)	780-818-4128	www.LACrude.ca
	780-986-0530	
Softball (mixed recreational)	780-986-6411	
Triton Swim Club	780-918-9017	www.TritonSwimClub.ca

## Senior services

Focus on 55+ Coalition	780-980-7115	
Friendship Club	780-986-1969	
Funseekers Over 55 Club	780-986-6785	
Leduc Assisted Transportation (administration)	780-980-7177	
Leduc Assisted Transportation (bookings/dispatch)	780-986-5000	
Leduc Foundation	780-986-2814	www.LeducFoundation.ca
Leduc Senior Swim and Aquasize Club	780-986-2421	
Senior Citizens Club (Telford House)	780-986-6160	
Seniors Abuse Helpline	780-454-8888	

### Social agencies

24 Information and referral line	211	
Assured Income for the Severely Handicapped (AISH)	780-415-6300	
Bridges (FASD Mentor)	780-955-6423	
Catholic Social Services Family Living Program	780-420-6081	
Family Support for Children with Disabilities (FSCD)	780-427-4354	<a href="http://www.child.gov.ab.ca">www.child.gov.ab.ca</a>
Leduc Community Living Association	780-986-4193	<a href="http://www.lclaleduc.com">www.lclaleduc.com</a>
Leduc and District Food Bank	780-986-5333	<a href="http://www.leducfoodbank.ca">www.leducfoodbank.ca</a>
Leduc LINX Connect Centre	780-980-9423	<a href="http://www.leduclinxconnect.ca">www.leduclinxconnect.ca</a>
Leduc Regional HUB	780-739-5482	<a href="http://www.LRHUB.org">www.LRHUB.org</a>
Meals on Wheels	780-980-7109	
McMan Youth, Family and Community Services Association	780-739-0413	<a href="http://www.mcman.ca">www.mcman.ca</a>
Persons with Developmental Disabilities (PDD)	780-427-2817	<a href="http://www.pdd.org/edmonton">www.pdd.org/edmonton</a>
Salvation Army (Leduc)	780-986-8861	
Santa's Helpers	780-986-4800	
Second Glance Clothes Ltd	780-986-1450	
Society of Saint Vincent de Paul	780-984-0069	
The Support Network	780-482-0198	<a href="http://www.TheSupportNetwork.com">www.TheSupportNetwork.com</a>
Telford Day Program (Leduc Adult Day Support Program)	780-986-0595	
WeCan Food Co-op	780-986-1890	<a href="http://www.WeCanFood.com">www.WeCanFood.com</a>
Welcome Wagon	780-986-5800	<a href="http://www.WelcomeWagon.ca">www.WelcomeWagon.ca</a>

### Social clubs

Knights of Columbus	780-986-4198	<a href="http://www.LeducKC.com">www.LeducKC.com</a>
Leduc Black Gold Optimist Club	780-756-0493	<a href="http://www.LeducBlackGoldOptimists.com">www.LeducBlackGoldOptimists.com</a>
Leduc Black Gold Toastmasters Club	780-986-5800	2751.ToastmastersClubs.org
Leduc and District Horticultural Society	780-387-5029	
Leduc Fish and Game Association	780-986-3030	<a href="http://www.LFGA.webs.com">www.LFGA.webs.com</a>
Leduc Kinetite Club	780-599-0035	<a href="http://www.KinCanada.ca">www.KinCanada.ca</a>
Leduc Kinsmen Club	780-986-4808	<a href="http://www.KinCanada.ca">www.KinCanada.ca</a>
Leduc Lions Club	780-986-1882	
Masonic Lodge (Star of the West Lodge 34)	780-986-8666	<a href="http://www.FreeMasons.ab.ca/Leduc">www.FreeMasons.ab.ca/Leduc</a>
Rotary Club of Nisku-Leduc	780-980-5179	
Order of the Eastern Star (Windsor Chapter No 110)	780-980-1021	
Royal Canadian Legion, Branch 108	780-986-1455	<a href="http://www.Legion.ca">www.Legion.ca</a>
Royal Canadian Legion Ladies Auxiliary	780-986-1455	<a href="http://www.Legion.ca">www.Legion.ca</a>
Royal Purple (Lodge No 41)	780-986-4401	<a href="http://www.RoyalPurpleofCanada.org">www.RoyalPurpleofCanada.org</a>

