

# CITY GUIDE

FALL 2016

programs

activities

events

services

Community member playing Disc Golf at the City of Leduc's new course located in Fred John's Park

CITY OF  
**Leduc**

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



**PETROLEUM**



# Table of Contents

<b>Leduc Recreation Centre</b>	<b>3 - 11</b>
» Hours of Operation	
» Facility Information	
» Registration	
» Registered Program Information	
» Birthday Party Packages	
» Child Minding Information	
» Kukabunga Jungle Indoor Playground	
» Educational Programs	
» Recreation Credit Initiatives and Subsidy Programs	
<b>• Recreation Programs</b>	<b>11 - 15</b>
» Family Programs	
» Preschool Programs	
» School Aged & Youth Programs	
» Adult Programs	
<b>• Fitness Programs and Services</b>	<b>16 - 21</b>
» Fitness Centre Information	
» Personal Training & Fitness Services	
» Nutritional Services	
» Registered & Drop-in Fitness Programs	
<b>• Aquatic Programs and Services</b>	<b>22 - 37</b>
» Mix Family Aquatic Centre Information	
» Aquatic Centre Schedule	
» Event Bookings	
» Scuba Diving & Snorkeling Courses	
» Swimming Lessons	
» Aquatic Leadership Courses	
» Aquatic Fitness Programs	
<b>• Drop-in Schedules</b>	<b>28 - 29</b>
» Drop-in Fitness Schedule	
» Drop-in Aquatics Schedule	
» Drop-in Field House Schedule	
» Drop-in Arena Schedule	
<b>• Alexandra Outdoor Pool and Spray Park</b>	<b>38 - 39</b>
» General Information/Schedule	
<b>• Arena / Leisure Opportunities</b>	<b>40 - 42</b>
<b>Family and Community Support Services</b>	<b>46 - 49</b>
<b>Environmental Services (Curbside Collection Calendars)</b>	<b>50 - 52</b>
<b>Events</b>	<b>53</b>
<b>Volunteer Leduc</b>	<b>53</b>
<b>Leduc Public Library</b>	<b>54 - 55</b>
<b>Community Development Listings</b>	<b>56 - 57</b>

proud  
supporter  
of sports in  
Leduc & area

**Sobeys**

proud sponsor  
of the

**Sobeys**  
PERFORMANCE ARENA

# DO *your* THING MONTH

Get ready to Do Your Thing at the LRC with these amazing deals throughout the month of October!

## Fall Admission Deals

- Renew your Annual LRC Membership OR upgrade your Monthly Membership to an Annual & get 1 Month Free!
- **Refer a Friend** to an ANNUAL Membership and YOU will get a \$50 credit and your FRIEND will get 20% off their first registered program.
- **Personal Training Package:** purchase 3, 5, or 10 private sessions and receive some awesome LRC swag as well as get your name into a draw for a LRC Smart Fitness Watch.
- **Family Flex Pass Special:** Buy a Family Flex Pass (10 Admissions) and get 3 for FREE!

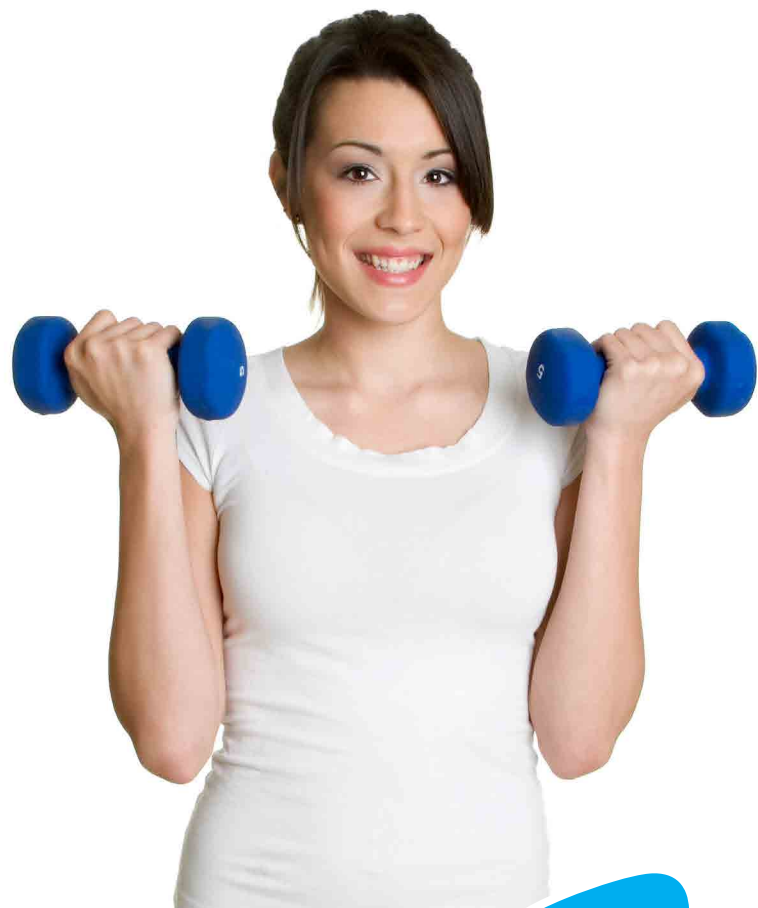
## LRC Membership has its Benefits

- Access to ALL LRC drop-in programs at no extra cost! (This includes Yoga, Zumba, cycling, Aqua Fit, swimming, hockey, and more!)
- Early registration for all recreation, fitness, and aquatics programs.
- 10% discount on all LRC registered programs including swim lessons, fitness classes, recreation programs, personal training, child minding, and more!
- Access to the Alexandra Outdoor Pool for FREE
- 10% discount on purchases at the Apple Fitness store (Edmonton)
- 2-for-1 tickets to cultural performances in Leduc.

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

## Spin & Win Fall Fitness Challenge

Register for any of the cycling classes that feature a bike icon on page 17 and you will automatically be registered for our Fall Fitness Challenge. The more classes you attend and miles you put on your bike, the better your chances of winning the Ultimate Cyclist Package.



# Leduc Recreation Centre

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

 780-980-7120

 @leducrcentre

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

## General LRC Information

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

### EFT Program (Electronic Funds Transfer)

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

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

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

Call 780-980-7120 for more information.

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

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

### Single Visit / Flex Pass

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

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



## Hours of Operation / Facility Information

	Weekdays		Weekends		Statutory Holidays
<b>Fitness Centre and Track</b>	Monday – Friday	5 a.m. – 10 p.m.	Saturday / Sunday	8 a.m. – 9 p.m.	<b>11 a.m. – 5 p.m.</b> Labour Day (Sept. 5)
<b>Aquatic Centre</b>	Monday – Thursday Friday	5:30 a.m. – 10 p.m. 5:30 a.m. – 9 p.m.	Saturday / Sunday	8 a.m. – 9 p.m.	<b>10 a.m. – 8 p.m.</b> Thanksgiving (Oct. 10)
<b>Guest Services</b>	Monday – Friday	8 a.m. – 10 p.m.	Saturday / Sunday	8 a.m. – 9 p.m.	<b>11 a.m. – 8 p.m.</b> Remembrance Day (Nov. 11)
<b>Field House</b>	Monday – Thursday Friday	8 a.m. – 10 p.m. 8 a.m. – 9 p.m.	Saturday / Sunday	8 a.m. – 9 p.m.	<b>Closed</b> Christmas Day (Dec. 25)
<b>Kukabunga Jungle</b>	Monday – Friday	9 a.m. – 8 p.m.	Saturday / Sunday	9 a.m. – 8 p.m.	<b>11 a.m. – 5 p.m.</b> Boxing Day (Dec. 26)
<b>Child Minding Centre</b> <i>Sept. 12 – Dec. 31</i>	Monday – Thursday Friday	8:45 a.m. – 2 p.m.; 5 – 8 p.m. 8:45 a.m. – noon	Saturday Sunday	8:45 a.m. – noon Closed	<b>5 a.m. – 3 p.m.</b> New Year's Eve (Dec. 21)
					<b>Closed</b> New Year's Day (Jan. 1)
					Closed

### 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 in 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 years or under from the sidelines of the field house, from the players bench in the arenas, or within arms reach in the swimming pool.



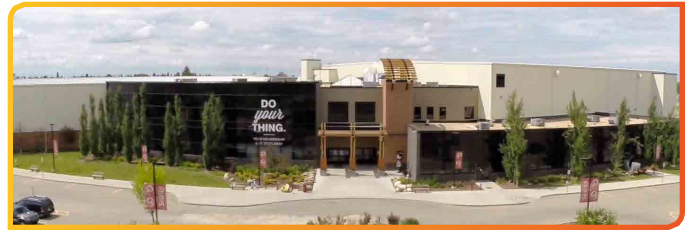
## Registration

### Registration Dates - Fall Session (September – December)

#### 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 be 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 not 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, whether full fee or pro-rated.

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

**Aquatic Registration - Aug. 30, 2016:** All registered swim lessons, aquatic fitness programs and leadership courses.

**General Registration - Sept. 6, 2016:** All registered recreation, fitness and education programs.

#### Open Registration

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

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

**General Registration - Sept. 8, 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 an LRC program.

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

## Five easy steps to register online with EZrec

### Step 1:

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

### Step 2:

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

### Step 3:

Sign in with your assigned PIN and client number.

### Step 4:

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

### Step 5:

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



## Registered Program Information

### General Information

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

For more information on our programs and registration options, please visit the Leduc Recreation Centre, go online at [www.Leduc.ca/LRC/programs](http://www.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.

**PIZZA 73**

### Let Pizza 73 cater your party

Want Pizza for your party? Why not go with Pizza 73. Place your order in advance by calling 780-473-7373 or visiting the store at 5103 – 50 Ave., Leduc. View the menu at [Pizza73.com](http://Pizza73.com) or pick up a copy at LRC guest services. Delivery and pick-up options are available.

## Build Your Own Party

Host your next Birthday, Team Builder, Meeting, Retirement, Family Function or Anniversary Party at the Leduc Recreation Centre!

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

### 1) Book a Private Room

Choose an ideal location to gather with friends, colleagues, or family members for a place to eat and open presents, or host guest speakers, seminars, workshops, potlucks, crafts, or cooking classes. The opportunities are endless.

*Rate: \$39.80 plus gst/hour*

### 2) Choose your activity or favorite sport, private or public drop-in, it's your choice!

a) With private options, the sky's the limit! Choose from a variety of options such as soccer, dodgeball, skating, hockey, swimming, basketball, pickleball, games, and more!

- Private Court: \$35/hour

- Private Soccer Pitch: \$104/hour

- Arena: \$122/hour\*

b) Public drop-in use – Avoid waiting or head counting day of. We will pre-package your admissions to participate in one or all of the daily drop-in opportunities! Regular admission rates apply, groups 15+ qualify for a discounted price.

### 3) Book an LRC Leisure Host

Our party host will set up and clean up the room. They can also assist with games and activities!

*Rate: \$50 for the first hour, \$25 / hr for additional time.*

### 4) Your Personal Touch

All you need to do is show up and add your personal touch.

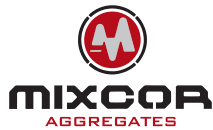
For more information please visit [www.leduc.ca](http://www.leduc.ca) or call 780-980-8406.

*\*Arena Rates vary by seasons and times, please check with our staff to confirm rates.*



Supporting the community where  
we live, work and play.

Mixcor ... living our values everyday!



780.986.6721 www.mixcor.ca

Proud partner in delivering this  
beautiful facility to our city.

**STRONG  
FROM THE  
GROUND UP**  
Since 1969

# KEN'S FURNITURE & APPLIANCES

We Sell for Less than Big City Stores [www.kensfurniture.com](http://www.kensfurniture.com)



Leduc

1-5201 50 Street – 780.986.8202

Wetaskiwin

4904B – 56th Street – 780.352.6183

Camrose

5048 – 50 Street – 780.672.8759

## Child Minding Centre

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

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

Hours of Operation   Sept. 12 – Dec. 31	
Monday – Thursday	8:45 a.m. – 2 p.m.; 5 – 8 p.m.
Friday & Saturday	8:45 a.m. – noon
Sunday & Stat Holidays	Closed

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. Call ahead to confirm current hours or check online at [www.leduc.ca/LRC/ChildMinding](http://www.leduc.ca/LRC/ChildMinding).

### Guidelines

Parents/guardians **must** remain in the facility for the entire duration that their children are in our care to a maximum of 3 hours/day. Sign in/out is required when dropping off and picking up your child, along with indicating where and how the staff can get ahold of 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. Parents have a total grace period of 5 minutes with each booking. Any time beyond the 5-minute grace period, parents will be charged additional time.

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

### 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

\* Child Minding Punch Passes are non-refundable & have no cash value.

## 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	9 a.m. – 8 p.m.
Saturday and Sunday	9 a.m. – 8 p.m.
<b>Statutory Holidays</b>	
Labour Day (Sept. 5)	11 a.m. – 5 p.m.
Thanksgiving (Oct. 10)	10 a.m. – 8 p.m.
Remembrance Day (Nov. 11)	11 a.m. – 8 p.m.
Christmas Day (Dec. 25)	Closed
Boxing Day (Dec. 26)	11 a.m. – 5 p.m.
New Year's Eve (Dec. 31)	5 a.m. – 3 p.m.
New Year's Day (Jan. 1)	Closed

### 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 or 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 at the LRC, or go online at [app.Leduc.ca/ezrec](http://app.Leduc.ca/ezrec) to register.

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

- » Saturday/Sunday 9 a.m. – 5 p.m. Sept. 17 & 18 29601
- » Thursday/Friday 9 a.m. – 5 p.m. Nov. 17 & 18 29602

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

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

- » Saturday/Sunday 9 a.m. – 5 p.m. Oct. 22 & 23 29598

Learn CPR skills and focus on emergencies involving infants and children. Child Care First Aid is required by Children's Social Services for all day care and day home workers in Alberta. Call for more information!

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

- » 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.

#### Babysitters Course (Ages 11+ years) \$58

- » Friday Sept 16 9 am – 5 pm 30801
- » Tuesday Nov 1 9 am – 5 pm 30802
- » Thursday Nov 10 9 am – 5 pm 30803
- » Friday Dec 2 9 am – 5 pm 30804

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/babysitting-course](http://Leduc.ca/LRC/babysitting-course) 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?

**THE LEDCOR GROUP OF COMPANIES**

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

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

**FORWARD TOGETHER.**

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

Canada's Top 100 Employers 2015

**LEDUC SPORTS HALL OF FAME**

**Save the Date**  
Saturday, October 22, 2016

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

## 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 an LRC membership and program registration costs will be paid for by the City of Leduc to a maximum of \$200/person/calendar year. The remaining value must be paid by the applicant at the time the membership is issued or registration is completed. Contact Family & Community Support Services at 780-980-7109 during regular business hours to speak with a staff member regarding the Recreation Assistance Program.

