



LIKE YOU MEAN IT.

FACILITY GUIDE | SPRING 2016

APRIL TO JUNE, 2016



NEW for 2016 **Small Group Training Programs**

Are you interested in a progressive, creative, well structured strength training program? **Details on page 7**

New Aquafit Tethering program!
Details on page 8

Have your birthday party at Kinsmen!
Details on page 12

edmonton.ca/kinsmen

9100 Walterdale Hill
Bus Routes 10, 11, 182,
183, 186 and 187

City of Edmonton
Recreation
centres 

WELCOME

Welcome to Kinsmen Sports Centre! This premier sports and fitness facility is one of the most unique sport centres in North America and is considered world class for sport training and fitness needs.

The Kinsmen Sports Centre is a dual mandate facility supporting high performance and individual fitness as well as providing a wide range of opportunities and experiences for all ages and abilities.

An Edmonton landmark, rich in history, Kinsmen has hosted several international multi-sport events including the 1978 Commonwealth Games, the 1983 World University Games, and the 2005 World Masters Games.

At Kinsmen Sports Centre you will find high-quality services and programs to support your training and performance goals. We are excited for you to find your fit at Kinsmen!

VISION

The premier sport and fitness centre for athletes of all ages and abilities, the Kinsmen Sports Centre provides high-quality services and programs to support life-long participation in sport and physical activity.

This vision directs us to:

- › Serve athletes, coaches, and fitness enthusiasts
- › Work with sport partners/stakeholders
- › Host events and competitions

MISSION

The Kinsmen Sports Centre's mandate will be to support high-performance groups, individual athletes and fitness enthusiasts as it priority

MANDATE

**High Performance Athletes
Sport Organizations**

**Individual Athletes
Serious Fitness Enthusiasts**

Recreation Based Users/User Groups



FACILITY HOURS

5:15AM - 10:30PM WEEKDAYS | 7:00AM - 10:00PM WEEKENDS

8:00AM - 8:00PM STAT HOLIDAYS

Front desk: (Mon - Fri) 5:15 am - 10:30 pm

(Sat - Sun) 7:00 am - 9:30 pm

Aquatic centre: (Mon - Fri) 5:15 am - 10:00 pm

(Sat - Sun) 7:00 am - 9:00 pm

Fitness centre, Courts and Field House:

(Mon - Fri) 5:15 am - 10:30 pm

(Sat - Sun) 7:00 am - 10:00 pm



edmonton.ca/kinsmen

2016 ADMISSIONS

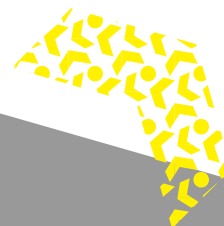
	SINGLE ADMISSION	MULTI ADMISSION (5+)	MONTHLY PASS	CONTINUOUS MONTHLY PASS**	ANNUAL PASS
CHILD (2-12 years)	\$6.25	\$5.65	\$43.00	\$37.00	\$385.00
YOUTH/ SENIOR (13-17/ 65+ years)	\$8.00	\$7.20	\$56.00	\$48.00	\$500.00
ADULT (18-64 years)	\$9.50	\$8.55	\$66.00	\$56.00	\$575.00
FAMILY	\$25.00	\$22.50	\$175.00	\$150.00	\$1,600.00

(All members of the same household related by birth, legal status or marriage up to a maximum of seven people)

** The Continuous Monthly Membership Program allows you to pay for an ongoing monthly membership pass to all City-operated centres via automatic withdrawals from your bank account. Prices include GST.

RETAIL PARTNERS

- › Kinsmen Massage Therapy
- › Kinsmen Sports Centre Physical Therapy Clinic
- › Moo's Healthy Food Fast
- › Running Room



TWO DISTINCT FITNESS CENTRES

➤ Functional Training Centre

- 6 NEW Olympic Lifting Platforms
- A complete set of competition Kettlebells (4-32kg)
- Plyometric and power training tools - tires, boxes, weighted vests, sleds and more!
- TRX Suspension training area
- Interval Training tools - Jacob's Ladder, Marpo Rope Trainer, Concept 2 Indoor Rowers, Spin Bikes and more!
- NEW SYNRGY360 System - battle ropes, landmine, monkey bars and more!



Keltie Byrne Fitness Centre

- › Large selection of dumbbells and barbells (5-125lb)
- › Full complement of strength training machines to work every body part and movement
- › 20 pieces of cardio equipment to suit your needs
- › Large core and stretching area
- › 4 Adjustable Cable Multi-Jungle Systems and a Kinesis One Multi-Gym



COURT SPORTS

- › Badminton
- › Tennis
- › Volleyball
- › Basketball
- › Table Tennis
- › Handball
- › Pickleball
- › Racquetball
- › Squash
- › Wallyball



PERSONAL TRAINING

Personal Training

Our Personal Trainers use a comprehensive system to create a custom training plan that constantly assesses, measures and adjusts your programming to ensure you are constantly progressing.

