



CITY GUIDE

SPRING 2016

programs

activities

events

services

CITY OF
Leduc

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

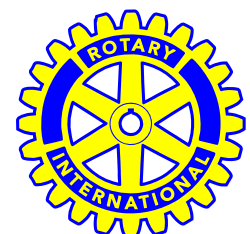
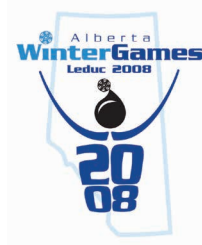


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LRC Membership has its Benefits

- Access to drop-in fitness, aquatic and recreation programs.
- 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 sporting events and cultural performances.
- Access to the Alexandra Outdoor Pool.
- 10% discount on purchases at Apple Fitness (Edmonton).

Spring 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 for more details.

- **Mother's Day Special (2-for-1 Day):** May 8, 2016

Spring Fitness Events & Challenges

- **Nutrition Month:** March 2016
- **50/50 Challenge:** April – June, 2016

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



Leduc Recreation Centre

 Leduc.ca/LRC

 780-980-7120

 @leducrcentre

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

Single Visit / Flex Pass

	single visit admissions	flex pass (10 admissions)
Adult - 18 - 59 years	\$8.50	\$72.50
Youth - 8 - 17 years	\$5.55	\$48.50
Child - 3 - 7 years	\$4.00	\$33.50
Pre-school - 2 and under	--- FREE ---	
Senior - 60 - 79 years	\$5.55	\$48.50
Senior Plus - 80 years +	--- FREE ---	
Family *	\$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
Fitness Centre and Track	Monday – Friday	5 a.m. – 10 p.m.	Saturday / Sunday	8 a.m. – 9 p.m.	11 a.m. – 5 p.m. Good Friday (March 25) 10 a.m. – 8 p.m. Easter Monday (March 28) 10 a.m. – 8 p.m. Victoria Day (May 23)
Aquatic Centre	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.	
Guest Services	Monday – Friday	8 a.m. – 10 p.m.	Saturday / Sunday	8 a.m. – 9 p.m.	
Field House	Monday – Thursday Friday	8 a.m. – 10 p.m. 8 a.m. – 9 p.m.	Saturday / Sunday	8 a.m. – 9 p.m.	
Kukabunga Jungle	Monday – Friday	11 a.m. – 8 p.m.	Saturday / Sunday	9 a.m. – 8 p.m.	
Ticketmaster	Monday – Friday	9 a.m. – 8:30 p.m.	Saturday / Sunday	9:30 a.m. – 5 p.m.	
Child Minding Centre <i>April 10 – June 30</i>	Monday & Wednesday	8:45 a.m. – 2 p.m., 5 – 8 p.m.	Saturday	8:45 a.m. – noon	Closed
	Tuesday & Thursday	8:45 a.m. – 2 p.m.	Sunday	Closed	
	Friday	8:45 a.m. – noon			

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.

Public Drop-In and Outside Training

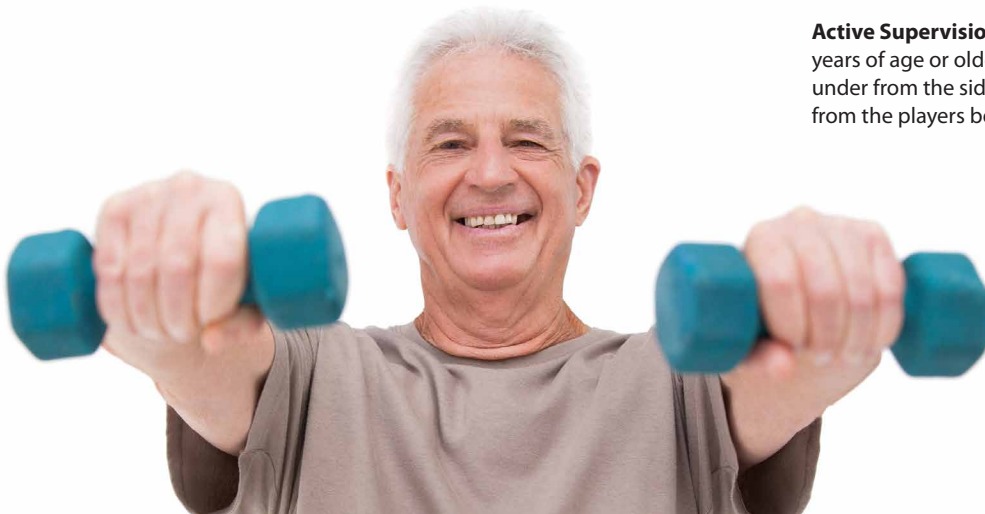
Public drop-in access is intended for recreational use only. Any outside personal training or group instruction/coaching is strictly prohibited during public drop-in times.

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 - Spring Session (April – June)

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, speak to a guest services representative at the LRC, or call **780-980-7120**.

Aquatic Registration - March 1, 2016: All registered swim lessons, aquatic fitness programs and leadership courses.

General Registration - March 8, 2016: All registered recreation, fitness and education programs.

Open Registration

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

Aquatic Registration - March 3, 2016: All registered swim lessons, aquatic fitness programs and leadership courses.

General Registration - March 10, 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.

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

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 www.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 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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FORWARD TOGETHER.

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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 www.pizza73.com or pick up a copy at LRC guest services. Delivery and pick-up options are available.



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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 are available 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, email lrcbirthdays@leduc.ca or call 780-980-7118.

**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.*

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.*



Food Allergies?

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

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, to a maximum of 3 hours/day.

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

Hours of Operation April 10 – June 30	
Monday	8:45 a.m. – 2 p.m.; 5 – 8 p.m.
Tuesday	8:45 a.m. – 2 p.m. <i>*Notice: June 21 Closed at noon</i>
Wednesday	8:45 a.m. – 2 p.m.; 5 – 8 p.m.
Thursday	8:45 a.m. – 2 p.m.
Friday – Saturday	8:45 a.m. – noon
Sunday and Statutory holidays	Closed

Guidelines

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	
<i>Good Friday (March 25)</i>	11 a.m. – 5 p.m.
<i>Easter Monday (March 28)</i>	10 a.m. – 8 p.m.
<i>Victoria Day (May 23)</i>	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 Leduc.ca/ezrec to register.

Standard First Aid/CPR/AED - Level C \$120

» Monday/Tuesday	9 a.m. – 5 p.m.	May 9 & 10	29561
» 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 \$120

» 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 \$85

» Friday	9 a.m. – 5 p.m.	April 8	29568
» Saturday	9 a.m. – 5 p.m.	May 14	29569
» 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

» Friday	9 a.m. – 5 p.m.	March 2	29352
» Friday	9 a.m. – 5 p.m.	April 22	29353

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 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



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

The City of Leduc is proud to host the **Alberta Summer Games** July 14 - 17. Athletes will be competing in 14 different activities/sports around Leduc & Devon.



For updated information on LRC access and membership during the games, please visit Leduc.ca/LRC.

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 for details on age requirements, program registration, and withdrawals, as well as waitlist and cancellation policies.

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.



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

Family Programs

Kids in the Kitchen (parented) 3 – 5 year olds

- » Monday 6 – 7:30 p.m. May 2
29810 \$12.50
- » Monday 6 – 7:30 p.m. June 13
29811 \$12.50



This interactive cooking program is for children and parents to learn how to cook up fun, tasty treats that can be easily made at home. Please Note: there is a maximum of 1 child/adult for this class.

Sportball – Parent & Child 2 – 3.5 year olds

- » Tuesdays 5:30 – 6:15 p.m. April 12 – May 10 29818 \$80
- » Fridays 9:45 – 10:30 a.m. April 15 – May 13 29813 \$80
- » Tuesdays 5:30 – 6:15 p.m. May 17 – June 14 29819 \$80
- » Fridays 9:45 – 10:30 a.m. May 20 – June 17 29815 \$80

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



NEW

Gym & Swim (parented) 1 – 5 year olds

- » Wednesdays 12:30 – 2:30 p.m. April 13 – May 11 29804 \$48
- » Wednesdays 12:30 – 2:30 p.m. May 18 – June 15 29805 \$60

Be a part of the splashing good time at the LRC. Our program starts off with a refreshing dip in the pool and then we head to the Kukabunga Jungle for some fun and games. Please provide a small peanut-free snack and water bottle for your child. Maximum of 3 children/adult.



Sportball – Parent & Child 16 – 24 months old

- » Fridays 9:15 – 9:45 a.m. April 15 – May 13 29812 \$80
- » Fridays 9:15 – 9:45 a.m. May 20 – June 17 29814 \$80

You've made the team! Toddlers and parents/caregivers learn fundamental sport skills and participate in creative motor games, songs, rhymes, stories, bubble time and much more! In addition to focusing on physical movements and social exploration, these 30-minute programs will introduce children to a different sport each week. Parents/caregivers participate with their little one to guide and challenge them according to their individual skill level. Sportball maintains a one-parent-per-child ratio policy in all Parent & Child programs to ensure that focus is kept on helping little ones practice and progress.



NEW

Preschool Programs

Safari Troopers 3 – 5 year olds

- » Mondays 9 – 11 a.m. April 11 – May 9 29790 \$69.30
- » Mondays 9 – 11 a.m. May 16 – June 13* 29791 \$55.60

*No class May 23

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

Alphabet Soup 3 – 5 year olds

- » Mondays 12:30 – 2 p.m. April 11 – May 9 29794 \$69.30
- » Mondays 12:30 – 2 p.m. May 16 – June 13* 29795 \$55.50

*No class May 23

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

Little Explorers 3 – 5 year olds

- » Tuesdays 9 a.m. – noon April 12 – May 10 29796 \$78.75
- » Tuesdays 9 a.m. – noon May 17 – June 14 29797 \$78.75

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.