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

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

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

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

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



## 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 [www.Leduc.ca/LRC/registration](http://www.Leduc.ca/LRC/registration) for details on age requirements, program registration, and withdrawals, as well as waitlist and cancellation policies.

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

### Family Programs

#### Sportball – Parent & Child 16 months – 3 year olds

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

*Indoor shoes and a water bottle are required.*

Date	Day	Time	Cost	Barcode
Oct. 7 – Nov. 4	Friday	9 – 9:45 a.m.	\$80	31048

NEW



## ■ Sportball – Parent & Child 2 – 3.5 year olds

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

*Indoor shoes and a water bottle are required.*

Date	Day	Time	Cost	Barcode
Oct 4 – Nov 8	Tuesday	5 – 5:45 p.m.	\$96	31049
Oct 7 – Nov 4	Friday	9:45 – 10:30 a.m.	\$80	31050

## ■ Gran & Me 2 – 6 year olds

A new kind of family outing at the LRC! Grandma or Grandpa with their grandchild doing arts, crafts and even cooking. Each class will be something new and exciting for the special bond between the ages to grow. Register for a chance to make memories.

Date	Day	Time	Cost	Barcode
Oct. 7 Thanksgiving Craft	Friday	1 – 2:30 p.m.	\$13	30809
Dec. 6 Sugar Cookie Snowflakes	Tuesday	2 – 4 p.m.	\$13	30810

## ■ Glitter n' Glue 2 – 6 year olds

A family crafting opportunity for children aged 2 - 6 years, with the help of their parents, to join in a unique program designed to bring out the creativity in everyone. Come one; come all for some crafting fun!

Date	Day	Time	Cost	Barcode
Sept. 26 Gobble Gobble	Monday	6 – 7:30 p.m.	\$12	30805
Nov. 29 For the Tree	Tuesday	6 – 7:30 p.m.	\$12	30806



## ■ Paint for Fun!

Enjoy a family night out at the LRC creating your own unique masterpiece. During the two hours you (a parent and child) will be guided through a painting while you enjoy making family memories together. We provide the canvas, paint and brushes too! Register just the child and the parent comes too!

Date	Day	Time	Cost	Barcode
Oct 6 – Gobble! (3-6 years)	Thursday	5:30-7:30pm	\$40	31121
Oct 11 – Spooky! (7-12 years)	Tuesday	5:30-7:30pm	\$40	31122
Nov 10 – Snow Buddies (3-6 years)	Thursday	5:30-7:30pm	\$40	31123
Nov 22 – Snow Friends (7-12 years)	Tuesday	5:30-7:30pm	\$40	31124

NEW

## ■ Halloween Howler 6 months - 17 year olds \$7.50/child Saturday, Oct. 22

Dress up and come down to the LRC for an evening of spooks, thrills and fun! Trick or Treaters old enough to walk - 17 years old must purchase a ticket to attend the annual event. Little Trick or Treaters that are too small to enjoy the festivities are welcome to come along for the fun but are not included in the goodies. Buy your ticket before the big day arrives! Limited tickets available at the door!

*Tickets available at Guest Services starting October 1.*

## ■ Halloween Hooligans 6 months – 6 year olds

A fun, safe and supervised Trick-or-Treating event for children 6 months (walking) to 6 years old. Little Hooligans that are too small to enjoy the festivities are welcome to come along for the fun but are not included in the goodies. The morning will include games, pumpkin decorating, costume parade and Trick-or-Treating at the LRC. Parents must join in the fun with your Halloween Hooligan. Don't forget your costumes & treat bag! You must pre-register for this event. Limited space; sign up early.

Date	Day	Time	Cost	Barcode
Oct. 28 3 years & over	Friday	9:30 – 11:30 a.m.	\$13	30796
Oct 28 under 3 years	Friday	9:30 – 11:30 a.m.	\$13	30797



**■ Reindeer Games 6 months – 6 year olds**

Come on a holiday themed adventure inside the LRC with your family! Bring your little walking (6 months - 6 year old) reindeer to join in on the festivities. Tiny reindeer are welcome to come along but cannot enjoy the treats provided. Wander through the magical winter wonderland playing games, making crafts, and even get your picture with Santa! Be sure to sign up early as registration is required!

Date	Day	Time	Cost	Barcode
Dec 2. 3 years & over	Friday	9:30 – 11:30 a.m.	\$13	30807
Dec 2. under 3 years	Friday	9:30 – 11:30 a.m.	\$13	30808

**■ Preschool Programs**

**■ Safari Trooper 3 – 5 year olds**

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

Date	Day	Time	Cost	Barcode
Sept. 26 – Oct. 31 *No Class Oct. 10	Monday	9 – 11 a.m.	\$69.30	30777
Nov. 7 – Dec. 12	Monday	9 – 11 a.m.	\$83.16	30778

**■ SuperHeroes & Princesses 3 – 5 year olds**

From capes to crowns this program is for the preschooler that loves to imagine. Each class we will learn about a superhero and princess through play, craft and story time. By the time class is over your preschooler will have stories to tell you about the character behind the mask and under the pretty dress!

Date	Day	Time	Cost	Barcode
Nov. 7 – Dec. 12	Monday	12:30 – 2:30 p.m.	\$83.16	30835



**■ Splash n' Play 3 – 5 year olds**

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

Date	Day	Time	Cost	Barcode
Sept. 26 – Oct. 24 *No Class Oct. 10	Monday & Wednesday	12:30 – 2:30 p.m.	\$133	30779
Nov. 8 – Dec. 1	Tuesday & Thursday	12:30 – 2:30 p.m.	\$133	30780

**■ Alphabet Soup 3 – 5 year olds**

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

Date	Day	Time	Cost	Barcode
Sept. 27 – Nov. 1	Tuesday	9 – 10:30 a.m.	\$83.16	30781
Nov. 8 – Dec. 13	Tuesday	9 – 10:30 a.m.	\$83.16	30782

**■ Gym & Swim 3 – 5 year olds**

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

Date	Day	Time	Cost	Barcode
Sept. 27 – Nov. 1	Tuesday	12:30 – 2:30 p.m.	\$90	30783
Nov. 9 – Dec. 7	Wednesday	12:30 – 2:30 p.m.	\$90	30784

**■ Sportball – Coaches & Children (3.5 – 5 year olds)**

Sportball Coaches & 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 Coaches & Children classes to minimize distractions and encourage kids to participate on their own. Children must be fully toilet-trained, bring a water bottle & wear indoor shoes.

Date	Day	Time	Cost	Barcode
Oct. 4 – Nov. 8	Tuesday	5:45 – 6:30 p.m.	\$96	31116
Oct. 7 – Nov. 4	Friday	10:30 – 11:15 a.m.	\$80	31117

## ■ Little Masterpieces 3 – 5 year olds

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

Date	Day	Time	Cost	Barcode
Sept. 28 – Nov. 2	Wednesday	9 – 10:30 a.m.	\$83.16	30785
Nov. 9 – Dec. 14	Wednesday	9 – 10:30 a.m.	\$83.16	30786

## ■ Kitchen Monsters 3 – 5 year olds

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

Date	Day	Time	Cost	Barcode
Sept. 29 – Nov. 3	Thursday	9 – 10:30 a.m.	\$84	30787
Nov. 10 – Dec. 15	Thursday	9 – 10:30 a.m.	\$84	30788

## ■ Tiny Scientists 3 – 5 year olds

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

Date	Day	Time	Cost	Barcode
Sept. 29 – Nov. 3	Thursday	12:30 – 2:30 p.m.	\$87	30789

## ■ Little Splashers 3 – 5 year olds

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

Date	Day	Time	Cost	Barcode
Sept. 30 – Nov. 4 *No Class Oct. 28	Friday	9 a.m. – noon	\$89.25	30790
Nov. 18 – Dec. 16 *No Class Dec. 2	Friday	9 a.m. – noon	\$68	30791

## Halloween Recreation Passes

Promote a healthy Halloween this year by handing out these spooktacular LRC admission passes (for ages 3 – 7).

### \$10 for 10 admission passes

On sale starting Oct. 1, 2016

\*Max 5 halloween booklets per household. Limited quantities available.



## School Aged & Youth Programs

### ■ Tennis Lessons

Wanting to learn how to play tennis? Beginner Tennis Lessons for all ages 6 and up. No experience needed. No need to buy your own racquet if you don't have one, the instructor will provide racquets. The instructor (Dan Townsend) is a local area player and Level 1 coach with 30 years of tennis experience. Lessons are trying to grow the interest of tennis in Leduc.

Date	Day	Time	Cost	Barcode
Sept. 13 – 15 (ages 6 – 12)	T,W,Th	6 – 7 p.m.	\$40	31137
Sept. 13 – 15 (ages 13+)	T,W,Th	7 – 8 p.m.	\$40	31138

### ■ Sportball – Coaches & Children Multi-Sport (5-7 year olds)

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

Date	Day	Time	Cost	Barcode
Oct. 4 – Nov. 8	Tuesday	6:30 – 7:15 p.m.	\$96	31118



NEW

■ **Sportball – Coaches & Youth (8-14 year olds)**

Sportball includes non-competitive, high energy, and fun sports instruction that introduces youth to the concepts and skills involved with 3 core sports - - - floor hockey, soccer, and badminton. The program will reinforce the benefits of teamwork and skill development rather than the importance of winning.

*A water bottle & indoor shoes are required.*

Date	Day	Time	Cost	Barcode
Oct. 4 – Nov. 8	Tuesday	4 – 4:45 p.m.	\$96	31115

■ **Halloween Spooktacular 8-17 year olds**

Calling all youth ages 8-17! Come to the LRC for an afternoon of festivities. Dress up, carve a pumpkin, smash it if you want to, eat some pizza and win prizes! Register by October 15 to be a part of the first annual Halloween Spooktacular!

Date	Day	Time	Cost	Barcode
Oct. 29	Saturday	2 – 6 p.m.	\$10	30800

■ **Kids Night Out! 5-13 year olds**

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!

Date	Day	Time	Cost	Barcode
Nov. 4	Friday	6 – 9 p.m.	\$25	31119

■ **Adult Programs**

■ **Paint the Night**

18+ year olds

Enjoy a night out at the LRC creating your own unique masterpiece. During the two hours you will be guided through each painting while you sip on an adult beverage or appetizer ordered from 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 is necessary.

Date	Day	Time	Cost	Barcode
Sept. 16 Fall Colours	Friday	7 – 9 p.m.	\$26.75	30792
Oct. 14 Halloweenish	Friday	7 – 9 p.m.	\$26.75	30793
Nov. 18 Into the Blue	Friday	7 – 9 p.m.	\$26.75	30794
Dec. 16 Tis the Season	Friday	7 – 9 p.m.	\$26.75	30795

■ **Tennis Lessons**

13+ year olds

Want to learn how to play tennis? The LRC is offering Beginner Tennis Lessons for those ages 13 and up. No experience needed. No need to buy your own racquet if you don't have one, the instructor will provide racquets. The instructor (Dan Townsend) is a local area player and Level 1 coach with 30 years of tennis experience. Lessons are trying to grow the interest of tennis in Leduc.

Date	Day	Time	Cost	Barcode
Sept. 13 – 15	T,W,Th	7 – 8 p.m.	\$40	31138

NEW



# Fitness Centre

Hours of operation	
Monday - Friday	5 a.m. – 10 p.m.
Saturday and Sunday	8 a.m. – 9 p.m.
<b>Statutory Holidays</b>	
Labour Day (Sept. 5)	11 a.m. – 5 p.m.
Thanksgiving (Oct. 10)	10 a.m. – 8 p.m.
Remembrance Day (Nov. 11)	11 a.m. – 8 p.m.
Christmas Day (Dec. 25)	CLOSED
New Year's Eve (Dec. 31)	5 a.m. – 3 p.m.
New Year's Day (Jan. 1)	CLOSED

Please Note: All fitness classes (Drop-in & Registered) are cancelled on Statutory Holiday Dates.

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

## ■ Morning Fitness Centre Admittance

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

- » Monday - Friday.....5 – 8 a.m.

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

## ■ Fitness Centre Age Requirements

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

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

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

## ■ Personal Training Services

### ■ Individual Personal Training (prices vary)

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

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

All training packages include a complimentary first session that includes a consultation and goal setting. Prior to purchasing this service, please fill out a personal training intake form at the Apple Fitness Centre desk or at Guest Services.

### ■ Group Personal Training (prices vary)

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

Number of people	Session packages		
	4 sessions	8 sessions	12 sessions
2	\$135/person	\$250/person	\$343.50/person
3	\$102/person	\$185/person	\$243/person
4	\$83/person	\$146/person	\$189/person
5	\$71/person	\$124/person	\$159/person

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



## Fitness Services

### Fitness Centre Orientation **FREE**

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

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

### Teen Fit **FREE**

- » Sept. 17 11 a.m. – 2 p.m.
- » Oct. 15 11 a.m. – 2 p.m.
- » Nov. 19 11 a.m. – 2 p.m.
- » Dec. 10 11 a.m. – 2 p.m.

This program is a prerequisite for youth aged 12-15 to use the Fitness Centre, track and attend drop-in fitness classes. Youth will learn the basics of fitness centre etiquette, safety, resistance training, anatomy and program design. To register for one of the following three-hour orientation dates please contact Guest Services at **780-980-7120**.

### Sports Team Training *\$12.50 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**.

### Private Indoor Cycling Class *\$12.50 per participant per class*

If you are a group of 10 or more people and are looking for a fun, high-energy activity look no further! Perfect for team building events, girls/guys night out, bachelor/bachelorette parties, or professional development activities; this one-hour private class will leave you feeling invigorated and full of adrenaline.

Please contact the Fitness Programs Supervisor at **780-980-8466** to book your session.

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

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

### Personal Program Design **\$117** **2 hours** (1 hour assessment, 1 hour program design)

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

## Nutritional Services

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

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

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

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

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

FALL 2016

# Community Information and Registration Day

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

## What's your Community Passion?

Register for fall and winter 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, email [ehansen@leduc.ca](mailto:ehansen@leduc.ca) or call **780-980-7177**.