- **Private:** Custom made training plans, motivation and support working with one-on-one with an expert
- **Semi-Private:** Save money, workout with friends and get the personal attention needed to achieve your goals (2-4 friends)
- **Small Group:** Creative and progressive training plans delivered by an expert in a small group atmosphere of 5-10 individuals

Nutrition Counselling

Proper Nutrition planning is essential to getting the results you want. With individualized nutrition counselling, we can create a comprehensive nutrition plan that fits your lifestyle and delivers results.

Visit edmonton.ca/personaltraining for more information.

NEW for 2016 Introducing the Kinsmen Sports Centre Training Studio

Train in an exclusive high performance environment! Designed with athletes in mind. The Kinsmen training studio is equipped with all of the necessary tools to take your training to the next level.

- Exclusive training space
- 2 Olympic Lifting platforms with full sets of bumper plates
- A full compliment of dumbbells, competition kettlebells and adjustable benches
- Life Fitness Dual Adjustable Pulley

NEW for 2016 Small Group Personal Training Programs

Are you interested in a progressive, creative, well structured strength training program? The Kinsmen Sports Centre has developed a small group personal training program to help you pursue your fitness and strength training goals.

The program has the following benefits:

- A Certified Personal Trainer
- 4-8 weeks of resistance training, cardiovascular training and stretching programming
- Small group size (5-10 individuals)
- Developing consistent exercise habits in an environment of accountability

	DATES	TIME	#	PRICE	BARCODE
M/W/F	Apr 1-30	6:00-7:00am	(13)	\$247.00	564723
Mon	Apr 4-30	6:00-7:00pm	(4)	\$76.00	564724
Tue	Apr 5-30	7:00-8:00pm	(4)	\$76.00	564725
Wed	Apr 6-30	6:00-7:00pm	(4)	\$76.00	564726
Thu	Apr 7-30	7:00-8:00pm	(4)	\$76.00	564727

	DATES	TIME	#	PRICE	BARCODE
M/W/F	May 2-31	6:00-7:00am	(12)	\$228.00	564729
Mon	May 2-31	6:00-7:00pm	(4)	\$76.00	564730
Tue	May 3-31	7:00-8:00pm	(5)	\$95.00	564731
Wed	May 4-31	6:00-7:00pm	(4)	\$76.00	564755
Thu	May 5-31	7:00-8:00pm	(4)	\$76.00	564733

	DATES	TIME	#	PRICE	BARCODE
M/W/F	Jun 1-30	6:00-7:00am	(12)	\$228.00	564729
Mon	Jun 6-30	6:00-7:00pm	(4)	\$76.00	564730
Tue	Jun 7-30	7:00-8:00pm	(5)	\$95.00	564731
Wed	Jun 1-30	6:00-7:00pm	(4)	\$76.00	564755
Thu	Jun 2-30	7:00-8:00pm	(4)	\$76.00	564733



NEW IN 2016

► Get hooked on Tethering!

Intensify your deep water work out by tethering. Low impact, high resistance training!

Group Fitness 101

Get a sample of our most popular Group fitness classes during this 5 class program so you can find your fit.

JOGA

This high intensity Yoga class is designed for the athlete to focus on balance, core strength and flexibility.

Kinsmen Training Studio

Unleash your inner athlete by taking one of our new Small Group Training programs in our exclusive training studio!

Learn to Lift

Learn the basic skill and proper technique for the 3 powerlifting movements (squat, deadlift, bench press) from a qualified personal trainer. These three fundamental movements and accessory lifts will be taught to improve muscular strength and endurance in the privacy of our newly designed Training Studio.

Obstacle Fun (ages 4-6)

An obstacle course that will have your active child running, climbing, rolling and maneuvering through equipment.



➤ **Obstacle-Fit Family (ages 8+)**

Get fit with your family! Instructors will lead you through creative activities, incorporating strength, agility and speed.

Obstacle Fit-Conditioning (adults)

Run, jump, crawl and climb your way to superior fitness. This class will have you ready to tackle any obstacle and conquer any course!

Olympic Lifting 101

Learn the fundamentals of the Olympic Lifts in this registered course to improve: force production, explosive power and coordination. Participants will be taught the snatch, clean and jerk by a qualified Olympic Lifting Coach. Accessory lifts and exercises will also be taught to aid in strength gains and range of motion.

➤ **UP TO 85 DROP-IN FITNESS CLASSES PER WEEK**

- **Mind/Body-** Joga, Yoga, Barre, Pilates
- **Cardiovascular and Strength-** Boot Camp, Circuit Training, Tabata
- **Spin Classes-** Virtual Spin, Virtual Coach, Tabata Spin, Spin Express
- **With Baby Classes-** Strollercize
- **Aquatic Classes -** Shallow and Deep Water Aquasize, Swim Training, and Lane Swim
- **Older Adult-** Living Fit Yoga
- **Before Work-** Spin, Circuit and Deep Water Tethering