Splash n' Play 3 – 5 year olds

- » Tuesdays/Thursdays 12:30 – 2:30 p.m. April 12 – May 5 29798 \$133
- » Tuesdays/Thursdays 12:30 – 2:30 p.m. May 17 – June 9 29799 \$133

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



Sportball – Coaches & Children 3.5 – 5 year olds

- » Tuesdays 6:15 – 7:15 p.m. April 12 – May 10 29820 \$80
- » Fridays 10:30 – 11:30 a.m. April 15 – May 13 29816 \$80
- » Tuesdays 6:15 – 7:15 p.m. May 17 – June 14 29821 \$80
- » Fridays 10:30 – 11:30 a.m. May 20 – June 17 29817 \$80

Sportball Coach & Children programs help kids ages 3 and up develop independence and build confidence by attending classes 'all by themselves.' Coaches engage younger children with creative storylines and special themes and connect with older kids as leaders and mentors. Parents and caregivers are asked to remain outside during Coach & Children classes to minimize distractions and encourage kids to participate on their own. Children must be fully toilet trained & wear indoor shoes.

NEW

Little Masterpieces 3 – 5 year olds

- » Wednesdays 9 – 10:30 a.m. April 13 – May 11 29800 \$69.30
- » Wednesdays 9 – 10:30 a.m. May 18 – June 15 29801 \$69.30

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

Gym & Swim 3 – 5 year olds

- » Wednesdays 12:30 – 2:30 p.m. April 13 – May 11* 29802 \$60
- » Wednesdays 12:30 – 2:30 p.m. May 18 – June 15 29803 \$75

*No class May 4

Be a part of the splashing good time at the LRC. Our program starts off with a refreshing dip in the pool and then we head to the Kukabunga Jungle for some fun and games. Please provide 1 small peanut-free snack and water bottle for your child. All participants must be fully toilet-trained and wear indoor shoes.

Kitchen Monsters 3 – 5 year olds

- » Thursdays 9 – 10:30 a.m. April 14 – May 12 29806 \$70
- » Thursdays 9 – 10:30 a.m. May 19 – June 16 29807 \$70

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

Little Splashers 3 – 5 year olds

- » Fridays 9 a.m. – noon April 15 – May 13 29808 \$89.25
- » Fridays 9 a.m. – noon May 20 – June 17 279809 \$89.25

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 and a water bottle for your child. All participants must wear indoor shoes and be fully toilet-trained.

School Aged Programs

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

- » Tuesdays 7:15 – 8:15 p.m. April 12 – May 10 29822 \$80
- » Tuesdays 7:15 – 8:15 p.m. May 17 – June 14 29823 \$80

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

Craft & Snack 8 – 17 year olds

- » Thursday 6:30 – 8 p.m. April 14 – Paint & Pizza 29828 \$15
- » Thursday 6:30 – 8 p.m. May 12 – Nachos & Paint Chip Cities 29829 \$15
- » Thursday 6:30 – 8 p.m. June 9 – Poutine & String Art 29830 \$15

Enjoy a crafty night out with snacks! We provide the snacks and the supplies to make special craft of the night! Wear clothes that may get messy and indoor shoes.

Kids Night Out! 5 – 13 year olds

- » Friday 6 – 9 p.m. April 22 – PJ Party 29824 \$25
- » Friday 6 – 9 p.m. May 27 – Crazy Hats 29825 \$25

Parents have a night out on the town & drop your kids off for 3 hours of fun at the LRC! Let us take care of supper for the kids and then an evening full of games, activities and of course fun! Please make sure you bring your indoor shoes to wear and a water bottle too!

LEDUC
SUMMER
CAMPS
DAY CAMPS

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.

NEW

Adult Programs

Paint the Night 18+ years old

- » Wednesday 7 – 9 p.m. April 6 – Hoot, Hoot! 29826 \$26.75
- » Friday 7 – 9 p.m. May 13 – Pretty Petals 29827 \$26.75

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



Fitness Centre

Hours of operation	
Monday - Friday	5 a.m. – 10 p.m.
Saturday and Sunday	8 a.m. – 9 p.m.
Statutory Holidays	
Good Friday (March 25)	11 a.m. – 5 p.m.
Easter Monday (March 28)	10 a.m. – 8 p.m.
Victoria Day (May 23)	10 a.m. – 8 p.m.

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 call the Fitness Services Coordinator at **780-980-8454** to confirm trainer availability.

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	\$249.50/person	\$343.50/person
3	\$102/person	\$183/person	\$243/person
4	\$83/person	\$146/person	\$187/person
5	\$71/person	\$124/person	\$159/person

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

Fitness Services

The following services can be purchased through Guest Services and customers are expected to call **780-980-8454** to book their appointment.

- » 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

- » April 16 11 a.m. – 2 p.m.
- » May 14 11 a.m. – 2 p.m.
- » June 4 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 the Apple Fitness Centre desk at **780-980-8455**.

■ **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**.

■ **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.



■ **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.

— SPRING 2016 —

Community Information and Registration Day

March 4, 6 – 8 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 or **780-980-7177**.

780-980-7177
www.Leduc.ca
f /cityofleduc
@cityofleduc

Registered Fitness Programs

April 3 – June 24



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		6 – 7 a.m. Bootcamp		
	9 – 10 a.m. Bike to the Barre	9 – 10 a.m. TRX	9 – 10 a.m. Raise the Barre		10 – 11 a.m. CardioKick	
		9:15 – 10 a.m. Absolutely Hip Hop	11:45 – 12:30 p.m. Yoga for the Health-Of-It (Civic Center)			
		10:15 – 11 a.m. Strollercise				
		4:15 – 4:45 p.m. Zumba Kids April 6 – May 11 May 18 – June 22	5:45 – 6:45 p.m. Fitness at the Barre			
	6 – 7 p.m. Bridal Bootcamp	6 – 7 p.m. Bootcamp	6:15 – 7:30 p.m. Indoor Cycling and Yoga			
6 – 7 p.m. Bootcamp	6:45 – 7:30 p.m. Absolutely Hip Hop	7:15 – 8:15 p.m. Fitness at the Barre				7 – 8 p.m. Warm Yin Yoga
6:30 – 7:30 p.m. Cycle 60						

**Register for any identical class (Barre classes or Bootcamp) and receive 20% off that additional class.*

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.

Absolutely Hip Hop

\$72

- » Tuesday 6:45 – 7:30 p.m. April 5 – May 10 30097
- » Tuesday 6:45 – 7:30 p.m. May 17 – June 21 30098
- » Wednesday 9:15 – 10 a.m. April 6 – May 11 30105
- » Wednesday 9:15 – 10 a.m. May 18 – June 22 30106

This class will start off as one of the most fun dance parties you have ever been to! Shake it for 30 minutes and then wind down with a crazy core work out.

■ Bootcamp \$270

- » Monday & Wednesday 6 – 7 a.m. April 4 – June 22 30100
- » Monday & Wednesday 6 – 7 p.m. April 4 – June 22 30099
- » Friday 6 – 7 a.m. April 8 – June 24 30101
\$142 (\$112 if in MW class)

**No class May 23*

In this boot camp program you will challenge yourself in drills that will bring your fitness level up a notch. Each week will include cardio, strength and core using various equipment.

Please note: Attendance in either 6 am or 6 pm class is accepted with registration of one of the timeslots. Phone 780-980-8466 for more information.

■ Bridal Bootcamp \$142

- » Tuesday 6 – 7 p.m. April 5 – June 21 30153

Take care of the biggest detail in your wedding... YOU! This class will help you look your healthiest by providing a workout that includes cardio and strength for the entire body. *20% off for bridal parties.*

■ CardioKick \$151

- » Saturday 10 – 11 a.m. April 9 – June 25 30114

**No class May 21*

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.

■ Indoor Cycling (Cycle 60) \$130

- » Monday 6:30 – 7:30 p.m. April 4 – June 20 30102
- No class May 23*

This cycle workout will include all the components of indoor cycling; speed work, intervals, hill climbs and more. No experience necessary and all fitness levels can be accommodated!

■ Indoor Cycling and Yoga \$165

- » Thursday 6:15 – 7:30 p.m. April 7 – June 23 30103

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 \$130

- » Wednesday 10:15 – 11 a.m. April 6 – June 22 30104

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.

■ 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!

■ Bike to the Barre \$165

1/2 barre class, 1/2 indoor cycling class

- » Tuesdays 9 – 10 a.m. April 5 – June 21 30111

■ Fitness at the Barre \$165

No previous experience necessary

- » Wednesdays 7:15 – 8:15 p.m. April 6 – June 22 30113
- » Thursdays 5:45 – 6:45 p.m. April 7 – June 23 30110

■ Raise the Barre \$165

This class is for the participant who has attended Fitness at the Barre previously.

- » Thursdays 9 – 10 a.m. April 7 – June 23 30109

■ TRX \$165

- » Wednesdays 9 – 10 a.m. April 6 – June 22 30157

Burn calories, tone muscle with this strength and endurance workout. Fire up your core, hit every major muscle group and get ready to sweat with total-body TRX Suspension Training.

■ Warm Yin \$151

- » Sunday 7 – 8 p.m. April 3 – June 19 30158
- *No class May 22*

Warm Yin is the ultimate yogic stretch. No flexibility or strength required. Only a desire to release tension from the body and stress from the mind.

■ Yoga for the Health of it (Civic Centre) \$130

- » Thursday 11:45 a.m. – 12:30 p.m. April 7 – June 23 30130

Please join us for this de-stressing 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.

■ Zumba Kids (6 – 10 year olds) \$60

- » Wednesday 4:15 – 4:45 p.m. April 6 – May 11 30132
- » Wednesday 4:15 – 4:45 p.m. May 18 – June 22 30131

This class is a chance for kids to jam out to their favorite beats. We take traditional Zumba and break it down, add games and make it fun for kids to be active!

Drop-in Fitness Programs

* 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 and Ageless

» Wednesdays 10 – 10:45 a.m.

This class is for the active older adult or someone 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.

Full Body Fit

» Saturdays 9:15 – 10 a.m.
No class May 21

This circuit-style class incorporates strength, conditioning, and cardiovascular components to get your whole body moving and fit. Each class will bring its own unique challenges to major upper and lower body muscle groups, challenging your body to the next level!

Healing Yoga

» Fridays 9:30 – 10:15 a.m.

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

» Tuesdays 5:30 – 6:15 a.m.
» Sundays 9 – 10 a.m.
**No class May 22*

Cycling workouts will include all the components of indoor cycling: speed work, intervals, hill climbs and more!
See Also Crank'd, 3 Rs, & Sweat Equity

Power

» Mondays 10 – 10:45 a.m.
**No class May 23*

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.