## Registered Fitness Programs Sept. 11 – Dec. 17

**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.*

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 - 7 a.m. Bootcamp	6:45 - 7:45 a.m. 20-20-20	6 - 7 a.m. Bootcamp	9 - 10 a.m. Raise the Barre	6 - 7 a.m. Bootcamp		
9 - 10 a.m. Bike to the Barre		10:15 - 11 a.m. Push and Pedal				
12:15 - 12:45 p.m. HardCORE	12:15 - 12:45 p.m. Switching Gears		11:45 a.m. - 12:30 p.m. Yoga for the Health of it			
6 - 7 p.m. Bootcamp		6 - 7 p.m. Bootcamp	5:45 - 6:45 p.m. Yogi Barre (Sept. 15 - Oct. 20)			
6 - 7 p.m. 5KM Running Clinic (Sept. 12 - Oct. 26)	6:15 - 7:15 p.m. Fit Fists	6:30 - 7:30 p.m. Cycle-Cross				
6:30 - 7:30 p.m. Cyclepath	8 - 9 p.m. Yoga for the Boys	7:15 - 8:15 p.m. Fitness at the Barre	6:15 - 7:30 p.m. Indoor Cycle & Yoga			
7:30 - 8:30 p.m. Fitness at the Barre						

*\*No Classes on Oct. 10 (Thanksgiving Day) and Nov. 11 (Remembrance Day).*

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

### Bootcamp \$317

- » Monday & Wednesday 6 - 7 a.m. Sept. 12 - Dec. 14 31256
- » Monday & Wednesday 6 - 7 p.m. Sept. 12 - Dec. 14 31255
- » Fridays 6 - 7 a.m. Sept. 16 - Dec. 16 31257

\$152 (\$122 if registered in MW class)

*\*No class Oct. 10 or Nov. 11*

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

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

### 20-20-20 \$175

- » Tuesdays 6:45 - 7:45 a.m. Sept. 13 - Dec. 13 31268

Start off your day right in this class that checks all the boxes; Indoor cycling, track, and Yoga. Kickstart your metabolism for the day with cardio and then stretch it out with yoga.



### Fit Fists \$175

- » Tuesdays 6:15 - 7:15 p.m. Sept. 13 - Dec. 13 31263

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

### HardCORE \$110

- » Mondays 12:15 - 12:45 p.m. Sept. 12 - Dec. 12 31269
- No class Oct. 10*

A strong core is essential for just about everything from sitting to running. In this 30-minute class you will work on tightening your midsection, toning your abs and your back.

## Cycling Classes

Come and ride with us! We have a variety of cycling classes for everyone from the beginner to the advanced road cyclist! While the class style can vary greatly, all cycling classes on our new Keiser M3i bikes are low impact and can be modified for any fitness level.



### Indoor Cycle and Yoga \$192

» Thursdays 6:15 – 7:30 p.m. Sept. 15 – Dec. 15 31265

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.



### Cycle-Cross \$192

» Wednesdays 6:30 – 7:30 p.m. Sept. 14 – Dec. 14 31270

Blast your body with this cycling and strength class. Start out on our new Keiser bikes for your cardio fix and then take it to the Crossfire area to work on your strength using various forms of resistance.



### Cyclepath \$162

» Mondays 6:30 – 7:30 p.m. Sept. 12 – Dec. 12 31267  
*No class Oct. 10*

Sweat and strive for your personal fitness goals with this challenging one-hour cycling class. Test your endurance limits through climbs, sprints, and intervals. The class is great for all fitness levels, from the beginner cyclist to the advanced athlete.



### Push and Pedal \$150

» Wednesdays 10:15 – 11 a.m. Sept. 14 – Dec. 14 31266

Park your stroller and pedal! This class will be on the indoor cycling bikes and will also incorporate strength in each class with your child nearby. (Child must be under the age of 4 and stay in a stroller)



### Private Indoor Cycling Class \$12.50/participant

If you are a group of 10 or more people and are looking for a fun, high-energy activity look no further! Perfect for team building events, girls/guys night out, bachelor/bachelorette parties, professional development activities, and dryland sports training, this one-hour private class will leave you feeling invigorated and full of adrenaline. Please call 780-980-8466 (Fitness Programs Supervisor) to book your spot



### Switching Gears \$110

» Tuesdays 12:15 – 12:45 p.m. Sept. 13 – Dec. 13 31271

Reserve your spot and avoid the rush with this quick lunchtime cycling class. You will elevate your heart rate and maximize calorie burn in this high-intensity class. This 30-minute ride will take you on extreme hill climbs, rapid sprints, and challenging intervals. Great for those who want to get it done and get it done fast!

## Spin & Win Fall Fitness Challenge

Register for any of the cycling classes that feature a bike icon and you will automatically be registered for our Fall Fitness Challenge. The more classes you attend and miles you put on your bike, the better your chances of winning the Ultimate Cyclist Package.



## Barre Fitness

Join us at the barre for this total body strength class that is low on impact but high on muscle recruitment! This challenging sculpting class will build strength and flexibility in a new way!

### Fitness at the Barre

*No previous experience necessary*

» Mondays 7:30 – 8:30 p.m. Sept. 12 – Dec. 12 31262 \$178

» Wednesdays 7:15 – 8:15 p.m. Sept. 14 – Dec. 14 31259 \$192

*No class Oct. 10*

### Yogi Barre \$82

Relevae in your down dog split and do an eagle pose at the barre. This dynamic class combines barre fitness with an extra dose of yoga. No previous experience necessary.

» Thursdays 5:45 – 6:45 p.m. Sept. 15 – Oct. 20 31260

### Bike to the Barre \$178

No previous experience necessary

» Mondays 9 – 10 a.m. Sept. 12 – Dec. 12 31261

*No class Oct. 10*

### Raise the Barre \$192

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

» Thursdays 9 – 10 a.m. Sept. 15 – Dec. 15 31258

## Yoga Classes

### Yoga for the Health of it \$150

*Leduc Civic Centre*

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

» Thursdays 11:45 a.m. – 12:30 p.m. Sept. 15 – Dec. 15 31272

### Yoga for the Boys \$192

A class geared toward our male population – no experience or flexibility required!

» Tuesdays 8 – 9 p.m. Sept. 13 – Dec. 13 31273

## Drop-in Fitness Programs

Sept. 11 – Dec. 23

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

### ■ ABSolutely!

» Wednesdays 6:20 – 6:50 p.m.

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

### ■ Active & Ageless

» Wednesdays 10 – 10:45 a.m.

This class is for the active older adult or someone who is new to fitness. Every week the class will change – you might be on the spin bikes, in the studio, 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.

### ■ Cycle 101

» Tuesdays 6 – 6:45 p.m.

This is an introductory class to help you navigate your way around our new indoor cycling bikes. If you haven't been on an indoor cycling bike or you are new to fitness, this class is "geared" for you. The instructor will go over bike set up, proper position, and do basic drills as well as answer any questions you might have.

### ■ Fit n Fierce

» 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.

### ■ H.I.I.T !!!

» Mondays 7:30 – 8 p.m.  
No class Oct. 10

Increase your strength and conditioning in this Tabata class. High intensity interval training with various exercises in 20-second intervals with 10-second rest is what this short class is all about.

### ■ Healing Yoga

» Fridays 9:30 – 10:30 a.m.  
\*No class Nov. 11

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 your own mat. Space is limited.

### ■ Indoor Cycling

» Tuesdays 5:30 – 6:15 a.m.  
» Sundays 9 – 9:45 a.m.  
\*No class Oct. 9 or Nov. 13

Cycling workouts will include all the components of indoor cycling: speed work, intervals, hill climbs, and more!  
See Also RPMs, Crank'd, Cycle 101 & Sweat Equity

### ■ Power

» Mondays 10 – 10:45 a.m.  
\*No class Oct. 10

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.

### ■ Ride & Stride

» Thursdays 9 – 9:45 a.m.

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

### ■ Rock Bottom

» Fridays 9 – 9:45 a.m.  
No class Nov. 11

Lower body power starts with the glutes. Whether you're looking to have better athletic performance such as a better run or work on your rear view, this class is the perfect way to work your glutes and achieve your "rock bottom".

### ■ RPMs

» Wednesdays 9 – 9:45 a.m.

REV IT UP in this rapid, fat burning class incorporating indoor cycling and running drills on the track. Get in the zone and become addicted to the aerobic rush these two activities provide.

### ■ Sweat Equity

» Thursdays 6 – 6:45 a.m.

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

### ■ Synrgy Circuit

» Thursdays 5:30 – 6 p.m.

If you are in a time crunch, this class is for you! Using the Synrgy 360 unit in the fitness center, this strength-based circuit class will guide you through various functional exercises and inspire you to create your own workout on this dynamic piece of equipment. You will challenge all main muscle groups using various stations.

### ■ Weekend Warrior

» Saturdays 9:15 – 10 a.m.  
No class Oct. 8 or Nov. 12

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! *Space is limited.*

### ■ Yoga Flow

» Sundays 10:15 – 11 a.m.  
» Mondays 6 – 6:45 p.m.  
No class Oct. 9, 10 or Nov. 13

This class includes 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!

## Looking to get certified with us this fall?

### Swim instructor

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

**Step 2:** Register in the Nov. 5, 12, 19, & 26 classroom component and receive your online materials – then get started on the modules.

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

**Step 4:** Take the Skills Evaluation Oct. 4.

**Step 5:** Take the WSI – classroom component Nov. 5, 12, 19, & 26.

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

### Lifeguard

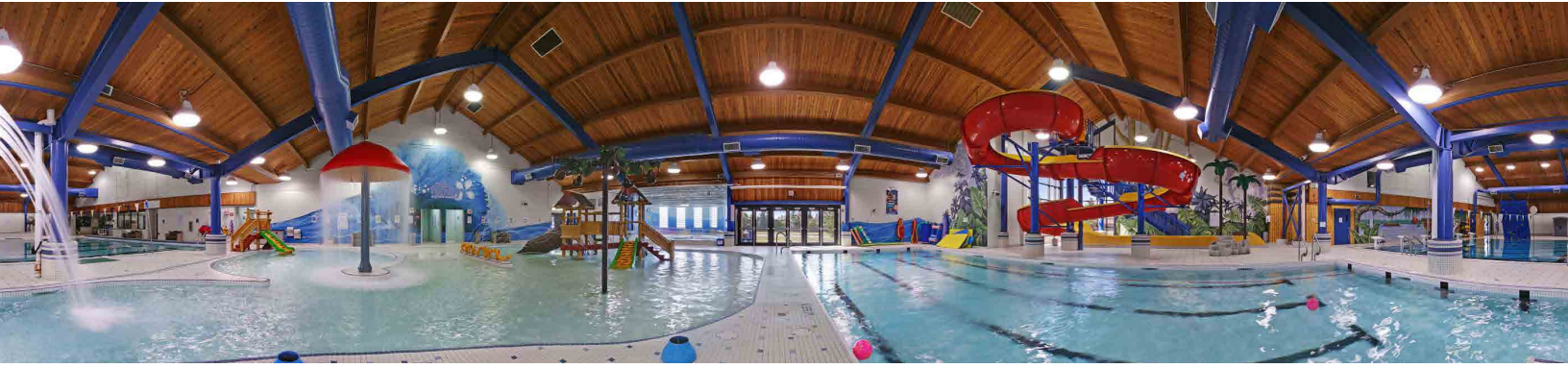
**Step 1:** Take the Standard First Aid course Sept. 17 & 18 or Nov. 17 & 18.

**Step 2:** Take the ALG course Nov. 21 – 25 and complete your observation assignment.

**Step 3:** Take the LG course Dec. 2 – 11.

**Now you're a Lifeguard!**





# 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 – 9 a.m. Patrons must present their membership pass or punch card to the lifeguard on duty. The aquatic centre staff will not accept cash or cheques for admission. For more information, please ask a Guest Services representative.

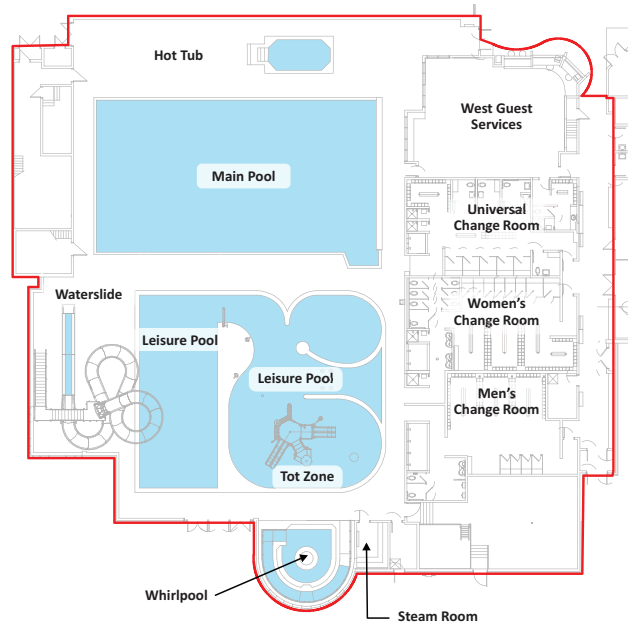
**Pool Deck Requirements for Shoes and Strollers** - For health and safety reasons outdoor footwear and strollers are not permitted on deck or in the change rooms. Shoe racks are provided at the change room entrance and the viewing area entrance on deck. You can take your shoes into the change room to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

**Pool Fouling** - 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.

#### Member registration – Aug. 30

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

#### Open Registration – Sept. 1

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

### Annual Indoor Aquatic Centre Shutdown Information:

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

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

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

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



## Indoor Aquatic Centre Fall Schedule | Sept. 25 – Dec. 24

Public Swim		
Monday – Friday	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

Family Swim <i>* a quieter time for families with young children</i>		
Monday / Wednesday / Friday	4 – 6:30 p.m.	Leisure Tot Area
Saturday	11 a.m. – 1 p.m.	Limited Pool Use
Sunday	9 a.m. – 1 p.m.	All Pools

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  <i>*No lane swim 9-10 p.m. Fridays</i>	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	8 – 9 a.m.	1 lane MP + 4 lanes LP
	9 a.m. – 9 p.m.	1 lane MP
Sunday	8 – 9 a.m.	6 lanes MP + 4 lanes LP
	9 a.m. – 9 p.m.	1 lane MP

**Please note** that 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 Swimming Lessons - Indoor Pool	
Monday – Friday	4 p.m. – 7 p.m.
Wednesdays	1 p.m. – 3:30 p.m.
Saturday	9 a.m. – Noon

Statutory Holiday Schedule			
STAT Holiday Hours	Labour Day (Sept. 5)	Thanksgiving (Oct. 10)	Remembrance Day (Nov. 11)
Public Swim	11 a.m. – 5 p.m.	10 a.m. – 8 p.m.	11 a.m. – 8 p.m.
Lane Swim	Indoor Aquatic Centre CLOSED  Visit us at the Outdoor Pool 10 a.m. – 6 p.m.	10 a.m. – 8 p.m. Shared Use  Noon – 1 p.m. 3 lanes Main Pool  All other times 1 lane available	11 a.m. – 8 p.m. Shared Use  Noon – 1 p.m. 3 lanes Main Pool  All other times 1 lane available

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

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

NEW

**Themed Swims!**

Join us on the following dates for games, prizes, and whole lot of family fun! Follow the LRC on social media for theme hints as these dates draw near!