### Support groups

ALS Society of Alberta	780-487-0754	<a href="http://www.ALSAB.ca">www.ALSAB.ca</a>
Alzheimer Support Group	780-980-7115	<a href="http://www.Alzheimer.ab.ca">www.Alzheimer.ab.ca</a>
Leduc Brain Injury Rebuilding Club	780-986-2665	
Leduc Diabetes Support Group (Adults)	780-986-1178	
Leduc Sight Seekers Support Group (Low Vision)	780-986-7030	
MS Support Group of Canada	780-769-1048	<a href="http://www.MSSociety.ca">www.MSSociety.ca</a>
Parents of Kids with Diabetes Support Group	780-471-3034	
Riseup House Support Groups for Women	780-986-7030	<a href="http://www.Riseuphouse.ca">www.Riseuphouse.ca</a>
Stroke Recovery Association of Leduc	780-739-7473	<a href="http://www.StrokeAlberta.com">www.StrokeAlberta.com</a>
Suicide Bereavement Program	780-980-6241	<a href="http://www.SuicidePrevention.ca">www.SuicidePrevention.ca</a>
Suicide Caregivers Support Program	780-482-0198	<a href="http://www.LeducVictimServices.ca">www.LeducVictimServices.ca</a>

### Support groups (addictions)

Addictions Help Line (AB Health Services)	1-866-332-2322	<a href="http://www.AlbertaHealthServices.ca">www.AlbertaHealthServices.ca</a>
Addictions and Mental Health (AADAC)	780-980-7580	<a href="http://www.AlbertaHealthServices.ca">www.AlbertaHealthServices.ca</a>
Alcoholics Anonymous	780-980-4586	
Al-Anon	780-980-8100	<a href="http://www.AA.org">www.AA.org</a>
	1-888-322-6902	<a href="http://www.Al-Anon-Edmonton.org">www.Al-Anon-Edmonton.org</a>

Alateen	1-888-322-6902	<a href="http://www.Al-Anon-Edmonton.org">www.Al-Anon-Edmonton.org</a>
Cocaine Anonymous	780-425-2715	<a href="http://www.CA.org">www.CA.org</a>
Henwood Treatment Centre	780-422-9069	<a href="http://www.AlbertaHealthServices.ca">www.AlbertaHealthServices.ca</a>
Leduc Community Drug Action Committee	780-980-7184	

### Transit

Leduc Assisted Transportation Services (LATS)	780-980-7177	Bookings: 780-986-5000
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### Youth organizations

Air Cadets – Royal Canadian #831 Black Knights	780-986-0831	<a href="http://www.831air.ca">www.831air.ca</a>
Boys and Girls Club of Leduc	780-986-3121	<a href="http://www.leducBoysandGirls.com">www.leducBoysandGirls.com</a>
Girl Guides of Canada	1-800-565-8111	<a href="http://www.GirlGuides.ca">www.GirlGuides.ca</a>
Leduc 4-H Beef Club	780-986-9705	<a href="http://Leduc4HBeefClub.webs.com">Leduc4HBeefClub.webs.com</a>
Scouts (First Leduc Scouting Association)	780-722-5549	
Scouts (Second Leduc Scouting Association)	780-237-6016	

# Contact information

Web: [Leduc.ca](http://Leduc.ca) Facebook.com/cityofleduc

Twitter: @cityofleduc

Family and Community Support Services (FCSS)	780-980-7109
Recreation, Sport and Group Service	780-980-8412
Cultural Services and Special Events	780-980-7178
Indoor Facility Bookings	780-980-7118
Outdoor Facility Bookings	780-980-7181
TicketMaster	1-855-985-5000

## Leduc Recreation Centre


Web: [Leduc.ca/LRC](http://Leduc.ca/LRC) Facebook.com/Leducrecentre

Twitter: @Leducrecentre

Guest Services, Program Information and Registration	780-980-7120
Administration	780-980-8405
Birthday Party Bookings	780-980-8406



CITY OF  
**Leduc**

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