➤ Please see edmonton.ca/kinsmen for our full drop-in program schedule

SMALL GROUP TRAINING PROGRAMS

Details P.7



CHILDREN'S EXPERIENCES

› Kinsmen Kids Den - Where Little athletes Train

While you're working out, your child will be encouraged to be active too! We look forward to providing your children with enhanced physical activity opportunities, including our new climbing structure, the indoor play space, as well as fun games and activities that will encourage your child to be active

› NEW activity additions:

- Tumbling mats
- Climbing /jumping
- Obstacle courses

› Indoor Play Space

- Inflatable Playground
- Imagination Playground
- Preschool Wheels

› Preschool registered programs

› School aged registered programs

› School programs and Active Living School

› Birthday parties



PRESCHOOL REGISTERED NON-AQUATIC PROGRAMS

NON-PARENTED PROGRAMS are for children ages 3.5-5 years. These programs are designed for children who are looking for opportunities to develop their own independence and enjoy exploration where all interaction is with their peers without the assistance and presence of their parent(s)/guardian(s). Children must be fully toilet trained to attend.

PARENTED PROGRAMS: age range 1-5. These programs are designed for you to engage with your child while participating in the planned activities together.

ACTIVE SERIES PROGRAMS

Our Active Series programs focus on making movement fun! We create exciting opportunities for your child to be active for life. Our staff are trained in physical literacy and teach fundamental movement skills such as running, catching, throwing and jumping. Your child can participate in any Active Series program that is age-appropriate, regardless of whether they have attended an Active Series program previously.

ACTIVE TOTS

AGES 1-3

Be an active role model for your energetic toddler! A variety of objects, obstacles and movement will be explored as we focus on developing body control, locomotor skills as well as sending & receiving skills. This program includes both unstructured/child-initiated active play as well as structured/play guided by the program instructor. We will end with a story to cool down. Please feel free bring a small nut-free snack and beverage for your child. Parent/Guardians are required to attend and participate in this program. Parent(s)/Guardian(s) are required to attend and participate in this program.

DATES	TIME	#	PRICE	BARCODE
Wed	Apr 6-Jun 22	9:45-10:30am	(10) \$93.00	559427

ACTIVE TOGETHER

AGES 1-5

This fitness-focused program is perfect for moms, dads and caregivers who are looking for fun ways to workout with their kids. Led by certified fitness professional, preschoolers will be introduced to exercises and use basic, age appropriate gym equipment under their parents' supervision and guidance. The class will focus on the children, but both adults and children will end up getting a workout! So lace up those shoes, grab your water bottle and join us! Parent/Guardians are required to attend and participate in this program.

DATES	TIME	#	PRICE	BARCODE
Wed	Apr 6-Jun 8	11:00-11:45am	(10) \$96.00	559391

ACTIVE START

AGES 3.5-5

On your mark...get set...go! Our target is fun in this high energy, activity filled program. There is no time for a nap, but your little one might need one after we're done! We'll have a ball developing physical literacy through skill-based games and activities. We'll also zone in on fundamental movement skills such as running, jumping, twisting, kicking, throwing and catching. Physical activity will take place both indoors and outdoors. Please always have your child dressed for the weather and provide a small nut-free snack and beverage. All participants are required to be toilet trained. Parent(s)/Guardian(s) are not required to stay.

DATES		TIME	#	PRICE	BARCODE
Mon	Apr 4-Jun 13	9:30-11:30am	(10)	\$155.00	559389
(No Class May 23)					
Tue	Apr 5-Jun 7	9:30-11:30am	(10)	\$155.00	559390

MULTI-ACTIVITY PROGRAMS

OBSTACLE FUN

AGES 4-6

Obstacle fun is just that! An obstacle course that will have your active child running climbing crawling rolling and manoeuvring through an array of equipment. Energetic instructors will lead your child through creative activities to get those heart rates up, and incorporate strength agility and speed. Child must be fully toilet trained. Feel free to send a peanut free snack and drink to stay hydrated!

DATES		TIME	#	PRICE	BARCODE
Thu	Apr 7-May 26	1:00-3:00pm	(10)	\$116.00	559385

WE DO BIRTHDAY PARTIES!



Make your child's birthday an unforgettable experience by booking a customized party available at Kinsmen Sports Centre.

Whether your interested in games, sports, or training to be a Ninja or you want to learn some kickboxing moves, your child's party is sure to be unique, active and fun!

For more information about birthday parties, please visit edmonton.ca/BirthdayParties

BIRTHDAY PARTY	DESCRIPTION
GAME - ON SPORTS	Your group can let loose in this jam packed party filled with will your kid's favorite games, sports and activities.
KUNG FU PANDAS	Move like a monkey, a tiger, and a snake, as you leap, spin, tumble, and roll. Play high-energy games and participate in basic Kickboxing techniques.
NINJA WARRIOR	Balance on beams, crawl through tunnels or jump over hurdles with this unique obstacle course birthday party.
ZUMBA PARTY	Does your birthday boy/girl love to dance? Then this is the party for them! Move and groove with your family and friends to today's top hits and Latin beats.

FOR MORE INFORMATION ON RENTAL SPACES AND PRICES, SEE PAGE 24.