Thursday, Sept. 29	4 – 6:30 p.m.
Monday, Oct. 31	4 – 6:30 p.m.
Thursday, Dec. 1	4 – 6:30 p.m.

**Toonie Swim**

Take the plunge into the pool, not into your wallet! Join us on these days and times for just a toonie.

Tuesday, Sept. 27	4 – 6:30 p.m.
Saturday, Dec. 3	9 – 11 a.m.

Everyone ages 3+ **pays only \$2!** Ages 2 and under are always FREE. Admission is provided to the Mix Family Aquatic Centre only during the specified times.



## Mix Family Aquatic Centre Bookings

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

**What does this package get you?**

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

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

## Swimming Lessons


Oct. 3 – Dec. 16

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

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

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



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

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

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

■ **Private Swim Lessons** **\$31.50/30min**

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

■ **Semi-Private Swim Lessons:**

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

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

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

■ **Swim Evaluations** **\$9.15**

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

■ **Adapted Aquatics Program**

This eight (8) lesson program is for children aged four to 16 years with a disability who may need smaller steps to meet their Red Cross Learn to Swim goals. Individualized instruction, goal-setting, and a basic approach, along with tons of fun, will take you a few steps further to enjoying the wonderful world of water. Parents, aids, or guardians are required in the water to help support and encourage the child as they learn to swim. For information or to discuss the needs of your swimmer with our programmer, please call 780-980-7165.

■ **Adult and Teen Lessons** **\$62.30**

Ages 15+

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

■ **Adult Learn-to-Swim**

- » Saturdays Oct. 1 – Nov. 26 9 – 10 a.m. 31193  
No class Oct. 8

■ **Adult Stroke Improvement**

- » Thursdays Oct. 6 – Nov. 24 9 – 10 p.m. 31192

■ **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 an early season practice (pool portion only) to see what we're all about:

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

- » **Juniors (8 – 12 yrs):**  
Oct. 5 5:30 – 6:30 p.m. (pool portion only) 29770
- » **Seniors (13 – 17 yrs):**  
Oct. 6 5:30 – 6:30 p.m. (pool portion only) 29769  
Register at Guest Services so we know to expect you!

**Returning this year:**

- Option to register on a sessional basis (fall, winter, spring) or for both at once
- Once and twice a week practice options are available for juniors.

**Junior A Club (8 – 12 yrs)**

- Monday 5 – 6:30 p.m. (pool only)
- Wednesday 5 – 5:30 p.m. (dry – starting Nov. 2)  
5:30 – 6:30 p.m. (pool)

**Junior B Club (8 – 12 yrs)**

- Sunday 6:30 – 7:30 p.m. (pool only)

**Senior Club (13 – 17 yrs)**

- Sunday 10 a.m. – noon (pool only)
- Tues/Thurs 4:45 – 5:30 p.m. (dry)  
5:30 – 6:30 p.m. (pool)

	Fall Session Sept. 26 – Dec. 15	Winter Session Jan. 8 – March 23	Spring Session April 3 – May 18
Jr. A Club	\$180* 30905	\$165 30909	Bronze Star \$90 30911
Jr. B Club	\$100* 30906	\$90 30908	
Seniors Club	\$280* 30907	\$245 30910	Bronze Medallion \$100 30913

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.

*\*The club fee is automatically applied at registration for Fall session & is not included in Fall listed prices.*

**NEW this year:** This spring session we're offering Advanced Lifesaving courses to our Junior & Senior Stingrays! Spend 2 nights a week with our coaches learning critical life skills and earning steps towards a career in aquatics! See the description of each course below!  
*Minimum 4 / Maximum 24 participants per course*

**Bronze Star** (Offered to Juniors Mondays & Wednesdays  
5-6:30pm in Spring Session)

In Bronze Star, participants develop problem-solving and decision-making skills as individuals and with partners. They learn CPR and develop Water Smart® confidence and the lifesaving skills needed to be their own personal lifeguard. Includes CPR A and AED.

**Bronze Medallion** (Offered to Seniors Tuesdays & Thursdays  
5-6:30pm in Spring Session)

Bronze Medallion Award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Rescuers learn tows and carries, as well as defense and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim. Includes CPR A and AED.

## NEW Underwater Hockey Camp (10 – 15 yrs) \$25

» Wednesday Sept. 28 4:30 – 5:30 p.m. 31243

Looking for a fun, affordable, new kind of hockey? Why not try it underwater! This limited-contact sport has teams maneuvering a puck across the bottom of the pool into the opposing team's goal by propelling it with a pusher. In this camp, players will quickly learn the basics of the game, efficiency techniques and have a ton of fun learning a new game! *Minimum 8 / maximum 12 players.*



## 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 underwater fun. All equipment will be provided for you.

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

### Discover Snorkel (Ages 8+) \$25

» Saturday Dec. 10 9:30 – 11 a.m. 30900

\*Ages 8 - 12 are required to have an adult (18+) registered and participating with them.



### Discover SCUBA (Ages 12+) \$50

» Saturday Dec. 10 9:30 – 11 a.m. 30898

\*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 fall! You'll be amazed at how quickly you improve. Available courses are listed in our swimming lesson grids on page 25 for details.



### SCUBA Certification (Ages 12+) \$325

Winter is just around the corner and maybe you're planning a tropical getaway? Make that vacation unforgettable by completing the pool portion of your open water diver certification and then finish the last step in the tropics. You won't regret it!

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

» Friday January 6, 6 – 10 p.m. 30902  
» Saturday & Sunday January 7, 8 8 a.m. – 5 p.m.



# Red Cross Swim Preschool

## Parented

**Adult is required (must be 18 years or older).**  
(Classes require Active Participation with an adult. There is no formal evaluation, participation based only.)



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

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



### **Duck** 12 - 24 months

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



### **Sea Turtle** 24 to 36 months

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



## Unparented

(Swimmers advance after completion of evaluated criteria.)



### **Sea Otter** 3 to 5 years

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



### **Salamander** 3 to 5 years

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



### **Sunfish** 3 to 5 years

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



### **Crocodile** 3 to 5 years

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



### **Whale** 3 to 5 years


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

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

# Drop-in Schedules




## Drop-in Fitness Programs | Fitness: Sept. 11 – Dec. 23 | Aquatic: Starts Sept. 26

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

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

Check at fitness desk if passes are required for class. Classes may be cancelled due to low participation.

**\*Please note: There will not be any fitness classes on statutory holiday or long weekends.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 - 6:15 a.m. Indoor Cycling	9 - 9:45 a.m. RPMs	6 - 6:45 a.m. Sweat Equity			
10 - 10:45 a.m. Power	9 - 9:45 a.m. Circuit	10 - 10:45 a.m. Active & Ageless		9 - 9:45 a.m. Rock Bottom	9:15 - 10 a.m. Weekend Warrior	9 - 9:45 a.m. Sunday Cycle
	10 - 10:15 a.m. Abs	12:15 - 12:45 p.m. Crank'd	9 - 9:45 a.m. Ride & Stride	9:30 - 10:30 a.m. Healing Yoga		10:15 - 11 a.m. Yoga Flow
6 - 6:45 p.m. Yoga Flow	6 - 6:45 p.m. Cycle 101	6:20 - 6:50 p.m. ABSolutely	12:15 - 12:45 p.m. QuickFit			
7:30 - 8 p.m. H.I.I.T It!		7 - 7:45 p.m. ZUMBA	5:30 - 6 p.m. Synrgy Circuit			
						
			7 - 7:45 p.m. Fit N Fierce			


Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LRC Aquatic Centre Sept. 26 – Dec. 23	9 - 9:50 a.m. Aqua Fit - Shallow	9 - 9:50 a.m. Aqua Fit - Deep	9 - 9:50 a.m. Aqua Fit - Shallow	9 - 9:50 a.m. Aqua Fit - Deep	9 - 9:50 a.m. Aqua Fit - Shallow		
	8 - 8:50 p.m. Aqua Fit - Shallow	11 - 11:45 a.m. Aqua Fit - Seniors	7 - 7:50 p.m. Aqua Fit - Shallow	11 - 11:45 a.m. Aqua Fit - Seniors			
		7 - 7:50 p.m. Aqua Fit - Deep		8 - 8:50 a.m. Aqua Fit - Deep			
Alexandra Outdoor Pool Sept. 6 – 16	12 - 12:50 p.m. Aqua Fit - Shallow	12 - 12:50 p.m. Aqua Fit - Shallow	12 - 12:50 p.m. Aqua Fit - Shallow	12 - 12:50 p.m. Aqua Fit - Shallow	12 - 12:50 p.m. Aqua Fit - Shallow		

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

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

# Drop-in Field House Opportunities

| Sept. 1 – March 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 a.m. – 9 p.m. Basketball	8 a.m. – 9 p.m. Basketball	8 a.m. – 9 p.m. Basketball	8 a.m. – 9 p.m. Basketball	8 a.m. – 5:30 p.m. Basketball	8 a.m. – 9 p.m. Basketball	8 a.m. – 9 p.m. Basketball
8 a.m. – 2:30 p.m. Pickleball	8 – 5:30 p.m. Badminton	8 a.m. – 2:30 p.m. Pickleball	8 a.m. – 5:30 p.m. Badminton	8 a.m. – 2:30 p.m. Pickleball	8 a.m. – 3 p.m. Volleyball	8 a.m. – 3:30 p.m. Badminton
	8 – Noon Floor Curling & Lawn Sports		8 a.m. – Noon Floor Curling & Lawn Sports			
Noon – 1 p.m. Soccer	Noon – 1 p.m. Soccer	Noon – 1 p.m. Soccer	Noon – 1 p.m. Soccer	Noon – 1 p.m. Soccer		
	12:30 – 3 p.m. Volleyball		12:30 – 3 p.m. Volleyball		1 – 2:30 p.m. Soccer	1 – 2:30 p.m. Soccer
3 – 4:30 p.m. Dodgeball	<b>MNP Kicks for Kids</b> 3 – 4:30 p.m. Volleyball	3 – 5 p.m. Soccer	<b>MNP Kicks for Kids</b> 3 – 4:30 p.m. Volleyball	3 – 5 p.m. Soccer		
3 – 4:30 p.m. Floor Hockey	Soccer Floor Hockey	3 – 4:30 p.m. Floor Hockey	Soccer Floor Hockey		3:30 – 9 p.m. Floor Hockey	3:30 – 9 p.m. Pickleball
3 – 5 p.m. Soccer		7 – 9 p.m. Pickleball		 3 – 4:30 p.m. Floor Hockey	3:30 – 9 p.m. Mini Soccer	
7 – 9 p.m. Mini Soccer						
9 – 10 p.m. ADULT HOUR Basketball Floor Hockey Soccer	9 – 10 p.m. ADULT HOUR Badminton Basketball	9 – 10 p.m. ADULT HOUR Basketball Pickleball	9 – 10 p.m. ADULT HOUR Basketball Soccer Volleyball			

# Drop-in Arena Opportunities

| Sept. 1 – March 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				6:45 – 7:45 a.m. Early Bird Adult 18+ Shinny		
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	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	1:45 – 3:45 p.m. Public Skate	1 – 3 p.m. <b>Everybody Gets to Play™ FREE</b> Public Skate Alexandra Arena Sept. 18 – March 26
				4:30 – 5:30 p.m. Youth Shinny 11-14 (1st & 3rd Friday/ month)	4 – 5 p.m. Adult & Child Stick & Puck	3 – 4:30 p.m. Family Skate
				4:30 – 5:30 p.m. Youth Shinny 15-17 (2nd & 4th Friday/ month)		4 – 5 p.m. Adult & Child Stick & Puck
		7 – 8:30 p.m. Public Skate		7 – 8:30 p.m. Public Skate		
9 – 10 p.m. Adult 18+ Shinny				9 – 10 p.m. Adult 18+ Shinny	9 – 10 p.m. Adult 18+ Broomball	

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

Full Equipment – CSA approved hockey helmet (with full face mask for Stick & Puck and Youth Shinny), skates, neck guard (Stick & Puck and Youth Shinny), hockey pants, support cup, hockey gloves, shin/elbow/shoulder pads, and regulation hockey stick

**\*\*Time subject to change.**

## Swimming Lessons | Oct. 1 – Dec. 16

**Be in the know! Here are some key dates you'll need to mark on your calendars for this session.**

Session Dates		Session	Memo Day	Parent Day	No Class
03-Oct	05-Dec	Mon	Nov. 14	Nov. 21	Oct. 10 & 31
04-Oct	22-Nov	Tues	Nov. 1	Nov. 8	
05-Oct	23-Nov	Wed	Nov. 2	Nov. 9	
06-Oct	24-Nov	Thu	Nov. 3	Nov. 10	
07-Oct	02-Dec	Fri	Nov. 4	Nov. 18	Nov. 11
01-Oct	26-Nov	Sat	Nov. 5	Nov. 12	Oct. 8
04-Oct	27-Oct	Tu & Thu	Oct. 18	Oct. 20	
08-Nov	01-Dec	Tu & Thu	Nov. 22	Nov. 24	
06-Dec	16-Dec	Mon – Thu (2 weeks)	Dec. 13	Dec. 14	

**Starfish (4 – 12 months) – 45 minutes parented**  
\$52.20 members / \$58 non-members

CLASS DATE		DAYS	START TIMES	CODE
04-Oct	27-Oct	Tue,Thu	12:00PM	30933
08-Nov	01-Dec	Tue,Thu	11:00AM	30934
03-Oct	05-Dec	Mon	5:30PM	30935
03-Oct	05-Dec	Mon	4:00PM	30936
05-Oct	23-Nov	Wed	1:30PM	30937
04-Oct	22-Nov	Tue	5:30PM	30938
05-Oct	23-Nov	Wed	6:00PM	30939
06-Oct	24-Nov	Thu	5:30PM	30940
07-Oct	02-Dec	Fri	5:45PM	30941
01-Oct	26-Nov	Sat	9:00AM	30942
01-Oct	26-Nov	Sat	10:30AM	30943
06-Dec	16-Dec	Tu,W,Th,F	5:30PM	30944

**Duck (12 – 24 months) – 45 minutes parented**  
\$52.20 members / \$58 non-members

CLASS DATE		DAYS	START TIMES	CODE
04-Oct	27-Oct	Tue,Thu	12:00PM	30945
08-Nov	01-Dec	Tue,Thu	11:00AM	30946
03-Oct	05-Dec	Mon	5:30PM	30947
03-Oct	05-Dec	Mon	4:00PM	30948
04-Oct	22-Nov	Tue	6:00PM	30949
05-Oct	23-Nov	Wed	1:30PM	30950
05-Oct	23-Nov	Wed	6:00PM	30951
06-Oct	24-Nov	Thu	5:30PM	30952
07-Oct	02-Dec	Fri	5:45PM	30953
01-Oct	26-Nov	Sat	9:45AM	30954
01-Oct	26-Nov	Sat	10:30AM	30955