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.

Right to Bare Arms

» Wednesdays 9 – 9:45 a.m.

Summer is coming! Tone your arms in this class that will focus on biceps triceps and deltoid exercises.

Rock Solid Tabata

» Mondays 7:30 – 8 p.m.
**No class May 23*

This HIIT style class (high intensity interval training) will increase conditioning and strength through 20 second intervals of maximum intensity.

Ropes and Reps

» Fridays 9 – 9:45 a.m.

This class will include battling rope training and track work including some weight bearing exercises. Challenge your fitness in this diverse class.

Step (Beginner)

» Tuesdays 6 – 6:40 p.m.

Burn fat in this aerobic exercise class in which you step up and down on an elevated platform adjusted to your match your height and fitness level. This class is structured for beginners, but join us even if you're a pro and you can create your own challenge with higher step or increasing your intensity.

Sweat Equity

» Thursdays 6 – 6:45 a.m.

Join us on the spin bikes and hit the track for various cardio drills for a class that will make you sweat!

■ Triple Threat (Cardio, Strength, Core)

» Tuesdays 7 – 7:45 p.m.

This class is a triple hit of fitness; build your cardio and strength in three different ways!

■ Time with Trudi

» Tuesdays 9:45 – 10 a.m.

Stretch it out in the proper way with our yoga instructor leading you through stretches to keep you limber and ready for your next work out.

■ WOD

» Thursdays 7 – 7:45 p.m.

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.

■ Yoga Flow

» Sundays 10:15 – 11 a.m.

» Mondays 6 – 6:45 p.m.
No class May 22 & 23

This class includes gentle yoga movements that enhance posture and flexibility integrating the mind, body and breath. Space is limited. Previous yoga experience is recommended.

■ Zumba

» Wednesdays 7 – 7:45 p.m.

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!

Healthy Recipes



Personal Taco Pizzas

Ingredients

- 4 Mini whole grain pitas
- 1 cup Fat free refried beans
- 1/4 cup Salsa of choice
- 1 cup Shredded mozzarella cheese
- 1/2 cup Baby corn
- 1/2 cup Black beans, drained & rinsed
- 1/2 cup Cherry tomatoes, sliced

Optional Toppings:

- 1/2 cup Cilantro
- 1/2 cup Black olives, sliced

Method

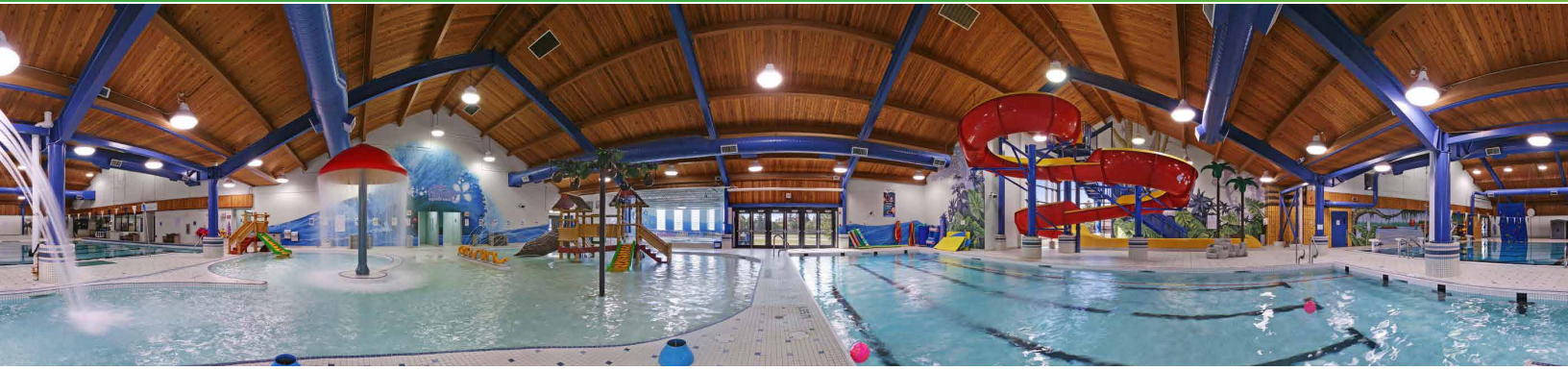
Estimated Time: 15 Minutes | **Makes 4 individual pizzas**

1. Preheat oven to 425°F.
2. Line a baking pan with foil, and spray with cooking spray. Place pitas (or whatever you are using for the crust) on the baking pan.
3. In a medium bowl, warm the refried beans in microwave for 30 seconds, which helps them to spread easier. Add salsa to beans and stir to combine. Spread bean mixture on each pita crust.
4. Sprinkle 1/4 cup cheese over each pizza. Bake for 10 minutes, then turn on your broiler for the last 1-2 minutes to brown cheese. Watch carefully to make sure pizzas don't burn!
5. Top each pizza with 2 tbs of beans, corn and diced tomatoes.

Nutritional Info (per 1 pizza)

- Calories 195
- Total Fat 6g
- Sodium 42 mg
- Carbohydrates 25g
- Dietary Fiber 7g
- Sugars 3g
- Protein 16g

Helpful Hint: "This is a fun recipe – add additional toppings if you like. If you enjoy spicy food, drizzle some hot sauce on top of each taco pizza. Enjoy!"



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.

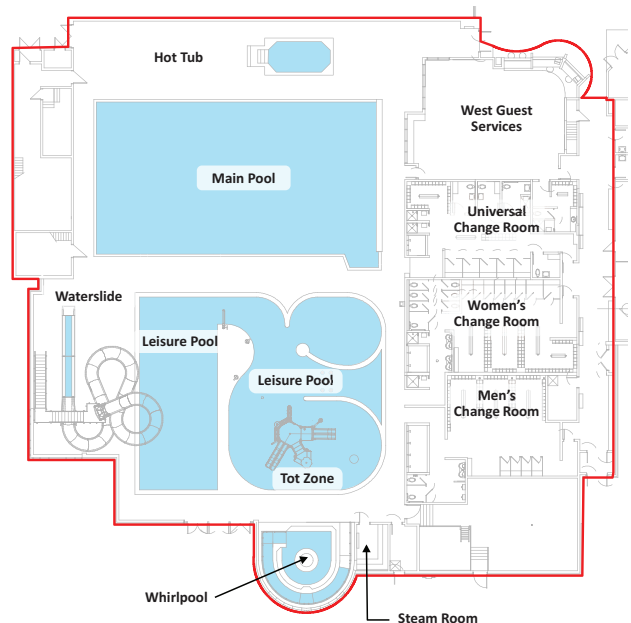
Pool Deck Requirements for Shoes and Strollers - For health and safety reasons outdoor footwear and strollers are not permitted on deck or in the change rooms. Shoe racks are provided at the change room entrance and the viewing area entrance on deck. You can take your shoes into the change room to lock 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 – March 3

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

Member registration – March 1

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



Aquatic Centre Spring Break Schedule | March 25 – April 2

Lane Swim

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

Family Swim

Saturday & Sunday	9 a.m. – 1 p.m.	all pools
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**Family Swim is a quieter time for families with young children*

Public Swim

Monday – Friday	9 a.m. – noon	all pools
	Noon – 1 p.m.	leisure pool
	1 – 9 p.m.	all pools
Saturday & Sunday	1 – 9 p.m.	all pools

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

For more information, please visit Leduc.ca/LRC or call Guest Services at 780-980-7120.

Statutory Holiday Schedule

STAT Holiday Hours	Good Friday (March 25) 11 a.m. – 5 p.m.	Easter Monday (March 28) 10 a.m. – 8 p.m.	Victoria Day (May 23) 10 a.m. – 8 p.m.
Public Swim	11 a.m. – 5 p.m. Shared Use	10 a.m. – 8 p.m. Shared Use	10 a.m. – 8 p.m. Shared Use
Lane Swim	Noon – 1 p.m. 6 lanes Main Pool All other times 1 lane available	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

Aquatic Centre Spring Schedule | April 3 – June 25

! *Please note that only registered swim lessons, user groups and fitness access is available Tuesdays/Thursdays from 4 – 6:30 p.m. and Saturdays 9 – 11 a.m. Please look below for all available family and public swim times.*

Public Swim		
Monday/ Wednesday/Friday	9 a.m. – 4 p.m.	limited pool use
	6:30 – 8 p.m.	all pools
	8 – 9 p.m.	limited pool use
Tuesday/Thursday	9 a.m. – 4 p.m.	limited pool use
	6:30 – 8 p.m.	all pools
	8 – 9 p.m.	limited pool use
Saturday & Sunday	1 – 9 p.m.	all pools

Toonie Swim	
<i>Take the plunge into the pool, not into your wallet! Join us on these days and times for just a toonie.</i>	
Friday, April 22	4 – 6:30 p.m.
Sunday, May 8 (Mothers Day)	9 – 11 a.m.
Saturday, May 21	9 – 11 a.m.
Friday, June 24	4 – 6:30 p.m.
<i>Everyone ages 3+ pays only \$2! Ages 2 and under are always FREE. Admission is provided to the Mix Family Aquatic Centre only.</i>	

Family Swim		
<i>* a quieter time for families with young children</i>		
Monday/Wednesday/Friday	4 – 6:30 p.m.	Tot zone only
Saturday	11 a.m. – 1 p.m.	all pools
Sunday	9 a.m. – 1 p.m.	all pools

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

For more information, please visit Leduc.ca/LRC or call guest services at 780-980-7120.

Lane Swim & Fitness Access		
<i>*Fitness access = use of lane swim area, hot pool and steam room.</i>		
	MP = Main Pool, LP = Leisure Pool	
Monday – Friday	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
<i>*No lane swim 9-10 p.m. Fridays</i>		
Saturday	8 – 9 a.m.	2 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

Mix Family Aquatic Centre Bookings

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

- What does this package get you?**
- Access to the Mix Family Aquatic Centre for up to two (2) hours of fun*
 - Discounted admission rates
 - Pre-packages wristbands
 - Optional room booking (additional charge, subject to availability)

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

Public Swimming Lessons	
Wednesday	1 p.m. – 3 p.m.
Monday – Friday	4 – 6:30 p.m.
Saturday	9 a.m. – noon

**School swimming lessons Monday - Thursday 9 a.m. – 2:30 p.m.*



Swimming lessons


April 3 – June 25

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

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

- » Adapted Aquatics Program – Eight (8) lessons
Subject to instructor and program space availability, you may request a time by calling 780-980-7165.