CHILD/YOUTH REGISTERED NON-AQUATIC PROGRAMS

ACTIVE SERIES PROGRAMS

Our Active Series programs and camps focus on making movement fun! We create exciting opportunities for your child to be active for life. Our staff are trained in physical literacy and teach fundamental movement skills such as running, catching, throwing and jumping. Your child can participate in any Active Series program that is age-appropriate, regardless of whether they have attended an Active Series program previously.

ACTIVE KIDS

AGES 6-8

This Active Series class will focus on an introduction to Physical Literacy. Kids will explore a variety of sports and activities in order to develop agility, balance, coordination and speed. Each class will be well structured and geared towards progressing each participant through the skills, regardless of their abilities in a fun environment. This program is developed based on the Canadian Sport for Life Long Term Athlete Development Model.

DATES	TIME	#	PRICE	BARCODE
Mon Apr 11-Jun 20	4:00-5:00pm	(10)	\$95.00	559307
Fri Apr 15-Jun 24	4:45-5:45pm	(10)	\$95.00	559309

(No Class May 23)

(No Class April 22)

ACTIVE FIT

AGES 9-12

Physical Literacy is an important part of child development. This Active Series class will translate Fundamental Movement Skills into fitness related games and exercises. Kids will learn body awareness, balance and basic strength training through a variety of circuits, obstacles and relay activities. Led by a Certified Personal Trainer this class is sure to keep your child's interest and motivate them to be Active for Life.

DATES	TIME	#	PRICE	BARCODE
Fri Apr 15-Jun 24	6:00-7:00pm	(10)	\$95.00	559310

(No Class April 22)

ACTIVE SPORT

AGES 9-12

This Active Series class will progress your child through the Fundamental Movement Skills and into more of a game play setting. Each class will further develop motor skills, endurance and strength through games, relays and sport specific drills. While your child may have chosen a favorite sport, it is important to encourage multiple activities to ensure they become Physically Literate and motivate them to be Active for Life. This class corresponds with the Learn to Train Stage in the Long Term Athlete Development Model.

DATES	TIME	#	PRICE	BARCODE
Mon Apr 11-Jun 20	5:00-6:00pm	(10)	\$95.00	559308

(No Class May 23)

MULTI-ACTIVITY PROGRAMS

A diverse range of activities to keep your child active. Children and parents will enjoy active games, crafts, songs, sports and the magic of meeting new friends.

ZUMBA KIDS JR

AGES 4-7

Come check out this dance party designed so 4-7 year-olds can let loose and be themselves. Through fun, age-appropriate music kids will learn coordination, agility and how to move their body to the music. Let the party begin!

DATES	TIME	#	PRICE	BARCODE
Tue	Apr 12-Jun 14	5:00-6:00pm	(10) \$141.00	559306

KUNG FU PANDAS

AGES 6-9

Learn basic kickboxing techniques and self-defence skills in this recreational class. This fitness-focused program is designed to foster your child's development through physical activity in a fun, non-competitive environment. No equipment needed.

DATES	TIME	#	PRICE	BARCODE
Thu	Apr 14-Jun 16	6:45-7:45pm	(10) \$95.00	559302

ZUMBA KIDS

AGES 8-12

Designed exclusively for kids, Zumba Kids classes are rockin', high-energy fitness parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, cumbia and more.

DATES	TIME	#	PRICE	BARCODE
Tue	Apr 12-Jun 14	6:15-7:15pm	(10) \$141.00	559305

NINJA KIDS

AGES 10-12

This dynamic class combines the benefits of cardiovascular training as well as self-defence techniques. Improve coordination, strength, agility and quickness through drills that are sure to keep your child's interest. No equipment required.

DATES	TIME	#	PRICE	BARCODE
Thu	Apr 14-Jun 16	5:30-6:30pm	(10) \$95.00	559303

OBSTACLE-FIT FAMILY

AGES 8+

Get fit with your family in this fun obstacle course class. Energetic instructors will lead your family through creative activities to get your heart rate up and incorporate strength, agility and speed. Two children may come for free with each paid adult registration.

DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 25	9:15-10:15am	(10) \$105.00	557598

(No Class April 23, May 21)

YOUTH IN ACTION

This class is designed to introduce youth to the basics of fitness and weight training. Following this orientation 12-15 year olds are able to use the fitness centre without adult supervision.

DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9	12:00-3:00pm	(1) \$35.00	558964
Sat	Jun 4	12:00-3:00pm	(1) \$35.00	558965



ADULT REGISTERED NON-AQUATIC PROGRAMS

FITNESS BASED PROGRAMS

AGILITY TRAINING 101

Calling all athletes! Focusing on Agility can take your fitness to the next level. By working on foot speed, quick changes in movement and force, as well as improving reactions to visual cues, Agility Training 101 can prepare your body for any sport or activity you are planning to excel in. **Instructed by Olympian Neville Wright.**

	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 4-May 9	7:00-8:00pm	(6)	\$120.00	559352
Mon	May 16-Jun 27	7:00-8:00pm	(6)	\$120.00	559359

GROUP FITNESS 101

A great way to learn and try out the variety of amazing drop-in fitness programs offered by The City of Edmonton in small, motivating and supportive environment. This 5 class program will take you through the basics (theoretical and practical) of Mind/Body, Spin, Strength, Step/Choreography, and Interval based classes. This is the best way to learn proper techniques while finding out what class best suits your needs with a friendly and qualified fitness instructor.