**Sea Turtle (2 – 3 years) – 45 minutes parented**  
\$52.20 members / \$58 non-members

CLASS DATE		DAYS	START TIMES	CODE
04-Oct	27-Oct	Tue,Thu	11:30AM	30957
08-Nov	01-Dec	Tue,Thu	12:30PM	30958
03-Oct	05-Dec	Mon	5:30PM	30959
04-Oct	22-Nov	Tue	5:30PM	30960
04-Oct	22-Nov	Tue	4:30PM	30961
05-Oct	23-Nov	Wed	1:15PM	30962
05-Oct	23-Nov	Wed	5:30PM	30963
05-Oct	23-Nov	Wed	4:30PM	30964
06-Oct	24-Nov	Thu	5:30PM	30965
06-Oct	24-Nov	Thu	5:00PM	30966
07-Oct	02-Dec	Fri	6:15PM	30967
01-Oct	26-Nov	Sat	10:30AM	30968
01-Oct	26-Nov	Sat	9:30AM	30969
01-Oct	26-Nov	Sat	9:00AM	30970
01-Oct	26-Nov	Sat	10:00AM	30971
06-Dec	16-Dec	Tu,W,Th,F	4:30PM	30972
06-Dec	16-Dec	Tu,W,Th,F	5:45PM	30973



**Sea Otter (3 – 5 years) – 30 minutes unparented**  
**\$45.90 members / \$51 non-members**

CLASS DATE		DAYS	START TIMES	CODE
04-Oct	27-Oct	Tue,Thu	11:00AM	30974
08-Nov	01-Dec	Tue,Thu	12:00PM	30975
03-Oct	05-Dec	Mon	4:00PM	30976
03-Oct	05-Dec	Mon	5:00PM	30977
03-Oct	05-Dec	Mon	6:00PM	30978
03-Oct	05-Dec	Mon	4:30PM	30979
03-Oct	05-Dec	Mon	5:30PM	30980
04-Oct	22-Nov	Tue	5:30PM	30981
04-Oct	22-Nov	Tue	5:00PM	30982
04-Oct	22-Nov	Tue	4:30PM	30983
04-Oct	22-Nov	Tue	6:00PM	30984
04-Oct	22-Nov	Tue	4:00PM	30985
05-Oct	23-Nov	Wed	1:00PM	30986
05-Oct	23-Nov	Wed	1:45PM	30987
05-Oct	23-Nov	Wed	2:30PM	30988
05-Oct	23-Nov	Wed	5:30PM	30989
05-Oct	23-Nov	Wed	5:00PM	30990
05-Oct	23-Nov	Wed	4:00PM	30991
05-Oct	23-Nov	Wed	6:00PM	30992
06-Oct	24-Nov	Thu	4:00PM	30993
06-Oct	24-Nov	Thu	5:30PM	30994
06-Oct	24-Nov	Thu	6:00PM	30995
06-Oct	24-Nov	Thu	4:30PM	30996
06-Oct	24-Nov	Thu	5:30PM	30997
06-Oct	24-Nov	Thu	5:00PM	30998
07-Oct	02-Dec	Fri	5:15PM	30999
07-Oct	02-Dec	Fri	5:45PM	31000
07-Oct	02-Dec	Fri	6:15PM	31001
01-Oct	26-Nov	Sat	11:00AM	31002
01-Oct	26-Nov	Sat	10:00AM	31003
01-Oct	26-Nov	Sat	10:30AM	31004
01-Oct	26-Nov	Sat	10:30AM	31005
01-Oct	26-Nov	Sat	10:00AM	31006
01-Oct	26-Nov	Sat	9:00AM	31007
01-Oct	26-Nov	Sat	11:30AM	31008
06-Dec	16-Dec	Tu,W,Th,F	5:30PM	31009
06-Dec	16-Dec	Tu,W,Th,F	6:00PM	31010

**Salamander (3 – 5 years) – 30 minutes unparented**  
**\$45.90 members / \$51 non-members**

CLASS DATE		DAYS	START TIMES	CODE
04-Oct	27-Oct	Tue,Thu	12:30PM	31011
08-Nov	01-Dec	Tue,Thu	11:30AM	31012
03-Oct	05-Dec	Mon	5:00PM	31013
03-Oct	05-Dec	Mon	4:30PM	31014
03-Oct	05-Dec	Mon	5:30PM	31015
03-Oct	05-Dec	Mon	6:00PM	31016
04-Oct	22-Nov	Tue	6:00PM	31017
04-Oct	22-Nov	Tue	4:00PM	31018
04-Oct	22-Nov	Tue	5:30PM	31019
04-Oct	22-Nov	Tue	5:00PM	31020
04-Oct	22-Nov	Tue	4:30PM	31021
04-Oct	22-Nov	Tue	5:30PM	31022
05-Oct	23-Nov	Wed	1:00PM	31023
05-Oct	23-Nov	Wed	2:30PM	31024
05-Oct	23-Nov	Wed	6:00PM	31025
05-Oct	23-Nov	Wed	4:30PM	31026
05-Oct	23-Nov	Wed	5:30PM	31027
05-Oct	23-Nov	Wed	5:30PM	31028
06-Oct	24-Nov	Thu	5:00PM	31029
06-Oct	24-Nov	Thu	6:00PM	31030
06-Oct	24-Nov	Thu	5:30PM	31031
06-Oct	24-Nov	Thu	6:00PM	31032
06-Oct	24-Nov	Thu	4:00PM	31033
06-Oct	24-Nov	Thu	4:30PM	31034
07-Oct	02-Dec	Fri	6:15PM	31035
01-Oct	26-Nov	Sat	11:00AM	31037
01-Oct	26-Nov	Sat	10:00AM	31038
01-Oct	26-Nov	Sat	11:15AM	31039
01-Oct	26-Nov	Sat	10:30AM	31040
01-Oct	26-Nov	Sat	9:30AM	31041
01-Oct	26-Nov	Sat	10:00AM	31042
06-Oct	24-Nov	Thu	5:30PM	31043
01-Oct	26-Nov	Sat	11:00AM	31044
06-Dec	16-Dec	Tu,W,Th,F	6:00PM	31045
06-Dec	16-Dec	Tu,W,Th,F	5:15PM	31046
06-Dec	16-Dec	Tu,W,Th,F	4:15PM	31047

## Sunfish (3 – 5 years) – 30 minutes unparented \$45.90 members / \$51 non-members

CLASS DATE		DAYS	START TIMES	CODE
03-Oct	05-Dec	Mon	6:00PM	31053
03-Oct	05-Dec	Mon	5:00PM	31054
04-Oct	22-Nov	Tue	4:00PM	31055
04-Oct	22-Nov	Tue	6:00PM	31056
04-Oct	22-Nov	Tue	5:00PM	31057
05-Oct	23-Nov	Wed	1:30PM	31058
05-Oct	23-Nov	Wed	4:30PM	31059
05-Oct	23-Nov	Wed	5:30PM	31060
06-Oct	24-Nov	Thu	6:00PM	31061
06-Oct	24-Nov	Thu	4:15PM	31062
06-Oct	24-Nov	Thu	4:00PM	31063
07-Oct	02-Dec	Fri	5:15PM	31064
01-Oct	26-Nov	Sat	10:00AM	31065
01-Oct	26-Nov	Sat	9:30AM	31066
01-Oct	26-Nov	Sat	11:00AM	31067
06-Dec	16-Dec	Tu,W,Th,F	4:30PM	31068
06-Dec	16-Dec	Tu,W,Th,F	5:30PM	31069

## Crocodile (3 – 5 years) – 30 minutes unparented \$45.90 members / \$51 non-members

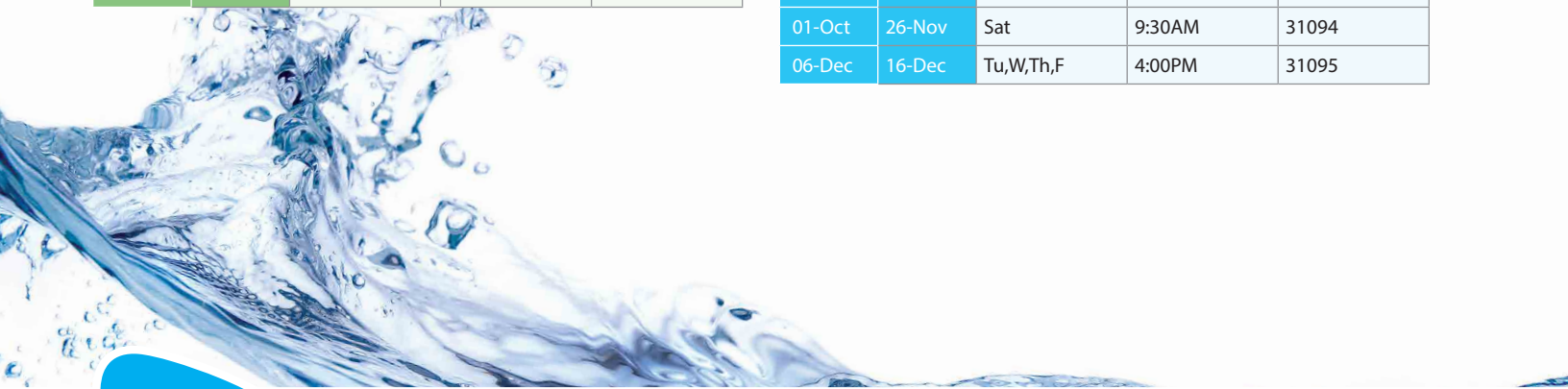
CLASS DATE		DAYS	START TIMES	CODE
06-Oct	24-Nov	Thu	5:00PM	31070
03-Oct	05-Dec	Mon	5:30PM	31071
01-Oct	26-Nov	Sat	9:00AM	31072
04-Oct	22-Nov	Tue	5:30PM	31073
05-Oct	23-Nov	Wed	2:15PM	31074
05-Oct	23-Nov	Wed	5:00PM	31075
01-Oct	26-Nov	Sat	11:30AM	31076
06-Dec	16-Dec	Tu,W,Th,F	5:00PM	31077
07-Oct	02-Dec	Fri	5:15PM	31078

## Whale (3 – 5 years) – 30 minutes unparented \$45.90 members / \$51 non-members

CLASS DATE		DAYS	START TIMES	CODE
06-Oct	24-Nov	Thu	5:30PM	31080
03-Oct	05-Dec	Mon	5:30PM	31081
01-Oct	26-Nov	Sat	10:00AM	31082
04-Oct	22-Nov	Tue	5:30PM	31083
05-Oct	23-Nov	Wed	2:15PM	31085
05-Oct	23-Nov	Wed	5:00PM	31086
07-Oct	02-Dec	Fri	5:15PM	31087
01-Oct	26-Nov	Sat	11:30AM	31088
06-Dec	16-Dec	Tu,W,Th,F	5:00PM	31089

## Swim Kids 1 (6 – 12 years) – 30 minutes \$45.90 members / \$51 non-members

CLASS DATE		DAYS	START TIMES	CODE
03-Oct	05-Dec	Mon	4:30PM	30918
03-Oct	05-Dec	Mon	5:00PM	30919
06-Oct	24-Nov	Thu	4:00PM	30920
04-Oct	22-Nov	Tue	5:00PM	30921
04-Oct	22-Nov	Tue	4:30PM	30922
04-Oct	22-Nov	Tue	4:00PM	30923
05-Oct	23-Nov	Wed	4:00PM	30924
05-Oct	23-Nov	Wed	2:00PM	30925
06-Oct	24-Nov	Thu	5:00PM	30927
05-Oct	23-Nov	Wed	5:00PM	30928
06-Oct	24-Nov	Thu	4:30PM	30929
06-Oct	24-Nov	Thu	6:00PM	30930
07-Oct	02-Dec	Fri	5:15PM	30931
06-Dec	16-Dec	Tu,W,Th,F	5:00PM	30932
07-Oct	02-Dec	Fri	5:45PM	31091
01-Oct	26-Nov	Sat	10:30AM	31092
01-Oct	26-Nov	Sat	9:00AM	31093
01-Oct	26-Nov	Sat	9:30AM	31094
06-Dec	16-Dec	Tu,W,Th,F	4:00PM	31095



<b>Swim Kids 2 (6 – 12 years) – 30 minutes</b> \$45.90 members / \$51 non-members				
CLASS DATE		DAYS	START TIMES	CODE
05-Oct	23-Nov	Wed	4:00PM	31096
03-Oct	05-Dec	Mon	4:00PM	31097
04-Oct	22-Nov	Tue	4:30PM	31098
06-Oct	24-Nov	Thu	5:00PM	31099
04-Oct	22-Nov	Tue	4:00PM	31100
07-Oct	02-Dec	Fri	5:15PM	31101
04-Oct	22-Nov	Tue	5:00PM	31102
06-Oct	24-Nov	Thu	5:00PM	31103
01-Oct	26-Nov	Sat	11:30AM	31104
06-Dec	16-Dec	Tu,W,Th,F	5:00PM	31105
05-Oct	23-Nov	Wed	2:30PM	31106
06-Oct	24-Nov	Thu	4:00PM	31107
06-Oct	24-Nov	Thu	4:30PM	31109
07-Oct	02-Dec	Fri	5:45PM	31110
05-Oct	23-Nov	Wed	5:00PM	31111
01-Oct	26-Nov	Sat	9:00AM	31112
01-Oct	26-Nov	Sat	10:45AM	31113
06-Dec	16-Dec	Tu,W,Th,F	4:00PM	31114

<b>Swim Kids 3 (6 – 12 years) – 30 minutes</b> \$45.90 members / \$51 non-members				
CLASS DATE		DAYS	START TIMES	CODE
03-Oct	05-Dec	Mon	4:30PM	31125
03-Oct	05-Dec	Mon	5:00PM	31126
04-Oct	22-Nov	Tue	4:30PM	31127
06-Dec	16-Dec	Tu,W,Th,F	4:00PM	31128
04-Oct	22-Nov	Tue	5:00PM	31129
04-Oct	22-Nov	Tue	6:00PM	31130
05-Oct	23-Nov	Wed	2:00PM	31131
05-Oct	23-Nov	Wed	4:00PM	31132
05-Oct	23-Nov	Wed	4:30PM	31133
06-Oct	24-Nov	Thu	6:00PM	31135
06-Oct	24-Nov	Thu	4:30PM	31139
06-Oct	24-Nov	Thu	5:30PM	31140
07-Oct	02-Dec	Fri	6:15PM	31141
01-Oct	26-Nov	Sat	9:30AM	31142
01-Oct	26-Nov	Sat	11:00AM	31143
01-Oct	26-Nov	Sat	10:30AM	31144
06-Dec	16-Dec	Tu,W,Th,F	4:45PM	31145