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

■ Adult and Teen Lessons \$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 spring! You'll be amazed at how quickly you improve. Available courses are listed in our swimming lesson grids.

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

■ 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 us out? For **FREE!**

Join this year's coaches to see what we're all about:

- » Juniors: March 2 5 – 6:30 p.m. 30118
OR
- » Seniors: March 3 4:45 – 6:30 p.m. 30117

Register at Guest Services so we know to expect you!

New this year:

- We've added a spring session to keep Stingrays going all year long!
- For junior club members, we offer once and twice a week practice options

- » Junior A Club (8 – 12 years) Monday 5 – 6:30 p.m.
Wednesday 5 – 6:30 p.m.
- » Junior B Club (8 – 12 years) Sunday 6:30 – 7:30pm
(pool only)
- » Senior Club (13 - 17 years) Sunday 10 a.m. – noon
(pool only)
Tuesday/Thursday 4:45 – 6:30 p.m.

	Spring Session <i>April 3 – May 18</i>	
Jr. A Club	\$120	29249
Jr. B Club	\$60	29248
Seniors Club	\$165	29250

A **club fee** of \$50 is charged once per season and covers all sessions a participant registers for. This fee includes your Lifesaving Society athlete fee, a club shirt, and a club swim cap.

NEW

■ Scuba & Snorkel

Discover the underwater experience right here at the LRC. Whether you are a first-timer or an experienced snorkeler or diver, join us in the pool for some fun underwater fun. All Equipment will be provided for you.

■ Discover Snorkel

\$25

» Tuesday June 21 5 – 6:30 p.m. 30145

*Ages 12 & under are required to have an adult (18+) registered and participating with them



■ Discover SCUBA (Ages 12+)

\$50

» Tuesday June 21 5 – 6:30 p.m. 30147

*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.



Are YOU a Stay-at-Home Parent?

Have you been looking for something to do during school hours?

The City of Leduc is looking to offer **FREE training** to become a Water Safety Instructor for individuals who are confident in the water.

What would working for us look like?

Teaching swimming lessons is a rewarding experience that fits well with a healthy, active lifestyle. As a Seasonal Instructor, you would work during regular school hours with plenty of time to see your children off to school and be home for them at the end of their day. Working from September to June, you will enjoy summers off with your family! Sounding too good to be true? We also offer a very competitive wage, discounts on LRC membership, paid training, paid administrative time, and more!

Give us a call to book a skill assessment and learn more about joining our aquatic family. Limited spots are available.


Contact Michelle at 780-980-7165 or email aquaticprograms@leduc.ca.



Drop-in Schedules

Drop-in Fitness Programs | Fitness: Starts on April 3 | Aquatic: April 4 – June 24

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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Fit - Shallow 8 – 8:50 a.m.	5:30 – 6:15 a.m. Indoor Cycling		6 – 6:45 a.m. Sweat Equity			
10 – 10:45 a.m. Power	Aqua Fit - Deep 8 – 8:50 a.m.	Aqua Fit - Shallow 8 – 8:50 a.m.	Aqua Fit - Deep 8 – 8:50 a.m.	Aqua Fit - Shallow 8 – 8:50 a.m.	9:15 – 10 a.m. Full Body Fit	9 – 10 a.m. Sunday Cycle
	9 – 9:45 a.m. Circuit	9 – 9:45 a.m. Right to Bare Arms	10 – 10:15 a.m. Abs	9 – 9:45 a.m. Ropes and Reps		10:15 – 11 a.m. Yoga Flow
	9:45 – 10 a.m. Time with Trudi (Stretch)	10 – 10:45 a.m. Active and Ageless	Aqua Fit - Seniors 11 – 11:45 a.m.	9:30 – 10:15 a.m. Healing Yoga		
	Aqua Fit - Seniors 11 – 11:45 a.m.					
	Aqua Fit - Shallow 2:30 – 3:15 p.m.	12:15 – 12:45 p.m. Crank'd	12:15 – 12:45 p.m. Quickfit			
6 – 6:45 p.m. Yoga Flow	6 – 6:40 p.m. Step (beginner)	6:20 – 6:50 p.m. ABSolutely!	Aqua Fit - Shallow 2:30 – 3:15 p.m.			
7:30 – 8 p.m. Rock Solid Tabata	7 – 7:45 p.m. Triple Threat - Cardio Strength - Core					
	NEW Aqua Fit - Deep 7 – 7:50 p.m.	7 – 7:45 p.m. Zumba	7 – 7:45 p.m. WOD			
Aqua Fit - Shallow 8 – 8:50 p.m.		Aqua Fit - Shallow 7 – 7:50 p.m.	Aqua Fit - Deep 8 – 8:50 p.m.			

** For class descriptions,
please see pages 20 & 21.*

*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.



ROCK YOUR BLOCK

Block Parties are a great way to have fun and meet your neighbours while enjoying the summer weather. All applicants that book in the month of May will be entered to win 1 of 5 gift cards from Co-Op to help purchase supplies for your party!

Contact events_bookings@leduc.ca to arrange a Block Party!



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 to plan your fun filled summer in the great outdoors.

Drop-in Field House Opportunities | April 1 – June 30

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. – 5:30 p.m. Badminton	8 a.m. – 2:30 p.m. Badminton	8 a.m. – 5:30 p.m. Badminton	8 a.m. – 2:30 p.m. Badminton	8 a.m. – 5:30 p.m. Badminton	8 a.m. – 1 p.m. Badminton	8 a.m. – 3 p.m. Badminton
8 a.m. – 2:30 p.m. Pickleball	9 – 11 a.m. Preschool Playtime	8 a.m. – 2:30 p.m. Pickleball	9 – 11 a.m. Preschool Playtime	8 a.m. – 2:30 p.m. Pickleball	1:30 – 3:30 p.m. Volleyball	11 a.m. – 1:30 p.m. Soccer
9 – 11 a.m. Preschool Playtime	Noon – 1 p.m. Soccer	9 – 11 a.m. Preschool Playtime	Noon – 1 p.m. Soccer	9 – 11 a.m. Preschool Playtime	11 a.m. – 1:30 p.m. Soccer	
Noon – 1 p.m. Soccer	MNP Kicks for Kids 3 – 4:30 p.m. Volleyball	Noon – 1 p.m. Soccer	MNP Kicks for Kids 3 – 4:30 p.m. Volleyball	Noon – 1 p.m. Soccer		3:30 – 9 p.m. Pickleball
3 – 4:30 p.m. Floor Hockey	Soccer Floor Hockey	3 – 4:30 p.m. Floor Hockey	Soccer Floor Hockey	Soccer	3:30 – 7 p.m. Soccer	4 – 6 p.m. Floor Hockey
3 – 4:30 p.m. Soccer	7 – 9 p.m. Badminton	3 – 4:30 p.m. Soccer	7 – 8:30 p.m. Floor Hockey	3 – 4:30 p.m. Floor Hockey		6 – 9 p.m. Volleyball
7 – 9 p.m. Soccer		3 – 4:30 p.m. Dodgeball		3 – 4:30 p.m. Soccer		6 – 7 p.m. Youth Lacrosse
		7 – 9 p.m. Pickleball			7 – 8 p.m. Flag Football	7 – 8 p.m. Flag Football
9 – 10 p.m. ADULT HOUR Basketball Dodgeball Soccer	9 – 10 p.m. ADULT HOUR Badminton Floor Hockey (May/June) Soccer	9 – 10 p.m. ADULT HOUR Basketball Pickleball Soccer	9 – 10 p.m. ADULT HOUR Basketball Floor Hockey Soccer	7:30 – 10 p.m. Soccer (May/June)		

Drop-in Arena Opportunities | April 1 – June 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30 – 11:30 a.m. Adult 18+ Skate	10:30 – 11:30 a.m. Adult / Preschool Stick & Puck	10:30 – 11:30 a.m. Adult 18+ Skate	10:30 – 11:30 a.m. Preschool Skate	10:30 – 11:30 a.m. Adult 18+ Skate		
11:45 a.m. – 1:15 p.m. Adult 18+ Shinny	11:45 a.m. – 1:15 p.m. Adult 18+ Shinny	11:45 a.m. – 1:15 p.m. Adult 18+ Shinny	11:45 a.m. – 1:15 p.m. Adult 18+ Shinny	11:45 a.m. – 1:15 p.m. Adult 18+ Shinny		
1:30 – 3:30 p.m. Public Skate	1:30 – 3:30 p.m. Public Skate	1:30 – 3:30 p.m. Public Skate	1:30 – 3:30 p.m. Public Skate	1:30 – 3:30 p.m. Public Skate		
				4:30 – 5:30 p.m. Youth Shinny 11 – 14 (1st and 3rd Friday) Youth Shinny 15 – 17 (2nd and 4th Friday)	1 – 3 p.m. Public Skate	1 – 3 p.m. Public Skate
				7 – 8:30 p.m. Public Skate	4:30 – 5:30 p.m. Adult / Child Stick & Puck	4:30 – 5:30 p.m. Adult / Child Stick & Puck
9 – 10 p.m. Adult 18+ Shinny	9 – 10 p.m. Adult 18+ Beginner Shinny	7 – 8:30 p.m. Public Skate	9 – 10 p.m. Adult 18+ Shinny			

** Activity descriptions and information on pages 41 & 42.*

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.



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.