	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 3-May 8	12:30-1:30pm	(6)	\$66.00	559370

KICKBOXING - COMBINED INTRO/INTER & ADV

Take up Kickboxing to beat those workout blues. Learn proper technique while developing quick reflexes, agility, stamina and flexibility. It's a great way to burn off stress and calories after a hectic day.

	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 4-May 9	7:00-8:30pm	(6)	\$108.00	559341
Mon	May 16-Jun 27	7:00-8:30pm	(6)	\$108.00	559342
Thur	Apr 7-May 12	8:00-9:30pm	(6)	\$108.00	559340
Thur	May 19-Jun 30	8:00-9:30pm	(7)	\$126.00	559343

LEARN TO LIFT

Learn the basic skill and proper technique for the 3 powerlifting movements (squat, deadlift, bench press) from a qualified personal trainer. These three fundamental movements and accessory lifts will be taught to improve muscular strength and endurance in the privacy of our newly designed Training Studio.

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-May 14	9:00-10:00am	(6)	\$120.00	565163
Sat	May 28-Jun 25	9:00-10:00am	(5)	\$100.00	565164

OBSTACLE-FIT CONDITIONING

Run, jump, crawl and climb your way to superior fitness. Obstacle course fitness conditioning combines strength and endurance training for an amazing workout designed to both challenge and improve your skills, speed, strength and agility while testing your mental toughness. This class will have you ready to tackle any obstacle and conquer any course!

	DATES	TIME	#	PRICE	BARCODE
Wed	Apr 6-May 11	7:00-8:00pm	(6)	\$72.00	559353
Wed	May 18-Jun 29	7:00-8:00pm	(7)	\$84.00	559355
Sun	Apr 3-May 15	9:00-10:00am	(7)	\$84.00	559354
Sun	May 29-Jun 26	9:00-10:00am	(5)	\$60.00	559358

OLYMPIC LIFTING 101

Learn the fundamentals of the Olympic Lifts in this registered course to improve: force production, explosive power and coordination. Participants will be taught the snatch, clean and jerk by a qualified Olympic Lifting Coach. Accessory lifts and exercises will also be taught to aid in strength gains and range of motion.

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-May 14	10:00-11:00am	(6)	\$120.00	565165
Sat	May 28-Jun 25	10:00-11:00am	(5)	\$100.00	565166

SPEED AND POWER 101

Calling all athletes! Speed and Power training is a course designed to maximize your force production. Sessions will combine speed, strength and muscular training while still focusing on mechanics and movement skills. This course will allow you to maximize physical ability for whatever your end game may be. **Instructed by Olympian Neville Wright.**

	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 4-May 9	8:15-9:15pm	(6)	\$120.00	559356
Mon	May 16-Jun 27	8:15-9:15pm	(6)	\$120.00	559357

WOMEN ON WEIGHTS

Build bone density, increase metabolism and discover the health benefits of weight training in a supportive environment. This class is geared toward beginners focusing on the basic principles of fitness training. Learn proper technique and how to design a program to suit your personal needs.

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-May 7	10:30-11:30am	(5)	\$55.00	559361
Sat	May 21-Jun 25	10:30-11:30am	(6)	\$66.00	559363

ABOUT NEVILLE WRIGHT



- Canada Track & Field West Coast
- Series/Pacific World Cup (2006) 100m and 4x100m Relay Gold Medalist and overall Champion
- National 100m Bronze Medalist (2007)
- World University Games 100m Bronze Medalist (2007)
- Anchored Canada's 4x100m Relay Team at IAAF World Championships (2007)
- Canada Bobsleigh
- 2x National Gold Medalist
- 2x Olympian (2010, 2014)
- World Push Championship Bronze Medalist (2011)
- Competed in 3 World Championships (2011, 2012, 2013)

AQUATIC CENTRE

➤ It's time to build aquatics into your training regime.

Kinsmen Sports Centre is the place for serious aquatic fitness. Drop into one of our Aquatic programs:

➤ **NEW! Deep Water Tethering**

➤ **Aquafit**

➤ **Aqua HIIT**

➤ **Swim Training**

➤ **SELECT I CAN SWIM - STAGE 1 (6+ yrs)**

Orientation to Water. Children develop swimming fundamentals while learning to be safe, comfortable and relaxed in the water.

➤ **SELECT I CAN SWIM - STAGE 2 (6+ yrs)**

Skill Development. Focuses on the building blocks of the four core strokes, diving and treading water.

➤ **SELECT I CAN SWIM - STAGE 3 (8+ yrs)**

Skill Improvement. Focuses on mastering the four core strokes while improving endurance.