<b>Swim Kids 4 (6 – 12 years) – 45 minutes</b> \$52.20 members / \$58 non-members				
CLASS DATE		DAYS	START TIMES	CODE
03-Oct	05-Dec	Mon	4:15PM	31146
05-Oct	23-Nov	Wed	1:00PM	31147
06-Oct	24-Nov	Thu	6:00PM	31148
07-Oct	02-Dec	Fri	5:15PM	31149
04-Oct	22-Nov	Tue	5:00PM	31150
06-Dec	16-Dec	Tu,W,Th,F	4:00PM	31151
05-Oct	23-Nov	Wed	4:00PM	31154
01-Oct	26-Nov	Sat	11:15AM	31155
01-Oct	26-Nov	Sat	10:30AM	31156

<b>Swim Kids 5 (6 – 12 years) – 45 minutes</b> \$52.20 members / \$58 non-members				
CLASS DATE		DAYS	START TIMES	CODE
03-Oct	05-Dec	Mon	4:15PM	31157
05-Oct	23-Nov	Wed	1:00PM	31158
06-Oct	24-Nov	Thu	6:00PM	31159
07-Oct	02-Dec	Fri	5:15PM	31160
04-Oct	22-Nov	Tue	4:15PM	31161
06-Dec	16-Dec	Tu,W,Th,F	4:00PM	31162
05-Oct	23-Nov	Wed	4:45PM	31165
01-Oct	26-Nov	Sat	9:00AM	31166
01-Oct	26-Nov	Sat	11:15AM	31167

<b>Swim Kids 6 (6 – 12 years) – 45 minutes</b> \$52.20 members / \$58 non-members				
CLASS DATE		DAYS	START TIMES	CODE
04-Oct	22-Nov	Tue	4:45PM	31168
05-Oct	23-Nov	Wed	1:45PM	31169
06-Oct	24-Nov	Thu	4:45PM	31170
07-Oct	02-Dec	Fri	6:00PM	31171
01-Oct	26-Nov	Sat	9:30AM	31172
06-Dec	16-Dec	Tu,W,Th,F	4:45PM	31173

Swim Kids 7 (6 – 12 years) – 45 minutes \$52.20 members / \$58 non-members				
CLASS DATE		DAYS	START TIMES	CODE
04-Oct	22-Nov	Tue	4:45PM	31174
05-Oct	23-Nov	Wed	1:45PM	31175
06-Oct	24-Nov	Thu	4:45PM	31176
07-Oct	02-Dec	Fri	6:00PM	31177
01-Oct	26-Nov	Sat	11:15AM	31178
06-Dec	16-Dec	Tu,W,Th,F	4:45PM	31179

Swim Kids 8 (6 – 12 years) – 60 minutes \$56.07 members / \$62.30 non-members				
CLASS DATE		DAYS	START TIMES	CODE
04-Oct	22-Nov	Tue	5:30PM	31180
01-Oct	26-Nov	Sat	10:00AM	31181
06-Oct	24-Nov	Thu	4:00PM	31182
06-Dec	16-Dec	Tu,W,Th,F	4:15PM	31183

Swim Kids 9 (6 – 12 years) – 60 minutes \$56.07 members / \$62.30 non-members				
CLASS DATE		DAYS	START TIMES	CODE
04-Oct	22-Nov	Tue	5:30PM	31184
01-Oct	26-Nov	Sat	10:00AM	31185
06-Oct	24-Nov	Thu	4:00PM	31186
06-Dec	16-Dec	Tu,W,Th,F	4:15PM	31187

Swim Kids 10 (6 – 12 years) – 60 minutes \$56.07 members / \$62.30 non-members				
CLASS DATE		DAYS	START TIMES	CODE
04-Oct	22-Nov	Tue	5:30PM	31188
01-Oct	26-Nov	Sat	10:00AM	31189
06-Oct	24-Nov	Thu	4:00PM	31190
06-Dec	16-Dec	Tu,W,Th,F	4:15PM	31191

Private Lessons (6 – 12 years) – 30 minutes unparented \$28.35 members / \$31.50 non-members				
CLASS DATE		DAYS	START TIMES	CODE
01-Oct		Sat	9:30am	31210
03-Oct		Mon	6:00pm	31194
06-Oct		Thurs	5:00pm	31202
13-Oct		Thurs	5:00pm	31203
15-Oct		Sat	9:30am	31211
17-Oct		Mon	6:00pm	31195
20-Oct		Thurs	5:00pm	31204
22-Oct		Sat	9:30am	31212
24-Oct		Mon	6:00pm	31196
27-Oct		Thurs	5:00pm	31205
29-Oct		Sat	9:30am	31213
03-Nov		Thurs	5:00pm	31206
05-Nov		Sat	9:30am	31214
7-Nov		Mon	6:00pm	31197
10-Nov		Thurs	5:00pm	31207
12-Nov		Sat	9:30am	31215
14-Nov		Mon	6:00pm	31198
17-Nov		Thurs	5:00pm	31208
19-Nov		Sat	9:30am	31216
21-Nov		Mon	6:00pm	31199
24-Nov		Thurs	5:00pm	31209
26-Nov		Sat	9:30am	31217
28-Nov		Mon	6:00pm	31200
5-Dec		Mon	6:00pm	31201

## 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

» 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.

#### Prerequisites:

- 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

» 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 prerequisite 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.

#### Prerequisites:

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

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

» Friday/Saturday 5 – 9 p.m. / 9 a.m. – 5 p.m. Sept. 30/Oct. 1 29647

### ■ Red Cross Lifeguard Certificate (LG) \$225

» 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.

#### Prerequisites:

- 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

» Saturday noon – 5 p.m. Oct. 1 29651

### ■ Lifesaving Society National Lifeguard (NL) \$225

» Sundays 8 a.m. – 5 p.m. Oct. 30 – Nov. 27 29656

NL is designed to develop an understanding of lifeguard principles, good judgment, and a mature responsible attitude towards the role of a lifeguard.

#### Prerequisites:

- 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

### ■ 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) and 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.

» 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.

» Saturdays 9 a.m. – 4 p.m. Nov. 5, 12, 19, 26 29664

#### Prerequisites:

- 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 session's available courses are listed in our swimming lesson grids.*

### ■ Red Cross Water Safety Instructor Recertification (WSI) \$75

» Sunday 10 a.m. – 3 p.m. Oct. 2 29661

NEW

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



## Aquatic Fitness Programs | Sept. 25 – Dec. 23

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LRC Aquatic Centre Sept. 26 – Dec. 23	9 - 9:50 a.m. Aqua Fit - Shallow	9 - 9:50 a.m. Aqua Fit - Deep	9 - 9:50 a.m. Aqua Fit - Shallow	9 - 9:50 a.m. Aqua Fit - Deep	9 - 9:50 a.m. Aqua Fit - Shallow		9 - 9:45 a.m. Baby Weights Shallow
	8 - 8:50 p.m. Aqua Fit - Shallow	11 - 11:45 a.m. Aqua Fit - Seniors	7 - 7:50 p.m. Aqua Fit - Shallow	11 - 11:45 a.m. Aqua Fit - Seniors			10 - 10:45 a.m. Pre-natal Deep
Alexandra Outdoor Pool Sept. 6 – 16	12 - 12:50 p.m. Aqua Fit - Shallow	12 - 12:50 p.m. Aqua Fit - Shallow	12 - 12:50 p.m. Aqua Fit - Shallow	12 - 12:50 p.m. Aqua Fit - Shallow	12 - 12:50 p.m. 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 28

### ■ Aqua Fit – Shallow Water Drop-in

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

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

### ■ Aqua Fit – Deep Water Drop-in

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

\*Maximum of 16 participants

### ■ Aqua Fit – Seniors Drop-in

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

\*Maximum of 45 participants



■ **Baby Weights** **\$50**

- » Sunday #1 9 – 9:45 a.m. Oct. 2 – Nov. 6 30914  
No class Oct 9
- » Sunday #2 9 – 9:45 a.m. Nov. 20 – Dec. 18 30915

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

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

■ **Pre-Natal** **\$50**

- » Sunday #1 10 – 10:45 a.m. Oct. 2 – Nov. 6 30916  
No class Oct 9
- » Sunday #2 10 – 10:45 a.m. Nov. 20 – Dec. 18 30917

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.*



■ **Paddle Board (SUP) Fitness Teaser** **\$15**

*Max 6 participants per class*

- » Sunday Oct. 16 8 – 8:45 p.m. 31244  
Oct. 16 9 – 9:45 p.m. 31245
- » Tuesday Oct. 25 8 – 8:45 p.m. 31246  
Oct. 25 9 – 9:45 p.m. 31247
- » Tuesday Nov. 29 4:30 – 5:15 p.m. 31248  
Nov 29 5:30 – 6:15 p.m. 31249

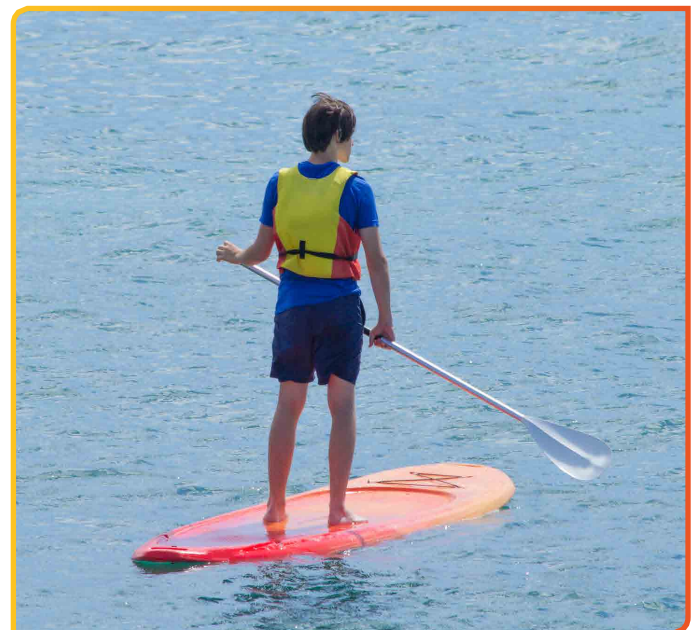
SUP Stand up Paddleboard fitness and yoga for endurance, strength and balance! As one of the best activities for all-round athletic development you'll see improvements to your core strength, muscle tone, balance, and endurance. This session provides a great full body work out including a combination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

■ **Aqua Boot Camp Teaser** **\$10**

- » Wednesday Sept. 28 5:45 – 6:45 p.m. 31250
- » Wednesday Nov. 30 5:45 – 6:45 p.m. 31251

Love the water but Aqua Fit class just isn't your thing or maybe you've tried lane swimming but got bored quickly? Try the new Aqua Boot Camp! With the familiar boot camp style, this class incorporates basic swimming with weight based exercises in and around the pool. Be ready to sweat up a storm and enjoy doing it at the pool. Participants will be required to get in and out of the pool during the workout. Must be comfortable in deep water.

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





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

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



780-980-7119 (June 6 – Sept. 17)

### General Information

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

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

**Purchase your summer pass before May 31 and save!**

Alexandra Outdoor Pool Admission Rates			
	Admissions	Flex pass	Season pass
Child - 3 - 7 years	\$3.75	\$30	\$68
Youth - 8 - 17 years	\$4.75	\$38	\$89
Adult - 18 - 59 years	\$5.75	\$46	\$105.50
Senior - 60 - 79 years	\$4.75	\$38	\$89
Family	\$15.25	\$122	\$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, but 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

Public Swim	Sept. 6 – 17	Sept. 5
Monday - Friday	4 – 6:30 p.m.	Holiday Hours 10 a.m. – 6 p.m.
Saturdays	10 a.m. – 6 p.m.	
Sundays	1 – 6 p.m.	

Lane Swim (1 Lane)	Sept. 6 – 16	
Monday – Friday	Noon – 1 p.m.	
Spray Park	Sept. 4 – 17	Sept. 5
Daily	10 a.m. – 8 p.m.	9 a.m. – 8 p.m.

**Due to an extended LRC Aquatic Centre shutdown, the Outdoor Pool & Spray Park season has been extended.**



## Booking Rates

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

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

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

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

Is your group looking to make a splash? 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 | Sept. 4 – 16

### 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 30 participants

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



NEW

## Special Events

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

@LeducAlexPool /LeducAlexPool LeducAlexPool

## Pool closure information

In the event of:		Mix Family Aquatic Centre	Alexandra Outdoor Pool
Fouling incident	Public swim/bookings/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, / 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](http://Leduc.ca/LRC), including specific activities catering specific skill levels or ages
- Children seven and under must be actively supervised by an individual 14 years or older, while participating in drop-in leisure activities unless otherwise noted in the activity details.

## ■ Active Participation VS Active Supervision

**Active Participation** requires a responsible person 14 years of age or older to participate with the participants 7 years of age or under in 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 years 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 for 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.

- **Pre-school & 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

Sept. 1, 2016 – March 31, 2017

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 [www.Leduc.ca/LRC/Arena](http://www.Leduc.ca/LRC/Arena) and by clicking on the **'Skating Guidelines'** link.

### Adult/Child Stick & Puck

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



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

### Broomball

Originating here in Canada, the LRC is now offering this recreational ice game. Though the game is played much like hockey, players wear special rubber-soled shoes instead of skates. Players are to supply their own equipment.

NEW

### Everybody Gets to Play

From September 18 - March 26, join in on this **FREE** public skating time from 1 - 3 p.m. at the Alexandra Arena. This free event has been made possible through funding provided by Everybody Gets to Play™ Leduc.

### 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-served 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.



## Friday Fun Skates

Friday Fun Skates are fun for the whole family! Our Fun Skates will engage all ages with music, activities, prizes, games, and fun! Friday Fun Skates will start back up in October.

- **Oct. 21 – Crazy Critters**

Let's monkey around! Our Crazy Critters Fun Skate will be filled with furry fun for all.

- **Nov. 18 – Flash Back Friday**

A blast to the past, join us to remember your favourite decade. Whether it be the 80s, 90s or early 2000s, we're going back.

- **Dec. 16 – Christmas in Candyland**

Come join us for a Christmas Candyland extravaganza! We're celebrating the best part of Christmas; all of the goodies minus the gifts.

*\* 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+.

# Healthy Recipes



## Healthy Mexican Salad in a Jar

A perfect healthy lunch for those who are on-the-go. Switch out veggies if you like, and make it a salad that you will enjoy!