Swimming Lessons

2-Weeks Monday – Thursday April 11 – 21

Memo day: April 18 | Parent day: April 19

4 p.m.	SK 1 29985 SK 2 30001	SK 3 30015	Sea Otter 29883	
4:30 p.m.	Sunfish 29947	Sea Turtle 29862	SK 4 30026 SK 5 30032	Salamander 29918
5 p.m.	Starfish 29833	Crocodile 29963	Salamander 29919	SK 6 30038 SK 7 30043
5:30 p.m.	Sea Otter 29882	Sunfish 29948		Duck 29848
6 p.m.		Salamander 29920		Whale 29973

Mondays April 25 – June 20 *No class May 23

Memo Day: May 30 | Parent Day: June 6

4 p.m.	Sea Otter 29884		SK 2 30002	Starfish 29836 Duck 29850	
4:30 p.m.	SK 1 SP 29987		Salamander 29915	Sea Otter 29885	SK 4 30027 SK 5 30033
5 p.m.	Salamander 29917	Sea Otter 29887	Sunfish 29957	SK 3 30014	SK 1 29986
5:30 p.m.	Crocodile 29964 Whale 29974	Starfish 29834 Duck 29849	Sea Turtle 29865	Salamander 29916	Sea Otter 2988
6 p.m.	Private	Sunfish 29949	Sea Otter 29886		Salamander 29921

	April 25	May 2	May 9	May 16	May 30	June 6	June 13	June 20
Private lesson 6 – 6:30 p.m.	30057	30058	30059	30060	30061	30062	30063	30064

Tuesdays April 26 – June 14

Memo Day: May 24 | Parent Day: May 31

4 p.m.		Sunfish 29950	Salamander 29923	Sk 2 30003		Sea Otter 29893	SK 1 29989
4:30 p.m.		Sea Otter 29890	Crocodile 29966	Starfish 29837	SK 4 30028 SK 5 30034	Sea Turtle 29867	Salamander 29941
5 p.m.	SK 6 30039 SK 7 30044	SK 1 29988	Sea Otter 29891	Salamander 29924	SK 3 30016	Salamander 29940	Sunfish 29959
5:30 p.m.	Sea Otter 29889	Sea Turtle 29866	SK 8 30049 SK 9 30051 SK 10 30053	Whale 29975	Salamander 29925	Private	Duck 29851
6 p.m.	Salamander 29922	Sunfish 29958			Sea Otter 29892	SK 2 30011 SK 3 30017	

	April 26	May 3	May 10	May 17	May 24	May 31	June 7	June 14
Private lesson 5:30 – 6 p.m.	30065	30066	30067	30068	30069	30070	30071	30072

Wednesday Afternoons April 27 – June 15

Memo Day: May 25 | Parent Day: June 1

1 p.m.	Sea Otter 29894	SK 4 30029 SK 5 30035	Salamander 29926
1:30 p.m.	Starfish 29838 Duck 29852	Sea Otter 29895	Sunfish 29951
2 p.m.	SK 3 30018		SK 1 29990
2:30 p.m.	SK 2 30004	Crocodile 29971 Whale 29976	Sea Otter 29896

Wednesdays Evenings April 27 – June 15

Memo Day: May 25 | Parent Day: June 1

4 p.m.	SK 1 29991 SK 2 30005	SK 3 30019	Sea Otter 29899	
4:30 p.m.	Sunfish 29962	Salamander 29927	Sea Turtle 29869	SK 2 30007
5 p.m.	Crocodile 29972 Whale 29981	Sea Otter 29898	SK 1 29992	SK 3 30024
5:30 p.m.	Sea Otter 29897	Sea Turtle 29868	Salamander 29929	Sunfish 29961
6 p.m.	Salamander 29928		Starfish 29839 Duck 29853	Sea Otter 29900

Thursdays April 28 – June 16

Memo Day: May 26 | Parent Day: June 2

4 p.m.	Sea Otter 29901		SK 1 29999	SK 2 30012		Salamander 29932
4:30 p.m.	SK 1 SP 29993		Sea Turtle 29871	Starfish 29841 Duck 29855	Sunfish 29953	SK 2 SP 30006
5 p.m.	Salamander 29930	SK 1 29994 SK 2 30008	Crocodile 29967 Whale 29977	Private	SK 6 30042 SK 7 30047	Sea Otter 29905
5:30 p.m.	Sea Otter 29902	Sea Turtle 29870	Starfish 29840 Duck 29854	Salamander 29933	Sea Otter 29903	Crocodile 29984 Whale 29982
6 p.m.	SK 3 30021	Sea Otter 29904	Salamander 29931	Sunfish 29952	Salamander 29942	
9 p.m.	Adult Stroke Improvement 30055					
9:30 p.m.						

	April 28	May 5	May 12	May 19	May 26	June 2	June 9	June 16
Private lesson 5 – 5:30 p.m.	30073	30074	30075	30076	30077	30078	30079	30080

Fridays April 29 – June 17

Memo Day: May 27 | Parent Day: June 3

5:15 p.m.	SK 4 30031 SK 5 30037	SK 1 29995 SK 2 30009	Sea Otter 29906	Salamander 29936	Sunfish 29954
5:45 p.m.		Starfish 29842 Duck 29856	Crocodile 29968 Whale 29979	Sea Otter 29907	Salamander 29935
6:15 p.m.	SK 6 30040 SK 7 30045	Sea Turtle 29872	Salamander 29934	SK 3 SP 30020	Sea Otter 29908

Saturdays April 23 – June 18

Memo day: May 28 | Parent day: June 4 *No class May 21

9 a.m.	SK 5 30036	Starfish 29843	Salamander 29939	SK 1 SP 30000		Sea Turtle 29875	Sea Otter 29913	Crocodile 29969	
9:30 a.m.		SK 3 30022		Sea Turtle 29874	SK 1 29996	Sunfish 29955	Private	Salamander 29945	
10 a.m.	Duck 29858	Sea Otter 29910	SK 4 30030	Sunfish 29956	Salamander 29943	Sea Otter 29912	Whale 29978	Sea Turtle 29876	SK 8 30050 SK 9 30052 SK 10 30054
10:30 a.m.	Sea Turtle 29873	Crocodile 29983 Whale 29980	Sea Otter 29911	Private	SK 6 30041	Salamander 29944	SK 2 SP 30013	Salamander 29946	
11 a.m.	Sea Otter 29909	Salamander 29938	Adult Learn-to-Swim 30056		SK 3 SP 30025			Sunfish 29962	Sea Turtle 29877
11:30 a.m.	Salamander 29937						SK 7 30046		Sea Otter 29914

	April 23	April 30	May 7	May 14	May 28	June 4	June 11	June 18
Private lesson 9:30 – 10 a.m.	30154	30089	30090	30091	30093	30094	30095	30096
Private lesson 10:30 – 11 a.m.	30155	30083	30082	30081	30085	30087	30086	30088



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

Join our family

Are you a student, stay-at-home parent or active lifestyle-minded person? We're looking for new team members for Aquatic Services. Contact us to find out how you can make the cut by calling 780-980-8465.

Get your job working for you:

- » Make a difference in your community
- » Career development and training
- » Competitive wages
- » Flexible hours
- » Work-life balance
- » Indoor and outdoor pool opportunities

Get involved:

- » Lifeguarding
- » Instructing – swimming, fitness, leadership
- » Mechanical operations
- » Business & administrative operations

Get certified: Visit www.leduc.ca/LRC



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 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**

» Thursday	4 – 9 p.m.	April 7	29649
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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

■ **Water Safety Instructor (WSI) Stroke Improvement classes \$15**

» Friday	4:30 - 5:30 p.m.	April 15	30119
	5:30 - 6:30 p.m.	April 15	30120

Interested in becoming a Water Safety Instructor but it's been a while since you've done your strokes? Register in this 1 hour session to work with an instructor on improving your swimming strokes before doing your WSI Skills Evaluation.



■ 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.

» Saturday	9 a.m. – 3 p.m.	April 9	29666
» 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.

» Saturday/Sunday	9 a.m. – 4 p.m.	May 7, 8 & 14-15	29662
» 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

» Monday	4:30 – 9:30 p.m.	April 25	29659
» Thursday	5 – 10 p.m.	June 23	29774



WE WANT YOUR FEEDBACK!

Help us make your swimming lesson registration experience better by telling us how to best show our lesson options in the City Guide. Below you will find our existing grid-style compared to a list-style option. The existing grid-style organizes lesson options by day where the list-style organizes them by the level you are looking for. Simply select which option you feel is most user-friendly. You can complete this survey online at Leduc.ca/LRC or by tearing off the bottom of this page and returning it to the LRC Guest Services desk.

Those who register for a swimming lesson in Spring 2016 and complete this survey will be entered for a **chance to win** your swimming lesson registration (up to a value of \$63.20). All you have to do is provide your contact information in the survey!

Please check which option you prefer below:

I prefer option 1

SAMPLE TABLE OPTION 1

Saturdays

9 a.m.	SK 5 00000	Starfish 00000	Salamander 00000	SK 1 SP 00000		Sea Otter 00000	
9:30 a.m.		SK 3 00000		Sea Turtle 00000	SK 1 00000	Private	
10 a.m.	Duck 00000	Sea Otter 00000	SK 4 00000	Sunfish 00000	Salamander 00000	Whale 00000	SK 8 00000
10:30 a.m.	Sea Turtle 00000	Crocodile 29983 Whale 29980	Sea Otter 00000	Private	SK 6 00000	SK 2 SP 00000	SK 9 00000 SK 10 00000

I prefer option 2

SAMPLE TABLE OPTION 2

Crocodile (3–5 years) - 30 minutes

\$50 members / \$57 non-members

CLASS DATES	DAYS	START TIMES	CODE
Sept. 26 – Dec. 19	Sa	10:00 a.m.	00000
Sept. 27 – Dec. 13	Su	9:00 a.m.	00000
Sept. 28 – Nov. 2	M/W	9:30 a.m.	00000
Sept. 29 – Oct. 28	Tu/Th	9:00 a.m.	00000
Sept. 30 – Dec. 9	W	3:30 p.m.	00000

Whale (3–5 years) - 30 minutes

\$50 members / \$57 non-members

CLASS DATES	DAYS	START TIMES	CODE
Sept. 26 – Dec. 19	Sa	10:00 a.m.	00000
Sept. 27 – Dec. 13	Su	9:00 a.m.	00000
Sept. 28 – Nov. 2	M/W	9:30 a.m.	00000
Sept. 29 – Oct. 28	Tu/Th	9:00 a.m.	00000
Sept. 30 – Dec. 9	W	3:30 p.m.	00000

NAME: _____ PHONE: _____

Optional Information: The personal information requested on this form is collected under the authority of Section 33(c) of the *Freedom of Information and Protection Privacy Act* and will be protected under Part 2 of the Act. This information will be used for the prize draw; if you do not wish to provide this information, do not complete this section. Direct any questions about this collection to: City Clerk, City of Leduc, #1 Alexandra Park, Leduc, Alberta, T9E 4C4, phone 780-980-7177.