ADULT DROP IN AQUATIC PROGRAMS

AQUA FIT

Get fit! Aquafit is a fun and energetic aerobic exercise class that uses the water for resistance.

DATES	TIME
Mon/Wed/Fri	10:00-11:00am

TETHERING

A tether (i.e. bungee cord, or hitch) is fastened to a deep-water belt and then hooked/tethered onto a lane rope creating dynamic resistance. This activity is performed in deep water and is easily modified for all levels. Benefits can include reduced impact on joints, increased range of motion, improved strength and endurance, increased core strength and cardiac functioning.

DATES	TIME
Monday	7:00-8:00am

SWIM TRAINING

Professional swim coaches will help you improve your swimming skills, speed and endurance. Perfect for swimmers who wish to tune up their strokes. Participants should be able to swim a minimum 200 meters' comfortably.

DATES	TIME
Monday/Wednesday/Friday	6:00-7:00am
Monday/Wednesday/Friday	9:30-10:30am

AQUA HIIT

Aqua HIIT combines the principles of high intensity interval training with the powerful resistance of the water. Using omni-directional aquatic equipment, Aqua HIIT drills provide a powerful punch to your basic cardio, strength and core training routines.

DATES	TIME
Tuesday/Thursday	12:00-1:00pm

GENERAL DROP IN

Guaranteed lane space at all times*. Please check website for public swim and public dive times

*Space may be limited or lanes unavailable due to special events.



REGISTERED AQUATIC SWIM PROGRAM DESCRIPTIONS

NEW! SELECT I CAN SWIM LESSONS

These courses are designed for patrons to Select dates and times on Sundays that fit into their busy schedule. Each lesson is \$18.50 per child per lesson. Children must be 6 yrs of age or older.

Each lesson will include:

- › Maximum of 6 children in each class
- › Self-paced advancement to the next level based on completion of skills
- › I CAN SWIM Stages 1,2,3 program content will be offered

SELECT I CAN SWIM - STAGE 1

Orientation to Water. Children will learn all the fundamentals: entering, front and back floats, front and back glides, submerging, breathing and movement in the water.

SELECT I CAN SWIM - STAGE 2

Skill Development. An introduction to front swim, back swim and breaststroke. This level includes streamlining, treading water and an introduction to dives.

SELECT I CAN SWIM - STAGE 3

Skill Development. Building on the skills developed in Stages 1 and 2, swimmers will work on improving their skills and endurance for the four core strokes while practicing advanced dives and an introduction to turns.

PRIVATE LESSONS

Private swimming lessons are available for ages 6 and up for all levels of swimming ability. For more information or to book a private lesson, please call 311.

PRESCHOOL AQUATIC PROGRAMS

Parents are required to remain in the facility during class time for children ages 7 years and younger.

PARENT & TOT

Designed to have parents in the water with their youngster. Parents learn to teach their child about the water. Parents' safety awareness is also increased through active participation in this class. Facilities offering these three levels combined will be identified as Parent & Tot.

PARENT & TOT: STARFISH 12-14 MOS

An introductory class for babies and their parent or caregiver. The goal of this class is orientation to water, buoyancy, movement, entries and songs and play in the water.

PARENT & TOT: DUCK 12-24 MOS

For toddlers or older babies with a parent or caregiver. Toddlers build confidence while enjoying the water through games, songs and active water play.

PARENT & TOT: SEA TURTLE 24-36 MOS

A transitional level for preschoolers and their parents. Parents can gradually give the toddler independence to do activities while actively supervising them in class.

SUPER 3 YR OLD BEGINNER

This unparented program is for children 3 years of age. Activities will include water safety education, safe entry and exits, breath control, floats, glides and glides with kick-assisted working towards unassisted glides.

SUPER 3 YR OLD INTERMEDIATE

This unparented program for children 3 years of age is designed for those who have completed the Super 3 year old beginner or are comfortable with front and back floats and glides unassisted. Activities will include water safety education, front and back floats, glides and glides with kick unassisted. Side glides and roll over floats are introduced. Prerequisite for this level is completion of Super 3 year old Beginner.

4&5 YR OLD BEGINNER

This non parented program is for children 4 or 5 years of age. Activities will include entry and exits, breath control, floats and glides assisted and water safety education. Chest deep water skills are introduced.

4&5 YR OLD ADVANCED

This non parented program is for children 4 or 5 years of age. Activities will include mastering breath control & independent floats and glides and water safety education. Front & back swims, side glides and chest deep water skills are introduced.

Prerequisite for this level is completion of 4 and 5 year old Beg.

4&5 YR OLD ENRICHED

This unparented program helps the child continue building skills in front and back swims. Introduction to deep water and proper use of a personal flotation device (PFD). Swimming endurance is increased to 5-10pm.