### Ingredients

- Chick Peas (drained and rinsed)
- Red, yellow, and orange peppers (chopped)
- Cooked brown rice or quinoa
- Red onions (chopped)
- Cherry tomatoes cut in half
- Spinach
- Salsa
- Grated cheese (a small handful)

### Method

1. Cook your rice or quinoa as indicated on the package. Whatever you don't use in this recipe can be saved for another meal.
2. As the rice is cooking cut your veggies into bite-size cubes.
3. Grab your mason jar and get ready to fill it with an abundance of fresh and healthy ingredients.
4. Pour a ¼ cup of salsa at the bottom of the jar. Begin layering with peppers, chick peas, tomatoes, brown rice, red onions, and top with spinach and a bit of grated parmesan or mozzarella cheese.
5. Bring with you to work, dump on a plate, and enjoy!

### Supplies Needed

- 1 Mason Jar (any size you choose)

### Helpful Hint:

*"Make sure to place your dressing at the bottom of the jar, your hardier veggies or ingredients next, and you lettuce/toppings last. This will ensure your lettuce does not get soggy. Feel free to add chicken or beef to this recipe too. Enjoy!"*

## ■ Field House Opportunities | Sept. 1, 2016 – March 31, 2017

### 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.

### Lawn Sports

This new passive leisure opportunity is an excellent chance to join in and play fun games such as Lawn Bowling, Ladder Golf, and Bean Bag Toss.

### Table Tennis

Table Tennis, also popularly known as Ping Pong, is a sport best known for hitting a lightweight ball back and forth between opponents. This new opportunity will be available Monday to Friday during the day between 8 a.m. and 5 p.m.

### Table Top Games

Located in the foyers of the LRC, these Table Top Games will consist of Crossword Game, Chess, Checkers, Slides and Ladders, and Card Game Tables. Game pieces can be signed out at East Guest services with your purchase of a daily admission, and in exchange for some collateral.

### Adult Hour

Work hard, play hard! Blow off some steam and play with others your age (18+) during Adult Hour Monday to Friday, 9 p.m. – 10 p.m. 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 one-on-one, or full court with a group of friends and other participants.

### Floor Hockey

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

### 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 opportunity for casual playtime between parents and children under six is now offered Monday to Friday in the Kukabunga Jungle!



### 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.

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



# Did you know...

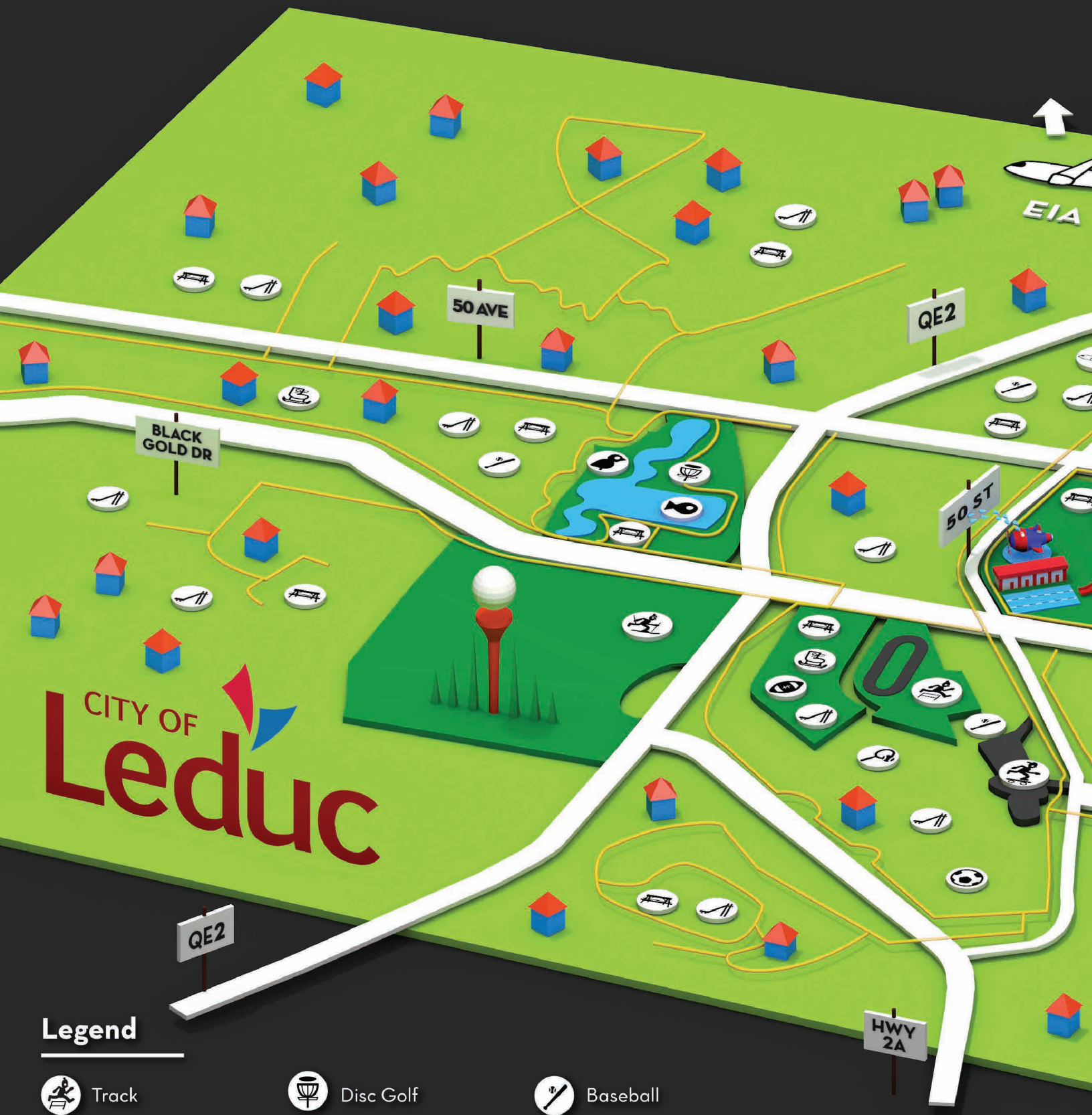
The Leduc Recreation Centre recently implemented Canada's largest commercial rooftop solar installation.























- ▶ 1.1 megawatt (MW) system
- ▶ 3,622 solar panels
- ▶ Covering 78,000 square feet – about four and a half NHL hockey rinks
- ▶ Started generating electricity on July 31, 2016
- ▶ Offsets up to 15% of the LRC's annual electricity use

.....

Along with the solar installation at the City's Operations Building, these projects will lead to emission reductions of almost 1,100 tonnes.



## Legend

- |   |   |  |   |  |
|---|---|--|---|--|
|  Track                |  Disc Golf     |  Baseball   |  Picnic            |  Hockey     |
|  Skatepark            |  Ice-Skating   |  Football   |  Airplane Watching |  Public Art |
|  Cross-Country Skiing |  Bird-Watching |  Tennis     |  Soccer            |  Public Art |
|  Fishing              |  Soccer        |  Public Art |  Airplane Watching |  Public Art |



Edmonton

46 ST

ROLLYVIEW RD

Barclay

Dog Park

Outlook Park

Leduc Rec Centre

Visitor Information Centre

- Walking
- Multiway
- Playground
- Walk of Generations



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

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

☎️ 780-980-7109

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

*FCSS provides FREE confidential support and resources to residents of the City of Leduc. Our staff has a strong working knowledge of local support services and is able to connect families, youth, adults, and seniors with available programs and services. We are often the first point of contact for community members and agency groups looking for help in the area of social well-being.*

### Information & Referral

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

Support and initiatives may include;

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

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

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

### Family Day Unplugged

The 2016 Family Day Unplugged initiative was a huge success. City of Leduc residents logged 46,575 hours, which was an increase of 20,661 hours from the previous year. Way to go Leduc! Let's see if we can do ever better and beat that number on Family Day in 2017 (February 20th). **Don't forget to log your hours at [www.leduc.ca](http://www.leduc.ca) after Family Day for a chance to win some great prizes.**

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

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





## Family Support

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

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

### Children in Change

Children in Change is a program used to support children ages 6-10 years who are going through or who have experienced significant family changes in their lives.

Some changes may include (but are not limited to) the following:

- Divorce, separation, remarriage, and blended families
- Death or loss
- A parent with drug, alcohol, or mental health issues
- Homelessness and/or frequent moves

Please contact Family and Community Services for more information regarding this free program. Registration and a phone intake are required. Please contact 780-980-7109.

- **Saturdays, October 15 and 22**  
Please choose either 9 a.m. – noon **OR** 1 – 4 p.m.  
Leduc Public Library

### Weathering the Economic Storm Series

- **Resume and Cover Letter Development**  
Oct. 13, 2016 | 9 a.m. – 4 p.m.
- **Interview Skills and Techniques**  
Oct. 20, 2016 | 9 a.m. – 4 p.m.

Both workshops will be held at the Leduc Public Library. Lunch is provided. Please contact us at 780-980-7109 to register.

## November is Family Violence Prevention Month in Alberta

### What can you do in Leduc to promote family violence prevention?

- Report suspicions of family violence
- Learn the family violence warning signs, what to do, and where to get help. Visit [www.familyviolence.alberta.ca](http://www.familyviolence.alberta.ca)
- Help a local shelter or sexual assault centre as a volunteer, board member, or fundraiser.
- Talk about family violence as a community issue and not as a private one.
- Talk to young people in your lives about the negative implications of violence.
- Teach your children early that abuse in any form is not o.k.

### When to report family violence/abuse?

- In Alberta, under Section 4 (1) of the Child, Youth, and Family Enhancement Act, any person who has reasonable and probable grounds to believe that a child is in need of intervention shall forthwith report the matter to a director. If you think, know or suspect that a child is being mistreated you, as an adult, are legally obligated to report that information to Children's Services as per the Child, Youth, and Family Enhancement Act. To contact Leduc Child and Family Services call 780-986-7869 or contact the Alberta Child Abuse Hotline at 1 800 387 5437 (KIDS).
- If you are **witnessing** family violence, contact 911 immediately.
- 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. Do not give advice or make assumptions about what they want to do. The City of Leduc 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/fcss](http://www.leduc.ca/fcss)

\* **FREE** Family Violence and Your Workplace presentations are available for your workplace OHS and/or safety meetings. Contact FCSS at 780-980-7109 for more information.

## 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 years) to support them in dealing with the challenges that the teenage years can bring. We work with you to build skills, create parenting plans, and provide advocacy, support, and referrals.

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

**School Programming:** We partner with schools and other agencies to support 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.

### Positive Ticketing Campaign

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

### 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, Black Gold Outreach, CAP Team, and Parent Link as we sit down and discuss recurring problems and possible solutions. These evening session workshops are FREE to public and professionals.

- **October 19** – Media Safety
- **November 16** – Relationships Matter
- **February 15** – Mental Health 101
- **March 15** – Mindfulness
- **April 19** – Substance Abuse Awareness

Dinner supplied. Registration is required. Please call City of Leduc FCSS at 780-980-7109 to register or for more information.

### HEROES Volunteers Needed

HEROES is a program for junior high students whose foundation is based on confidence, character, and integrity. It is a strength-based program geared towards awakening purpose and empowering youth to succeed. The volunteer facilitators are avid about seeing youth excel and find passion in their surroundings. City of Leduc is currently looking for adults who would be interested in training and thus delivering the program to youth in schools throughout the City of Leduc. Child Welfare and Criminal Record checks will be required. For more information please contact 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.

**Leduc Youth Movement (LYM)** is a free weekly drop-in group for youth ages 12-17. LYM is put on in partnership with the Boys and Girls Club of Leduc and the City of Leduc. The group meets Thursdays from 3:30pm-6:00pm beginning September 8, 2016. LYM meets according to the school calendar so does not meet when school is out for breaks. Different activities are planned each week and there are chances to win prizes every group. No registration is required.

For more information, including the location of the group, please contact Brianne Latte at 780-980-7110



## Older Adult Services

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

Older Adult programs and initiatives may include:

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

### Elder Abuse Training

Elder abuse, or the abuse of older adults, is often defined as any act or omission that harms a senior or jeopardizes his or her health or welfare. The World Health Organization defines abuse of older adults as “a single or repeated act, or lack of appropriate action, occurring in any relationship where there is an expectation of trust that causes harm or distress to an older person”. Elder abuse can take many forms and can take place in the home, in other residential settings, or in the community. It is estimated that between 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 organize a training session about elder abuse, please contact the FCSS Seniors Outreach Program Coordinator at (780) 980-7109.

### Homemaking

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

### Meals on Wheels

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

## Research and Social Development

### Good Neighbour Awards

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

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

Nominations are accepted until October 3, 2016. Please visit [www.Leduc.ca/goodneighbour](http://www.Leduc.ca/goodneighbour) to nominate that special neighbour or fill out a nomination form at the Civic Centre.

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

### Leduc Interagency Session

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

All sessions take place at the Civic Centre, Lede Room B, from 11:45 a.m. to 12:45 p.m.