Aquatic Fitness Programs | April 4 – June 24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
9 – 9:50 a.m. Prenatal Aqua Fit	8 – 8:50 a.m. Aqua Fit – Shallow 8 – 8:50 p.m. Aqua Fit – Shallow	8 – 8:50 a.m. Aqua Fit - Deep 11 – 11:45 a.m. Aqua Fit - Seniors 2:30 – 3:15 p.m. Aqua Fit - Shallow 7 – 7:50 p.m. NEW Aqua Fit - Deep	8 – 8:50 a.m. Aqua Fit – Shallow 7 – 7:50 p.m. Aqua Fit - Shallow	8 – 8:50 a.m. Aqua Fit – Deep 11 – 11:45 a.m. Aqua Fit – Seniors 2:30 – 3:15 p.m. Aqua Fit – Shallow 8 – 8:50 p.m. Aqua Fit – Deep	8 – 8:50 a.m. Aqua Fit – Shallow

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 26

■ 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

■ 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

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

■ Pre-Natal \$50.00

» Sundays 9 – 9:50 a.m. April 3 – May 1 30127

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

A minimum of 6 participants is required to run this program.





... Alexandra Outdoor Pool and Spray Park ...



Alexpool.ca



780-980-7120 (until June 6)



780-980-7119 (June 6 – Sept. 7)

General information

Purchase your summer pass before May 31 and save!

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.

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 ---			
Spray park admission rates				
	--- FREE ---			

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

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

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

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 4 – 25
Monday - Friday	4 – 8 p.m.
Saturdays	10 a.m. – 6 p.m.
Sundays	1 – 8 p.m.

Lane Swim (1 Lane)	
Monday – Friday	Noon – 1 p.m.
Spray Park	
Daily	June 4 – 25 10 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 4 – 25
Monday - Friday	10 a.m. – Noon 1 – 4 p.m.
Saturdays	6 – 8 p.m.
Sundays	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 Drop-in
Noon – 12:50 p.m.

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

Special Events

Legendary special events are no stranger to Leduc's outdoor pool! Follow us on 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!

Pool closure information

In the event of:		Mix Family Aquatic Centre	Alexandra Outdoor Pool
Fouling incident	Public swim, bookings and rentals	Pool cleared to another pool/deck. Re-open as soon as safe.	Pool cleared to deck. Re-open as soon as safe.
	Lessons/Programs	Lessons move pools or continue on deck.	Lessons continue on deck.
Medical emergency	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.
Mechanical failure	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.
Thunder/lightning	Public swim lessons/programs bookings/rentals	N/A	Facility closes and opens 30 minutes after the last sign of lightning or thunder.
Cold weather/rain	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

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, 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 Shinny 11 – 14 years.
- **Adult:** 18 years of age or older.

■ Arena Opportunities

April 1 – June 30, 2016

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 and by clicking on the 'Skating Guidelines' link.

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.



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.

Stick & Puck

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

Friday Fun Skates

Friday Fun Skates are fun for the whole family! These themed nights are offered each month and will engage all ages with music, activities, prizes, games and fun!

- **March 18 – Mardi Gras** | 7 – 8:30 p.m.
Wear green, purple & gold to celebrate Mardi Gras! We'll be skating to Dixieland Jazz, tossing beads and enjoying the New Orleans vibe.
- **April 22 – Earth Day** | 7 – 8:30 p.m.
Join us in celebrating the 46th annual Earth day, and receive a new seedling in a biodegradable planter. Always remember: REDUCE REUSE RECYCLE.
- **May 20 – Pajama Skate** | 7 – 8:30 p.m.
Come in your comfiest pajama pants, your baggiest sweatshirt, and your warmest socks.
- **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

April 1 – June 30, 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.

Dodgeball

A game in which players on two teams try to throw balls at each other while avoiding being hit themselves.

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



780-980-7109



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 wellbeing.

Information & Referral

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

Support and initiatives include:

- Everybody Gets to Play Program intakes and endorsements (e.g. Recreation Assistance Program, Creative Culture Connections and Jumpstart)
- Assistance with completion of forms (e.g. 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.

Community Volunteer Income Tax Program

The Community Volunteer Income Tax Program begins in March each year. This program was created to help low income individuals complete their income tax return for free. To inquire about the program, and see if you are eligible please call 780-980-7109 (income and other guidelines apply).

211 Alberta

211 Alberta is a program that is operated by the Canadian Mental Health Association. This three digit non-emergency telephone number connects callers to a full range of essential social, health, and government services in the community. Certified Information & Referral Specialists answer 211 calls 24 hours a day, seven days a week. Dial 2-1-1- anytime for free, confidential, multilingual (150 languages) support.



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.

Bullying Prevention

National Anti-Bullying Day, or National Pink Shirt Day, is on Feb. 24, 2016. Get your pink on! Show your support and stand up to bullying by wearing pink. The City of Leduc is dedicated to the education of prevention of bullying in Leduc. We focus on providing parents, children, youth, and the community tools and strategies to stand up to bullying and become more aware of its impacts everyone involved.

- Free Parenting Session
With expert speaker Karen Kondor of Find Your Voice Bullying
Monday, February 22, 2016 | Leduc Recreation Centre | 6-7 p.m.
For more info or to register call 780-980-7109



Family Violence

If you suspect that someone is being abused make it your business and report the information to 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 the surrounding area. They can be for all employees or can be modified to meet the needs of an Occupational Health & Safety meeting or for Human Resources staff. Learn what the employer's responsibility is if an employee is a victim or a perpetrator of abuse. Contact Amanda at 780-980-8429 for more information.

When to report family violence or abuse:

If there is a child or children involved:

- If you know or suspect that a child is being mistreated you, as an adult, are legally obligated to report that information to Children's Services pursuant to the Child, Youth, and Family Enhancement Act. Contact the Leduc Child and Family Services at 780-986-7869 or contact the Alberta Child Abuse Hotline at 1 800 387 5437 (KIDS).
- If you are witnessing family violence contact 911
- If you suspect that an adult is being abused you are not legally obligated to report but you can and should report all concerns to the authorities at any time. You can also contact the Family Violence Information Hotline toll-free to get advice or information 24 hours a day at 310-1818.
- If an adult discloses to you that they are being abused you should listen and provide them with resources. FCSS can provide you or the victim with support finding resources and options in Leduc that are right for them. Contact us at 780-980-7109.
- For additional information and resources regarding supports in the City of Leduc please visit our website: www.leduc.ca/family

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. Workshops such as: Understanding Your T(w)een series and Youth Engagement Training.

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, Man Up, and customized class presentations.

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 year. To learn more about upcoming sessions, call 780-980-7109.

Challenging Bullying - March 16, 2016

- 5:30 p.m. – 6:30 p.m. Free Dinner
- 6:30 p.m. - 8:00 p.m. Parent Session

Dealing with Exam Stress - April 13, 2016

- 5:30 p.m. – 6:30 p.m. Free Dinner
- 6:30 p.m. - 8:00 p.m. Parent Session

Sessions will be held at the Leduc Public Library, #2 Alexandra Park, Leduc, AB. To register call the City of Leduc FCSS at 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.

Children from Substance Abusing Families – April 1, 2016

- 9 a.m. – 4 p.m.
Children from Substance Abusing Families have a higher rate of physical and mental health problems, as well as a higher rate of behaviour problems and difficulties in school. This session will explore how growing up in substance abusing families negatively impacts a child's major life areas. Adverse childhood experiences significantly increase risk, however, this session will shift away from the "risk" paradigm and explore "resiliency" and how children heal.

Understanding Non-Suicidal Self Injury – April 29, 2016

- 9 a.m. - 4 p.m.
Non-suicidal self-injury is a major public health issue in young people. This phenomenon is complex and often difficult to treat. This session will provide participants with information regarding adolescents and young adults who intentionally injure themselves. We will explore the causes associated with non-suicidal self-injury and the motivation behind the behaviour. Participants will be provided practical strategies and resources so they can support an individual person who may be participating in non-suicidal self-injury.

Substance Abuse Awareness – April 27, 2016

- 6 p.m. - 8 p.m. Parent Session
Come join us for an interactive session to learn about drugs and current drug trends among Alberta youth. Explore the facts and myths related to teen substance use and how to prevent substance use problems amongst teens. Parents will learn about strategies to intervene and support teens on the issue of substance use.

Tobacco Trends – May 18, 2016

- 6 p.m. – 8 p.m. Parent Session
Have you heard about electronic cigarettes or vaporizers? How about Shisha or hookah? These harmful or potentially harmful trends appear to be falling through the cracks of both our policies and legislation regarding tobacco products. This session will provide you with the most current information about what we know - and what we don't know - about these emerging trends in the tobacco world.

All sessions will be held at the Leduc Public Library, #2 Alexandra Park, Leduc, AB. Registration is required! To register call FCSS at 780-980-7109

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 through office or home visits. This program also assists with form completion for government benefits and subsidies. The Older Adult Services also offers community support with programs, groups and workshops such as Focus on 55+, Alzheimer's support group, Sight Seekers, which includes monthly meetings.

Older Adult programs and initiatives may include:

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

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 4 and 8 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 arrange a training session about Elder Abuse, please contact the FCSS Seniors Outreach Program Coordinator at (780) 980-7115.

Homemaking

The Homemaking program provides light housekeeping assistance with the goal to help clients remain independent and enhance their quality of life. The cost of this service is based on a sliding-scale fee and clients may access it on a bi-weekly basis.

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.

Annual Seniors' Week Pancake Breakfast

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 community and their contributions benefit individuals of all ages. The City of Leduc Family Community Support Services hosts a Pancake Breakfast during seniors' week in honor of seniors. Seniors' Week celebrations will take place during the first week of June.