KINSMEN AQUATIC PROGRAM SCHEDULE

MONDAY: APRIL 4 - JUNE 13 10 LESSONS		
9:30AM	PARENT & TOT STARFISH 554639	SUPER 3 YR OLD BEG 554679
9:45AM		
10:00AM	4&5 YR OLD BEG 554711	PARENT & TOT DUCK 554656
10:15AM		
10:30AM	PARENT & TOT SEA TURTLE 554667	4&5 YR OLD ADV 554729
10:45AM		
11:00AM	4&5 YR OLD BEG 554712	SUPER 3 YR OLD INT 554702
11:15AM		

 No Lessons May 23

TUESDAY: APRIL 5 - JUNE 7 10 LESSONS		
1:00PM	4&5 YR OLD BEG 554715	
1:15PM		
1:30PM	4&5 YR OLD ADV/ENR 555601	
1:45PM		
2:00PM	SUPER 3 YR OLD BEG 554681	
2:15PM		
2:30PM	4&5 YR OLD ADV 554731	
2:45PM		

FRIDAY: APRIL 8 - JUNE 10 10 LESSONS		
9:30AM	PARENT & TOT DUCK 554658	4&5 YR OLD BEG 554717
9:45AM		
10:00AM	4&5 YR OLD ADV 554732	PARENT & TOT STARFISH 554652
10:15AM		
10:30AM	PARENT & TOT DUCK 554659	SUPER 3 YR OLD INT 554704
10:45AM		
11:00AM	SUPER 3 YR OLD BEG 554682	PARENT & TOT SEA TURTLE 554671
11:15AM		
11:30AM	4&5 YR OLD BEG 554718	PRIVATE LESSON
11:45AM		

TUESDAY: APRIL 5 - JUNE 7 10 LESSONS		
9:30AM	PARENT & TOT STARFISH 554651	4&5 YR OLD BEG 554713
9:45AM		
10:00AM	4&5 YR OLD ADV 554730	PARENT & TOT DUCK 554657
10:15AM		
10:30AM	4&5 YR OLD BEG 554714	SUPER 3 YR OLD INT 554703
10:45AM		
11:00AM	SUPER 3 YR OLD BEG 554680	PARENT & TOT SEA TURTLE 554669
11:15AM		

THURSDAY: APRIL 7 - JUNE 9 10 LESSONS		
3:00PM	PRIVATE LESSON 555614	
3:15PM		
3:30PM	PRIVATE LESSON 555616	
3:45PM		
4:00PM	PRIVATE LESSON 555617	
4:15PM		
4:30PM	PRIVATE LESSON 555618	
4:45PM		

PRIVATE LESSON	Apr 8	555619	Apr 15	555620	Apr 22	555621	Apr 29	555622	May 6	555623
11:30 - 12:00PM	May 13	555624	May 20	555625	May 27	555626	Jun 3	555627	Jun 10	555628

SATURDAY: APRIL 9 – JUNE 18				10 LESSONS
9:00AM		PARENT & TOT STARFISH 554653	SUPER 3 YR OLD BEG 554683	4&5 YR OLD ADV 554733
9:15AM				
9:30AM	SUPER 3 YR OLD BEG 554684	4&5 YR OLD ADV 554735	PARENT& TOT DUCK 554660	4&5 YR OLD BEG 554719
9:45AM				
10:00AM	SUPER 3 YR OLD INT 554705	SUPER 3 YR OLD BEG 554685	4&5 YR OLD ADV 554736	4&5 YR OLD ADV/ENR 555604
10:15AM				
10:30AM	4&5 YR OLD ADV 554737	4&5 YR OLD BEG 554720	SUPER 3 YR OLD INT 554706	PARENT& TOT DUCK 554661
10:45AM				
11:00AM				
11:15AM	PARENT & TOT SEA TURTLE 559281	4&5 YR OLD ADV/ENR 559282	4&5 YR OLD BEG 554721	SUPER 3 YR OLD BEG 554686
11:30AM				
11:45AM	SUPER 3 YR OLD BEG 554688	4&5 YR OLD ENR 555595	4&5 YR OLD ADV 554738	SUPER 3 YR OLD INT 554707
12:00PM				
12:15PM	4&5 YR OLD BEG 554722	SUPER 3 YR OLD BEG 554689	4&5 YR OLD ADV/ENR 555606	PARENT & TOT STARFISH 554654
12:30PM				
12:45PM	4&5 YR OLD ADV/ENR 555608	4&5 YR OLD BEG 554723	PARENT & TOT SEA TURTLE 554673	SUPER 3 YR OLD BEG 554690
1:00PM				