- October 27 - Leduc County FCSS and Money Mentors
- December 8 - TBD

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



# Environment

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

Eco-smart Hotline: 780-980-7107

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



## ORGANICS, RECYCLING & WASTE COLLECTION

### Monday

### Tuesday

#### September

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	20	21	22	23	24
25	26	27	28	29	30	

#### October

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	20	21	22
23	24	25	26	27	28	29
30	31					

#### November

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
20	21	22	23	24	25	26
27	28	29	30			

#### December

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	20	21	22	23	24
25	26	27	28	29	30	31

#### September

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	20	21	22	23	24
25	26	27	28	29	30	

#### October

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	20	21	22
23	24	25	26	27	28	29
30	31					

#### November

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
20	21	22	23	24	25	26
27	28	29	30			

#### December

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	20	21	22	23	24
25	26	27	28	29	30	31

**ORGANICS CART**  
collected  
every 2 weeks



#### To bag or not to bag?

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

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

#### LEGEND:

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

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

## Wednesday

### September

Su	Mo	Tu	We	Th	Fr	Sa
			7	1	2	3
4	5	6	14	8	9	10
11	12	13	21	15	16	17
18	19	20	28	22	23	24
25	26	27		29	30	

### October

Su	Mo	Tu	We	Th	Fr	Sa
			5			1
2	3	4	12	6	7	8
9	10	11	19	13	14	15
16	17	18	26	20	21	22
23	24	25		27	28	29
30	31					

### November

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	9	3	4	5
6	7	8	16	10	11	12
13	14	15	23	17	18	19
20	21	22	30	24	25	26
27	28	29				

### December

Su	Mo	Tu	We	Th	Fr	Sa
			7	1	2	3
4	5	6	14	8	9	10
11	12	13	21	15	16	17
18	19	20	28	22	23	24
25	26	27		29	30	31

**ORGANICS CART**  
collected  
every 2 weeks

## Thursday

### September

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	20	21	22	23	24
25	26	27	28	29	30	

### October

Su	Mo	Tu	We	Th	Fr	Sa
				6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

### November

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	10	4	5
6	7	8	9	17	11	12
13	14	15	16	24	18	19
20	21	22	23		25	26
27	28	29	30			

### December

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	20	21	22	23	24
25	26	27	28	29	30	31

**ORGANICS CART**  
collected  
every 2 weeks

## Friday

### September

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	20	21	22	23	24
25	26	27	28	29	30	

### October

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	20	21	22
23	24	25	26	27	28	29
30	31					

### November

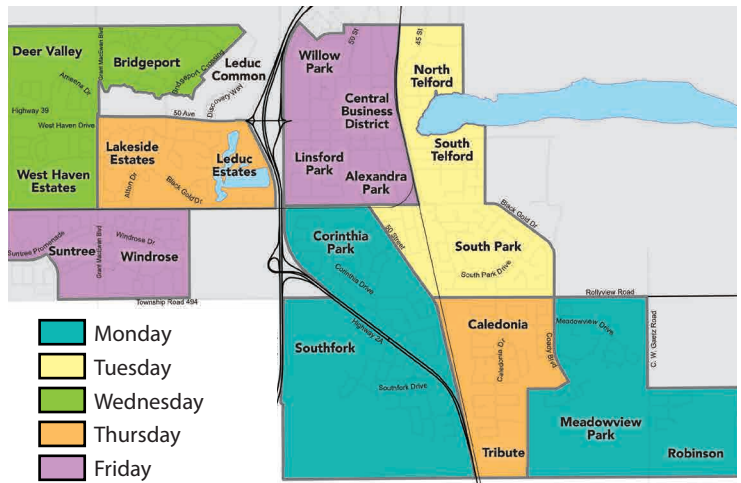
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

### December

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	20	21	22	23	24
25	26	27	28	29	30	31

**ORGANICS CART**  
collected  
every 2 weeks

## 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.

### When Smart Sorting doesn't happen

When you put materials other than organics into your cart, it is considered contaminated – and it contaminates the entire truckload. That truckload has to be landfilled. That's not good for the environment and could end up costing residents more.

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

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

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

- Glass
- Diapers
- Plastic bags
- Standard light bulbs

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

**Leduc Eco Station** – helping divert waste in Leduc  
6102 – 46 Street, Leduc

### Hours of Operation

<b>Monday / Tuesday</b>	8 a.m. – 5 p.m.
<b>Wednesday / Thursday</b>	9 a.m. – 6 p.m.
<b>Friday / Saturday</b>	8 a.m. – 5 p.m.
<b>Sunday</b>	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 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 at a Glance

	Visits	Blue bag recyclables (tonnes)	Cardboard (compacted only) (tonnes)	Electronic waste*		Household hazardous waste* (litres)
				Units	Tonnes	
2013	21,651	263	N/A**	2,959	56.1	60,094
2014	20,119	344	15.39	3,316	59.5	54,608
2015	25,786	271	29.65	3,944	68.6	92,865

\*Including materials collected at the October 2015 Toxic & E-Waste Roundup.

\*\*The combined weight of all cardboard (from compactor and bins) is 89.63 tonnes

## A Destination of Choice!

With its enhanced services and extended hours, visits to the Eco Station increased 26% in 2015 over 2014.

## Get ready for the Toxic Roundup

– October 15, 2016

It's almost time for the fall Toxic Roundup — so get ready to clean out your garage, basement, storerooms, and other areas where unwanted waste materials have accumulated over the summer.

Materials accepted include:

- Paint
- Solvents
- Pesticides
- Insecticides
- Antifreeze
- Computers
- TVs
- Hard drives
- Monitors

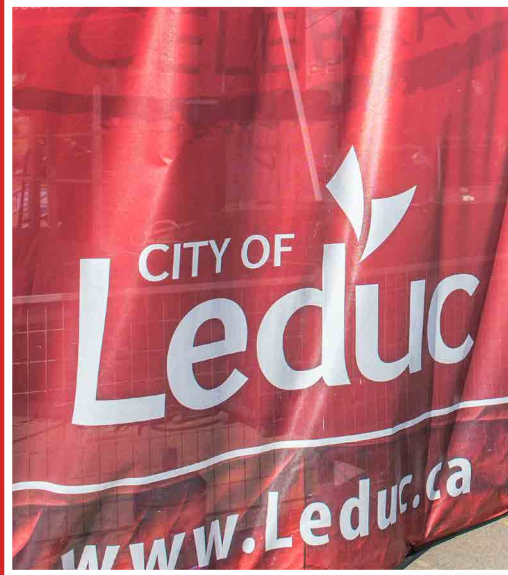
Materials dropped off during the roundup are either recycled or disposed of safely.

### Toxic Roundup 2015 results:

- At the 2015 Roundup, 429 vehicles entered the gate to drop off materials.
- Collected electronic (e-waste) filled a five-ton truck in just four hours.
- Household hazardous waste filled 10 bins with paint, four bins with mixed toxic material and one cage with propane.

	Electronic Waste		Household hazardous waste (litres)
	Units	Tonnes	
2013	150	2.3	14,370
2014	104	2.1	8,010
2015	240	4.4	11,410





## Events

### ■ Party in Alexandra Park (FREE)

— Sept. 3, 2016, 11 a.m. – 10 p.m.  
Alexandra Park

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

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

— Sept. 10, 2016, 10 a.m. – 2 p.m.  
Leduc Recreation Centre (4330 Black Gold Drive, Leduc, AB)

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

### ■ Leduc Culture Days

— Sept. 30 – Oct. 2, 2016  
Various locations around Leduc

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

## Volunteer Leduc

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

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

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

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

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

## Children's Programs

### Pre-school Programs

Sessions run from September 12 to October 20 and November 7 to December 15. The following are drop-in programs with the exception of Fun for Fours. All children are to be accompanied by a grown-up.

### Baby Laptime Ages up to 12 months (pre-school program)

**Tuesdays, 11:15 – 11:45 a.m. and Thursdays, 10:15 – 10:45 a.m.**

Enjoy delightful stories, songs, books, rhymes, finger plays, and learn some signing geared towards baby's vocabulary. Cuddle with your baby and connect with other caregivers.

### 1 Year Olds (pre-school program)

**Wednesdays, 10:15 – 10:45 a.m.**

For babies who are ready to enjoy an older program but would like to stay within a more mellow atmosphere. Enjoy delightful stories, songs, books, rhymes, finger plays, and learn some signing geared towards baby's vocabulary.

### Ages 1 – 5 (pre-school program)

**Mondays and Tuesdays, 10:15 – 10:45 a.m. and  
Wednesdays, 11:15 – 11:45 a.m.**

Join us for reading, rhyming, and singing. This is an inclusive program for ages one to five accompanied by a grown-up. Parents will learn strategies to engage their children and enhance their child's communication and development through repetition, visuals, and movement.

### Toddler Time (pre-school program)

**Thursdays, 11:15 a.m. – 12:00 p.m.**

This is a high-energy program for all pre-school age children. There will be music, signing, interactive reading, parachute, and of course bubbles!

### Family Storytime

**Mondays, 11 – 11:30 a.m.**

Join us in the children's area for fun interactive stories read and told by one of our Librarians.

### Fun for Fours\*

**Ages 4**

**Every Tuesday starting Sept. 13 to Oct. 18 and  
Nov. 8 to Dec. 13 from 1 – 2 p.m.**

Four years olds will enjoy this play-based program designed to give them an introduction to being in a classroom environment and will touch on some of the skills they will be learning in kindergarten. But most of all we want to have fun!

*\*This is a registered program. Registration is for all sessions within each of the 6 weeks. This is a non-parented program but a caregiver must be present in the library during their stay.*

### Play, Learn, Grow

**Ages 1 - 3**

**Sept. 26, Oct. 24, Nov. 28, Dec. 19, 10 - 12 p.m.**

Play is the base of learning for little ones, and we want to encourage healthy, wholesome play both at home and in our community. Join in the fun as you play with your child at the different inspiring and amusing stations as their curious little minds lead the way! *Please note this is a drop-in program and all children must be accompanied by an adult.*

### Makerspace

**Ages 6+**

**Oct. 5 and Nov. 2, 2 – 4:30 p.m.**

Come explore, build, and create! We have a collection of challenging games, toys, and technology items. Try something new or tap into your imagination and create something interesting. Children under 8 must be accompanied by an adult. *Please note this is a drop-in program.*

### Makerspace / Lego Play

**Ages 3+**

**Sept. 16, Oct. 21 and Dec. 2, 1 – 3:30 p.m.**

We will put out our great Makerspace items and add our LEGO collection for extreme fun! Children under 8 must be accompanied by an adult. *Please note this is a drop-in program.*

### Barbie / My Little Pony Play Date

**Ages 2 - 5**

**Sept. 30, Oct. 28, Nov. 25, Dec. 30, 10:30 – 12 p.m.**

Bring in your own Barbies or My Little Pony toys or use the ever growing collection we would love to share with you. Children improve their vocabulary, motor skills, and communication skills through play. Social skills are also enhanced by learning to share, play, and make new friends. *This is a drop-in program the last Friday of each month.*



## ■ Christmas Movie

**Dec. 14, 2016, 6:00 p.m.**

Drop-in at 6:00 p.m. to make a Christmas craft and then join us in watching a Christmas movie at 6:30 p.m. Snacks will be provided for all at this festive seasonal program. Please note the Christmas movie will be announced in the library's fall program guide.

## ■ Crazy Crafts

**Ages 3+**

**Sept. 19, Oct. 24, Nov. 14 and Dec. 19. All day drop-in.**

Drop into the library and let your imagination run wild! We will supply the materials under a certain theme and you can work at your own pace.

# ■ Tween/Teen Programs

## ■ Teen Noon Games

This drop-in program occurs every Wednesday there is school.

You bring the moves! Show off your dance skills – or two left feet! We will play Just Dance on Xbox, games on the Wii, origami, board games, and more in the program room during lunch break. Drop in and join in the fun!

Remember teens and tweens, you are welcome to join our Makerspace programs **October 5 and November 2, 2 – 4:30 p.m. and September 16, October 21, and December 2, 1 – 3:30 p.m.**

# ■ Adult programs

## ■ English – Conversational English

**Starting Sept. 6 every Tuesday from 6:30 to 7:30 p.m.**

This free class will have you meeting and speaking with other English learners in a fun environment! It is run in partnership with Leduc Adult Learning. [www.leducadultlearning.ca](http://www.leducadultlearning.ca) for more ESL learning opportunities.

## ■ Community Art

**Sept. 17, Nov. 19 and Dec. 17, 10:15 a.m. – 12:15 p.m.**

Join us one Saturday a month to get your creative juices flowing. Each session, participants will create a unique art project or craft which they can take home. Check our fall program guide to see which crafts we will be making!

*Please note that there is a \$10.00 non-refundable charge for each program.*

*Registration for this program must be completed at the library (with cash or cheque).*

## ■ Understanding eBooks and Audio Books

**Sept. 21, 2016, 2 – 3 p.m.**

Really? The library has ebooks and audio books that patrons can “check-out” for free? You bet! And the biggest secret? It really is not that difficult! Join staff members as they summarize the different e-resources available at Leduc Public Library for checking out online ebooks and audiobooks. Are you interested in getting an e-reader but not sure which one to buy and want to learn more before making a purchase? This program is for you! *Please note that if people need help with their individual e-readers they must set up a one-on-one session with a staff member for a different date. We will not be looking at participant's e-readers at this program. This is a drop-in program.*

## ■ Let's Get Craffin'

**Sept. 28 and Nov. 23, 6:15 – 8 p.m.**

We'll lead you through making your very own unique creation, with all supplies provided. Check out our fall program guide to see a sneak peek of what is in the works! Patrons are more than welcome to also bring their own crafts, knitting, etc. to work on during this time. *Please note that this is a drop-in family program and all children must be supervised by a parent or adult caregiver.*

## ■ Wills and Estates

**Oct. 5, 2016, 7 – 8 p.m.**

A lawyer volunteering through the Edmonton Community Legal Centre will walk you through making a valid will, the responsibilities of an executor, powers of attorney, personal directives, and much more. There will be time for questions and answers as well. Join us at the library for reliable advice from a legal professional in an easy-to-understand format! Please note this is a registered program.

## ■ Blogging Series:

### Exploring Blogs and How to Create One

**Oct. 12, 2016, 7 – 8 p.m.**

Interested in starting a blog but have no idea where to begin? Have you heard of “blogging” but don't understand what this means? Join us as we explore several different free blogging sites. We will explain what blogs are and show participants how to create their very own blog. *Please note this is a registered program.*

### From Brains to Blogs: typing, talking, and translating thoughts from pen to computer

**Nov. 9, 2016, 7 – 8 p.m.**

I've started a blog ... now what? Online journals have become popular in recent times, but once you create the template, what do you do with it? Join Natasha Deen to find out different ways to use your blog and how having an online presence can further your social and professional connections.

### Christmas Card Making

**Nov. 5, 10:15 a.m. – 12:15 p.m.**

Surprise your family and friends with beautiful homemade holiday cards. Participants will create cards which they can take home and use for the Christmas season. *Please note that there is a \$10.00 non-refundable charge for this program. Registration for this program must be completed at the library (with cash or cheque).*

### Family Lock-in - Family Games Night

**Nov. 25, 2016, 6 – 8 p.m.**

Game cafes are growing in popularity as places to hang out, laugh, and eat. The Library will be closed, and there will be games (board games, interactive games...) and food a plenty. This is the PERFECT night to have fun and learn new games with family and friends. *Make sure to register for this event!*

### Leduc Public Library's Christmas Tea

**Dec. 7, 2016, 2 – 4 p.m.**

Feel the warmth, smell the goodies, and enjoy good old fashioned Christmas cheer with music, homemade baking, coffee, and tea! *Everyone is welcomed at the library's drop-in tea.*

**Registration for programs will begin Aug. 22 on [LeducLibrary.ca](http://LeducLibrary.ca)**

# 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
Black Gold Quilt Patch	780-991-2711	
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)	780-929-3290	
MP Constituency Office (Edmonton-Leduc)	780-495-2149	www.mikelake.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
Extendingcare	780-986-2245	www.extendingcarecanada.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
------------------	--------------	------------------------

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

## Social clubs

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

## Support groups

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

## Support groups (addictions)

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

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

## Transit

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

## Youth organizations

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



# Contact information

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

Twitter: @cityofleduc

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

## Leduc Recreation Centre

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

Twitter: @Leducrecentre

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



CITY OF  
**Leduc**



780-980-7177



Leduc.ca



/cityofleduc



@cityofleduc



@thecityofleduc