Research and Social Development

Our role is to identify community trends and social requirements which fall within the FCSS mandate. Research and Social Development initiatives assist with program and service development to address needs or gaps in the community. Leduc FCSS works with agencies and organizations to build partnerships and create a greater sense of community.

Leduc Interagency Session

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

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

- February 18 - MLA Shaye Anderson
- May 26 - Emergency Management and Emergency Social Services
- October 27 - Leduc County FCSS
- December 8 - TBD

To register, please contact Tabitha at twhite@leduc.ca

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; and/or
- Encourages time for neighbours to get together and connect.

Nominations begin in May. Please contact FCSS or visit the City of Leduc website for more details.

Environment



Leduc.ca/environment



780-980-7107



ecosmart@leduc.ca



ORGANICS, RECYCLING & WASTE COLLECTION

Monday

March

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
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April

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ORGANICS CART
collected every week

May

Su	Mo	Tu	We	Th	Fr	Sa
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LARGE ITEM PICKUP

June

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To bag or not to bag?

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

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



COMPOSTABLE
Biodegradable | US CERTIFIED
Product version: 1.0



COMPOSTABLE
www.compostable.info

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

Tuesday

March

Su	Mo	Tu	We	Th	Fr	Sa
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April

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ORGANICS CART collected every week

May

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LARGE ITEM PICKUP

June

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Wednesday

March

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April

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ORGANICS CART collected every week

May

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LARGE ITEM PICKUP

June

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Black waste cart Black waste cart Blue recyclables

Thursday

March

Su	Mo	Tu	We	Th	Fr	Sa
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April

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ORGANICS CART
collected
every week

May

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LARGE ITEM PICKUP

June

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Friday

March

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April

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ORGANICS CART
collected
every week

May

Su	Mo	Tu	We	Th	Fr	Sa
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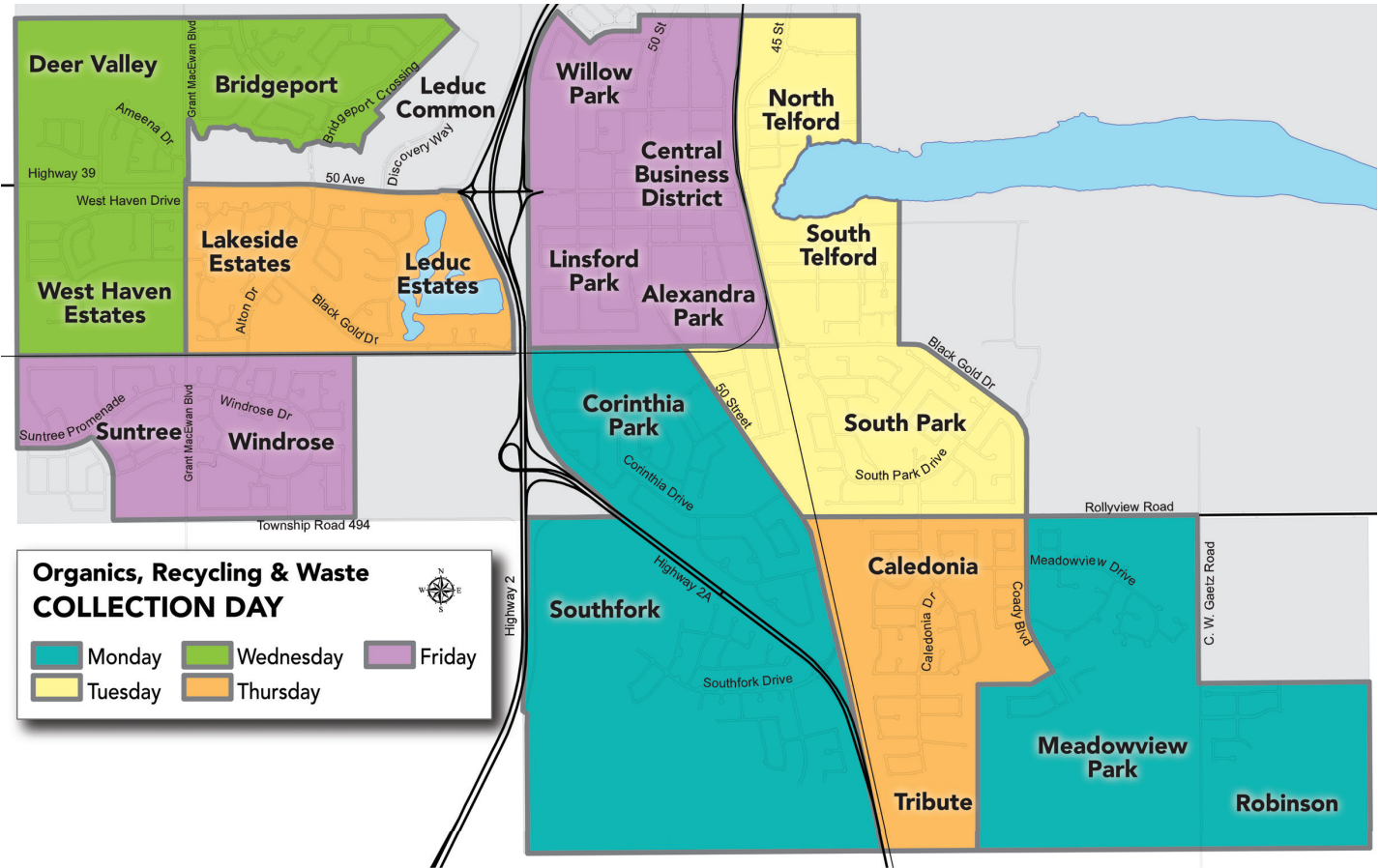
LARGE ITEM PICKUP

June

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

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

Leduc ECO STATION (6102 – 46 Street, Leduc)

Hours of operation	
Monday / Tuesday	8 a.m. – 5 p.m.
Wednesday / Thursday	9 a.m. – 6 p.m.
Friday / Saturday	8 a.m. – 5 p.m.
Sunday	CLOSED

Materials accepted FREE include:

- Blue bag recyclables
- Cardboard (flattened)
- Organic waste
- Household waste (first bag free; additional bags \$2 each)
- Household hazardous waste
- Electronic waste

Small Loads from Business – FREE

The Eco Station accepts quantities of material reasonably generated by a small business in a typical period of three to six months.

Example: Use your pickup truck, van or car trunk to carry blue bag recyclables, flattened cardboard, computers or vehicle batteries.

Example: Use a couple of good-sized boxes to carry small e-devices, household hazardous waste or rechargeable batteries.

Have larger loads? Arrange with your contracted waste hauler to properly dispose of larger quantities of other materials.

Eco Station Success

The Eco Station is visited over 20,000 times in a year by residents from single family and multi-family homes as well as businesses. The extended hours and on-site attendant, make properly disposing of waste materials fast and easy.

	ELECTRONIC WASTE*		HOUSEHOLD HAZARDOUS WASTE*
	(UNITS)	(TONNES)	(LITRES)
2013	2,959	56.1	60,094
2014	3,316	59.5	54,608
2015	3,944	68.6	92,865



Arbour Day 2016

The City of Leduc, Leduc Environmental Advisory Board and Leduc Communities in Bloom invite you to participate in Arbour Day on Saturday, May 7, 2016. Join us in this annual event to naturalise and beautify a local park with over 600 trees.

Check Leduc.ca for more details including hours and location.

Looking to participate?

If you are part of an organization or volunteer group and would like to participate in this event, please contact us.



Earth Hour

One hour. No power.

Saturday, March 19, 2016
8:30 – 9:30p.m.

Celebrate your commitment to the planet and flip the switch. It's that simple. Visit earthhour.org or Leduc.ca for more information.

Environmental events

Green GOLD – May 28

Don't miss the annual rain barrel and composter sale for some great deals. This is also the perfect time to load up on free compost and give your garden the kickstart it needs.

Spring Bird Count – First week of June

Take part in the annual spring bird count and enjoy nature while providing valuable information to help develop future conservation strategies.



Events

■ Spring Community Information and Registration Day

— March 4, 2016, 6 – 8p.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, email ehansen@leduc.ca or call 780-980-7177.

■ National Volunteer Week

— April 11 – 17, 2016

National Volunteer Week is a time to recognize, celebrate and thank Canada's 13.3 million volunteers. A volunteer action is like a stone thrown in a lake: its effect has a direct impact. At the same time, like ripples, volunteer efforts reach out far and wide to improve communities. Undeniably, volunteers rock.

■ Volunteer Appreciation Banquet and 2014 Citizens of Distinction Awards

— April 14, 2016

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

This two-in-one evening celebrates Leduc's volunteer community and honours six outstanding citizens/groups for their contributions in the following areas: Community Spirit, Art, Culture and Heritage Recognitions Award, Youth Award of Merit, Athletic Achievement Award, Environmental Achievement Award, along with the Mayor's Special Award.

■ Canadian Tire Jumpstart Day

— May 28, 2016, 11 a.m. – 2 p.m.

Canadian Tire (5402 Discovery Way, Leduc)

Support regional children and youth through the Canadian Tire Jumpstart program. The event includes a community barbecue, donations, and a 'pick-a-duck' contest.



Leduc.ca/volunteers ☎ 780-980-7177 e volunteer@leduc.ca



Orville Schmidt, Leduc Achievement Award Recipient

Canadian Volunteers are a diverse group. However, they all share one thing in common: helping to make our world a better place.

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

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

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



Volunteers, Canada Day 2015

Volunteer Leduc Upcoming Events:

- April 10-16 2016, National Volunteer Week, a time to celebrate and thank Canada's 12.7 million volunteers. This year's campaign is 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, much like tree rings that appear over time. Visit www.volunteer.ca for more information.

Education Forums:

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

Volunteer Canada: Volunteer Engagement:

- I volunteer to contribute to my community
- My parents instilled the value of contributing to ones community as a responsibility for everyone by the time I was 5 years old
- I wanted to understand a certain segment of society and by volunteering in that sector I learned a number of lessons and expanded by knowledge and acceptance of a different lifestyle
- I volunteer to improve life in my community for all. Seniors and children alike. Personal thanks from those I help is all the recognition I require.