! No Lesson May 21

SUNDAY: APRIL 10 – JUNE 19				10 LESSONS
9:00AM		PARENT & TOT DUCK 554662	SUPER 3 YR OLD BEG 554697	4&5 YR OLD ADV 554739
9:15AM				
9:30AM	4&5 YR OLD ADV/ENR 555610	4&5 YR OLD BEG 554724	PARENT & TOT STARFISH 554655	SUPER 3 YR OLD BEG 554698
9:45AM				
10:00AM	SUPER 3 YR OLD INT 554708	SUPER 3 YR OLD BEG 554699	4&5 YR OLD ADV 554740	4&5 YR OLD ENR 555596
10:15AM				
10:30AM	4&5 YR OLD BEG 554725	4&5 YR OLD ADV 554741	SUPER 3 YR OLD INT 554709	PARENT& TOT DUCK 554663
10:45AM				
11:00AM				
11:15AM	PARENT & TOT SEA TURTLE 554675	4&5 YR OLD ADV/ENR 555611	4&5 YR OLD BEG 554726	SUPER 3 YR OLD BEG 554700
11:30AM				
11:45AM	SUPER 3 YR OLD BEG 554701	4&5 YR OLD BEG 554727	PARENT & TOT DUCK 554665	4&5 YR OLD ADV 554742
12:00PM				
12:15PM	SUPER 3 YR OLD INT 554710	4&5 YR OLD ENR 555600	4&5 YR OLD ADV 554743	4&5 YR OLD BEG 554728
12:30PM				
12:45PM	PRIVATE LESSON	PRIVATE LESSON 555652	PRIVATE LESSON 555653	PARENT& TOT SEA TURTLE 554676
1:00PM				

! No Lesson May 22

PRIVATE LESSON	Apr 10	555631	Apr 17	555632	Apr 24	555634	May 1	555635	May 8	555645
12:45 - 1:15 PM	May 15	555646	May 29	555647	Jun 5	555649	Jun 12	555650	Jun 19	555651

SELECT LESSONS

SUNDAYS

STAGE 1				STAGE 2				STAGE 3			
APR 10	2:00 - 2:30pm 559001	APR 17	2:00 - 2:30pm 559002	APR 10	2:00 - 2:45pm 559018	APR 17	2:00 - 2:45pm 559019	APR 10	2:00 - 2:45pm 559261	APR 17	2:00 - 2:45pm 559262
	2:45 - 3:15pm 559010		2:45 - 3:15pm 559011		2:30 - 3:15pm 559027		2:30 - 3:15pm 559028		2:45 - 3:30pm 559270		2:45 - 3:30pm 559271
APR 24	2:00 - 2:30pm 559003	MAY 1	2:00 - 2:30pm 559004	APR 24	2:00 - 2:45pm 559020	MAY 1	2:00 - 2:45pm 559021	APR 24	2:00 - 2:45pm 559263	MAY 1	2:00 - 2:45pm 559264
	2:45 - 3:15pm 559012		2:45 - 3:15pm 559013		2:30 - 3:15pm 559029		2:30 - 3:15pm 559030		2:45 - 3:30pm 559272		2:45 - 3:30pm 559273
MAY 15	2:00 - 2:30pm 559005	JUN 5	2:00 - 2:30pm 559007	MAY 15	2:00 - 2:45pm 559022	JUN 5	2:00 - 2:45pm 559024	MAY 15	2:00 - 2:45pm 559265	JUN 5	2:00 - 2:45pm 559267
	2:45 - 3:15pm 559014		2:45 - 3:15pm 559016		2:30 - 3:15pm 559031		2:30 - 3:15pm 559033		2:45 - 3:30pm 559274		2:45 - 3:30pm 559276
JUN 12	2:00 - 2:30pm 559008			JUN 12	2:00 - 2:45pm 559025			JUN 12	2:00 - 2:45pm 559268		
	2:45 - 3:15pm 559017				2:30 - 3:15pm 559037				2:45 - 3:30pm 559277		

SELECT LESSONS

SUNDAY

2:00 PM	STAGE 1	STAGE 2	STAGE 3
2:15 PM			
2:30 PM	STAGE 2	STAGE 3	STAGE 1
2:45 PM			
3:00 PM			
3:15 PM			

RENTALS

Field House Courts and the Lower Running Track are available for users and organizations to rent, and can also be rented out for events such as school events and other shows. Please contact kinsmenbookings@edmonton.ca for any rental or special event requests.

ROOMS

Kinette Room

- 80 people seated; 115 standing
- The room is equipped with a 48" Flatscreen with HDMI cable, a whiteboard and overhead projector
- Room setups can be chosen in many different styles with the choice of round banquet tables or rectangular tables
- Room has a kitchen with a sink, fridge and counter space
- Perfect for meetings, birthday parties and other large events

Board Room

- Perfect for small meetings
- Can seat 8-10 people

KINSMEN	
MEETING ROOMS	
Aquatics Lecture Room/Board room- Hourly	\$32.00
Boardroom: Daily rate	\$184.00
Program Room Program Rate (Program Studio)	\$62.00
Kinette Club of Edmonton Room H (Hourly)	\$48.00
Kinette Club of Edmonton Room D (Daily)	\$287.00
FIELD	
Full Field Minor (All 5 inside courts and Lower Running Track)	\$178.00
Full Field Adult (All 5 inside courts and Lower Running Track)	\$249.00
INSIDE FIELD	
Volleyball Courts (1 and 5)	\$40.00
Tennis Courts Sports Use (Tennis Court Area 3 spaces)	\$144.00
Track Fee by Lane (Lower Track by Lane)	\$17.35
FITNESS CENTRES	
Fitness Centres (Non-Exclusive, Keltie Byrne Non-Exclusive, Training Studio)	\$50.00