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



Children's Programs

Toddler Time

Tuesdays March 1 thru May 31, 2016, 1:30 – 2:15 p.m.

You are invited to join us for singing, signing, rhyming and reading! Parents will learn strategies to engage their children in play and enhance their child's development of communication and motor skills through repetition, movement and basic signing. Children must be accompanied by a grown-up.

It's Electrifying!

March 4, 2016, 3 – 4 p.m.

How is electricity conducted through objects? Come answer your curiosity about how electricity travels. Make your very own conductivity tester and have an electrifying good time!
Please note this is a registered program.

Think Outside the Book

March 11 & 18, April 15 & 29, 2016, 10:30 – 11 a.m.

Books can be more than just a story! Bring your children as we read stories but with the added bonus of showing parents or caregivers educational ways to incorporate learning strategies into storytelling. Comprehension, vocabulary building and everyday life lessons are some effective concepts reading to your child can improve.

An Egg-stra Big Mess

March 31, 2016, 2:30 – 4:00 p.m.

Let's get messy! Come celebrate the colourful season of spring as we open up our imaginations with some painting, cutting, gluing and creating. *Please note this is a registered program.*

Minecraft

Ages 8 - 12

April 1, 2016, 2:30 – 4:30 p.m.

Join other Minecraft fans at the library. Get off the couch and out of the house to meet some other players in person to build and create a virtual world! *Please note this is a registered program.*

Spring is in the Air! Let's Paint!

Ages 8 – 12

April 6, 2016, 3 – 4:30 p.m.

How about creating some fun artwork to brighten up your room or fridge! Bring your creative spirit and we will have lots of fun ideas and supplies to help you switch from winter blues to swing into spring! *Please note this is a registered program.*

LEGO at the Library

All ages

April 22, May 7, May 20, 2016, 2:30 – 4 p.m.

Let your imagination run wild with the library's LEGO collection. Create some fun for the whole family.

Crazy Daisies

Ages 2 – 5

April 28, 2016, 10:30 a.m. – 12:00 p.m.

Celebrate the arrival of spring with us as we create some cheerful paintings and crafts of daisies and other spring flowers. Great bonding time with your little one. *Please note this is a registered program.*

Mommy Dearest

Ages 8 – 14

May 4, 2016, 3 – 4:30 p.m.

You are never too old to show Mom how much you appreciate her with a card made by her special little darling. Let us help you make a card that will impress her socks off! *Please note this is a registered program.*

Mother's Day Tea

Ages 2 – 5

May 5, 2016, 1:30 – 3 p.m.

Spend an afternoon getting pampered by library staff with your little ones as our helpers. Of course there will be lots of fun for them as well to share in a fun time with you. You deserve it Mom! *Please note this is a registered program.*

Paper Airplane Olympics

Ages 9 – 12

May 25, 2016, 3:30 – 4:30 p.m.

Can you create a paper airplane that will go the farthest distance? Join us as we show you step by step how to defy gravity, speed and distance with paper. We will play some other paper games and have great fun! *Please note this is a registered program.*

Tween/Teen Programs

Teen Noon Games

Every Wednesday that there is school we will be playing video and board games in the program room at lunch time. Join in on the fun!

Zombie Lock-in

Ages 13 – 17

March 4, 2016, 7 – 11 p.m.

The zombie apocalypse is here! Come join your friends for a fun night after hours when the library is closed for everyone else. Videogames, food, spooky zombie games, stories and more. Do you have what it takes to survive? *Please note this is a registered program.*

Teen Writing

Grades 6, 7 and 8

March 14, April 11 and May 2, 2016, 6 – 7 p.m.

For students who need a little boost with their writing skills. A small group will get together and do some quick writing activities that will be so fun that they won't even know they are learning. *Please note this is a registered program.*

Adult programs

English as a Second Language Program

Our new ESL conversation class will be starting up March 1st. For more information please call the library at 780-986-2637 or visit our website at www.leduclibrary.ca for updates. The ESL program is run in joint partnership with Leduc Adult Learning (www.leducadultlearning.ca).

Social Media: Privacy and Security

March 2, 2016, 7 – 8:30 p.m.

Constable Avis will lead this program as she discusses crime prevention on social media. Worried about protecting your personal information? Wondering if having different passwords really makes a difference? Get ready to have these questions answered and more. *Please note Social Media: Privacy and Security is a registered program.*

Immigration in Canada

March 15, 2016, 7 – 8 p.m.

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

Healthy Weight Management and Hormone Balance

March 23, 2016, 7 – 8 p.m.

Healthy weight is a very important aspect of good health, because the more overweight a person is, the higher their risks are for all chronic diseases. Losing weight is not often easily accomplished simply by diet changes and exercise. Come and learn more about naturopathic medicine and how it can help you achieve your health goals. *Please note Healthy Weight Management and Hormone Balance is a registered program.*

Painting and Tea Time with Seniors

April 18, 2016, 2 – 4 p.m.

An afternoon of tea, goodies, and painting. Not a painter? No problem. This is a step-by-step painting that everyone can try. Does yours look different than the persons beside you? Great, creativity supported! Hot tea, coffee and delicacies will be provided. Please note that there is a \$20.00 non-refundable charge. *Registration for this program must be completed at the library (with cash or cheque).*

Backyard Beekeeping

April 20, 2016, 7 – 8 p.m.

Have you ever wondered where the honey in your pantry comes from? Would you like to know more about the fascinating honeybee? Or maybe even considered beekeeping? The instructor, Eric Wuest, would like to share knowledge from his world travels and studies regarding the honeybee and beekeeping. Participants will better understand current honeybee conditions and be able to help the bees; either by planting and maintaining bee friendly spaces or by learning the ancient practice of beekeeping. *Please note Backyard Beekeeping is a registered program.*

Registration for programs can be completed online at www.leduclibrary.ca

Be in the “Know” about Leduc Public Library

Did you know signs or gestures are retained longer than spoken word? When you say the word “cat”, it is only there a second for the child to hear. If you say the word “cat” while signing cat, it is present much longer and becomes visual. Signs often give children a way to communicate before they start using words and can lessen children's frustration.

The library is now offering a class called “Toddler Time” for toddler age children which includes basic signing for children as well as other verbal learning strategies and fine and gross motor skills. It is a high energy class filled with singing, rhyming and reading.

“Think outside the book” is another new program being offered by the library that will include reading to pre-school aged children but also adding advice for parents on how to use books to get your little ones prepared for school with strategies focused on the Alberta kindergarten curriculum.

Toddler Time is offered Tuesdays at 1:30pm and Think Outside the Book is offered two Fridays a month. These are drop-in programs and for more information please visit our website at www.leduclibrary.ca or contact the library at 780-986-2637.

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
Extencicare	780-986-2245	www.extencicarecanada.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	www.child.gov.ab.ca
Leduc Community Living Association	780-986-4193	www.lclaleduc.com
Leduc and District Food Bank	780-986-5333	www.leducfoodbank.ca
Leduc LINX Connect Centre	780-980-9423	www.leduclinxconnect.ca
Leduc Regional HUB	780-739-5482	www.LRHUB.org
Meals on Wheels	780-980-7109	
McMan Youth, Family and Community Services Association	780-739-0413	www.mcman.ca
Persons with Developmental Disabilities (PDD)	780-427-2817	www.pdd.org/edmonton
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	www.TheSupportNetwork.com
Telford Day Program (Leduc Adult Day Support Program)	780-986-0595	
WeCan Food Co-op	780-986-1890	www.WeCanFood.com
Welcome Wagon	780-986-5800	www.WelcomeWagon.ca

Social clubs

Knights of Columbus	780-986-4198	www.LeducKC.com
Leduc Black Gold Optimist Club	780-756-0493	www.LeducBlackGoldOptimists.com
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	www.LFGA.webs.com
Leduc Kinetite Club	780-599-0035	www.KinCanada.ca
Leduc Kinsmen Club	780-986-4808	www.KinCanada.ca
Leduc Lions Club	780-986-1882	
Masonic Lodge (Star of the West Lodge 34)	780-986-8666	www.FreeMasons.ab.ca/Leduc
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	www.Legion.ca
Royal Canadian Legion Ladies Auxiliary	780-986-1455	www.Legion.ca
Royal Purple (Lodge No 41)	780-986-4401	www.RoyalPurpleofCanada.org

Support groups

ALS Society of Alberta	780-487-0754	www.ALSAB.ca
Alzheimer Support Group	780-980-7115	www.Alzheimer.ab.ca
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	www.MSSociety.ca
Parents of Kids with Diabetes Support Group	780-471-3034	
Riseup House Support Groups for Women	780-986-7030	www.Riseuphouse.ca
Stroke Recovery Association of Leduc	780-739-7473	www.StrokeAlberta.com
Suicide Bereavement Program	780-980-6241	www.SuicidePrevention.ca
Suicide Caregivers Support Program	780-482-0198	www.LeducVictimServices.ca

Support groups (addictions)

Addictions Help Line (AB Health Services)	1-866-332-2322	www.AlbertaHealthServices.ca
Addictions and Mental Health (AADAC)	780-980-7580	www.AlbertaHealthServices.ca
Alcoholics Anonymous	780-980-4586	
Al-Anon	780-980-8100	www.AA.org
	1-888-322-6902	www.Al-Anon-Edmonton.org

Alateen	1-888-322-6902	www.Al-Anon-Edmonton.org
Cocaine Anonymous	780-425-2715	www.CA.org
Henwood Treatment Centre	780-422-9069	www.AlbertaHealthServices.ca
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	www.831air.ca
Boys and Girls Club of Leduc	780-986-3121	www.leducBoysandGirls.com
Girl Guides of Canada	1-800-565-8111	www.GirlGuides.ca
Leduc 4-H Beef Club	780-986-9705	Leduc4HBeefClub.webs.com
Scouts (First Leduc Scouting Association)	780-722-5549	
Scouts (Second Leduc Scouting Association)	780-237-6016	



Contact information

Web: 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 Facebook.com/Leducrecentre

Twitter: @Leducrecentre

Guest Services, Program Information and Registration	780-980-7120
Administration	780-980-8405
Birthday Party Bookings	780-980-7118



780-980-7177



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